

Mobile County Public Schools

Child Nutrition

Weighted Nutrient Analysis - Detail by Recipe

Planned Breakfast Counts for 6-8 Breakfast Nutrient Analysis (Test), 8/19/2019 - 8/23/2019, Breakfast, 6-8 Breakfast

Mon - 8/19/2019	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Pancake Bite/Pup	3 each	300	211	3	432
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	10	110	0	100
Milk, Skim - FF Unflavored	1 each	5	80	0	125
Syrup, Individual	1 each	300	100	0	10
Peach Slice, Cling # 10 Can (Breakfast)	0.5 cup	200	63	0	5
Weighted Daily Average			475	3	494
% of calories				5.7%	
Weekly Target (USDA Breakfast 6-8)			400 - 550	< 10% ⁺¹	≤ 600

Tue - 8/20/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Jelly, Grape S/S	1 each	200	35	0	0
Jam, Strawberry S/S	1 each	100	35	0	5
Juice, Fruit Blend, Frz	1 (4 oz.)	300	60	0	5
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
Cheese Toast	1 piece	300	127	2	405
Grits, WG Corn	0.5 cup	200	110	2	142
Fruit Cocktail, #10 Can (Breakfast)	0.5 cup	300	61	0	10
Weighted Daily Average			416	4	572
% of calories				8.2%	
Weekly Target (USDA Breakfast 6-8)			400 - 550	< 10% ⁺¹	≤ 600

Wed - 8/21/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Shiver Shock Smoothie	8 ounce	300	0	0	0
Juice, Grape, Frz	1 (4 oz.)	300	80	0	10
Milk - FF Flavored Choc	1 each	50	110	0	100
Milk - FF Flavored Strawberry	1 each	20	110	0	100
Milk, Skim - FF Unflavored	1 each	100	80	0	125
Cereal Bar, Trix	1 bar	250	151	1	106
Yogurt Cup, Raspberry /Harvest	1 each	300	113	1	74
Orange, Fresh (Breakfast)	1 Orange	300	62	0	0
Weighted Daily Average			434	2	237
% of calories				3.2%	
Weekly Target (USDA Breakfast 6-8)			400 - 550	< 10% ⁺¹	≤ 600

Thu - 8/22/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Jelly, Grape S/S	1 each	200	35	0	0
Jam, Strawberry S/S	1 each	100	35	0	5
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	10	110	0	100
Milk, Skim - FF Unflavored	1 each	5	80	0	125
Egg, Scrambled Square 1.25 oz.	1 square	300	46	1	127
Banana, fresh (Breakfast)	1 banana	250	147	0	2
Biscuit, Southern Style WG	1 each	300	110	3	250
Weighted Daily Average			435	4	428
% of calories				8.6%	
Weekly Target (USDA Breakfast 6-8)			400 - 550	< 10% ⁺¹	≤ 600

Fri - 8/23/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Bagel, Strawberry Cream Cheese	1 each	80	158	2	124
Sausage Link	2 EACH	300	162	4	360
Banana, fresh (Breakfast)	1 banana	300	147	0	2
Milk - FF Flavored Choc	1 each	150	110	0	100
Milk - FF Flavored Strawberry	1 each	5	110	0	100
Milk, Skim - FF Unflavored	1 each	5	80	0	125
Juice, Orange Pineapple, Frz	1 (4 oz.)	300	60	0	0
Weighted Daily Average			469	5	449
% of calories				9%	
Weekly Target (USDA Breakfast 6-8)			400 - 550	< 10% ⁺¹	≤ 600

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Weighted Average			446	3	436
% of calories				7%	
Weekly Target (USDA Breakfast 6-8)			400 - 550	< 10%† ¹	≤ 600

Legend:

Highlighted values do not meet nutrient standards

*Asterisk indicates missing nutrient data

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