

Mobile County Public Schools

Child Nutrition

Weighted Nutrient Analysis - Detail by Recipe

Planned Lunch Counts for (SY19-20) 9-12 Lunch Nutrient Analysis (Test), 8/19/2019 - 8/23/2019, Lunch, 9-12

Mon - 8/19/2019	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	1100			
Chicken, Bites Breaded	6 bites	700	376	3	910
Chicken, Nuggets	5 Nuggets	400	244	3	436
Sweet Potato Fries	0.5 cup	600	136	2	114
Roll Dough, Whole Wheat	1 (1.25 oz roll)	700	80	0	70
Juice, Apple, Frz	1 (4 oz)	1100	60	0	5
Milk - FF Flavored Choc	1 each	900	110	0	100
Milk - FF Flavored Strawberry	1 each	10	110	0	100
Milk, Skim - FF Unflavored	1 each	5	80	0	125
Grapes, fresh	0.5 cup	1000	58	0	2
Beans, Green #10	0.5 cup	900	48	0	329
Sauce, Honey Mustard S/S	1 each	800	142	2	203
Weighted Daily Average			800	6	1350
% of calories				6.4%	
Weekly Target (USDA Lunch 9-12)			750 - 850	< 10% ⁺¹	≤ 1420

Tue - 8/20/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	1100			
Beef Taco Meat	2.68 ounce	1100	192	4	368
Corn on Cob FRZ	2 cobs	600	117	0	197
Beans, Black #10	0.5 cup	800	90	0	140
Romaine & Tomatoes, High	1 2.50 Cup salad	700	35	0	13
Chips, Tortilla Bulk 2 oz.	1 (20 chips=2 oz)	850	263	0	344
Juice, Apple, Frz	1 (4 oz)	1100	60	0	5
Milk - FF Flavored Choc	1 each	1000	110	0	100
Milk - FF Flavored Strawberry	1 each	10	110	0	100
Milk, Skim - FF Unflavored	1 each	5	80	0	125
Oranges, Mandarin #10 Can	0.5 cup	1100	80	0	9
Weighted Daily Average			787	4	958
% of calories				5%	
Weekly Target (USDA Lunch 9-12)			750 - 850	< 10% ⁺¹	≤ 1420

Wed - 8/21/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	1100			
Bun, Hamburger	1 (2 oz. Bun)	1000	139	0	298
Potato Salad	0.5 cup	600	164	1	423
Beans, Vegetarian #10	0.5 cup	950	157	0	281
Juice, Grape, Frz	1 (4 oz.)	1100	80	0	10
Milk - FF Flavored Choc	1 each	1000	110	0	100
Milk - FF Flavored Strawberry	1 each	10	110	0	100
Milk, Skim - FF Unflavored	1 each	5	80	0	125
Fruit Cocktail, #10 Can	0.5 cup	1100	90	0	11
Beef Rib Shaped Patty w/BBQ	1 patty	1100	145	3	264
Weighted Daily Average			769	4	1122
% of calories				4.5%	
Weekly Target (USDA Lunch 9-12)			750 - 850	< 10% ⁺¹	≤ 1420

Thu - 8/22/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	1100			
Beef Patty, Salisbury	1 patty	1100	203	6	354
Potato Pearls, instant	0.5 cup	700	27	0	125
Gravy Mix, Brown	0.25 cup	600	47	1	360
Peas, Sweet, Green #10	0.5 cup	800	330	0	180
Biscuit, Southern Style WG	1 each	450	110	3	250
Juice, Orange Pineapple, Frz	1 (4 oz.)	1100	60	0	0
Milk - FF Flavored Choc	1 each	900	110	0	100
Milk - FF Flavored Strawberry	1 each	10	110	0	100
Milk, Skim - FF Unflavored	1 each	5	80	0	125
Pears, fresh	1 pear	1100	101	0	2
Weighted Daily Average			783	8	949
% of calories				8.8%	
Weekly Target (USDA Lunch 9-12)			750 - 850	< 10% ⁺¹	≤ 1420

Fri - 8/23/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	1100			
Turkey, Deli Breast 2 oz	1 (2.86 oz. serv)	1100	87	0	433
Bun, Hoagie Sub	1 hoagie	1000	200	0	329
Carrots, sliced #10	0.5 cup	650	39	0	178
Romaine & Tomatoes, High	1 2.50 Cup salad	800	35	0	13
Pickle Spears, kosher dill	1 (1-1/3 spears)	150	0	0	385
Mayonnaise S/S	1 each	600	40	1	90
Mustard S/S	1 each	700	0	0	70
Juice, Orange, Frz	1 (4 oz.)	1100	60	0	0
Milk - FF Flavored Choc	1 each	1000	110	0	100
Milk - FF Flavored Strawberry	1 each	10	110	0	100
Milk, Skim - FF Unflavored	1 each	5	80	0	125
Banana, fresh	1 banana	1100	147	0	2
CheeseAmericanSliced.5oz	1 slice	400	46	2	243
Chips, Baked Cheetos Spicy	1 bag	1000	119	0	199
Weighted Daily Average			772	2	1357
% of calories				2.1%	
Weekly Target (USDA Lunch 9-12)			750 - 850	< 10% ⁺¹	≤ 1420

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Weighted Average			782	5	1147
% of calories				5.4%	
Weekly Target (USDA Lunch 9-12)			750 - 850	< 10% ⁺¹	≤ 1420

Legend:

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