

Mobile County Public Schools

Aug 27, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

MCPSS BREAKFAST K-12

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 08/27/2018							
MCPSS BREAKFAST K-12	Total	960					
Pancake WG (2)	3 each	700	240	390	41.0	6.0	1.00
Sausage Patty	1 each	450	190	320	0.0	18.0	6.00
Syrup S/S	1 oz.	700	100	10	25.0	0.0	0.00
Milk - 1% Low Fat	1 cup	200	100	125	12.0	2.5	1.50
Milk - FF Flavored Choc	1 cup	600	110	100	19.0	0.0	0.00
Milk - FF Flavored Strawberry	1 cup	50	110	100	18.0	0.0	0.00
Milk, Skim - FF Unflavored	1 cup	0	80	125	12.0	0.0	0.00
Juice, Orange	4 oz.	900	60	0	14.0	0.0	0.00
Pear, Slice # 10 Can	1/2 cup	600	80	15	19.0	0.0	0.00
Weighted Daily Average			539	545	88.44	13.33	3.85
% of Calories					65.7%	22.3%	6.4%
Nutrient Guideline			450-500	540		<=35.0	<10.00

Tue - 08/28/2018							
MCPSS BREAKFAST K-12	Total	960					
Breakfast Sandwich WG	1 each	960	160	280	19.0	7.0	2.50
Jelly, Grape S/S	.5 oz. pack	200	35	0	9.0	0.0	0.00
Jam, Strawberry S/S	.5 pack	200	35	5	9.0	0.0	0.00
Milk, Skim - FF Unflavored	1 cup	0	80	125	12.0	0.0	0.00
Milk - 1% Low Fat	1 cup	50	100	125	12.0	2.5	1.50
Milk - FF Flavored Choc	1 cup	800	110	100	19.0	0.0	0.00
Milk - FF Flavored Strawberry	1 cup	100	110	100	18.0	0.0	0.00
Juice, Orange Pineapple	4 oz.	960	60	0	15.0	0.0	0.00
USDA Mixed Fruit, ex light #10	1/2 cup	960	60	10	17.0	0.0	0.00
Weighted Daily Average			403	391	73.08	7.13	2.58
% of Calories					72.6%	15.9%	5.8%
Nutrient Guideline			450-500	540		<=35.0	<10.00

Wed - 08/29/2018							
MCPSS BREAKFAST K-12	Total	960					
Grits, WG Corn	4 oz. serving	400	220	284	33.0	8.4	4.60
Biscuit, Southern Style 2 oz.	2.51 oz	790	210	340	27.0	9.0	4.50
Milk - 1% Low Fat	1 cup	50	100	125	12.0	2.5	1.50
Milk - FF Flavored Choc	1 cup	800	110	100	19.0	0.0	0.00
Milk - FF Flavored Strawberry	1 cup	50	110	100	18.0	0.0	0.00
Milk, Skim - FF Unflavored	1 cup	0	80	125	12.0	0.0	0.00
Jelly, Grape S/S	.5 oz. pack	400	35	0	9.0	0.0	0.00
Jam, Strawberry S/S	.5 pack	100	35	5	9.0	0.0	0.00
Juice, Fruit Blend	4 oz.	940	60	5	14.0	0.0	0.00
Pear, fresh	whole fruit	300	101	2	27.11	0.25	0.04
Sausage Patty	1 each	300	190	320	0.0	18.0	6.00
Weighted Daily Average			535	599	80.23	16.74	7.58
% of Calories					60.0%	28.2%	12.8%
Nutrient Guideline			450-500	540		<=35.0	<10.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 08/30/2018							
MCPSS BREAKFAST K-12	Total	960					
Muffin, Apple Cinnamon WG	1 each	960	117	74	19.5	3.2	0.40
Cheese String	1 oz. String	500	80	190	1.0	5.0	3.00
Milk - 1% Low Fat	1 cup	30	100	125	12.0	2.5	1.50
Milk - FF Flavored Choc	1 cup	900	110	100	19.0	0.0	0.00
Milk - FF Flavored Strawberry	1 cup	30	110	100	18.0	0.0	0.00
Milk, Skim - FF Unflavored	1 cup	0	80	125	12.0	0.0	0.00
Juice, Grape	4 oz.	960	80	10	19.0	0.0	0.00
Oranges, Mandarin #10 Can	4 oz serving	960	90	10	23.0	0.0	0.00
Donut, WW Round	2.5 oz.	460	250	150	40.0	7.5	1.80
Weighted Daily Average			558	366	99.94	9.48	2.87
% of Calories					71.6%	15.3%	4.6%
Nutrient Guideline			450-500	540		<=35.0	<10.00

Fri - 08/31/2018							
MCPSS BREAKFAST K-12	Total	960					
Breakfast Wrap WG	Wrap	0	200	290	17.0	10.0	4.00
Cereal, Cheerios	bowl	960	100	140	20.0	2.0	0.50
USDA Yogurt Cup, Strawberry	4 oz. cup	960	100	45	16.0	0.0	0.00
Milk - 1% Low Fat	1 cup	960	100	125	12.0	2.5	1.50
Milk - FF Flavored Choc	1 cup	0	110	100	19.0	0.0	0.00
Milk - FF Flavored Strawberry	1 cup	0	110	100	18.0	0.0	0.00
Milk, Skim - FF Unflavored	1 cup	0	80	125	12.0	0.0	0.00
Juice, Orange Pineapple	4 oz.	960	60	0	15.0	0.0	0.00
USDA Strawberry Cup, diced S/S	4.5 oz. cup	960	90	0	22.0	0.0	0.00
Weighted Daily Average			450	310	85.00	4.50	2.00
% of Calories					75.6%	9.0%	4.0%
Nutrient Guideline			450-500	540		<=35.0	<10.00

Weighted Average			497	442	85.34	10.24	3.78
					68.7%	18.5%	6.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	497		450 - 500	100%				
Sodium 1 (mg)	442		540					
Sodium 2 (mg)	442		485					
Carbohydrate (g)	85.34	68.69%						
Total Fat (g)	10.24	18.54%	<=35.00%					
Saturated Fat (g)	3.78	6.84%	<10.00%					

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