

Mobile County Public Schools

Child Nutrition

Weighted Nutrient Analysis - Detail by Recipe

Planned Breakfast Counts for (SY 19-20) 9-12 Breakfast Nutrient Analysis (Test), 8/12/2019 - 8/16/2019, Breakfast, 9-12 Breakfast

Mon - 8/12/2019	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Sausage Link	2 EACH	300	162	4	360
Waffles, Mini WG Maple	1 each	300	210	1	170
Syrup, Individual	1 each	100	100	0	10
Juice, Apple, Frz	1 (4 oz)	250	60	0	5
Milk - FF Flavored Choc	1 each	100	110	0	100
Milk - FF Flavored Strawberry	1 each	20	110	0	100
Milk, Skim - FF Unflavored	1 each	10	80	0	125
Oranges, Mandarin #10 Can (Breakfast)	0.5 cup	290	80	0	9
Weighted Daily Average			579	5	591
% of calories				7.8%	
Weekly Target (USDA Breakfast 9-12)			450 - 600	< 10% ⁺¹	≤ 640

Tue - 8/13/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Quesadilla, Cheese	1 each	300	129	4	265
Grits, WG Corn	0.5 cup	50	110	2	142
Milk - FF Flavored Choc	1 each	200	110	0	100
Milk - FF Flavored Strawberry	1 each	20	110	0	100
Milk, Skim - FF Unflavored	1 each	5	80	0	125
Juice, Grape, Frz	1 (4 oz.)	300	80	0	10
Banana, fresh (Breakfast)	1 banana	300	147	0	2
Weighted Daily Average			456	5	376
% of calories				9.2%	
Weekly Target (USDA Breakfast 9-12)			450 - 600	< 10% ^{†1}	≤ 640

Wed - 8/14/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Yogurt Cup, Raspberry /Harvest	1 each	300	113	1	74
Juice, Grape, Frz	1 (4 oz.)	300	80	0	10
Milk - FF Flavored Choc	1 each	100	110	0	100
Milk - FF Flavored Strawberry	1 each	20	110	0	100
Milk, Skim - FF Unflavored	1 each	5	80	0	125
Roll, Cinni Minis	1 Package	250	240	2	300
Apple, Fresh (Breakfast)	1 each	300	96	0	3
Weighted Daily Average			534	3	378
% of calories				4.7%	
Weekly Target (USDA Breakfast 9-12)			450 - 600	< 10% ^{†1}	≤ 640

Thu - 8/15/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Chicken Patty, Breakfast	1 patty	300	125	1	230
Biscuit, Southern Style WG	1 each	300	110	3	250
Jelly, Grape S/S	1 each	150	35	0	0
Jam, Strawberry S/S	1 each	150	35	0	5
Juice, Grape, Frz	1 (4 oz.)	300	80	0	10
Milk - FF Flavored Choc	1 each	150	110	0	100
Milk - FF Flavored Strawberry	1 each	10	110	0	100
Milk, Skim - FF Unflavored	1 each	5	80	0	125
Fruit Cocktail, #10 Can (Breakfast)	0.5 cup	200	61	0	10
Weighted Daily Average			451	4	555
% of calories				8.9%	
Weekly Target (USDA Breakfast 9-12)			450 - 600	< 10% ⁺¹	≤ 640

Fri - 8/16/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Pop Tart, Strawberry	1 Poptart	300	180	1	180
Milk - FF Flavored Choc	1 each	100	110	0	100
Milk - FF Flavored Strawberry	1 each	10	110	0	100
Milk, Skim - FF Unflavored	1 each	100	80	0	125
Cereal, Golden Grahams	1 bowl	250	110	0	220
Pear, Slice # 10 Can (Breakfast)	0.5 cup	300	85	0	16
Juice, Orange Pineapple, Frz	1 (4 oz.)	300	60	0	0
Weighted Daily Average			483	1	457
% of calories				1.9%	
Weekly Target (USDA Breakfast 9-12)			450 - 600	< 10% ⁺¹	≤ 640

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Weighted Average			501	4	471
% of calories				6.4%	
Weekly Target (USDA Breakfast 9-12)			450 - 600	< 10%† ¹	≤ 640

Legend:

Highlighted values do not meet nutrient standards

*Asterisk indicates missing nutrient data

†¹ Target is less than 10% of calories from saturated fat