

Mobile County Public Schools

Child Nutrition

**Weighted Nutrient Analysis - Detail by Recipe**

Planned Breakfast Counts for 6-8 Breakfast Nutrient Analysis (Test), 8/12/2019 - 8/16/2019, Breakfast, 6-8 Breakfast

<b>Mon - 8/12/2019</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
Waffles, Mini WG Maple	1 each	150	210	1	170
Syrup, Individual	1 each	150	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
Pear, Slice # 10 Can (Breakfast)	0.5 cup	200	85	0	16
Weighted Daily Average			455	5	486
% of calories				9%	
Weekly Target (USDA Breakfast 6-8)			400 - 550	< 10%+1	≤ 600

**Tue - 8/13/2019**

	<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			
Croissant 1.25 oz. WG	1 Croissant	300	111	2	152
CheeseAmericanSliced.5oz	1 slice	100	46	2	243
Jelly, Grape S/S	1 each	200	35	0	0
Jam, Strawberry S/S	1 each	100	35	0	5
Juice, Apple, 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
Ham for Biscuit	1 each	300	39	0	241
Apples, Granny Smith	1 apple	300	94	0	3
Weighted Daily Average			432	3	554
% of calories				6.5%	
Weekly Target (USDA Breakfast 6-8)			400 - 550	< 10% <sup>+1</sup>	≤ 600

**Wed - 8/14/2019**

	<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, Raspberry /Harvest	1 each	300	113	1	74
Roll, Cinnamon	1 2.5 oz. Roll	250	220	2	240
Juice, Fruit Blend, Frz	1 (4 oz.)	300	60	0	5
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
Grapes, fresh (Breakfast)	0.5 cup	300	58	0	2
Weighted Daily Average			454	3	318
% of calories				5.7%	
Weekly Target (USDA Breakfast 6-8)			400 - 550	< 10% <sup>+1</sup>	≤ 600

**Thu - 8/15/2019**

	<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			
Chicken Patty, Breakfast	1 patty	300	125	1	230
Biscuit, Southern Style WG	1 each	300	110	3	250
Jelly, Grape S/S	1 each	200	35	0	0
Jam, Strawberry S/S	1 each	100	35	0	5
Juice, Orange, Frz	1 (4 oz.)	300	60	0	0
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
Pear, D'Anjou, fresh	1 pear	300	122	0	3
Weighted Daily Average			492	4	521
% of calories				8.1%	
Weekly Target (USDA Breakfast 6-8)			400 - 550	< 10% <sup>+1</sup>	≤ 600

**Fri - 8/16/2019**

	<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			
Pop Tart, Strawberry	1 Poptart	300	180	1	180
Juice, Orange Pineapple, Frz	1 (4 oz.)	300	60	0	0
Milk - FF Flavored Choc	1 each	10	110	0	100
Milk - FF Flavored Strawberry	1 each	5	110	0	100
Milk, Skim - FF Unflavored	1 each	250	80	0	125
Strawberries, fresh (Breakfast)	0.5 cup	300	28	0	1
Cereal, Cinnamon Toast Crunch	1 bowl	300	110	1	160
Weighted Daily Average			450	2	450
% of calories				3%	
Weekly Target (USDA Breakfast 6-8)			400 - 550	< 10% <sup>+1</sup>	≤ 600

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Weighted Average			456	3	466
% of calories				6.5%	
Weekly Target (USDA Breakfast 6-8)			400 - 550	< 10%† <sup>1</sup>	≤ 600

**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