

Mobile County Public Schools

Child Nutrition

**Meal Pattern Analysis**

Analyzing Lunch menus for site (SY19-20) 9-12 Lunch Nutrient Analysis (Test) compared against standards for 9-12 (5-day week)

**Monday, Aug 12**

**Wings (Chicken, Wings Precooked)**

	Meat / Alt (oz eq)	Grains (oz eq)		Fruits		Vegetables					Fluid Milk (cups)						
		Not Whole Grain- Rich	Whole Grain- Rich	Fruit (cups)	Juice (cups)	Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other		Vegetable Juice (cups)					
Chicken, Wings Precooked	2.000																
Salad, Garden, High						1.000	0.250			0.250							
Potato, French Fries, Crinkle									0.500								
Hushpuppies			2.000														
Juice, Apple, Frz					0.500												
Milk - FF Flavored Choc																	1.000
Milk - FF Flavored Strawberry																	1.000
Milk, Skim - FF Unflavored																	1.000
Pears, fresh				0.500													

Rule Description	Value	Lunch 9-12
Total Fruit	1 cup	>=1 cup
Percentage of Total Fruit that is Juice	50 %	
Total Vegetables	2 cup	>=1 cup
Vegetables (Dark Green)	1 cup	
Vegetables (Red/Orange)	1/4 cup	
Vegetables (Beans/Peas)	0 cup	
Vegetables (Starchy)	1/2 cup	
Vegetables (Other)	1/4 cup	
Percentage of Total Vegetables that is Juice	0 %	
Meat/Meat Alternate	2 oz	>=2 oz
Total Grains	2 oz	>=2 oz

Percentage of grains that are whole grain-rich	100 %	
Grain-Based Desserts	0 %	
Fluid Milk	3 cup	>=1 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices
Valid Fluid Milk Choices	2 choices	>=2 choices

**Wings (Chicken, Tenderloins Breaded)**

	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)					Vegetable Juice (cups)						
						Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other	Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other		
Chicken, Tenderloins Breaded	2.000																
Salad, Garden, High						1.000	0.250				0.250						
Potato, French Fries, Crinkle									0.500								
Hushpuppies			2.000														
Juice, Apple, Frz					0.500												
Milk - FF Flavored Choc																	1.000
Milk - FF Flavored Strawberry																	1.000
Milk, Skim - FF Unflavored																	1.000
Pears, fresh				0.500													

Rule Description	Value	Lunch 9-12
Total Fruit	1 cup	>=1 cup
Percentage of Total Fruit that is Juice	50 %	
Total Vegetables	2 cup	>=1 cup
Vegetables (Dark Green)	1 cup	
Vegetables (Red/Orange)	1/4 cup	
Vegetables (Beans/Peas)	0 cup	
Vegetables (Starchy)	1/2 cup	
Vegetables (Other)	1/4 cup	
Percentage of Total Vegetables that is Juice	0 %	
Meat/Meat Alternate	2 oz	>=2 oz
Total Grains	2 oz	>=2 oz
Percentage of grains that are whole grain-rich	100 %	
Grain-Based Desserts	0 %	
Fluid Milk	3 cup	>=1 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices
Valid Fluid Milk Choices	2 choices	>=2 choices

Tuesday, Aug 13

**Beefy Macaroni (Meat Sauce for Pasta)**

	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)					Vegetable Juice (cups)					
						Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other	Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other	
Meat Sauce for Pasta	2.000						0.125									
Pasta, Macaroni			1.000													
Beans, Green #10										0.500						
Yam Patties							0.500									
Roll Dough, Whole Wheat			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
Banana, fresh				0.500												

Rule Description	Value	Lunch 9-12
Total Fruit	1 cup	>=1 cup
Percentage of Total Fruit that is Juice	50 %	
Total Vegetables	1 1/8 cup	>=1 cup
Vegetables (Dark Green)	0 cup	
Vegetables (Red/Orange)	5/8 cup	
Vegetables (Beans/Peas)	0 cup	
Vegetables (Starchy)	0 cup	
Vegetables (Other)	1/2 cup	
Percentage of Total Vegetables that is Juice	0 %	
Meat/Meat Alternate	2 oz	>=2 oz
Total Grains	2 oz	>=2 oz
Percentage of grains that are whole grain-rich	100 %	
Grain-Based Desserts	0 %	
Fluid Milk	3 cup	>=1 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices

Valid Fluid Milk Choices

2 choices

>=2 choices

Wednesday, Aug 14

BBQ Fajita (Chicken, Fajita Meat)

	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	
Chicken, Fajita Meat	2.000																
Juice, Grape, Frz						0.500											
Milk - FF Flavored Choc																	1.000
Milk - FF Flavored Strawberry																	1.000
Milk, Skim - FF Unflavored																	1.000
Raisins, Seedless Individual					0.500												
Romaine & Tomatoes, High							1.000	0.500									
Carrots, sliced #10								0.500									
Tortilla, Soft WW			1.250														
Rice Krispie Treat, Original			1.000	X													

Rule Description	Value	Lunch 9-12
Total Fruit	1 cup	>=1 cup
Percentage of Total Fruit that is Juice	50 %	
Total Vegetables	2 cup	>=1 cup
Vegetables (Dark Green)	1 cup	
Vegetables (Red/Orange)	1 cup	
Vegetables (Beans/Peas)	0 cup	
Vegetables (Starchy)	0 cup	
Vegetables (Other)	0 cup	
Percentage of Total Vegetables that is Juice	0 %	
Meat/Meat Alternate	2 oz	>=2 oz
Total Grains	2 1/4 oz	>=2 oz
Percentage of grains that are whole grain-rich	100 %	
Grain-Based Desserts	1 %	
Fluid Milk	3 cup	>=1 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices

Valid Fluid Milk Choices

2 choices

>=2 choices

Thursday, Aug 15

Mozzarella Cheese Sticks (Mozzarella Cheese Stick)

	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)					Vegetable Juice (cups)							
						Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other	Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other			
Mozzarella Cheese Stick	2.000		2.000															
Milk - FF Flavored Choc																		1.000
Milk - FF Flavored Strawberry																		1.000
Milk, Skim - FF Unflavored																		1.000
Baked Potato Soup									0.500									
Broccoli Cuts FRZ 20#						0.500												
Juice, Grape, Frz					0.500													
Fruit Cocktail, #10 Can				0.500														

Rule Description	Value	Lunch 9-12
Total Fruit	1 cup	>=1 cup
Percentage of Total Fruit that is Juice	50 %	
Total Vegetables	1 cup	>=1 cup
Vegetables (Dark Green)	1/2 cup	
Vegetables (Red/Orange)	0 cup	
Vegetables (Beans/Peas)	0 cup	
Vegetables (Starchy)	1/2 cup	
Vegetables (Other)	0 cup	
Percentage of Total Vegetables that is Juice	0 %	
Meat/Meat Alternate	2 oz	>=2 oz
Total Grains	2 oz	>=2 oz
Percentage of grains that are whole grain-rich	100 %	
Grain-Based Desserts	0 %	
Fluid Milk	3 cup	>=1 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices
Valid Fluid Milk Choices	2 choices	>=2 choices



Friday, Aug 16

Corndog (Corndog, WG)

	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		
Corndog, WG	2.000		2.000															
Beans, Vegetarian #10																		0.500
Juice, Orange Pineapple, Frz						0.500												
Milk - FF Flavored Choc																		1.000
Milk - FF Flavored Strawberry																		1.000
Milk, Skim - FF Unflavored																		1.000
Apples, Granny Smith					0.500													
Potato Wedges FF 30#											0.500							

Rule Description	Value	Lunch 9-12
Total Fruit	1 cup	>=1 cup
Percentage of Total Fruit that is Juice	50 %	
Total Vegetables	1 cup	>=1 cup
Vegetables (Dark Green)	0 cup	
Vegetables (Red/Orange)	0 cup	
Vegetables (Beans/Peas)	1/2 cup	
Vegetables (Starchy)	0 cup	
Vegetables (Other)	1/2 cup	
Percentage of Total Vegetables that is Juice	0 %	
Meat/Meat Alternate	2 oz	>=2 oz
Total Grains	2 oz	>=2 oz
Percentage of grains that are whole grain-rich	100 %	
Grain-Based Desserts	0 %	
Fluid Milk	3 cup	>=1 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices
Valid Fluid Milk Choices	2 choices	>=2 choices

**Total for Week**

<b>Rule Description</b>	<b>Value</b>	<b>Lunch 9-12</b>
Total Fruit	5 cup	>=5 cup
Percentage of Total Fruit that is Juice	50 %	<=50 %
Total Vegetables	7 1/8 cup	>=5 cup
Vegetables (Dark Green)	2 1/2 cup	>=1/2 cup
Vegetables (Red/Orange)	1 7/8 cup	>=1 1/4 cup
Vegetables (Beans/Peas)	1/2 cup	>=1/2 cup
Vegetables (Starchy)	1 cup	>=1/2 cup
Vegetables (Other)	1 1/4 cup	>=3/4 cup
Percentage of Total Vegetables that is Juice	0 %	<=50 %
Meat/Meat Alternate	10 oz	10 - 12* oz
Total Grains	10 1/4 oz	10 - 12* oz
Percentage of grains that are whole grain-rich	100 %	>=100 %
Grain-Based Desserts	1 %	<=2 %
Fluid Milk	15 cup	>=5 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices
Valid Fluid Milk Choices	2 choices	>=2 choices

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

All daily and weekly requirements have been met