

# Mobile County Public Schools

Aug 13, 2018 thru Aug 17, 2018

Base Menu Spreadsheet

MCPSS HIGH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 08/13/2018							
MCPSS HIGH	Total	1600					
Beef Patty, Salisbury	serving	1600	200	350	4.0	14.0	6.00
Potato Pearls, instant	1/2 cup	1000	70	320	15.0	1.0	0.00
Gravy Mix, Brown	1/4 cup	150	252	1911	32.84	12.66	3.19
Peas & Carrots, FRZ 20#	1/2 cup	300	60	163	12.4	0.0	0.00
Biscuit, Southern Style 2 oz.	2.51 oz	1200	210	340	27.0	9.0	4.50
Milk - 1% Low Fat	1 cup	120	100	125	12.0	2.5	1.50
Milk - FF Flavored Choc	1 cup	760	110	100	19.0	0.0	0.00
Milk - FF Flavored Strawberry	1 cup	90	110	100	18.0	0.0	0.00
Juice, Fruit Blend	4 oz.	1600	60	5	14.0	0.0	0.00
Pear, fresh	whole fruit	1600	101	2	27.11	0.25	0.04
Cookie, WG Sugar	1 each	1600	111	81	18.22	4.05	1.01
Weighted Daily Average			775	1165	109.30	27.05	10.83
% of Calories					56.4%	31.4%	12.6%
Nutrient Guideline			750-850	1420		<=35.0	<10.00

Tue - 08/14/2018							
MCPSS HIGH	Total	1600					
Chicken, Breast Grilled	3 oz serving	1600	120	320	1.0	2.5	0.50
Bun, Hamburger	2 oz. Bun	1200	140	300	27.0	2.0	0.00
USDA Broccoli 30#	1/2 cup	600	28	78	5.35	0.0	0.00
Sweet Potato Fries	1/2 cup	1300	100	80	16.0	3.5	0.00
Milk, Skim - FF Unflavored	1 cup	50	80	125	12.0	0.0	0.00
Milk - FF Flavored Strawberry	1 cup	50	110	100	18.0	0.0	0.00
Juice, Grape	4 oz.	1600	80	10	19.0	0.0	0.00
Raisins, Seedless Individual	1 Each	1600	120	0	29.0	0.0	0.00
Milk - FF Flavored Choc	1 cup	1400	110	100	19.0	0.0	0.00
Cheese, Sliced American	1 oz. serving	1000	90	480	3.0	7.0	4.50
Weighted Daily Average			675	1044	103.69	11.22	3.31
% of Calories					61.4%	15.0%	4.4%
Nutrient Guideline			750-850	1420		<=35.0	<10.00

Wed - 08/15/2018							
MCPSS HIGH	Total	1600					
Soup, Sante Fe	1 cup	1600	216	349	22.68	7.53	*2.39
USDA Carrots, sliced #10	1/2 cup	800	26	197	5.52	0.0	0.00
Salad, Garden, High	serving	1600	136	371	14.29	8.41	1.06
Chips, Tortilla Bulk 2 oz.	20 chips	1200	260	340	38.0	10.0	0.00
Milk - 1% Low Fat	1 cup	200	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	80	110	100	18.0	0.0	0.00
USDA Strawberries Sliced 1/2 cup	1/2 cup	1600	90	0	23.0	0.0	0.00
Juice, Grape	4 oz.	1600	80	10	19.0	0.0	0.00
Weighted Daily Average			796	1148	120.95	23.76	*3.63
% of Calories					60.8%	26.9%	*4.1%
Nutrient Guideline			750-850	1420		<=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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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 08/16/2018							
MCPSS HIGH	Total	1600					
Chicken, Oven Roasted	serving	1600	272	390	0.51	15.01	4.50
Rice Pilaf, Chicken Flavor	1/2 cup	400	100	425	21.5	*N/A*	*N/A*
Beans, Green, FRZ 20#	1/2 cup	760	45	126	7.64	0.7	0.21
Squash, Yellow FRZ 20#	1/2 cup	180	27	122	6.46	0.0	0.00
Biscuit, Southern Style 2 oz.	2.51 oz	1600	210	340	27.0	9.0	4.50
Milk - 1% Low Fat	1 cup	230	100	125	12.0	2.5	1.50
Milk - FF Flavored Choc	1 cup	900	110	100	19.0	0.0	0.00
Milk - FF Flavored Strawberry	1 cup	150	110	100	18.0	0.0	0.00
Juice, Orange	4 oz.	1600	60	0	14.0	0.0	0.00
Banana, fresh	whole banana	1600	90	1	23.07	0.33	0.11
Weighted Daily Average			768	995	88.41	*25.03	*9.43
% of Calories					46.0%	*29.3%	*11.0%
Nutrient Guideline			750-850	1420		<=35.0	<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 08/17/2018							
MCPSS HIGH	Total	1600					
Chicken Chilli Crispito	2 crispitos	1600	220	270	26.0	10.0	2.00
Beans, Black #10	1/2 cup	450	90	140	16.0	0.0	0.00
Corn Nuggets, 7 nuggets=Veg	7 nuggets	600	228	508	36.78	7.01	1.75
Brownies	brownie	1600	149	74	26.5	4.0	0.70
Milk - FF Flavored Choc	1 cup	1400	110	100	19.0	0.0	0.00
Milk - FF Flavored Strawberry	1 cup	230	110	100	18.0	0.0	0.00
Sauce, Taco S/S	9 gram pack	1000	5	55	1.0	0.0	0.00
Fruit Cocktail, #10 Can	1/2 cup serving	1600	80	10	21.0	0.0	0.00
Milk - 1% Low Fat	1 cup	100	100	125	12.0	2.5	1.50
Juice, Orange Pineapple	4 oz.	1600	60	0	15.0	0.0	0.00
Weighted Daily Average			741	728	127.38	16.78	3.45
% of Calories					68.7%	20.4%	4.2%
Nutrient Guideline			750-850	1420		<=35.0	<10.00

Weighted Average			751	1016	109.95	*20.77	*6.13
					58.5%	*24.9%	*7.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	751		750 - 850	100%				
Sodium 1 (mg)	1016		1420					
Sodium 2 (mg)	1016		1080					
Carbohydrate (g)	109.95	58.55%						
Total Fat (g)	20.77	24.88%	<=35.00%		Missing			
Saturated Fat (g)	6.13	7.35%	<10.00%		Missing			

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