

Mobile County Public Schools

Child Nutrition

Weighted Nutrient Analysis - Detail by Recipe

Planned Lunch Counts for (SY19-20) 9-12 Lunch Nutrient Analysis (Test), 8/26/2019 - 8/30/2019, Lunch, 9-12

Mon - 8/26/2019	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	1100			
Chicken, Tenderloins Breaded	3 tenders	1100	121	1	333
Potato Pearls, instant	0.5 cup	500	27	0	125
Gravy Mix, Brown	0.25 cup	500	47	1	360
Peas, Sweet, Green #10	0.5 cup	800	330	0	180
Biscuit, Southern Style WG	1 each	800	110	3	250
Apples, Gala	1 apple	900	84	0	3
Sauce, Honey Mustard S/S	1 each	1100	142	2	203
Milk - FF Flavored Choc	1 each	700	110	0	100
Milk - FF Flavored Strawberry	1 each	100	110	0	100
Milk, Skim - FF Unflavored	1 each	50	80	0	125
Juice, Grape, Frz	1 (4 oz.)	1100	80	0	10
Weighted Daily Average			849	5	1160
% of calories				5.8%	
Weekly Target (USDA Lunch 9-12)			750 - 850	< 10% ⁺¹	≤ 1420

Tue - 8/27/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	1100			
Soup, Santa Fe	1 cup	1100	219	3	526
Carrots, sliced FRZ 20#	0.5 cup	400	37	0	148
Salad, Garden, E&M	1 1.25	600	131	1	371
Pineapple Chunks, # 10 Can	0.5 cup	1100	69	0	0
Juice, Fruit Blend, Frz	1 (4 oz.)	1100	60	0	5
Milk - FF Flavored Choc	1 each	700	110	0	100
Milk - FF Flavored Strawberry	1 each	40	110	0	100
Milk, Skim - FF Unflavored	1 each	10	80	0	125
Chips, Tortilla Bulk 2 oz.	1 (20 chips=2 oz)	1100	263	0	344
Weighted Daily Average			771	3	1200
% of calories				3.7%	
Weekly Target (USDA Lunch 9-12)			750 - 850	< 10% ⁺¹	≤ 1420

Wed - 8/28/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	1100			
CheeseAmericanSliced.5oz	1 slice	1000	46	2	243
Bun, Hamburger	1 (2 oz. Bun)	1000	139	0	298
Carrots, sliced #10	0.5 cup	950	39	0	178
Potato, French Fries, Crinkle	0.5 cup	1100	79	0	30
Ketchup S/S	1 each	1100	10	0	25
Mayonnaise S/S	1 each	1100	40	1	90
Mustard S/S	1 each	1100	0	0	70
Juice, Apple, Frz	1 (4 oz)	1100	60	0	5
Milk - FF Flavored Choc	1 each	1000	110	0	100
Milk - FF Flavored Strawberry	1 each	10	110	0	100
Milk, Skim - FF Unflavored	1 each	5	80	0	125
Beef Patty, Flame Broiled	1 patty	1100	136	4	119
Banana, fresh	1 banana	1100	147	0	2
Weighted Daily Average			775	7	1078
% of calories				7.8%	
Weekly Target (USDA Lunch 9-12)			750 - 850	< 10% ⁺¹	≤ 1420

Thu - 8/29/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	1100			
Teriyaki Chicken	1 servings	1100	137	1	496
Fried Rice	0.5 cup	600	425	0	1099
Egg, Roll Vegetable	1 Egg Roll	1100	2	0	2
Vegetables, Stir Fry FRZ 24#	0.5 cup	800	32	0	107
Sauce, Sweet & Sour S/S	1 each	1050	46	0	121
Milk - FF Flavored Choc	1 each	1085	110	0	100
Milk - FF Flavored Strawberry	1 each	10	110	0	100
Milk, Skim - FF Unflavored	1 each	5	80	0	125
Pears, Bosc, fresh	1 pear	1100	125	0	3
Juice, Grape, Frz	1 (4 oz.)	1100	80	0	10
Weighted Daily Average			751	1	1404
% of calories				1.1%	
Weekly Target (USDA Lunch 9-12)			750 - 850	< 10% ⁺¹	≤ 1420

Fri - 8/30/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	1100			
Chicken Chilli Crispito	2 crispitos	1100	270	3	370
Beans, Black #10	0.5 cup	800	90	0	140
Salad, Garden, High	1 2.5 cup serving	600	142	1	376
Brownies	1 brownie	900	123	1	61
Juice, Fruit Blend, Frz	1 (4 oz.)	1100	60	0	5
Milk - FF Flavored Choc	1 each	900	110	0	100
Milk - FF Flavored Strawberry	1 each	50	110	0	100
Milk, Skim - FF Unflavored	1 each	10	80	0	125
Nectarine, fresh	1 each	1100	63	0	0
Mexicali Corn	0.5 cup	700	30	0	14
Crackers, Graham, Honey	1 each	200	111	0	142
Weighted Daily Average			772	4	854
% of calories				4.9%	
Weekly Target (USDA Lunch 9-12)			750 - 850	< 10% ⁺¹	≤ 1420

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Weighted Average			784	4	1139
% of calories				4.7%	
Weekly Target (USDA Lunch 9-12)			750 - 850	< 10% ⁺¹	≤ 1420

Legend:

Highlighted values do not meet nutrient standards

*Asterisk indicates missing nutrient data

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