



**CENTRAL OFFICE**  
**Scheduled Menu Analysis**

**Site:** CO CENTRAL OFFICE

**Serving Line:** 5 Day TMS

**Menu:** 34797 Bkd Chic,BrRice,BIEyePea,Spina

<b>Nutrition Link</b>	<b>Description</b>	<b>Serving Size</b>	<b>Measure</b>
900192	Apple Juice	1	Each
81030	Bkd Chic,BrRice,BIEyePea,Spina	1	1 Meal
900426	Whole Grain Bread	1	Slice
900030	Margarine Cup	1	Each (Cup)
990087	SunMeadow 1% Milk	1	8 Ounces



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Nutrient	Units	Standard	Nutrient Values	% of Calories	% Nutrient Standard	Difference from Std.
Energy	kcal	685.0000	732.7880		106.9764	47.7880
Protein	g	19.0000	53.1616	29.0188	279.7979	34.1616
Sodium, Na	mg	800.0000	458.5882		57.3235	-341.4118
Carbohydrate, by difference	g	N/A	96.1912	52.5070	N/A	
Total lipid (fat)	g	30.0000	25.6891	31.5510	105.1700	1.2628
Fatty acids, total saturated	% Cal	10.0000	4.9596	6.0913	60.9131	-3.1825
Fatty acids, total trans	g	N/A	N/A		N/A	
Cholesterol	mg	N/A	116.9673		N/A	
Potassium, K	mg	1566.0000	1545.7922		98.7096	-20.2078
Vitamin A, RAE	mcg_RAE	300.0000	603.3367		201.1122	303.3367
Vitamin C, total ascorbic acid	mg	30.0000	72.0373		240.1243	42.0373
Calcium, Ca	mg	400.0000	818.0632		204.5158	418.0632
Vitamin B-6	mg	0.5660	1.0614		187.5265	0.4954
Vitamin B-12	mcg	0.8000	1.7218		215.2250	0.9218
Magnesium, Mg	mg	140.0000	243.8692		174.1923	103.8692
Zinc, Zn	mg	3.6000	6.7382		187.1722	3.1382
Fiber, total dietary	g	10.0000	18.0252		180.2520	8.0252
Vitamin A, IU	IU	N/A	5773.5413		N/A	
Vitamin A (RE)	RE	266.0000	714.8594		268.7441	448.8594
Vitamin D	IU	5.0000	N/A		0.0000	-5.0000
Vitamin E (alpha-tocopherol)	mg	5.0000	1.2122		24.2440	-3.7878
Thiamin	mg	0.4000	0.6536		163.4000	0.2536
Riboflavin	mg	0.4330	0.9755		225.2887	0.5425
Niacin	mg	5.3000	9.5050		179.3396	4.2050
Folate, total	mcg	133.0000	381.7477		287.0283	248.7477
Phosphorus, P	mg	N/A	671.3925		N/A	
Copper, Cu	mg	N/A	0.4332		N/A	
Manganese, Mn	mg	N/A	1.0618		N/A	
Selenium, Se	mcg	N/A	13.7144		N/A	
Pantothenic acid	mg	N/A	1.4971		N/A	
Vitamin K (phylloquinone)	mcg	N/A	212.1394		N/A	
Iron, Fe	mg	3.3000	7.5129		227.6636	4.2129
Total Sugars	g	N/A	30.8853		N/A	

= Item out of compliance with standard



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**Menu:** 25519 BeefPat/OnionMashPot,Rut/RPep

<b>Nutrition Link</b>	<b>Description</b>	<b>Serving Size</b>	<b>Measure</b>
900187	Orange Juice	1	4 Ounce
81301	BeefPat/OnionMashPot,Rut/RPep	1	1 Meal
900109	Raisins pk	1	Ounce
900030	Margarine Cup	1	Each (Cup)
900426	Whole Grain Bread	1	Slice
990087	SunMeadow 1% Milk	1	8 Ounces



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Nutrient	Units	Standard	Nutrient Values	% of Calories	% Nutrient Standard	Difference from Std.
Energy	kcal	685.0000	772.5889		112.7867	87.5889
Protein	g	19.0000	36.4171	18.8546	191.6689	17.4171
Sodium, Na	mg	800.0000	647.0530		80.8816	-152.9470
Carbohydrate, by difference	g	N/A	116.9202	60.5342	N/A	
Total lipid (fat)	g	30.0000	24.2696	28.2720	94.2400	-1.4834
Fatty acids, total saturated	% Cal	10.0000	7.2082	8.3969	83.9694	-1.3761
Fatty acids, total trans	g	N/A	0.8469		N/A	
Cholesterol	mg	N/A	51.1340		N/A	
Potassium, K	mg	1566.0000	2038.9767		130.2029	472.9767
Vitamin A, RAE	mcg_RAE	300.0000	296.1164		98.7055	-3.8836
Vitamin C, total ascorbic acid	mg	30.0000	117.4117		391.3723	87.4117
Calcium, Ca	mg	400.0000	723.9226		180.9806	323.9226
Vitamin B-6	mg	0.5660	0.9112		160.9894	0.3452
Vitamin B-12	mcg	0.8000	3.3970		424.6250	2.5970
Magnesium, Mg	mg	140.0000	191.5120		136.7943	51.5120
Zinc, Zn	mg	3.6000	4.9470		137.4167	1.3470
Fiber, total dietary	g	10.0000	14.7386		147.3860	4.7386
Vitamin A, IU	IU	N/A	1350.4881		N/A	
Vitamin A (RE)	RE	266.0000	230.5618		86.6774	-35.4382
Vitamin D	IU	5.0000	12.8521		257.0420	7.8521
Vitamin E (alpha-tocopherol)	mg	5.0000	0.1838		3.6760	-4.8162
Thiamin	mg	0.4000	0.6626		165.6500	0.2626
Riboflavin	mg	0.4330	0.8445		195.0346	0.4115
Niacin	mg	5.3000	5.7749		108.9604	0.4749
Folate, total	mcg	133.0000	139.0274		104.5319	6.0274
Phosphorus, P	mg	N/A	536.9096		N/A	
Copper, Cu	mg	N/A	0.1776		N/A	
Manganese, Mn	mg	N/A	0.1078		N/A	
Selenium, Se	mcg	N/A	5.7546		N/A	
Pantothenic acid	mg	N/A	1.0933		N/A	
Vitamin K (phylloquinone)	mcg	N/A	1.1608		N/A	
Iron, Fe	mg	3.3000	6.3402		192.1273	3.0402
Total Sugars	g	N/A	40.3066		N/A	

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**CENTRAL OFFICE**  
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**Site:** CO CENTRAL OFFICE

**Serving Line:** 5 Day TMS

**Menu:** 51284 Pork,SwtPot,LemSpin

<b>Nutrition Link</b>	<b>Description</b>	<b>Serving Size</b>	<b>Measure</b>
81972	Pork Riblet/SwtPot/Spin FRZ000762	1	1 Meal
900426	Whole Grain Bread	1	Slice
900030	Margarine Cup	1	Each (Cup)
900592	Mandarin Orange Cup	1	4 Ounces
990087	SunMeadow 1% Milk	1	8 Ounces



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Nutrient	Units	Standard	Nutrient Values	% of Calories	% Nutrient Standard	Difference from Std.
Energy	kcal	685.0000	754.1972		110.1018	69.1972
Protein	g	19.0000	38.7373	20.5449	203.8805	19.7373
Sodium, Na	mg	800.0000	759.2158		94.9020	-40.7842
Carbohydrate, by difference	g	N/A	103.5547	54.9218	N/A	
Total lipid (fat)	g	30.0000	28.5611	34.0826	113.6086	3.4212
Fatty acids, total saturated	% Cal	10.0000	7.2102	8.6041	86.0409	-1.1698
Fatty acids, total trans	g	N/A	N/A		N/A	
Cholesterol	mg	N/A	51.3315		N/A	
Potassium, K	mg	1566.0000	2161.3532		138.0174	595.3532
Vitamin A, RAE	mcg_RAE	300.0000	943.9981		314.6660	643.9981
Vitamin C, total ascorbic acid	mg	30.0000	70.3982		234.6607	40.3982
Calcium, Ca	mg	400.0000	951.8647		237.9662	551.8647
Vitamin B-6	mg	0.5660	1.8087		319.5583	1.2427
Vitamin B-12	mcg	0.8000	2.4277		303.4625	1.6277
Magnesium, Mg	mg	140.0000	271.4429		193.8878	131.4429
Zinc, Zn	mg	3.6000	7.0905		196.9583	3.4905
Fiber, total dietary	g	10.0000	15.4278		154.2780	5.4278
Vitamin A, IU	IU	N/A	14603.061		N/A	
Vitamin A (RE)	RE	266.0000	1617.1801		607.9624	
Vitamin D	IU	5.0000	57.9909		1159.8180	52.9909
Vitamin E (alpha-tocopherol)	mg	5.0000	2.6779		53.5580	-2.3221
Thiamin	mg	0.4000	1.0975		274.3750	0.6975
Riboflavin	mg	0.4330	1.1450		264.4342	0.7120
Niacin	mg	5.3000	7.2826		137.4075	1.9826
Folate, total	mcg	133.0000	264.5452		198.9062	131.5452
Phosphorus, P	mg	N/A	582.5002		N/A	
Copper, Cu	mg	N/A	0.0661		N/A	
Manganese, Mn	mg	N/A	0.0860		N/A	
Selenium, Se	mcg	N/A	6.6445		N/A	
Pantothenic acid	mg	N/A	0.8338		N/A	
Vitamin K (phylloquinone)	mcg	N/A	562.9149		N/A	
Iron, Fe	mg	3.3000	9.1206		276.3818	5.8206
Total Sugars	g	N/A	12.2899		N/A	

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**CENTRAL OFFICE**  
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**Site:** CO CENTRAL OFFICE

**Serving Line:** 5 Day TMS

**Menu:** 34795 Mac & Beef,Spinach,Calif Blend

<b>Nutrition Link</b>	<b>Description</b>	<b>Serving Size</b>	<b>Measure</b>
900192	Apple Juice	1	Each
81032	Mac & Beef,Spinach,Calif Blend	1	1 Meal
900194	Graham Crackers	1	2 (ct) pkg.
900426	Whole Grain Bread	1	Slice
990087	SunMeadow 1% Milk	1	8 Ounces



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<b>Nutrient</b>	<b>Units</b>	<b>Standard</b>	<b>Nutrient Values</b>	<b>% of Calories</b>	<b>% Nutrient Standard</b>	<b>Difference from Std.</b>
Energy	kcal	685.0000	848.5957		123.8826	163.5957
Protein	g	19.0000	43.0430	20.2890	226.5421	24.0430
Sodium, Na	mg	800.0000	608.0708		76.0088	-191.9292
Carbohydrate, by difference	g	N/A	114.2865	53.8709	N/A	
Total lipid (fat)	g	30.0000	24.5044	25.9888	86.6292	-3.7821
Fatty acids, total saturated	% Cal	10.0000	7.6796	8.1448	81.4480	-1.7492
Fatty acids, total trans	g	N/A	N/A		N/A	
Cholesterol	mg	N/A	86.8544		N/A	
Potassium, K	mg	1566.0000	1913.6501		122.1999	347.6501
Vitamin A, RAE	mcg_RAE	300.0000	900.6600		300.2200	600.6600
Vitamin C, total ascorbic acid	mg	30.0000	111.8244		372.7480	81.8244
Calcium, Ca	mg	400.0000	888.8955		222.2239	488.8955
Vitamin B-6	mg	0.5660	1.0866		191.9788	0.5206
Vitamin B-12	mcg	0.8000	2.5361		317.0125	1.7361
Magnesium, Mg	mg	140.0000	214.7192		153.3709	74.7192
Zinc, Zn	mg	3.6000	6.4340		178.7222	2.8340
Fiber, total dietary	g	10.0000	14.9181		149.1810	4.9181
Vitamin A, IU	IU	N/A	13541.624		N/A	
Vitamin A (RE)	RE	266.0000	1524.2244		573.0167	
Vitamin D	IU	5.0000	1.9845		39.6900	-3.0155
Vitamin E (alpha-tocopherol)	mg	5.0000	1.2008		24.0160	-3.7992
Thiamin	mg	0.4000	0.4263		106.5750	0.0263
Riboflavin	mg	0.4330	1.0049		232.0785	0.5719
Niacin	mg	5.3000	9.9593		187.9113	4.6593
Folate, total	mcg	133.0000	283.3480		213.0436	150.3480
Phosphorus, P	mg	N/A	584.8405		N/A	
Copper, Cu	mg	N/A	0.2753		N/A	
Manganese, Mn	mg	N/A	0.5262		N/A	
Selenium, Se	mcg	N/A	34.7289		N/A	
Pantothenic acid	mg	N/A	1.5044		N/A	
Vitamin K (phylloquinone)	mcg	N/A	282.0017		N/A	
Iron, Fe	mg	3.3000	10.1363		307.1606	6.8363
Total Sugars	g	N/A	30.8213		N/A	

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**Serving Line:** 5 Day TMS

**Menu:** 22824 Turk Country Gravy,Mash,GrBean

<b>Nutrition Link</b>	<b>Description</b>	<b>Serving Size</b>	<b>Measure</b>
900191	Grape Juice	1	4 Ounce
81241	Turk Country GravyMashGrBeanAl	1	1 Meal
900426	Whole Grain Bread	1	Slice
900647	Moon Pie Mini Strawberry	1	Mini Moon Pie Cookie
900030	Margarine Cup	2	Each
990087	SunMeadow 1% Milk	1	8 Ounces



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<b>Nutrient</b>	<b>Units</b>	<b>Standard</b>	<b>Nutrient Values</b>	<b>% of Calories</b>	<b>% Nutrient Standard</b>	<b>Difference from Std.</b>
Energy	kcal	685.0000	746.1108		108.9213	61.1108
Protein	g	19.0000	43.8181	23.4915	230.6216	24.8181
Sodium, Na	mg	800.0000	832.4825		104.0603	32.4825
Carbohydrate, by difference	g	N/A	119.0135	63.8047	N/A	
Total lipid (fat)	g	30.0000	24.2862	29.2954	97.6512	-0.5842
Fatty acids, total saturated	% Cal	10.0000	5.1026	6.1550	61.5504	-3.1875
Fatty acids, total trans	g	N/A	0.0072		N/A	
Cholesterol	mg	N/A	71.3776		N/A	
Potassium, K	mg	1566.0000	1570.3316		100.2766	4.3316
Vitamin A, RAE	mcg_RAE	300.0000	343.4388		114.4796	43.4388
Vitamin C, total ascorbic acid	mg	30.0000	72.6787		242.2623	42.6787
Calcium, Ca	mg	400.0000	702.1826		175.5456	302.1826
Vitamin B-6	mg	0.5660	1.1263		198.9929	0.5603
Vitamin B-12	mcg	0.8000	2.2330		279.1250	1.4330
Magnesium, Mg	mg	140.0000	172.2022		123.0016	32.2022
Zinc, Zn	mg	3.6000	4.9805		138.3472	1.3805
Fiber, total dietary	g	10.0000	12.1975		121.9750	2.1975
Vitamin A, IU	IU	N/A	1699.1013		N/A	
Vitamin A (RE)	RE	266.0000	366.4326		137.7566	100.4326
Vitamin D	IU	5.0000	9.2314		184.6280	4.2314
Vitamin E (alpha-tocopherol)	mg	5.0000	0.0456		0.9120	-4.9544
Thiamin	mg	0.4000	0.6343		158.5750	0.2343
Riboflavin	mg	0.4330	0.9997		230.8776	0.5667
Niacin	mg	5.3000	9.8246		185.3698	4.5246
Folate, total	mcg	133.0000	147.6180		110.9910	14.6180
Phosphorus, P	mg	N/A	308.3232		N/A	
Copper, Cu	mg	N/A	0.1516		N/A	
Manganese, Mn	mg	N/A	0.2692		N/A	
Selenium, Se	mcg	N/A	5.8925		N/A	
Pantothenic acid	mg	N/A	0.8847		N/A	
Vitamin K (phylloquinone)	mcg	N/A	13.4841		N/A	
Iron, Fe	mg	3.3000	6.5995		199.9848	3.2995
Total Sugars	g	N/A	13.9026		N/A	

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