

Mobile County Public Schools

Child Nutrition

**Weighted Nutrient Analysis - Detail by Recipe**

Planned Breakfast Counts for (SY 19-20) K-5/BIC Breakfast Nutrient Analysis (Test), 8/26/2019 - 8/30/2019, Breakfast, K-5/BIC Breakfast

<b>Mon - 8/26/2019</b>	<b>Portion Size</b>	<b>Qty</b>	<b>FE (kCal)</b>	<b>Sfat (g)</b>	<b>Na (mg)</b>
Total Feeding Figure	1 plate	300			
Sausage Link	2 EACH	300	162	4	360
Syrup, Individual	1 each	200	100	0	10
Juice, Apple, Frz	1 (4 oz)	300	60	0	5
Milk - FF Flavored Choc	1 each	20	110	0	100
Milk - FF Flavored Strawberry	1 each	10	110	0	100
Milk, Skim - FF Unflavored	1 each	5	80	0	125
French Toast Sticks WG	4 sticks	50	222	2	253
Raisins, Seedless Individual	1 Each	250	113	0	4
Weighted Daily Average			432	4	430
% of calories				9%	
Weekly Target (USDA Breakfast K-5)			350 - 500	< 10% <sup>+1</sup>	≤ 540

**Tue - 8/27/2019**

	<b>Portion Size</b>	<b>Qty</b>	<b>FE (kCal)</b>	<b>Sfat (g)</b>	<b>Na (mg)</b>
Total Feeding Figure	1 plate	300			
Pizza, Breakfast WG	1 each	300	198	2	442
Juice, Orange, Frz	1 (4 oz.)	300	60	0	0
Milk - FF Flavored Choc	1 each	125	110	0	100
Milk - FF Flavored Strawberry	1 each	10	110	0	100
Milk, Skim - FF Unflavored	1 each	5	80	0	125
Nectarine, fresh (Breakfast)	1 each	300	63	0	0
Weighted Daily Average			372	2	489
% of calories				4.6%	
Weekly Target (USDA Breakfast K-5)			350 - 500	< 10% <sup>+1</sup>	≤ 540

**Wed - 8/28/2019**

	<b>Portion Size</b>	<b>Qty</b>	<b>FE (kCal)</b>	<b>Sfat (g)</b>	<b>Na (mg)</b>
Total Feeding Figure	1 plate	300			
Yogurt Cup, Straw Banana	1 each	300	80	0	65
Muffin, Banana	1 muffin	100	159	0	134
Juice, Grape, Frz	1 (4 oz.)	300	80	0	10
Milk - FF Flavored Choc	1 each	10	110	0	100
Milk - FF Flavored Strawberry	1 each	10	110	0	100
Milk, Skim - FF Unflavored	1 each	250	80	0	125
Melon, Cantaloupe, fresh (Breakfast)	1 wedge	250	35	0	16
Cereal, Cinnamon Toast Crunch	1 bowl	200	110	1	160
Weighted Daily Average			389	1	351
% of calories				1.3%	
Weekly Target (USDA Breakfast K-5)			350 - 500	< 10% <sup>+1</sup>	≤ 540

**Thu - 8/29/2019**

	<b>Portion Size</b>	<b>Qty</b>	<b>FE (kCal)</b>	<b>Sfat (g)</b>	<b>Na (mg)</b>
Total Feeding Figure	1 plate	300			
Biscuit, Sausage	1 each	300	257	6	358
Milk - FF Flavored Choc	1 each	191	110	0	100
Milk - FF Flavored Strawberry	1 each	5	110	0	100
Milk, Skim - FF Unflavored	1 each	35	80	0	125
Jam, Strawberry S/S	1 each	254	35	0	5
Juice, Apple, Frz	1 (4 oz)	300	60	0	5
Grapefruit, fresh (Breakfast)	1 grapefruit	289	82	0	0
Weighted Daily Average			507	6	447
% of calories				10%	
Weekly Target (USDA Breakfast K-5)			350 - 500	< 10% <sup>+1</sup>	≤ 540

**Fri - 8/30/2019**

	<b>Portion Size</b>	<b>Qty</b>	<b>FE (kCal)</b>	<b>Sfat (g)</b>	<b>Na (mg)</b>
Total Feeding Figure	1 plate	300			
Juice, Grape, Frz	1 (4 oz.)	300	80	0	10
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
Orange, Fresh (Breakfast)	1 Orange	250	62	0	0
Yogurt Cup, Raspberry /Harvest	1 each	300	113	1	74
Cereal Bar, Trix	1 bar	250	151	1	106
Shiver Shock Smoothie	8 ounce	300	0	0	0
Weighted Daily Average			423	2	237
% of calories				3.3%	
Weekly Target (USDA Breakfast K-5)			350 - 500	< 10% <sup>+1</sup>	≤ 540

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Weighted Average			425	3	391
% of calories				5.9%	
Weekly Target (USDA Breakfast K-5)			350 - 500	< 10%† <sup>1</sup>	≤ 540

**Legend:**

Highlighted values do not meet nutrient standards

\*Asterisk indicates missing nutrient data

†<sup>1</sup> Target is less than 10% of calories from saturated fat