

Mobile County Public Schools

Child Nutrition

Meal Pattern Analysis

Analyzing Lunch menus for site (SY19-20) K-8 Lunch Nutrient Analysis (Test) compared against standards for K-8 (5-day week)

Monday, Aug 26

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)	Vegetables (cups)						
						Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other		Dark Green
Chicken, Wings Precooked	2.000											
Potato, French Fries, Crinkle									0.500			
Salad, Garden, E&M						0.500	0.250					
Milk - 1% Low Fat												1.000
Milk - FF Flavored Choc												1.000
Milk - FF Flavored Strawberry												1.000
Apples, Granny Smith				0.500								
Hushpuppies			1.000									

Rule Description	Value	Lunch K-5	Lunch 6-8
Total Fruit	1/2 cup	>=1/2 cup	>=1/2 cup
Percentage of Total Fruit that is Juice	0 %		
Total Vegetables	1 1/4 cup	>=3/4 cup	>=3/4 cup
Vegetables (Dark Green)	1/2 cup		
Vegetables (Red/Orange)	1/4 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	>=1 oz	>=1 oz
Total Grains	1 oz	>=1 oz	>=1 oz
Percentage of grains that are whole grain-rich	100 %		

Grain-Based Desserts	0 %		
Fluid Milk	3 cup	>=1 cup	>=1 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices	<=0 choices
Valid Fluid Milk Choices	2 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)										
						Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other	Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other	
Chicken, Tenderloins Breaded	2.000															
Potato, French Fries, Crinkle Salad, Garden, E&M									0.500							
Milk - 1% Low Fat																1.000
Milk - FF Flavored Choc																1.000
Milk - FF Flavored Strawberry																1.000
Apples, Granny Smith				0.500												
Hushpuppies			1.000													

Rule Description	Value	Lunch K-5	Lunch 6-8
Total Fruit	1/2 cup	>=1/2 cup	>=1/2 cup
Percentage of Total Fruit that is Juice	0 %		
Total Vegetables	1 1/4 cup	>=3/4 cup	>=3/4 cup
Vegetables (Dark Green)	1/2 cup		
Vegetables (Red/Orange)	1/4 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	>=1 oz	>=1 oz
Total Grains	1 oz	>=1 oz	>=1 oz
Percentage of grains that are whole grain-rich	100 %		
Grain-Based Desserts	0 %		
Fluid Milk	3 cup	>=1 cup	>=1 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices	<=0 choices
Valid Fluid Milk Choices	2 choices	>=2 choices	>=2 choices

Tuesday, Aug 27

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						
Sweet Potatoes, fresh 1/2							0.500									
Juice, Fruit Blend, Frz					0.500											
Milk - FF Flavored Choc																1.000
Milk - FF Flavored Strawberry																1.000
Milk, Skim - FF Unflavored																1.000
Melon, Watermelon, fresh				0.500												
Roll Dough, Whole Wheat			1.000													

Rule Description	Value	Lunch K-5	Lunch 6-8
Total Fruit	1 cup	>=1/2 cup	>=1/2 cup
Percentage of Total Fruit that is Juice	50 %		
Total Vegetables	1 1/8 cup	>=3/4 cup	>=3/4 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	>=1 oz	>=1 oz
Total Grains	2 oz	>=1 oz	>=1 oz
Percentage of grains that are whole grain-rich	100 %		
Grain-Based Desserts	0 %		
Fluid Milk	3 cup	>=1 cup	>=1 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices	<=0 choices

Valid Fluid Milk Choices

2 choices

>=2 choices

>=2 choices

Wednesday, Aug 28

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																	
Milk - 1% Low Fat																		1.000
Milk - FF Flavored Choc																		1.000
Milk - FF Flavored Strawberry																		1.000
Banana, fresh					0.500													
Carrots, sliced #10								0.500										
Tortilla, Soft WW			1.250															
Romaine & Tomatoes, E/M							0.500	0.250										

Rule Description	Value	Lunch K-5	Lunch 6-8
Total Fruit	1/2 cup	>=1/2 cup	>=1/2 cup
Percentage of Total Fruit that is Juice	0 %		
Total Vegetables	1 1/4 cup	>=3/4 cup	>=3/4 cup
Vegetables (Dark Green)	1/2 cup		
Vegetables (Red/Orange)	3/4 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	>=1 oz	>=1 oz
Total Grains	1 1/4 oz	>=1 oz	>=1 oz
Percentage of grains that are whole grain-rich	100 %		
Grain-Based Desserts	0 %		
Fluid Milk	3 cup	>=1 cup	>=1 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices	<=0 choices
Valid Fluid Milk Choices	2 choices	>=2 choices	>=2 choices

Thursday, Aug 29

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														
Broccoli Florets FRZ 20#						0.500											
Juice, Grape, Frz					0.500												
Milk - 1% Low Fat																	1.000
Milk - FF Flavored Choc																	1.000
Milk - FF Flavored Strawberry																	1.000
Oranges, Mandarin #10 Can				0.500													
Baked Potato Soup									0.500								

Rule Description	Value	Lunch K-5	Lunch 6-8
Total Fruit	1 cup	>=1/2 cup	>=1/2 cup
Percentage of Total Fruit that is Juice	50 %		
Total Vegetables	1 cup	>=3/4 cup	>=3/4 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	>=1 oz	>=1 oz
Total Grains	2 oz	>=1 oz	>=1 oz
Percentage of grains that are whole grain-rich	100 %		
Grain-Based Desserts	0 %		
Fluid Milk	3 cup	>=1 cup	>=1 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices	<=0 choices
Valid Fluid Milk Choices	2 choices	>=2 choices	>=2 choices

Friday, Aug 30

Hotdog (Hot Dog)

Rule Description	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	
Hot Dog	2.000																
Bun, Hot Dog			2.000														
Milk - FF Flavored Choc																	1.000
Milk - FF Flavored Strawberry																	1.000
Milk, Skim - FF Unflavored																	1.000
Beans, Vegetarian #10																	0.500
Potato Wedges FF 30#																	0.500
Strawberry Cup, diced S/S					0.500												

Rule Description	Value	Lunch K-5	Lunch 6-8
Total Fruit	1/2 cup	>=1/2 cup	>=1/2 cup
Percentage of Total Fruit that is Juice	0 %		
Total Vegetables	1 cup	>=3/4 cup	>=3/4 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	>=1 oz	>=1 oz
Total Grains	2 oz	>=1 oz	>=1 oz
Percentage of grains that are whole grain-rich	100 %		
Grain-Based Desserts	0 %		
Fluid Milk	3 cup	>=1 cup	>=1 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices	<=0 choices
Valid Fluid Milk Choices	2 choices	>=2 choices	>=2 choices

Total for Week

Rule Description	Value	Lunch K-5	Lunch 6-8
Total Fruit	3 1/2 cup	>=2 1/2 cup	>=2 1/2 cup
Percentage of Total Fruit that is Juice	28.571 %	<=50 %	<=50 %
Total Vegetables	5 5/8 cup	>=3 3/4 cup	>=3 3/4 cup
Vegetables (Dark Green)	1 1/2 cup	>=1/2 cup	>=1/2 cup
Vegetables (Red/Orange)	1 5/8 cup	>=3/4 cup	>=3/4 cup
Vegetables (Beans/Peas)	1/2 cup	>=1/2 cup	>=1/2 cup
Vegetables (Starchy)	1 cup	>=1/2 cup	>=1/2 cup
Vegetables (Other)	1 cup	>=1/2 cup	>=1/2 cup
Percentage of Total Vegetables that is Juice	0 %	<=50 %	<=50 %
Meat/Meat Alternate	10 oz	8 - 10* oz	9 - 10* oz
Total Grains	8 1/4 oz	8 - 9* oz	8 - 10* oz
Percentage of grains that are whole grain-rich	100 %	>=100 %	>=100 %
Grain-Based Desserts	0 %	<=2 %	<=2 %
Fluid Milk	15 cup	>=5 cup	>=5 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices	<=0 choices
Valid Fluid Milk Choices	2 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