

Mobile County Public Schools

Child Nutrition

**Weighted Nutrient Analysis - Detail by Recipe**

Planned Breakfast Counts for (SY 19-20) K-5/BIC Breakfast Nutrient Analysis (Test), 8/19/2019 - 8/23/2019, Breakfast, K-5/BIC Breakfast

| <b>Mon - 8/19/2019</b>                  | <b>Portion Size</b> | <b>Qty</b> | <b>FE<br/>(kCal)</b> | <b>Sfat<br/>(g)</b> | <b>Na<br/>(mg)</b> |
|---|---------------------|------------|----------------------|---------------------|--------------------|
| 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 K-5)      |                     |            | 350 - 500            | < 10% <sup>+1</sup> | ≤ 540              |

**Tue - 8/20/2019**

|                                     | <b>Portion Size</b> | <b>Qty</b> | <b>FE<br/>(kCal)</b> | <b>Sfat<br/>(g)</b> | <b>Na<br/>(mg)</b> |
|-------------------------------------|---------------------|------------|----------------------|---------------------|--------------------|
| 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              | 50         | 110                  | 0                   | 100                |
| Milk - FF Flavored Strawberry       | 1 each              | 10         | 110                  | 0                   | 100                |
| Milk, Skim - FF Unflavored          | 1 each              | 5          | 80                   | 0                   | 125                |
| Fruit Cocktail, #10 Can (Breakfast) | 0.5 cup             | 300        | 61                   | 0                   | 10                 |
| Cheese Toast                        | 1 piece             | 300        | 127                  | 2                   | 405                |
| Grits, WG Corn                      | 0.5 cup             | 200        | 110                  | 2                   | 142                |
| Weighted Daily Average              |                     |            | 380                  | 4                   | 539                |
| % of calories                       |                     |            |                      | 9%                  |                    |
| Weekly Target (USDA Breakfast K-5)  |                     |            | 350 - 500            | < 10% <sup>+1</sup> | ≤ 540              |

**Wed - 8/21/2019**

|                                    | <b>Portion Size</b> | <b>Qty</b> | <b>FE<br/>(kCal)</b> | <b>Sfat<br/>(g)</b> | <b>Na<br/>(mg)</b> |
|------------------------------------|---------------------|------------|----------------------|---------------------|--------------------|
| Total Feeding Figure               | 1 plate             | 300        |                      |                     |                    |
| Yogurt Cup, Raspberry /Harvest     | 1 each              | 300        | 113                  | 1                   | 74                 |
| Juice, Grape, Frz                  | 1 (4 oz.)           | 300        | 80                   | 0                   | 10                 |
| Shiver Shock Smoothie              | 8 ounce             | 300        | 0                    | 0                   | 0                  |
| Cereal Bar, Trix                   | 1 bar               | 250        | 151                  | 1                   | 106                |
| 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                |
| Orange, Fresh (Breakfast)          | 1 Orange            | 250        | 62                   | 0                   | 0                  |
| Weighted Daily Average             |                     |            | 423                  | 2                   | 237                |
| % of calories                      |                     |            |                      | 3.3%                |                    |
| Weekly Target (USDA Breakfast K-5) |                     |            | 350 - 500            | < 10% <sup>+1</sup> | ≤ 540              |

**Thu - 8/22/2019**

|                                    | <b>Portion Size</b> | <b>Qty</b> | <b>FE<br/>(kCal)</b> | <b>Sfat<br/>(g)</b> | <b>Na<br/>(mg)</b> |
|------------------------------------|---------------------|------------|----------------------|---------------------|--------------------|
| Total Feeding Figure               | 1 plate             | 300        |                      |                     |                    |
| Croissant 1.25 oz. WG              | 1 Croissant         | 300        | 111                  | 2                   | 152                |
| Jelly, Grape S/S                   | 1 each              | 100        | 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                |
| Banana, fresh (Breakfast)          | 1 banana            | 250        | 147                  | 0                   | 2                  |
| Egg, Scrambled Square 1.25 oz.     | 1 square            | 300        | 46                   | 1                   | 127                |
| Weighted Daily Average             |                     |            | 425                  | 3                   | 330                |
| % of calories                      |                     |            |                      | 6.8%                |                    |
| Weekly Target (USDA Breakfast K-5) |                     |            | 350 - 500            | < 10% <sup>+1</sup> | ≤ 540              |

**Fri - 8/23/2019**

|                                    | <b>Portion Size</b> | <b>Qty</b> | <b>FE<br/>(kCal)</b> | <b>Sfat<br/>(g)</b> | <b>Na<br/>(mg)</b> |
|------------------------------------|---------------------|------------|----------------------|---------------------|--------------------|
| Total Feeding Figure               | 1 plate             | 300        |                      |                     |                    |
| Juice, Orange Pineapple, Frz       | 1 (4 oz.)           | 300        | 60                   | 0                   | 0                  |
| 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                |
| Sausage Link                       | 2 EACH              | 300        | 162                  | 4                   | 360                |
| Bagel, Strawberry Cream Cheese     | 1 each              | 80         | 158                  | 2                   | 124                |
| Banana, fresh (Breakfast)          | 1 banana            | 300        | 147                  | 0                   | 2                  |
| Weighted Daily Average             |                     |            | 469                  | 5                   | 449                |
| % of calories                      |                     |            |                      | 9%                  |                    |
| Weekly Target (USDA Breakfast K-5) |                     |            | 350 - 500            | < 10% <sup>+1</sup> | ≤ 540              |

|                                    | Portion Size | Qty | FE<br>(kCal) | Sfat<br>(g)         | Na<br>(mg) |
|------------------------------------|--------------|-----|--------------|---------------------|------------|
| Weighted Average                   |              |     | 434          | 3                   | 410        |
| % of calories                      |              |     |              | 6.7%                |            |
| Weekly Target (USDA Breakfast K-5) |              |     | 350 - 500    | < 10%† <sup>1</sup> | ≤ 540      |

**Legend:**

Highlighted values do not meet nutrient standards

\*Asterisk indicates missing nutrient data

†<sup>1</sup> Target is less than 10% of calories from saturated fat