

Mobile County Public Schools

Child Nutrition

Weighted Nutrient Analysis - Detail by Recipe

Planned Breakfast Counts for (SY 19-20) 6-8 Breakfast Nutrient Analysis (Test), 8/26/2019 - 8/30/2019, Breakfast, 6-8 Breakfast

| Mon - 8/26/2019 | Portion Size | Qty | FE (kCal) | Sfat (g) | Na (mg) |
|------------------------------------|---------------------|------------|----------------------|---------------------|--------------------|
| Total Feeding Figure | 1 plate | 300 | | | |
| Sausage Link | 2 EACH | 300 | 162 | 4 | 360 |
| Syrup,Individual | 1 each | 300 | 100 | 0 | 10 |
| 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 |
| Apples, Granny Smith | 1 apple | 200 | 94 | 0 | 3 |
| French Toast Sticks WG | 4 sticks | 50 | 222 | 2 | 253 |
| Weighted Daily Average | | | 443 | 4 | 440 |
| % of calories | | | | 8.8% | |
| Weekly Target (USDA Breakfast 6-8) | | | 400 - 550 | < 10% ⁺¹ | ≤ 600 |

Tue - 8/27/2019

| | Portion Size | Qty | FE (kCal) | Sfat (g) | Na (mg) |
|---------------------------------------|---------------------|------------|----------------------|---------------------|--------------------|
| Total Feeding Figure | 1 plate | 300 | | | |
| Juice, Fruit Blend, Frz | 1 (4 oz.) | 300 | 60 | 0 | 5 |
| Milk - FF Flavored Choc | 1 each | 200 | 110 | 0 | 100 |
| Milk - FF Flavored Strawberry | 1 each | 5 | 110 | 0 | 100 |
| Milk, Skim - FF Unflavored | 1 each | 5 | 80 | 0 | 125 |
| Oranges, Mandarin #10 Can (Breakfast) | 0.5 cup | 300 | 80 | 0 | 9 |
| Pizza, Breakfast WG | 1 each | 300 | 198 | 2 | 442 |
| Weighted Daily Average | | | 414 | 2 | 527 |
| % of calories | | | | 4.1% | |
| Weekly Target (USDA Breakfast 6-8) | | | 400 - 550 | < 10% ⁺¹ | ≤ 600 |

Wed - 8/28/2019

| | 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 |
| Muffin, Banana | 1 muffin | 250 | 159 | 0 | 134 |
| Juice, Grape, Frz | 1 (4 oz.) | 300 | 80 | 0 | 10 |
| 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 |
| Cereal, Cinnamon Toast Crunch | 1 bowl | 200 | 110 | 1 | 160 |
| Fruit Cocktail, #10 Can (Breakfast) | 0.5 cup | 300 | 61 | 0 | 10 |
| Weighted Daily Average | | | 500 | 2 | 350 |
| % of calories | | | | 3.4% | |
| Weekly Target (USDA Breakfast 6-8) | | | 400 - 550 | < 10% ⁺¹ | ≤ 600 |

Thu - 8/29/2019

| | Portion Size | Qty | FE (kCal) | Sfat (g) | Na (mg) |
|------------------------------------|---------------------|------------|----------------------|---------------------|--------------------|
| Total Feeding Figure | 1 plate | 300 | | | |
| Jelly, Grape S/S | 1 each | 268 | 35 | 0 | 0 |
| Milk - FF Flavored Choc | 1 each | 120 | 110 | 0 | 100 |
| Milk - FF Flavored Strawberry | 1 each | 5 | 110 | 0 | 100 |
| Milk, Skim - FF Unflavored | 1 each | 30 | 80 | 0 | 125 |
| Jam, Strawberry S/S | 1 each | 150 | 35 | 0 | 5 |
| Biscuit, Sausage | 1 each | 300 | 257 | 6 | 358 |
| Grapefruit, fresh (Breakfast) | 1 grapefruit | 103 | 82 | 0 | 0 |
| Juice, Fruit Blend, Frz | 1 (4 oz.) | 52 | 60 | 0 | 5 |
| Cereal Bar, Cinna Toast Crunch | 1 each | 300 | 151 | 1 | 116 |
| Weighted Daily Average | | | 550 | 6 | 531 |
| % of calories | | | | 10% | |
| Weekly Target (USDA Breakfast 6-8) | | | 400 - 550 | < 10% ⁺¹ | ≤ 600 |

Fri - 8/30/2019

| | Portion Size | Qty | FE (kCal) | Sfat (g) | Na (mg) |
|------------------------------------|---------------------|------------|----------------------|---------------------|--------------------|
| Total Feeding Figure | 1 plate | 300 | | | |
| Shiver Shock Smoothie | 8 ounce | 300 | 0 | 0 | 0 |
| Juice, Fruit Blend, Frz | 1 (4 oz.) | 300 | 60 | 0 | 5 |
| Milk - FF Flavored Choc | 1 each | 50 | 110 | 0 | 100 |
| Milk - FF Flavored Strawberry | 1 each | 20 | 110 | 0 | 100 |
| Milk, Skim - FF Unflavored | 1 each | 100 | 80 | 0 | 125 |
| Yogurt Cup, Raspberry /Harvest | 1 each | 300 | 113 | 1 | 74 |
| Orange, Fresh (Breakfast) | 1 Orange | 300 | 62 | 0 | 0 |
| Cereal Bar, Trix | 1 bar | 250 | 151 | 1 | 106 |
| Weighted Daily Average | | | 414 | 2 | 232 |
| % of calories | | | | 3.4% | |
| Weekly Target (USDA Breakfast 6-8) | | | 400 - 550 | < 10% ⁺¹ | ≤ 600 |

| | Portion Size | Qty | FE (kCal) | Sfat (g) | Na (mg) |
|------------------------------------|--------------|-----|--------------|---------------------|------------|
| Weighted Average | | | 464 | 3 | 416 |
| % of calories | | | | 6.1% | |
| Weekly Target (USDA Breakfast 6-8) | | | 400 - 550 | < 10%† ¹ | ≤ 600 |

Legend:

Highlighted values do not meet nutrient standards

*Asterisk indicates missing nutrient data

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