

Mobile County Public Schools

Child Nutrition

Carbohydrate Analysis

Carbohydrate grams per serving in Breakfast menus for template Breakfast 9-12 for 9-12 Breakfast

Monday, 5 August		Tuesday, 6 August		Wednesday, 7 August		Thursday, 8 August		Friday, 9 August	
Pancakes & Sausage		Parfait		Biscuit & Chicken Patty		Ham & Cheese Croissant		Breakfast Wrap	
<i>Entree</i>		<i>Entree</i>		<i>Entree</i>		<i>Entree</i>		<i>Entree</i>	
Sausage Patty - Entree	0.0g	Yogurt Parfait	98.7g	Chicken Patty, Breakfast	6.7g	Ham for Biscuit	1.8g	Breakfast Wrap WG	16.9g
<i>Side Dish</i>		<i>Side Dish</i>		<i>Side Dish</i>		<i>Side Dish</i>		<i>Side Dish</i>	
Roll, Cinni Minis	40.0g	Muffin, Choc Chip	31.8g	Juice, Grape, Frz	19.0g	Cereal, Cinnamon Toast Cru	22.0g	Cereal Bar, Trix	30.2g
Juice, Grape, Frz	19.0g	Muffin, Banana	27.9g	Biscuit, Southern Style WG (15.0g	Juice, Grape, Frz	19.0g	Cereal Bar, Cinna Toast Cru	30.2g
Juice, Orange Pineapple, Frz	15.0g	Muffin, Blueberry WG	25.9g	Juice, Orange Pineapple, Frz	15.0g	Croissant 1.25 oz. WG	15.2g	Cereal Bar, Cocoa Puffs	30.2g
Juice, Orange, Frz	14.0g	Muffin, Apple Cinnamon WG	19.5g	Juice, Orange, Frz	14.0g	Juice, Orange Pineapple, Frz	15.0g	Juice, Grape, Frz	19.0g
Juice, Fruit Blend Frz	14.0g	Juice, Grape, Frz	19.0g	Juice, Fruit Blend Frz	14.0g	Juice, Orange, Frz	14.0g	Juice, Orange Pineapple, Frz	15.0g
Juice, Apple, Frz	14.0g	Juice, Orange Pineapple, Frz	15.0g	Juice, Apple, Frz	14.0g	Juice, Fruit Blend Frz	14.0g	Juice, Orange, Frz	14.0g
Fruit Choice - REMOVE AND	0.0g*	Juice, Orange, Frz	14.0g	Fruit Choice - REMOVE AND	0.0g*	Juice, Apple, Frz	14.0g	Juice, Fruit Blend Frz	14.0g
<i>Milk</i>		Juice, Fruit Blend Frz	14.0g	<i>Milk</i>		Cheese, Sliced American.5oz	1.5g	Juice, Apple, Frz	14.0g
Milk - FF Flavored Choc	19.0g	Juice, Apple, Frz	14.0g	Milk - FF Flavored Choc	19.0g	Fruit Choice - REMOVE AND	0.0g*	Fruit Choice - REMOVE AND	0.0g*
Milk - FF Flavored Strawberr	18.0g	Fruit Choice - REMOVE AND	0.0g*	Milk - FF Flavored Strawberr	18.0g	<i>Milk</i>		<i>Milk</i>	
Milk, Skim - FF Unflavored	12.0g	<i>Milk</i>		Milk, Skim - FF Unflavored	12.0g	Milk - FF Flavored Choc	19.0g	Milk - FF Flavored Choc	19.0g
Milk - 1% Low Fat	12.0g	Milk - FF Flavored Choc	19.0g	Milk - 1% Low Fat	12.0g	Milk - FF Flavored Strawberr	18.0g	Milk - FF Flavored Strawberr	18.0g
		Milk - FF Flavored Strawberr	18.0g	<i>Condiment</i>		Milk, Skim - FF Unflavored	12.0g	Milk, Skim - FF Unflavored	12.0g
		Milk, Skim - FF Unflavored	12.0g	Jam, Strawberry S/S	9.1g	Milk - 1% Low Fat	12.0g	Milk - 1% Low Fat	12.0g
		Milk - 1% Low Fat	12.0g	Jelly, Grape S/S	9.1g	<i>Condiment</i>			
						Jam, Strawberry S/S	9.1g		

* Indicates incomplete or missing nutrient information.

Monday, 12 August		Tuesday, 13 August		Wednesday, 14 August		Thursday, 15 August		Friday, 16 August	
Sausage & Waffles		Quesadilla & Grits		Cinnamon Roll & Yogurt		Biscuit & Chicken Patty		Pop Tart	
<i>Entree</i>		<i>Entree</i>		<i>Entree</i>		<i>Entree</i>		<i>Entree</i>	
Sausage Link	0.0g	Quesadilla, Cheese	12.2g	Yogurt Cup, Raspberry /Har	19.3g	Chicken Patty, Breakfast	6.7g	Pop Tart, Strawberry	37.9g
<i>Side Dish</i>		<i>Side Dish</i>		<i>Side Dish</i>		<i>Side Dish</i>		<i>Side Dish</i>	
Waffles, Mini WG Maple	38.0g	Juice, Grape, Frz	19.0g	Yogurt Cup, Blueberry	16.1g	Juice, Grape, Frz	19.0g	Cereal, Golden Grahams, bo	24.0g
Juice, Grape, Frz	19.0g	Grits, WG Corn	16.5g	Yogurt Cup, Strawberry	16.1g	Biscuit, Southern Style WG (15.0g	Cereal, Frosted Corn Flakes,	24.0g
Juice, Orange Pineapple, Frz	15.0g	Juice, Orange Pineapple, Frz	15.0g	Yogurt Cup, Straw Banana	16.0g	Juice, Orange Pineapple, Frz	15.0g	Cereal, Cheerios, bowl	20.0g
Juice, Orange, Frz	14.0g	Juice, Orange, Frz	14.0g	Yogurt, Go-Gurt, Strawberry	13.0g	Juice, Orange, Frz	14.0g	Juice, Grape, Frz	19.0g
Juice, Fruit Blend Frz	14.0g	Juice, Fruit Blend Frz	14.0g	<i>Side Dish</i>		Juice, Fruit Blend Frz	14.0g	Juice, Orange Pineapple, Frz	15.0g
Juice, Apple, Frz	14.0g	Juice, Apple, Frz	14.0g	Roll, Cinnamon	36.0g	Juice, Apple, Frz	14.0g	Juice, Orange, Frz	14.0g
Fruit Choice - REMOVE AND	0.0g*	Fruit Choice - REMOVE AND	0.0g*	Juice, Grape, Frz	19.0g	Fruit Choice - REMOVE AND	0.0g*	Juice, Fruit Blend Frz	14.0g
<i>Milk</i>		<i>Milk</i>		Juice, Orange Pineapple, Frz	15.0g	<i>Milk</i>		Juice, Apple, Frz	14.0g
Milk - FF Flavored Choc	19.0g	Milk - FF Flavored Choc	19.0g	Juice, Orange, Frz	14.0g	Milk - FF Flavored Choc	19.0g	Fruit Choice - REMOVE AND	0.0g*
Milk - FF Flavored Strawberr	18.0g	Milk - FF Flavored Strawberr	18.0g	Juice, Fruit Blend Frz	14.0g	Milk - FF Flavored Strawberr	18.0g	<i>Milk</i>	
Milk, Skim - FF Unflavored	12.0g	Milk, Skim - FF Unflavored	12.0g	Juice, Apple, Frz	14.0g	Milk, Skim - FF Unflavored	12.0g	Milk - FF Flavored Choc	19.0g
Milk - 1% Low Fat	12.0g	Milk - 1% Low Fat	12.0g	Bun, Cinnamon	0.0g*	Milk - 1% Low Fat	12.0g	Milk - FF Flavored Strawberr	18.0g
<i>Condiment</i>		<i>Condiment</i>		Fruit Choice - REMOVE AND	0.0g*	<i>Condiment</i>		Milk, Skim - FF Unflavored	12.0g
Syrup, Individual	25.0g			<i>Milk</i>		Jam, Strawberry S/S	9.1g	Milk - 1% Low Fat	12.0g
				Milk - FF Flavored Choc	19.0g	Jelly, Grape S/S	9.1g		
				Milk - FF Flavored Strawberr	18.0g				
				Milk, Skim - FF Unflavored	12.0g				
				Milk - 1% Low Fat	12.0g				

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Monday, 19 August		Tuesday, 20 August		Wednesday, 21 August		Thursday, 22 August		Friday, 23 August	
Mini Pancake & Sausage		Cheese Toast		Yogurt w/Cereal		Egg Patty Croissant/Biscuit		Cream Cheese Bagel	
<i>Entree</i>		<i>Entree</i>		<i>Entree</i>		<i>Entree</i>		<i>Entree</i>	
Pancake Bite/Pup	17.1g	Cheese Toast	16.7g	Yogurt Cup, Blueberry	16.1g	Egg, Scrambled Square 1.25	1.0g	Bagel, Cream Cheese Cinna	28.2g
<i>Side Dish</i>		<i>Side Dish</i>		Shiver Shock Smoothie 8 oz.		<i>Side Dish</i>		Bagel, Strawberry Cream Ch	
Cereal, Golden Grahams, bo	24.0g	Juice, Grape, Frz	19.0g	<i>Side Dish</i>		Juice, Grape, Frz	19.0g	<i>Side Dish</i>	
Cereal, Lucky Charms, bowl	23.3g	Grits, WG Corn	16.5g	Cereal Bar, Cinna Toast Cru	30.2g	Biscuit, Southern Style WG (15.0g	Juice, Grape, Frz	19.0g
Cereal, Honey Nut Cheerios,	22.3g	Juice, Orange Pineapple, Frz	15.0g	Cereal Bar, Cocoa Puffs	30.2g	Juice, Orange Pineapple, Frz	15.0g	Juice, Orange Pineapple, Frz	15.0g
Juice, Grape, Frz	19.0g	Juice, Orange, Frz	14.0g	Cereal, Golden Grahams, bo	24.0g	Juice, Orange, Frz	14.0g	Juice, Orange, Frz	14.0g
Juice, Orange Pineapple, Frz	15.0g	Juice, Fruit Blend Frz	14.0g	Cereal, Frosted Flakes, pouc	24.0g	Juice, Fruit Blend Frz	14.0g	Juice, Fruit Blend Frz	14.0g
Juice, Orange, Frz	14.0g	Juice, Apple, Frz	14.0g	Cereal, Lucky Charms, bowl	23.3g	Juice, Apple, Frz	14.0g	Juice, Apple, Frz	14.0g
Juice, Fruit Blend Frz	14.0g	Fruit Choice - REMOVE AND	0.0g*	Juice, Grape, Frz	19.0g	Cheese, Sliced American.5oz	1.5g	Fruit Choice - REMOVE AND	0.0g*
Juice, Apple, Frz	14.0g	<i>Milk</i>		Juice, Orange Pineapple, Frz	15.0g	Fruit Choice - REMOVE AND	0.0g*	<i>Milk</i>	
Fruit Choice - REMOVE AND	0.0g*	Milk - FF Flavored Choc	19.0g	Juice, Orange, Frz	14.0g	<i>Milk</i>		Milk - FF Flavored Choc	19.0g
<i>Milk</i>		Milk - FF Flavored Strawberr	18.0g	Juice, Fruit Blend Frz	14.0g	Milk - FF Flavored Choc	19.0g	Milk - FF Flavored Strawberr	18.0g
Milk - FF Flavored Choc	19.0g	Milk, Skim - FF Unflavored	12.0g	Juice, Apple, Frz	14.0g	Milk - FF Flavored Strawberr	18.0g	Milk, Skim - FF Unflavored	12.0g
Milk - FF Flavored Strawberr	18.0g	Milk - 1% Low Fat	12.0g	Fruit Choice - REMOVE AND	0.0g*	Milk, Skim - FF Unflavored	12.0g	Milk - 1% Low Fat	12.0g
Milk, Skim - FF Unflavored	12.0g	<i>Condiment</i>		<i>Milk</i>		Milk - 1% Low Fat	12.0g		
Milk - 1% Low Fat	12.0g	Jam, Strawberry S/S	9.1g	Milk - FF Flavored Choc	19.0g	<i>Condiment</i>			
		Jelly, Grape S/S	9.1g	Milk - FF Flavored Strawberr	18.0g	Jam, Strawberry S/S	9.1g		
				Milk, Skim - FF Unflavored	12.0g	Jelly, Grape S/S	9.1g		
				Milk - 1% Low Fat	12.0g				

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Monday, 26 August	Tuesday, 27 August	Wednesday, 28 August	Thursday, 29 August	Friday, 30 August
French Toast Sticks & Sausage Link	Breakfast Pizza	Muffin & Yogurt	Sausage Biscuit	Ham & Cheese Croissant
<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>
Sausage Link 0.0g	Pizza, Breakfast WG 24.5g	Yogurt Cup, Raspberry /Har 19.3g	Biscuit, Sausage 21.2g	Ham for Biscuit 1.8g
<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>
French Toast Sticks WG 39.0g	Pop Tart, Strawberry (As a S 37.9g	Yogurt Cup, Strawberry 16.1g	Cereal Bar, Trix 30.2g	Cereal, Fruity Cheerios, bowl 25.0g
Juice, Grape, Frz 19.0g	Pop Tart, Blueberry 37.9g	Yogurt Cup, Straw Banana 16.0g	Cereal Bar, Cinna Toast Cru 30.2g	Cereal, Golden Grahams, bo 24.0g
Juice, Orange Pineapple, Frz 15.0g	Pop Tart, Cinnamon 36.9g	<i>Side Dish</i>	Cereal Bar, Cocoa Puffs 30.2g	Cereal, Honey Nut Cheerios, 22.3g
Juice, Orange, Frz 14.0g	Pop Tart, Fudge 36.9g	Muffin, Choc Chip 31.8g	Juice, Grape, Frz 19.0g	Juice, Grape, Frz 19.0g
Juice, Fruit Blend Frz 14.0g	Juice, Grape, Frz 19.0g	Muffin, Banana 27.9g	Juice, Orange Pineapple, Frz 15.0g	Croissant 1.25 oz. WG 15.2g
Juice, Apple, Frz 14.0g	Juice, Orange Pineapple, Frz 15.0g	Muffin, Blueberry WG 25.9g	Juice, Orange, Frz 14.0g	Juice, Orange Pineapple, Frz 15.0g
Fruit Choice - REMOVE AND 0.0g*	Juice, Orange, Frz 14.0g	Cereal, Fruity Cheerios, bowl 25.0g	Juice, Fruit Blend Frz 14.0g	Juice, Orange, Frz 14.0g
<i>Milk</i>	Juice, Fruit Blend Frz 14.0g	Cereal, Golden Grahams, bo 24.0g	Juice, Apple, Frz 14.0g	Juice, Fruit Blend Frz 14.0g
Milk - FF Flavored Choc 19.0g	Juice, Apple, Frz 14.0g	Muffin, Apple Cinnamon WG 19.5g	Fruit Choice - REMOVE AND 0.0g*	Juice, Apple, Frz 14.0g
Milk - FF Flavored Strawberr 18.0g	Fruit Choice - REMOVE AND 0.0g*	Juice, Grape, Frz 19.0g	<i>Milk</i>	Cheese, Sliced American.5oz 1.5g
Milk, Skim - FF Unflavored 12.0g	<i>Milk</i>	Juice, Orange Pineapple, Frz 15.0g	Milk - FF Flavored Choc 19.0g	Fruit Choice - REMOVE AND 0.0g*
Milk - 1% Low Fat 12.0g	Milk - FF Flavored Choc 19.0g	Juice, Orange, Frz 14.0g	Milk - FF Flavored Strawberr 18.0g	<i>Milk</i>
<i>Condiment</i>	Milk - FF Flavored Strawberr 18.0g	Juice, Fruit Blend Frz 14.0g	Milk, Skim - FF Unflavored 12.0g	Milk - FF Flavored Choc 19.0g
Syrup,Individual 25.0g	Milk, Skim - FF Unflavored 12.0g	Juice, Apple, Frz 14.0g	Milk - 1% Low Fat 12.0g	Milk - FF Flavored Strawberr 18.0g
	Milk - 1% Low Fat 12.0g	Fruit Choice - REMOVE AND 0.0g*	<i>Condiment</i>	Milk, Skim - FF Unflavored 12.0g
		<i>Milk</i>	Jam, Strawberry S/S 9.1g	Milk - 1% Low Fat 12.0g
		Milk - FF Flavored Choc 19.0g	Jelly, Grape S/S 9.1g	<i>Condiment</i>
		Milk - FF Flavored Strawberr 18.0g		Jam, Strawberry S/S 9.1g
		Milk, Skim - FF Unflavored 12.0g		Jelly, Grape S/S 9.1g
		Milk - 1% Low Fat 12.0g		

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