

Mobile County Public Schools

Aug 6, 2018 thru Aug 10, 2018

Base Menu Spreadsheet

MCPSS K-8

Portion Values - Detailed

Page 1

Generated on: 8/4/2018 10:17:37 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 08/06/2018							
MCPSS K-8	Total	1222					
Chicken Alfredo Hoagie	Serv.	1222	420	850	40.43	18.56	7.51
Carrots, sliced #10	1/2 cup	100	41	183	9.13	0.0	0.00
Romaine & Tomatoes, E/M	1 Cup	200	25	9	5.27	0.34	0.05
Dressing, Ranch 1.5 oz.	1.5 oz. pouch	50	110	360	9.0	8.0	1.00
Milk - 1% Low Fat	1 cup	300	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	122	110	100	18.0	0.0	0.00
USDA StrawerriesSliced	1/2 cup	1222	90	0	23.0	0.0	0.00
Weighted Daily Average			629	987	82.59	19.56	7.93
% of Calories					52.5%	28.0%	11.3%
Nutrient Guideline			600-650	1230		<=35.0	<10.00

Tue - 08/07/2018							
MCPSS K-8	Total	1222					
Beef Taco Grande (Salad)	2 oz. serving	1222	220	379	10.97	12.52	*4.11
Corn, whole kernel #10	1/2 cup	700	96	184	19.18	1.0	0.00
Beans, Black #10	1/2 cup	100	90	140	16.0	0.0	0.00
Rice, Spanish/Mexican	1/2 cup	300	110	260	24.0	0.0	0.00
Sauce, Taco S/S	9 gram pack	300	5	55	1.0	0.0	0.00
Sour Cream S/S	1 oz. pouch	1200	51	20	1.98	4.0	2.47
Milk - 1% Low Fat	1 cup	50	100	125	12.0	2.5	1.50
Milk - FF Flavored Choc	1 cup	1000	110	100	19.0	0.0	0.00
Chips, Tortilla Bulk 1 oz.	10 chips	1000	130	170	19.0	5.0	0.00
Juice, Grape	4 oz.	1222	80	10	19.0	0.0	0.00
Raisins, Seedless Individual	1 Each	1222	120	0	29.0	0.0	0.00
Romaine & Tomatoes, E/M	serving	900	25	9	5.27	0.34	0.05
Weighted Daily Average			780	835	114.82	21.46	*6.62
% of Calories					58.9%	24.8%	*7.6%
Nutrient Guideline			600-650	1230		<=35.0	<10.00

Wed - 08/08/2018							
MCPSS K-8	Total	1222					
Chicken, Tenderloins Breaded	3 piece serving	1000	250	690	17.0	11.0	2.00
Potato Pearls, instant	1/2 cup	300	70	320	15.0	1.0	0.00
Gravy Mix, Brown	100 grams	25	1006	7645	131.36	50.64	12.75
Vegetables, 5 Way Mix FRZ 20#	1/2 cup	1000	57	126	11.55	0.85	0.00
Biscuit, Southern Style 2 oz.	2.51 oz	200	210	340	27.0	9.0	4.50
Milk - 1% Low Fat	1 cup	70	100	125	12.0	2.5	1.50
Milk - FF Flavored Choc	1 cup	600	110	100	19.0	0.0	0.00
Banana, fresh	whole banana	1222	90	1	23.07	0.33	0.11
Milk - FF Flavored Strawberry	1 cup	100	110	100	18.0	0.0	0.00
Weighted Daily Average			482	1024	68.71	12.93	2.83
% of Calories					57.0%	24.1%	5.3%
Nutrient Guideline			600-650	1230		<=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.

Mobile County Public Schools

Aug 6, 2018 thru Aug 10, 2018

Base Menu Spreadsheet

MCPSS K-8

Portion Values - Detailed

Page 2

Generated on: 8/4/2018 10:17:37 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 08/09/2018							
MCPSS K-8	Total	1222					
USDA Ham, Sliced 2 oz.	2.44 oz.	1100	74	464	4.0	4.0	2.00
Sweet Potato Mini Sweetlings	1/2 cup	1100	100	75	19.0	2.5	0.00
Roll Dough, Whole Wheat	1.25 oz	1000	80	70	14.01	1.5	0.00
Milk - FF Flavored Strawberry	1 cup	200	110	100	18.0	0.0	0.00
Pineapple Slices, #10 Can	1/2 Cup	1222	80	0	22.0	0.0	0.00
Juice, Orange	4 oz.	1222	60	0	14.0	0.0	0.00
Milk - FF Flavored Choc	1 cup	800	110	100	19.0	0.0	0.00
Milk - 1% Low Fat	1 cup	50	100	125	12.0	2.5	1.50
Beans, Green, FRZ 20#	1/2 cup	200	45	126	7.64	0.7	0.21
Weighted Daily Average			464	650	85.30	7.30	1.90
% of Calories					73.6%	14.2%	3.7%
Nutrient Guideline			600-650	1230		<=35.0	<10.00

Fri - 08/10/2018							
MCPSS K-8	Total	1222					
Potato, French Fries, Crinkle	1/2 cup	1222	78	29	13.5	1.9	0.32
Ketchup S/S	9 gram pack	950	10	25	3.0	0.0	0.00
Beans, Vegetarian #10	1/2 cup	50	160	284	30.65	0.89	0.26
Milk - 1% Low Fat	1 cup	25	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	15	110	100	18.0	0.0	0.00
Brownies	brownie	800	149	74	26.5	4.0	0.70
Grapefruit, fresh	grapefruit	1200	82	0	20.68	0.26	0.04
Bun, Hot Dog	2 oz. Bun	1000	140	300	27.0	2.0	0.00
Beef, Frankfurter	ea.	1222	180	520	1.0	16.0	7.00
Weighted Daily Average			649	952	92.30	22.49	7.85
% of Calories					56.9%	31.2%	10.9%
Nutrient Guideline			600-650	1230		<=35.0	<10.00

Weighted Average			601	890	88.75	16.75	*5.43
					59.1%	25.1%	*8.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	601		600 - 650	100%				
Sodium 1 (mg)	890		1230					
Sodium 2 (mg)	890		935					
Carbohydrate (g)	88.75	59.08%						
Total Fat (g)	16.75	25.09%	<=35.00%					
Saturated Fat (g)	5.43	8.13%	<10.00%		Missing			

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.