

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 05**

**Chicken Bites (Chicken, Bites Breaded)**

	Meat / Alt (oz eq)	Grains (oz eq)		Fruits		Vegetables					Fluid Milk (cups)						
		Not Whole Grain- Rich	Whole Grain- Rich	Fruit (cups)	Juice (cups)	Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other		Vegetable Juice (cups)					
Chicken, Bites Breaded	2.000		1.500														
Sweet Potato Fries							0.500										
Roll Dough, Whole Wheat			1.000														
Corn, whole kernel #10									0.500								
Milk - 1% Low Fat																	1.000
Milk - FF Flavored Choc																	1.000
Milk - FF Flavored Strawberry																	1.000
Peach Slice, Cling # 10 Can				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)	1/2 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 1/2 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

Tuesday, Aug 06

Tacos (Beef Taco 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	
Beef Taco Meat	2.000																
Corn on Cob FRZ									0.500								
Beans, Black #10										0.500							
Romaine & Tomatoes, E/M							0.500	0.250									
Juice, Apple, 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												
Chips, Tortilla Bulk 1 oz.			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 3/4 cup	>=3/4 cup	>=3/4 cup
Vegetables (Dark Green)	1/2 cup		
Vegetables (Red/Orange)	1/4 cup		
Vegetables (Beans/Peas)	1/2 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

Wednesday, Aug 07

Pork Patty on Bun (Pork Rib Shaped Patty w/BBQ)

	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		
Pork Rib Shaped Patty w/BBQ Bun, Hamburger	2.000		2.000														
Beans, Vegetarian #10								0.500									
Milk - 1% Low Fat																	1.000
Milk - FF Flavored Choc																	1.000
Raisins, Seedless Individual				0.500													
Potato Salad, #10 diced									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)	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	2 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

**Pork Patty on Bun (Beef Patty, All Meat)**

	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	
Beef Patty, All Meat	2.000															
Bun, Hamburger			2.000													
Beans, Vegetarian #10								0.500								
Milk - 1% Low Fat																1.000
Milk - FF Flavored Choc																1.000
Raisins, Seedless Individual				0.500												
Potato Salad, #10 diced									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)	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	2 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 08

Salisbury Steak (Beef Patty, Salisbury)

	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	
Beef Patty, Salisbury	2.000															
Potato Pearls, instant									0.500							
Peas, Sweet, Green #10										0.500						
Milk - 1% Low Fat																1.000
Milk - FF Flavored Choc																1.000
Milk - FF Flavored Strawberry																1.000
Fruit Cocktail, #10 Can				0.500												
Biscuit, Mini 1 oz.			1.000													
Juice, Orange, Frz					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)	0 cup		
Vegetables (Red/Orange)	0 cup		
Vegetables (Beans/Peas)	0 cup		
Vegetables (Starchy)	1/2 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	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

Friday, Aug 09

Deli Sub (Turkey, Deli Breast 2 oz)

	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	
Turkey, Deli Breast 2 oz	2.000															
Bun, Hoagie Sub			2.000													
Romaine & Tomatoes, E/M						0.500	0.250									
Carrots, sliced #10							0.500									
Milk - 1% Low Fat																1.000
Milk - FF Flavored Choc																1.000
Milk - FF Flavored Strawberry																1.000
Banana, fresh				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 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	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**

<b>Rule Description</b>	<b>Value</b>	<b>Lunch K-5</b>	<b>Lunch 6-8</b>
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	6 cup	>=3 3/4 cup	>=3 3/4 cup
Vegetables (Dark Green)	1 cup	>=1/2 cup	>=1/2 cup
Vegetables (Red/Orange)	1 1/2 cup	>=3/4 cup	>=3/4 cup
Vegetables (Beans/Peas)	1 cup	>=1/2 cup	>=1/2 cup
Vegetables (Starchy)	2 cup	>=1/2 cup	>=1/2 cup
Vegetables (Other)	1/2 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 1/2 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	14 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