

Mobile County Public Schools

Child Nutrition

Weighted Nutrient Analysis - Detail by Recipe

Planned Breakfast Counts for (SY 19-20) K-5/BIC Breakfast Nutrient Analysis (Test), 8/12/2019 - 8/16/2019, Breakfast, K-5/BIC Breakfast

Mon - 8/12/2019	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Sausage Link	2 EACH	300	162	4	360
Waffles, Mini WG Maple	1 each	100	210	1	170
Juice, Apple, Frz	1 (4 oz)	300	60	0	5
Milk - FF Flavored Choc	1 each	50	110	0	100
Milk - FF Flavored Strawberry	1 each	5	110	0	100
Milk, Skim - FF Unflavored	1 each	5	80	0	125
Pear, Slice # 10 Can (Breakfast)	0.5 cup	200	85	0	16
Syrup,Individual	1 each	150	100	0	10
Weighted Daily Average			420	4	458
% of calories				9.4%	
Weekly Target (USDA Breakfast K-5)			350 - 500	< 10% ⁺¹	≤ 540

Tue - 8/13/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Croissant 1.25 oz. WG	1 Croissant	300	111	2	152
CheeseAmericanSliced.5oz	1 slice	100	46	2	243
Jelly, Grape S/S	1 each	100	35	0	0
Jam, Strawberry S/S	1 each	100	35	0	5
Juice, Apple, Frz	1 (4 oz)	300	60	0	5
Milk - FF Flavored Choc	1 each	100	110	0	100
Milk - FF Flavored Strawberry	1 each	5	110	0	100
Milk, Skim - FF Unflavored	1 each	5	80	0	125
Ham for Biscuit	1 each	300	39	0	241
Apples, Granny Smith	1 apple	300	94	0	3
Weighted Daily Average			383	3	521
% of calories				7.4%	
Weekly Target (USDA Breakfast K-5)			350 - 500	< 10% ⁺¹	≤ 540

Wed - 8/14/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Yogurt Cup, Raspberry /Harvest	1 each	300	113	1	74
Roll, Cinnamon	1 2.5 oz. Roll	250	220	2	240
Juice, Fruit Blend, Frz	1 (4 oz.)	300	60	0	5
Milk - FF Flavored Choc	1 each	100	110	0	100
Milk - FF Flavored Strawberry	1 each	5	110	0	100
Milk, Skim - FF Unflavored	1 each	5	80	0	125
Grapes, fresh (Breakfast)	0.5 cup	300	58	0	2
Weighted Daily Average			454	3	318
% of calories				5.7%	
Weekly Target (USDA Breakfast K-5)			350 - 500	< 10% ⁺¹	≤ 540

Thu - 8/15/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Chicken Patty, Breakfast	1 patty	300	125	1	230
Biscuit, Southern Style WG	1 each	300	110	3	250
Jelly, Grape S/S	1 each	100	35	0	0
Jam, Strawberry S/S	1 each	100	35	0	5
Juice, Orange, Frz	1 (4 oz.)	300	60	0	0
Milk - FF Flavored Choc	1 each	100	110	0	100
Milk - FF Flavored Strawberry	1 each	5	110	0	100
Milk, Skim - FF Unflavored	1 each	5	80	0	125
Pear, D'Anjou, fresh	1 pear	150	122	0	3
Weighted Daily Average			419	4	520
% of calories				9.5%	
Weekly Target (USDA Breakfast K-5)			350 - 500	< 10% ⁺¹	≤ 540

Fri - 8/16/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Pop Tart, Strawberry	1 Poptart	300	180	1	180
Cereal, Cinnamon Toast Crunch	1 bowl	200	110	1	160
Juice, Orange Pineapple, Frz	1 (4 oz.)	300	60	0	0
Milk - FF Flavored Choc	1 each	10	110	0	100
Milk - FF Flavored Strawberry	1 each	5	110	0	100
Milk, Skim - FF Unflavored	1 each	200	80	0	125
Strawberries, fresh (Breakfast)	0.5 cup	300	28	0	1
Weighted Daily Average			400	1	375
% of calories				3%	
Weekly Target (USDA Breakfast K-5)			350 - 500	< 10% ⁺¹	≤ 540

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Weighted Average			415	3	438
% of calories				7%	
Weekly Target (USDA Breakfast K-5)			350 - 500	< 10% ^{†1}	≤ 540

Legend:

Highlighted values do not meet nutrient standards

*Asterisk indicates missing nutrient data

^{†1} Target is less than 10% of calories from saturated fat