



CENTRAL OFFICE

Scheduled Menu Analysis - 5 Day Rise & Shine

Site: CO CENTRAL OFFICE

Serving Line: 5 Day TMS

Menu: 53823 Huevos Ranch,Potato,CranPears

Nutrition Link	Description	Serving Size	Measure
900190	Orange Pineapple Juice	1	4 Ounce
81085	Huevos Ranch,Potato,CranPears FM	1	1 Meal
900426	Whole Grain Bread	1	Slice
900030	Margarine Cup	2	Each (Cup)
900780	Raisins 1.5 oz.	1	Each
900031	Sun Meadow Non Fat Dry Milk-pc single,	1	Each



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Nutrient	Units	Standard	Nutrient Values	% of Calories	% Nutrient Standard	Difference from Std.
Energy	kcal	685.0000	837.0943		122.2035	152.0943
Protein	g	19.0000	35.4569	16.9428	186.6153	16.4569
Sodium, Na	mg	800.0000	824.3029		103.0379	24.3029
Carbohydrate, by difference	g	N/A	141.1464	67.4459	N/A	
Total lipid (fat)	g	30.0000	26.8189	28.8343	96.1143	-1.0842
Fatty acids, total saturated	% Cal	10.0000	5.5618	5.9798	59.7976	-3.7392
Fatty acids, total trans	g	N/A	0.0041		N/A	
Cholesterol	mg	N/A	354.4595		N/A	
Potassium, K	mg	1566.0000	1552.9444		99.1663	-13.0556
Vitamin A, RAE	mcg_RAE	300.0000	424.0326		141.3442	124.0326
Vitamin C, total ascorbic acid	mg	30.0000	140.6909		468.9697	110.6909
Calcium, Ca	mg	400.0000	876.6613		219.1653	476.6613
Vitamin B-6	mg	0.5660	0.7387		130.5124	0.1727
Vitamin B-12	mcg	0.8000	2.8431		355.3875	2.0431
Magnesium, Mg	mg	140.0000	134.7153		96.2252	-5.2847
Zinc, Zn	mg	3.6000	6.0108		166.9667	2.4108
Fiber, total dietary	g	10.0000	13.8709		138.7090	3.8709
Vitamin A, IU	IU	N/A	1723.8760		N/A	
Vitamin A (RE)	RE	266.0000	365.1891		137.2891	99.1891
Vitamin D	IU	5.0000	199.0468		3980.9360	194.0468
Vitamin E (alpha-tocopherol)	mg	5.0000	0.4523		9.0460	-4.5477
Thiamin	mg	0.4000	0.4426		110.6500	0.0426
Riboflavin	mg	0.4330	1.2799		295.5889	0.8469
Niacin	mg	5.3000	3.3326		62.8792	-1.9674
Folate, total	mcg	133.0000	165.6884		124.5777	32.6884
Phosphorus, P	mg	N/A	432.3859		N/A	
Copper, Cu	mg	N/A	0.2517		N/A	
Manganese, Mn	mg	N/A	0.1802		N/A	
Selenium, Se	mcg	N/A	20.0385		N/A	
Pantothenic acid	mg	N/A	0.0877		N/A	
Vitamin K (phylloquinone)	mcg	N/A	2.0728		N/A	
Iron, Fe	mg	3.3000	9.2242		279.5212	5.9242
Total Sugars	g	N/A	15.7105		N/A	

= Item out of compliance with standard



CENTRAL OFFICE

Scheduled Menu Analysis - 5D Rise and Shine

Site: CO CENTRAL OFFICE

Serving Line: 5 Day TMS

Menu: 51949 ScrEgg/Veg,TurkSausPot,SpPeach

Nutrition Link	Description	Serving Size	Measure
900187	Orange Juice	1	4 Ounce
900030	Margarine Cup	1	Each (Cup)
81275	ScrEgg/Pot,TurkSaus,SpPeach/Co	1	1 Meal
900426	Whole Grain Bread	1	Slice
900194	Graham Crackers	1	2 (ct) pkg.
900031	Sun Meadow Non Fat Dry Milk-pc single,	1	Each



CENTRAL OFFICE

Scheduled Menu Analysis - 5D Rise and Shine

Nutrient	Units	Standard	Nutrient Values	% of Calories	% Nutrient Standard	Difference from Std.
Energy	kcal	685.0000	774.8578		113.1179	89.8578
Protein	g	19.0000	39.0388	20.1528	205.4674	20.0388
Sodium, Na	mg	800.0000	923.3695		115.4212	123.3695
Carbohydrate, by difference	g	N/A	108.8795	56.2062	N/A	
Total lipid (fat)	g	30.0000	28.7444	33.3867	111.2891	2.9158
Fatty acids, total saturated	% Cal	10.0000	6.0179	6.9898	69.8981	-2.5916
Fatty acids, total trans	g	N/A	0.0916		N/A	
Cholesterol	mg	N/A	360.4811		N/A	
Potassium, K	mg	1566.0000	1649.7381		105.3473	83.7381
Vitamin A, RAE	mcg_RAE	300.0000	356.2523		118.7508	56.2523
Vitamin C, total ascorbic acid	mg	30.0000	150.6386		502.1287	120.6386
Calcium, Ca	mg	400.0000	811.9120		202.9780	411.9120
Vitamin B-6	mg	0.5660	1.0198		180.1767	0.4538
Vitamin B-12	mcg	0.8000	2.6904		336.3000	1.8904
Magnesium, Mg	mg	140.0000	148.5067		106.0762	8.5067
Zinc, Zn	mg	3.6000	5.6043		155.6750	2.0043
Fiber, total dietary	g	10.0000	11.5913		115.9130	1.5913
Vitamin A, IU	IU	N/A	1965.4646		N/A	
Vitamin A (RE)	RE	266.0000	276.3623		103.8956	10.3623
Vitamin D	IU	5.0000	147.5599		2951.1980	142.5599
Vitamin E (alpha-tocopherol)	mg	5.0000	0.7873		15.7460	-4.2127
Thiamin	mg	0.4000	0.5733		143.3250	0.1733
Riboflavin	mg	0.4330	1.2781		295.1732	0.8451
Niacin	mg	5.3000	5.2461		98.9830	-0.0539
Folate, total	mcg	133.0000	195.4170		146.9301	62.4170
Phosphorus, P	mg	N/A	435.3620		N/A	
Copper, Cu	mg	N/A	0.2724		N/A	
Manganese, Mn	mg	N/A	8.1206		N/A	
Selenium, Se	mcg	N/A	21.8729		N/A	
Pantothenic acid	mg	N/A	0.4017		N/A	
Vitamin K (phylloquinone)	mcg	N/A	3.0102		N/A	
Iron, Fe	mg	3.3000	8.8996		269.6848	5.5996
Total Sugars	g	N/A	26.8492		N/A	

= Item out of compliance with standard



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Scheduled Menu Analysis - 5D Rise and Shine

Site: CO CENTRAL OFFICE

Serving Line: 5 Day TMS

Menu: 51951 West Omelet PotObrienStrawApls

Nutrition Link	Description	Serving Size	Measure
900187	Orange Juice	1	4 Ounce
81214	West Omelet PotObrienStrawApls FM	1	1 Meal
900426	Whole Grain Bread	1	Slice
900030	Margarine Cup	1	Each (Cup)
900031	Sun Meadow Non Fat Dry Milk-pc single,	1	Each



CENTRAL OFFICE

Scheduled Menu Analysis - 5D Rise and Shine

Nutrient	Units	Standard	Nutrient Values	% of Calories	% Nutrient Standard	Difference from Std.
Energy	kcal	685.0000	708.6771		103.4565	23.6771
Protein	g	19.0000	29.1096	16.4304	153.2084	10.1096
Sodium, Na	mg	800.0000	701.7749		87.7219	-98.2251
Carbohydrate, by difference	g	N/A	106.9084	60.3425	N/A	
Total lipid (fat)	g	30.0000	22.4464	28.5063	95.0210	-1.1762
Fatty acids, total saturated	% Cal	10.0000	3.3689	4.2784	42.7841	-4.5053
Fatty acids, total trans	g	N/A	0.1068		N/A	
Cholesterol	mg	N/A	249.0191		N/A	
Potassium, K	mg	1566.0000	1774.7543		113.3304	208.7543
Vitamin A, RAE	mcg_RAE	300.0000	274.5682		91.5227	-25.4318
Vitamin C, total ascorbic acid	mg	30.0000	147.4830		491.6100	117.4830
Calcium, Ca	mg	400.0000	859.3313		214.8328	459.3313
Vitamin B-6	mg	0.5660	1.0335		182.5972	0.4675
Vitamin B-12	mcg	0.8000	2.5337		316.7125	1.7337
Magnesium, Mg	mg	140.0000	150.1456		107.2469	10.1456
Zinc, Zn	mg	3.6000	4.5916		127.5444	0.9916
Fiber, total dietary	g	10.0000	12.9664		129.6640	2.9664
Vitamin A, IU	IU	N/A	1909.6669		N/A	
Vitamin A (RE)	RE	266.0000	273.5111		102.8237	7.5111
Vitamin D	IU	5.0000	89.7600		1795.2000	84.7600
Vitamin E (alpha-tocopherol)	mg	5.0000	0.3872		7.7440	-4.6128
Thiamin	mg	0.4000	0.5053		126.3250	0.1053
Riboflavin	mg	0.4330	0.9355		216.0508	0.5025
Niacin	mg	5.3000	5.6485		106.5755	0.3485
Folate, total	mcg	133.0000	197.0964		148.1928	64.0964
Phosphorus, P	mg	N/A	284.7012		N/A	
Copper, Cu	mg	N/A	0.2255		N/A	
Manganese, Mn	mg	N/A	4.2065		N/A	
Selenium, Se	mcg	N/A	2.0903		N/A	
Pantothenic acid	mg	N/A	0.4118		N/A	
Vitamin K (phylloquinone)	mcg	N/A	2.1226		N/A	
Iron, Fe	mg	3.3000	6.8852		208.6424	3.5852
Total Sugars	g	N/A	22.3965		N/A	

= Item out of compliance with standard



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Scheduled Menu Analysis - 5D Rise and Shine

Site: CO CENTRAL OFFICE

Serving Line: 5 Day TMS

Menu: 51953 Egg,HashBrTurSauGravyApples

Nutrition Link	Description	Serving Size	Measure
900187	Orange Juice	1	4 Ounce
80316	Pineapple Tidbits FR09	1	4 Ounce
900426	Whole Grain Bread	1	Slice
900031	Sun Meadow Non Fat Dry Milk-pc single,	1	Each
990026	Peanut Butter, Smooth	1	1 oz packet
81323	Egg,HashBrTurSauGravyApples FM 745	1	1 Meal



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Scheduled Menu Analysis - 5D Rise and Shine

Nutrient	Units	Standard	Nutrient Values	% of Calories	% Nutrient Standard	Difference from Std.
Energy	kcal	685.0000	860.9292		125.6831	175.9292
Protein	g	19.0000	37.8288	17.5758	199.0989	18.8288
Sodium, Na	mg	800.0000	807.8356		100.9794	7.8356
Carbohydrate, by difference	g	N/A	107.1138	49.7666	N/A	
Total lipid (fat)	g	30.0000	31.4622	32.8900	109.6334	2.7646
Fatty acids, total saturated	% Cal	10.0000	5.9791	6.2504	62.5044	-3.5868
Fatty acids, total trans	g	N/A	0.0041		N/A	
Cholesterol	mg	N/A	231.6374		N/A	
Potassium, K	mg	1566.0000	1874.4203		119.6948	308.4203
Vitamin A, RAE	mcg_RAE	300.0000	258.4820		86.1607	-41.5180
Vitamin C, total ascorbic acid	mg	30.0000	140.3924		467.9747	110.3924
Calcium, Ca	mg	400.0000	837.0491		209.2623	437.0491
Vitamin B-6	mg	0.5660	1.1140		196.8198	0.5480
Vitamin B-12	mcg	0.8000	2.2698		283.7250	1.4698
Magnesium, Mg	mg	140.0000	199.9806		142.8433	59.9806
Zinc, Zn	mg	3.6000	5.6437		156.7694	2.0437
Fiber, total dietary	g	10.0000	13.5461		135.4610	3.5461
Vitamin A, IU	IU	N/A	1642.1136		N/A	
Vitamin A (RE)	RE	266.0000	243.6102		91.5828	-22.3898
Vitamin D	IU	5.0000	115.7754		2315.5080	110.7754
Vitamin E (alpha-tocopherol)	mg	5.0000	0.7187		14.3740	-4.2813
Thiamin	mg	0.4000	0.5593		139.8250	0.1593
Riboflavin	mg	0.4330	0.9240		213.3949	0.4910
Niacin	mg	5.3000	7.2281		136.3792	1.9281
Folate, total	mcg	133.0000	197.2100		148.2782	64.2100
Phosphorus, P	mg	N/A	454.5775		N/A	
Copper, Cu	mg	N/A	0.3813		N/A	
Manganese, Mn	mg	N/A	0.6024		N/A	
Selenium, Se	mcg	N/A	16.5866		N/A	
Pantothenic acid	mg	N/A	1.3464		N/A	
Vitamin K (phylloquinone)	mcg	N/A	6.4691		N/A	
Iron, Fe	mg	3.3000	6.9728		211.2970	3.6728
Total Sugars	g	N/A	23.3923		N/A	

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Scheduled Menu Analysis - 5D Rise and Shine

Site: CO CENTRAL OFFICE

Serving Line: 5 Day TMS

Menu: 51955 Cheese Omelet,Potato,FruitGran

Nutrition Link	Description	Serving Size	Measure
900190	Orange Pineapple Juice	1	4 Ounce
80205	Cheese Omelet,Potato,FruitGran FM 715	1	1 Meal
990085	Instant Oatmeal	1	Packet
990026	Peanut Butter, Smooth	1	1 oz packet
900031	Sun Meadow Non Fat Dry Milk-pc single,	1	Each



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Scheduled Menu Analysis - 5D Rise and Shine

Nutrient	Units	Standard	Nutrient Values	% of Calories	% Nutrient Standard	Difference from Std.
Energy	kcal	685.0000	759.5258		110.8797	74.5258
Protein	g	19.0000	31.7896	16.7418	167.3137	12.7896
Sodium, Na	mg	800.0000	871.7306		108.9663	71.7306
Carbohydrate, by difference	g	N/A	99.7747	52.5458	N/A	
Total lipid (fat)	g	30.0000	28.5804	33.8663	112.8878	3.2629
Fatty acids, total saturated	% Cal	10.0000	6.2176	7.3675	73.6754	-2.2216
Fatty acids, total trans	g	N/A	0.0929		N/A	
Cholesterol	mg	N/A	233.8750		N/A	
Potassium, K	mg	1566.0000	1446.6133		92.3763	-119.3867
Vitamin A, RAE	mcg_RAE	300.0000	253.4903		84.4968	-46.5097
Vitamin C, total ascorbic acid	mg	30.0000	56.8051		189.3503	26.8051
Calcium, Ca	mg	400.0000	785.5843		196.3961	385.5843
Vitamin B-6	mg	0.5660	1.2795		226.0601	0.7135
Vitamin B-12	mcg	0.8000	2.5107		313.8375	1.7107
Magnesium, Mg	mg	140.0000	159.5275		113.9482	19.5275
Zinc, Zn	mg	3.6000	5.5203		153.3417	1.9203
Fiber, total dietary	g	10.0000	9.9708		99.7080	-0.0292
Vitamin A, IU	IU	N/A	1245.1314		N/A	
Vitamin A (RE)	RE	266.0000	147.5759		55.4797	-118.4241
Vitamin D	IU	5.0000	139.7600		2795.2000	134.7600
Vitamin E (alpha-tocopherol)	mg	5.0000	0.5192		10.3840	-4.4808
Thiamin	mg	0.4000	0.9398		234.9500	0.5398
Riboflavin	mg	0.4330	1.1353		262.1940	0.7023
Niacin	mg	5.3000	11.0353		208.2132	5.7353
Folate, total	mcg	133.0000	221.2250		166.3346	88.2250
Phosphorus, P	mg	N/A	456.8821		N/A	
Copper, Cu	mg	N/A	0.3034		N/A	
Manganese, Mn	mg	N/A	1.7966		N/A	
Selenium, Se	mcg	N/A	2.8775		N/A	
Pantothenic acid	mg	N/A	0.4981		N/A	
Vitamin K (phylloquinone)	mcg	N/A	2.6201		N/A	
Iron, Fe	mg	3.3000	11.5679		350.5424	8.2679
Total Sugars	g	N/A	14.5128		N/A	

= Item out of compliance with standard