

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 12

Chicken Tenders (Chicken, Tenderloins 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		Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other	
Chicken, Tenderloins Breaded	2.000																
Milk - FF Flavored Choc																	1.000
Milk, Skim - FF Unflavored																	1.000
Banana, fresh				0.500													
Potato Pearls, instant									0.500								
Biscuit, Mini 1 oz.			1.000														
Peas, Sweet, Green #10											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)	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	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

Tuesday, Aug 13

Sante Fe Soup (Soup, Santa Fe)

	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)								
						Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other	Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other
Soup, Santa Fe	2.000									0.375					
Carrots, sliced FRZ 20#							0.500								
Chips, Corn Bulk			1.000												
Salad, Garden, E&M						0.500	0.500	0.250							
Juice, Orange Pineapple, Frz					0.500										
Milk - FF Flavored Choc															1.000
Milk - FF Flavored Strawberry															1.000
Milk, Skim - FF Unflavored															1.000
Mixed Fruit Cup, Frozen				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 5/8 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)	3/8 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 14

Hamburger (Beef Patty, Flame Broiled)

	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 Patty, Flame Broiled	2.000																
Bun, Hamburger			2.000														
Carrots, sliced #10							0.500										
Potato, French Fries, Crinkle									0.500								
Milk - 1% Low Fat																	1.000
Milk - FF Flavored Choc																	1.000
Milk - FF Flavored Strawberry																	1.000
Raisins, Seedless Individual					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 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

Thursday, Aug 15

Teriyaki Chicken (Teriyaki Chicken)

	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		
Teriyaki Chicken	2.000																
Egg, Roll Vegetable			1.000							0.500							
Vegetables, Stir Fry FRZ 24#										0.500							
Juice, Grape, Frz					0.500												
Milk - 1% Low Fat																1.000	
Milk - FF Flavored Choc																1.000	
Milk - FF Flavored Strawberry																1.000	
Banana, fresh				0.500													
Fried Rice			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 cup	>=3/4 cup	>=3/4 cup
Vegetables (Dark Green)	0 cup		
Vegetables (Red/Orange)	0 cup		
Vegetables (Beans/Peas)	0 cup		
Vegetables (Starchy)	0 cup		
Vegetables (Other)	1 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

Friday, Aug 16

Crispito (Chicken Chilli Crispito)

	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	
Chicken Chilli Crispito	2.000		2.000														
Beans, Black #10																	
Salad, Garden, E&M							0.500	0.250									
Milk - 1% Low Fat																	1.000
Milk - FF Flavored Choc																	1.000
Milk - FF Flavored Strawberry																	1.000
Mexicali Corn														0.500			
Pineapple Chunks, # 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 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	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

Rule Description	Value	Lunch K-5	Lunch 6-8
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 3/8 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)	1/2 cup	>=1/2 cup	>=1/2 cup
Vegetables (Starchy)	1 1/2 cup	>=1/2 cup	>=1/2 cup
Vegetables (Other)	1 7/8 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 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