

Mobile County Public Schools

Child Nutrition

**Meal Pattern Analysis**

Analyzing Breakfast menus for site 6-8 Breakfast Nutrient Analysis (Test) compared against standards for 6-8 Breakfast (5-day week)

**Monday, Aug 19**

**Mini Pancake & Sausage (Pancake Bite/Pup)**

	Meat / Alt (oz eq)	Grains (oz eq)		Fruits		Vegetables					Fluid Milk (cups)	
		Not Whole Grain- Rich	Whole Grain- Rich	Fruit (cups)	Juice (cups)	Vegetables (cups)						
						Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other		Dark Green
Pancake Bite/Pup	1.000		1.000									
Juice, Grape, Frz					0.500							
Milk - FF Flavored Choc												1.000
Milk - FF Flavored Strawberry												1.000
Milk, Skim - FF Unflavored												1.000
Peach Slice, Cling # 10 Can (Breakfast)				0.500								

Rule Description	Value	Breakfast 6-8
Percentage of Total Fruit that is Juice	50 %	
Total Grains	1 oz	>=1 oz
Percentage of grains that are whole grain-rich	100 %	
Fluid Milk	3 cup	>=1 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices
Valid Fluid Milk Choices	2 choices	>=2 choices
Total Fruit or SBP Substitute	1 cup	>=1 cup

Tuesday, Aug 20

Cheese Toast (Cheese Toast)

	Meat / Alt (oz eq)	Grains (oz eq)		Fruits		Vegetables					Fluid Milk (cups)					
		Not Whole Grain- Rich	Whole Grain- Rich	Fruit (cups)	Juice (cups)	Vegetables (cups)										
						Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other	Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other	
Cheese Toast	0.500		1.000													
Juice, Fruit Blend, Frz					0.500											
Milk - FF Flavored Choc																1.000
Milk - FF Flavored Strawberry																1.000
Milk, Skim - FF Unflavored																1.000
Grits, WG Corn			1.000													
Fruit Cocktail, #10 Can (Breakfast)				0.500												

Rule Description	Value	Breakfast 6-8
Percentage of Total Fruit that is Juice	50 %	
Total Grains	2 oz	>=1 oz
Percentage of grains that are whole grain-rich	100 %	
Fluid Milk	3 cup	>=1 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices
Valid Fluid Milk Choices	2 choices	>=2 choices
Total Fruit or SBP Substitute	1 cup	>=1 cup

Wednesday, Aug 21

Yogurt w/Cereal (Shiver Shock Smoothie)

	Meat / Alt (oz eq)	Grains (oz eq)			Fruits		Vegetables										Fluid Milk (cups)	
		Not Whole Grain- Rich	Whole Grain- Rich	D	Fruit (cups)	Juice (cups)	Vegetables (cups)					Vegetable Juice (cups)						
							Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other	Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other		
Shiver Shock Smoothie	0.500				0.500													
Juice, Grape, Frz						0.500												
Milk - FF Flavored Choc																		1.000
Milk - FF Flavored Strawberry																		1.000
Milk, Skim - FF Unflavored																		1.000
Cereal Bar, Trix			1.000															
Orange, Fresh (Breakfast)					0.500													

Rule Description	Value	Breakfast 6-8
Percentage of Total Fruit that is Juice	33 1/3 %	
Total Grains	1 oz	>=1 oz
Percentage of grains that are whole grain-rich	100 %	
Fluid Milk	3 cup	>=1 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices
Valid Fluid Milk Choices	2 choices	>=2 choices
Total Fruit or SBP Substitute	1 1/2 cup	>=1 cup

**Yogurt w/Cereal (Yogurt Cup, Raspberry /Harvest)**

	Meat / Alt (oz eq)	Grains (oz eq)			Fruits		Vegetables										Fluid Milk (cups)
		Not Whole Grain- Rich	Whole Grain- Rich	D	Fruit (cups)	Juice (cups)	Vegetables (cups)					Vegetable Juice (cups)					
							Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other	Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other	
Yogurt Cup, Raspberry /Harvest	1.000																
Juice, Grape, Frz						0.500											
Milk - FF Flavored Choc																	1.000
Milk - FF Flavored Strawberry																	1.000
Milk, Skim - FF Unflavored																	1.000
Cereal Bar, Trix			1.000														
Orange, Fresh (Breakfast)					0.500												

Rule Description	Value	Breakfast 6-8
Percentage of Total Fruit that is Juice	50 %	
Total Grains	1 oz	>=1 oz
Percentage of grains that are whole grain-rich	100 %	
Fluid Milk	3 cup	>=1 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices
Valid Fluid Milk Choices	2 choices	>=2 choices
Total Fruit or SBP Substitute	1 cup	>=1 cup

Thursday, Aug 22

Egg Patty Croissant/Biscuit (Egg, Scrambled Square 1.25 oz.)

	Meat / Alt (oz eq)	Grains (oz eq)			Fruits		Vegetables										Fluid Milk (cups)
		Not Whole Grain- Rich	Whole Grain- Rich	D	Fruit (cups)	Juice (cups)	Vegetables (cups)					Vegetable Juice (cups)					
						Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other	Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other		
Egg, Scrambled Square 1.25 oz.	0.750																
Juice, Grape, Frz					0.500												
Milk - FF Flavored Choc																1.000	
Milk - FF Flavored Strawberry																1.000	
Milk, Skim - FF Unflavored																1.000	
Banana, fresh (Breakfast)				0.500													
Biscuit, Southern Style WG			2.000														

Rule Description	Value	Breakfast 6-8
Percentage of Total Fruit that is Juice	50 %	
Total Grains	2 oz	>=1 oz
Percentage of grains that are whole grain-rich	100 %	
Fluid Milk	3 cup	>=1 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices
Valid Fluid Milk Choices	2 choices	>=2 choices
Total Fruit or SBP Substitute	1 cup	>=1 cup

Friday, Aug 23

Sausage Biscuit (Sausage Link)

	Meat / Alt (oz eq)	Grains (oz eq)			Fruits		Vegetables										Fluid Milk (cups)
		Not Whole Grain- Rich	Whole Grain- Rich	D	Fruit (cups)	Juice (cups)	Vegetables (cups)					Vegetable Juice (cups)					
							Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other	Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other	
Sausage Link	1.000																
Bagel, Strawberry Cream Cheese			2.000														
Banana, fresh (Breakfast)					0.500												
Milk - FF Flavored Choc																	1.000
Milk - FF Flavored Strawberry																	1.000
Milk, Skim - FF Unflavored																	1.000
Juice, Orange Pineapple, Frz						0.500											

Rule Description	Value	Breakfast 6-8
Percentage of Total Fruit that is Juice	50 %	
Total Grains	2 oz	>=1 oz
Percentage of grains that are whole grain-rich	100 %	
Fluid Milk	3 cup	>=1 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices
Valid Fluid Milk Choices	2 choices	>=2 choices
Total Fruit or SBP Substitute	1 cup	>=1 cup

**Total for Week**

<b>Rule Description</b>	<b>Value</b>	<b>Breakfast 6-8</b>
Percentage of Total Fruit that is Juice	45.455 %	<=50 %
Total Grains	8 oz	8 - 10* oz
Percentage of grains that are whole grain-rich	100 %	>=100 %
Fluid Milk	15 cup	>=5 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices
Valid Fluid Milk Choices	2 choices	>=2 choices
Total Fruit or SBP Substitute	5 - 5 1/2 cup	>=5 cup

\* Indicates target value is a warning level and not a failure to meet requirements

All daily and weekly requirements have been met