

Mobile County Public Schools

Child Nutrition

Weighted Nutrient Analysis - Detail by Recipe

Planned Lunch Counts for (SY19-20) K-8 Lunch Nutrient Analysis (Test), 8/12/2019 - 8/16/2019, Lunch, K-8

Mon - 8/12/2019	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Milk - FF Flavored Choc	1 each	299	110	0	100
Milk, Skim - FF Unflavored	1 each	1	80	0	125
Banana, fresh	1 banana	300	147	0	2
Potato Pearls, instant	0.5 cup	300	27	0	125
Biscuit, Mini 1 oz.	1 biscuit	300	110	3	250
Chicken, Tenderloins Breaded	3 tenders	300	121	1	333
Peas, Sweet, Green #10	0.5 cup	100	330	0	180
Weighted Daily Average			625	4	870
% of calories				6%	
Weekly Target (USDA Lunch K-5)			550 - 650	< 10% ⁺¹	≤ 1230
Weekly Target (USDA Lunch 6-8)			600 - 700	< 10% ⁺¹	≤ 1360

Tue - 8/13/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Soup, Santa Fe	1 cup	300	219	3	526
Carrots, sliced FRZ 20#	0.5 cup	120	37	0	148
Chips, Corn Bulk	1 ounce	300	142	1	172
Salad, Garden, E&M	1 1.25	100	131	1	371
Juice, Orange Pineapple, Frz	1 (4 oz.)	300	60	0	0
Milk - FF Flavored Choc	1 each	200	110	0	100
Milk - FF Flavored Strawberry	1 each	5	110	0	100
Milk, Skim - FF Unflavored	1 each	5	80	0	125
Mixed Fruit Cup, Frozen	1 each	300	58	0	0
Weighted Daily Average			613	4	951
% of calories				5.8%	
Weekly Target (USDA Lunch K-5)			550 - 650	< 10% ⁺¹	≤ 1230
Weekly Target (USDA Lunch 6-8)			600 - 700	< 10% ⁺¹	≤ 1360

Wed - 8/14/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Bun, Hamburger	1 (2 oz. Bun)	250	139	0	298
Carrots, sliced #10	0.5 cup	300	39	0	178
Potato, French Fries, Crinkle	0.5 cup	300	79	0	30
Ketchup S/S	1 each	300	10	0	25
Mayonnaise S/S	1 each	300	40	1	90
Mustard S/S	1 each	300	0	0	70
Milk - 1% Low Fat	1 each	5	100	1	125
Milk - FF Flavored Choc	1 each	230	110	0	100
Milk - FF Flavored Strawberry	1 each	5	110	0	100
Raisins, Seedless Individual	1 Each	300	113	0	4
Beef Patty, Flame Broiled	1 patty	300	136	4	119
Weighted Daily Average			622	4	844
% of calories				6.4%	
Weekly Target (USDA Lunch K-5)			550 - 650	< 10% ⁺¹	≤ 1230
Weekly Target (USDA Lunch 6-8)			600 - 700	< 10% ⁺¹	≤ 1360

Thu - 8/15/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Teriyaki Chicken	1 servings	300	137	1	496
Egg, Roll Vegetable	1 Egg Roll	250	2	0	2
Vegetables, Stir Fry FRZ 24#	0.5 cup	100	32	0	107
Sauce, Sweet & Sour S/S	1 each	150	46	0	121
Juice, Grape, Frz	1 (4 oz.)	300	80	0	10
Milk - 1% Low Fat	1 each	5	100	1	125
Milk - FF Flavored Choc	1 each	125	110	0	100
Milk - FF Flavored Strawberry	1 each	10	110	0	100
Banana, fresh	1 banana	300	147	0	2
Fried Rice	0.5 cup	120	425	0	1099
Weighted Daily Average			619	1	1092
% of calories				1.6%	
Weekly Target (USDA Lunch K-5)			550 - 650	< 10% ⁺¹	≤ 1230
Weekly Target (USDA Lunch 6-8)			600 - 700	< 10% ⁺¹	≤ 1360

Fri - 8/16/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Chicken Chilli Crispito	2 crisritos	300	270	3	370
Beans, Black #10	0.5 cup	300	90	0	140
Salad, Garden, E&M	1 1.25	260	131	1	371
Milk - 1% Low Fat	1 each	5	100	1	125
Milk - FF Flavored Choc	1 each	200	110	0	100
Milk - FF Flavored Strawberry	1 each	10	110	0	100
Sauce, Taco S/S	1 each	300	5	0	55
Mexicali Corn	0.5 cup	200	30	0	14
Pineapple Chunks, # 10 Can	0.5 cup	300	69	0	0
Weighted Daily Average			646	4	968
% of calories				5.6%	
Weekly Target (USDA Lunch K-5)			550 - 650	< 10% ⁺¹	≤ 1230
Weekly Target (USDA Lunch 6-8)			600 - 700	< 10% ⁺¹	≤ 1360

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Weighted Average			625	4	945
% of calories				5.1%	
Weekly Target (USDA Lunch K-5)			550 - 650	< 10% ⁺¹	≤ 1230
Weekly Target (USDA Lunch 6-8)			600 - 700	< 10% ⁺¹	≤ 1360

Legend:

- Highlighted values do not meet nutrient standards
- *Asterisk indicates missing nutrient data
- ⁺¹ Target is less than 10% of calories from saturated fat