

Mobile County Public Schools

Child Nutrition

Weighted Nutrient Analysis - Detail by Recipe

Planned Lunch Counts for (SY19-20) 9-12 Lunch Nutrient Analysis (Test), 8/5/2019 - 8/9/2019, Lunch, 9-12

| Mon - 8/5/2019 | Portion Size | Qty | FE (kCal) | Sfat (g) | Na (mg) |
|---------------------------------|---------------------|------------|----------------------|---------------------|--------------------|
| Total Feeding Figure | 1 plate | 1100 | | | |
| Chicken, Patty Breaded | 1 patty | 550 | 223 | 2 | 587 |
| Sweet Potato Fries | 0.5 cup | 450 | 136 | 2 | 114 |
| Bun, Hamburger | 1 (2 oz. Bun) | 1100 | 139 | 0 | 298 |
| Chicken, Patty Spicy | 1 Patty | 550 | 230 | 3 | 420 |
| Sauce, Honey Mustard S/S | 1 each | 1000 | 142 | 2 | 203 |
| Oranges, Mandarin #10 Can | 0.5 cup | 950 | 80 | 0 | 9 |
| Milk - FF Flavored Choc | 1 each | 600 | 110 | 0 | 100 |
| Milk - FF Flavored Strawberry | 1 each | 50 | 110 | 0 | 100 |
| Milk, Skim - FF Unflavored | 1 each | 10 | 80 | 0 | 125 |
| Juice, Apple, Frz | 1 (4 oz) | 850 | 60 | 0 | 5 |
| Cole Slaw | 0.667 cup | 600 | 107 | 1 | 464 |
| Weighted Daily Average | | | 790 | 5 | 1357 |
| % of calories | | | | 5.7% | |
| Weekly Target (USDA Lunch 9-12) | | | 750 - 850 | < 10% ⁺¹ | ≤ 1420 |

Tue - 8/6/2019

| | Portion Size | Qty | FE (kCal) | Sfat (g) | Na (mg) |
|---------------------------------|-------------------|------|--------------|---------------------|------------|
| Total Feeding Figure | 1 plate | 1100 | | | |
| Meat Sauce for Pasta | 0.5 cup | 1100 | 206 | 5 | 402 |
| Pasta, Spaghetti | 0.5 cup | 1000 | 158 | 0 | 11 |
| Beans, Green #10 | 0.5 cup | 1000 | 48 | 0 | 329 |
| Breadstick, WG | 1 breadstick | 1100 | 80 | 0 | 100 |
| Salad, Garden, High | 1 2.5 cup serving | 800 | 142 | 1 | 376 |
| Juice, Fruit Blend, Frz | 1 (4 oz.) | 1100 | 60 | 0 | 5 |
| Pineapple Chunks, # 10 Can | 0.5 cup | 1100 | 69 | 0 | 0 |
| Milk - FF Flavored Choc | 1 each | 450 | 110 | 0 | 100 |
| Milk - FF Flavored Strawberry | 1 each | 20 | 110 | 0 | 100 |
| Milk, Skim - FF Unflavored | 1 each | 20 | 80 | 0 | 125 |
| Weighted Daily Average | | | 754 | 6 | 1134 |
| % of calories | | | | 6.7% | |
| Weekly Target (USDA Lunch 9-12) | | | 750 - 850 | < 10% ⁺¹ | ≤ 1420 |

Wed - 8/7/2019

| | Portion Size | Qty | FE (kCal) | Sfat (g) | Na (mg) |
|---------------------------------|---------------|------|--------------|---------------------|------------|
| Total Feeding Figure | 1 plate | 1100 | | | |
| Hot Dog | 1 each | 1100 | 182 | 7 | 527 |
| Bun, Hot Dog | 1 (2 oz. Bun) | 1000 | 139 | 0 | 298 |
| Potato, French Fries, Straight | 0.5 cup | 900 | 111 | 0 | 243 |
| Beans, Vegetarian #10 | 0.5 cup | 400 | 157 | 0 | 281 |
| Juice, Grape, Frz | 1 (4 oz.) | 1100 | 80 | 0 | 10 |
| Milk - FF Flavored Choc | 1 each | 930 | 110 | 0 | 100 |
| Milk - FF Flavored Strawberry | 1 each | 50 | 110 | 0 | 100 |
| Milk, Skim - FF Unflavored | 1 each | 10 | 80 | 0 | 125 |
| Oranges, Mandarin #10 Can | 0.5 cup | 1100 | 80 | 0 | 9 |
| Sauce, Hot Dog Chili | 0.25 cup | 600 | 63 | 1 | 388 |
| Weighted Daily Average | | | 750 | 8 | 1420 |
| % of calories | | | | 9.3% | |
| Weekly Target (USDA Lunch 9-12) | | | 750 - 850 | < 10% ⁺¹ | ≤ 1420 |

Thu - 8/8/2019

| | Portion Size | Qty | FE (kCal) | Sfat (g) | Na (mg) |
|---|-------------------|------|--------------|---------------------|------------|
| Total Feeding Figure | 1 plate | 1100 | | | |
| Oven Roasted Crispy Chicken Wings, Fully Cooked | 5 Drumsticks | 300 | 433 | 8 | 1464 |
| Chicken, Oven Roasted, 8 pc | 1 serving | 800 | 101 | 2 | 202 |
| Juice, Orange, Frz | 1 (4 oz.) | 1100 | 60 | 0 | 0 |
| Milk - FF Flavored Choc | 1 each | 1000 | 110 | 0 | 100 |
| Milk - FF Flavored Strawberry | 1 each | 50 | 110 | 0 | 100 |
| Milk, Skim - FF Unflavored | 1 each | 10 | 80 | 0 | 125 |
| Fruit Cocktail, #10 Can | 0.5 cup | 1100 | 90 | 0 | 11 |
| Beans, Lima, Green #10 | 0.5 cup | 1000 | 118 | 0 | 242 |
| Potato, Whole Roasted Seasoned | 0.5 cup | 800 | 102 | 0 | 183 |
| Cornbread, 2 oz. | 1 (2 oz. serving) | 900 | 204 | 1 | 499 |
| Weighted Daily Average | | | 796 | 5 | 1416 |
| % of calories | | | | 5.5% | |
| Weekly Target (USDA Lunch 9-12) | | | 750 - 850 | < 10% ⁺¹ | ≤ 1420 |

Fri - 8/9/2019

| | Portion Size | Qty | FE (kCal) | Sfat (g) | Na (mg) |
|---------------------------------|--------------|------|--------------|---------------------|------------|
| Total Feeding Figure | 1 plate | 1100 | | | |
| Pizza, Pepperoni 4x6 | 1 slice | 900 | 300 | 4 | 550 |
| Pizza, Pepperoni Pocket | 1 each | 200 | 300 | 5 | 680 |
| Juice, Orange Pineapple, Frz | 1 (4 oz.) | 1100 | 60 | 0 | 0 |
| Milk - FF Flavored Choc | 1 each | 1000 | 110 | 0 | 100 |
| Milk - FF Flavored Strawberry | 1 each | 20 | 110 | 0 | 100 |
| Milk, Skim - FF Unflavored | 1 each | 20 | 80 | 0 | 125 |
| Pineapple Chunks, # 10 Can | 0.5 cup | 1100 | 69 | 0 | 0 |
| Salad, Caesar, High | 1 Salad | 500 | 185 | 2 | 603 |
| Cookie, WG Sugar | 1 cookie | 1100 | 111 | 1 | 81 |
| Carrots, sliced #10 | 0.5 cup | 800 | 39 | 0 | 178 |
| Weighted Daily Average | | | 756 | 6 | 1153 |
| % of calories | | | | 7.4% | |
| Weekly Target (USDA Lunch 9-12) | | | 750 - 850 | < 10%† ¹ | ≤ 1420 |

| | Portion Size | Qty | FE (kCal) | Sfat (g) | Na (mg) |
|---------------------------------|--------------|-----|--------------|---------------------|------------|
| Weighted Average | | | 769 | 6 | 1296 |
| % of calories | | | | 6.9% | |
| Weekly Target (USDA Lunch 9-12) | | | 750 - 850 | < 10%† ¹ | ≤ 1420 |

Legend:

Highlighted values do not meet nutrient standards

*Asterisk indicates missing nutrient data

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