

Mobile County Public Schools

Aug 20, 2018 thru Aug 24, 2018

Base Menu Spreadsheet

MCPSS BREAKFAST K-12

Portion Values - Detailed

Page 1

Generated on: 8/15/2018 3:38:37 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 08/20/2018							
MCPSS BREAKFAST K-12	Total	960					
Waffle Sticks (3)	Serving	940	150	220	22.0	5.0	0.50
Sausage Link	1 EACH	940	80	178	0.0	7.0	2.00
Milk - 1% Low Fat	1 cup	50	100	125	12.0	2.5	1.50
Milk - FF Flavored Choc	1 cup	700	110	100	19.0	0.0	0.00
Milk - FF Flavored Strawberry	1 cup	10	110	100	18.0	0.0	0.00
Milk, Skim - FF Unflavored	1 cup	0	80	125	12.0	0.0	0.00
Syrup S/S	1 oz.	900	100	10	25.0	0.0	0.00
Juice, Orange Pineapple	4 oz.	650	60	0	15.0	0.0	0.00
Raisins, Seedless Individual	1 Each	700	120	0	29.0	0.0	0.00
Weighted Daily Average			534	480	90.95	11.88	2.53
% of Calories					68.2%	20.0%	4.3%
Nutrient Guideline			450-500	540		<=35.0	<10.00

Tue - 08/21/2018							
MCPSS BREAKFAST K-12	Total	960					
Biscuit, Southern Style 2 oz.	2.51 oz	700	210	340	27.0	9.0	4.50
Ham for Biscuit 1.22 oz.	1.22 oz.	400	38	238	1.73	0.96	0.35
Cheese, Sliced American	1 oz. serving	200	90	480	3.0	7.0	4.50
Jelly, Grape S/S	.5 oz. pack	500	35	0	9.0	0.0	0.00
Jam, Strawberry S/S	.5 pack	200	35	5	9.0	0.0	0.00
Milk - 1% Low Fat	1 cup	10	100	125	12.0	2.5	1.50
Milk - FF Flavored Choc	1 cup	750	110	100	19.0	0.0	0.00
Milk - FF Flavored Strawberry	1 cup	50	110	100	18.0	0.0	0.00
Milk, Skim - FF Unflavored	1 cup	0	80	125	12.0	0.0	0.00
Juice, Apple	4 oz.	900	60	5	14.0	0.0	0.00
USDA Strawberry Cup, diced S/S	4.5 oz. cup	450	90	0	22.0	0.0	0.00
Weighted Daily Average			405	537	66.94	8.45	4.38
% of Calories					66.2%	18.8%	9.7%
Nutrient Guideline			450-500	540		<=35.0	<10.00

Wed - 08/22/2018							
MCPSS BREAKFAST K-12	Total	960					
Roll, Cinni Minis	Package	940	240	300	40.0	8.0	2.00
Yogurt Cup, Straw Banana	4 oz. cup	900	80	65	16.0	0.0	0.00
Milk - 1% Low Fat	1 cup	50	100	125	12.0	2.5	1.50
Milk - FF Flavored Choc	1 cup	800	110	100	19.0	0.0	0.00
Milk - FF Flavored Strawberry	1 cup	100	110	100	18.0	0.0	0.00
Milk, Skim - FF Unflavored	1 cup	10	80	125	12.0	0.0	0.00
Juice, Fruit Blend	4 oz.	940	60	5	14.0	0.0	0.00
Pear, fresh	whole fruit	900	101	2	27.11	0.25	0.04
Weighted Daily Average			573	463	111.75	8.20	2.07
% of Calories					78.0%	12.9%	3.3%
Nutrient Guideline			450-500	540		<=35.0	<10.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Thu - 08/23/2018							
MCPSS BREAKFAST K-12	Total	960					
Croissant 1.25 oz. WG	Croissant	940	110	150	15.0	4.5	2.00
Chicken Patty, Breakfast	1 each	800	130	240	7.0	8.0	1.50
Milk - 1% Low Fat	1 cup	100	100	125	12.0	2.5	1.50
Milk - FF Flavored Choc	1 cup	600	110	100	19.0	0.0	0.00
Milk - FF Flavored Strawberry	1 cup	100	110	100	18.0	0.0	0.00
Milk, Skim - FF Unflavored	1 cup	100	80	125	12.0	0.0	0.00
Jelly, Grape S/S	.5 oz. pack	800	35	0	9.0	0.0	0.00
Jam, Strawberry S/S	.5 pack	140	35	5	9.0	0.0	0.00
Juice, Orange Pineapple	4 oz.	960	60	0	15.0	0.0	0.00
Pineapple Slices, #10 Can	1/2 Cup	960	80	0	22.0	0.0	0.00
Weighted Daily Average			489	447	82.59	11.33	3.36
% of Calories					67.5%	20.8%	6.2%
Nutrient Guideline			450-500	540		<=35.0	<10.00

Fri - 08/24/2018							
MCPSS BREAKFAST K-12	Total	960					
Pop Tart, Strawberry	Poptart	600	180	180	38.0	2.5	1.00
Cereal, Cinnamon Toast Crunch	bowl	900	110	160	22.0	3.0	0.50
USDA Yogurt Cup, Vanilla	4 oz. cup	800	100	45	14.0	0.0	0.00
Milk - 1% Low Fat	1 cup	900	100	125	12.0	2.5	1.50
Milk - FF Flavored Choc	1 cup	30	110	100	19.0	0.0	0.00
Milk - FF Flavored Strawberry	1 cup	10	110	100	18.0	0.0	0.00
Milk, Skim - FF Unflavored	1 cup	10	80	125	12.0	0.0	0.00
Juice, Orange	4 oz.	900	60	0	14.0	0.0	0.00
Banana, fresh	whole banana	500	90	1	23.07	0.33	0.11
Weighted Daily Average			501	423	93.34	6.89	2.56
% of Calories					74.5%	12.4%	4.6%
Nutrient Guideline			450-500	540		<=35.0	<10.00

Weighted Average			500	470	89.11	9.35	2.98
					71.2%	16.8%	5.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	500		450 - 500	100%				
Sodium 1 (mg)	470		540					
Sodium 2 (mg)	470		485					
Carbohydrate (g)	89.11	71.24%						
Total Fat (g)	9.35	16.82%	<=35.00%					
Saturated Fat (g)	2.98	5.36%	<10.00%					

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