

Mobile County Public Schools

Child Nutrition

Meal Pattern Analysis

Analyzing Breakfast menus for site (SY 19-20) 9-12 Breakfast Nutrient Analysis (Test) compared against standards for 9-12 Breakfast (5-day week)

Monday, Aug 12

Sausage & Waffles (Sausage Link)

Rule Description	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
Sausage Link	1.000											
Waffles, Mini WG Maple			2.000									
Juice, Apple, Frz					0.500							
Milk - FF Flavored Choc												1.000
Milk - FF Flavored Strawberry												1.000
Milk, Skim - FF Unflavored												1.000
Oranges, Mandarin #10 Can (Breakfast)				0.500								

Rule Description	Value	Breakfast 9-12
Percentage of Total Fruit that is Juice	50 %	
Total Grains	2 oz	>=2 oz
Percentage of grains that are whole grain-rich	100 %	
Fluid Milk	3 cup	>=1 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices
Valid Fluid Milk Choices	2 choices	>=2 choices
Total Fruit or SBP Substitute	1 cup	>=1 cup

Tuesday, Aug 13

Quesadilla & Grits (Quesadilla, Cheese)

	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		
Quesadilla, Cheese	1.000		1.000														
Grits, WG Corn			1.000														
Milk - FF Flavored Choc																	1.000
Milk - FF Flavored Strawberry																	1.000
Milk, Skim - FF Unflavored																	1.000
Juice, Grape, Frz																	0.500
Banana, fresh (Breakfast)				0.500													

Rule Description	Value	Breakfast 9-12
Percentage of Total Fruit that is Juice	50 %	
Total Grains	2 oz	>=2 oz
Percentage of grains that are whole grain-rich	100 %	
Fluid Milk	3 cup	>=1 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices
Valid Fluid Milk Choices	2 choices	>=2 choices
Total Fruit or SBP Substitute	1 cup	>=1 cup

Wednesday, Aug 14

Cinnamon Roll & Yogurt (Yogurt Cup, Raspberry /Harvest)

	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	
Yogurt Cup, Raspberry /Harvest	1.000																
Juice, Grape, Frz						0.500											
Milk - FF Flavored Choc																	1.000
Milk - FF Flavored Strawberry																	1.000
Milk, Skim - FF Unflavored																	1.000
Roll, Cinni Minis			2.000														
Apple, Fresh (Breakfast)					0.500												

Rule Description	Value	Breakfast 9-12
Percentage of Total Fruit that is Juice	50 %	
Total Grains	2 oz	>=2 oz
Percentage of grains that are whole grain-rich	100 %	
Fluid Milk	3 cup	>=1 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices
Valid Fluid Milk Choices	2 choices	>=2 choices
Total Fruit or SBP Substitute	1 cup	>=1 cup

Thursday, Aug 15

Biscuit & Chicken Patty (Chicken Patty, Breakfast)

	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 Patty, Breakfast	1.000																
Biscuit, Southern Style WG			2.000														
Juice, Grape, Frz					0.500												
Milk - FF Flavored Choc																	1.000
Milk - FF Flavored Strawberry																	1.000
Milk, Skim - FF Unflavored																	1.000
Fruit Cocktail, #10 Can (Breakfast)					0.500												

Rule Description	Value	Breakfast 9-12
Percentage of Total Fruit that is Juice	50 %	
Total Grains	2 oz	>=2 oz
Percentage of grains that are whole grain-rich	100 %	
Fluid Milk	3 cup	>=1 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices
Valid Fluid Milk Choices	2 choices	>=2 choices
Total Fruit or SBP Substitute	1 cup	>=1 cup

Friday, Aug 16

Pop Tart (Pop Tart, Strawberry)

	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	
Pop Tart, Strawberry			1.000													1.000
Milk - FF Flavored Choc																1.000
Milk - FF Flavored Strawberry																1.000
Milk, Skim - FF Unflavored																1.000
Cereal, Golden Grahams			1.000													
Pear, Slice # 10 Can (Breakfast)					0.500											
Juice, Orange Pineapple, Frz						0.500										

Rule Description	Value	Breakfast 9-12
Percentage of Total Fruit that is Juice	50 %	
Total Grains	2 oz	>=2 oz
Percentage of grains that are whole grain-rich	100 %	
Fluid Milk	3 cup	>=1 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices
Valid Fluid Milk Choices	2 choices	>=2 choices
Total Fruit or SBP Substitute	1 cup	>=1 cup

Total for Week

Rule Description	Value	Breakfast 9-12
Percentage of Total Fruit that is Juice	50 %	<=50 %
Total Grains	10 oz	9 - 10* oz
Percentage of grains that are whole grain-rich	100 %	>=100 %
Fluid Milk	15 cup	>=5 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices
Valid Fluid Milk Choices	2 choices	>=2 choices
Total Fruit or SBP Substitute	5 cup	>=5 cup

* Indicates target value is a warning level and not a failure to meet requirements

All daily and weekly requirements have been met