



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

**Site:** CO CENTRAL OFFICE

**Serving Line:** 5 Day TMS

**Menu:** 51241 Meatloaf with White Pep Gravy

<b>Nutrition Link</b>	<b>Description</b>	<b>Serving Size</b>	<b>Measure</b>
900629	Meatloaf Slice	1	Slice (3oz)
90364	Country Pepper Gravy GR(FM)42-2	1	3 Ounce
80045	Mashed Potatoes VE15	1	4 Ounce
80641	Mixed Greens VE71	1	4 Ounce
900426	Whole Grain Bread	1	Slice
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	718.5675		104.9004	33.5675
Protein	g	19.0000	41.2779	22.9779	217.2521	22.2779
Sodium, Na	mg	800.0000	714.1685		89.2711	-85.8315
Carbohydrate, by difference	g	N/A	90.9533	50.6303	N/A	
Total lipid (fat)	g	30.0000	24.9871	31.2961	104.3205	1.0348
Fatty acids, total saturated	% Cal	10.0000	8.6653	10.8532	108.5322	0.6812
Fatty acids, total trans	g	N/A	N/A		N/A	
Cholesterol	mg	N/A	80.0527		N/A	
Potassium, K	mg	1566.0000	1946.6877		124.3096	380.6877
Vitamin A, RAE	mcg_RAE	300.0000	1079.6728		359.8909	779.6728
Vitamin C, total ascorbic acid	mg	30.0000	102.0924		340.3080	72.0924
Calcium, Ca	mg	400.0000	1036.4524		259.1131	636.4524
Vitamin B-6	mg	0.5660	0.9240		163.2509	0.3580
Vitamin B-12	mcg	0.8000	3.0272		378.4000	2.2272
Magnesium, Mg	mg	140.0000	208.8896		149.2069	68.8896
Zinc, Zn	mg	3.6000	6.7583		187.7306	3.1583
Fiber, total dietary	g	10.0000	16.1818		161.8180	6.1818
Vitamin A, IU	IU	N/A	17310.268		N/A	
Vitamin A (RE)	RE	266.0000	875.7857		329.2427	609.7857
Vitamin D	IU	5.0000	60.8747		1217.4940	55.8747
Vitamin E (alpha-tocopherol)	mg	5.0000	3.4795		69.5900	-1.5205
Thiamin	mg	0.4000	0.6218		155.4500	0.2218
Riboflavin	mg	0.4330	0.9595		221.5935	0.5265
Niacin	mg	5.3000	6.3877		120.5226	1.0877
Folate, total	mcg	133.0000	225.7004		169.6995	92.7004
Phosphorus, P	mg	N/A	458.3526		N/A	
Copper, Cu	mg	N/A	0.1733		N/A	
Manganese, Mn	mg	N/A	0.8088		N/A	
Selenium, Se	mcg	N/A	7.2234		N/A	
Pantothenic acid	mg	N/A	0.9881		N/A	
Vitamin K (phylloquinone)	mcg	N/A	874.7157		N/A	
Iron, Fe	mg	3.3000	8.2672		250.5212	4.9672
Total Sugars	g	N/A	14.0593		N/A	

= Item out of compliance with standard



**CENTRAL OFFICE**  
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**Menu:** 32212 Cavatappi Bolognese, Ital Veg

<b>Nutrition Link</b>	<b>Description</b>	<b>Serving Size</b>	<b>Measure</b>
900191	Grape Juice	1	4 Ounce
81497	CavatappiBolognesScTom ItalVeg	1	1 Meal
900426	Whole Grain Bread	1	Slice
900030	Margarine Cup	1	Each (Cup)
900194	Graham Crackers	1	2 (ct) pkg.
990087	SunMeadow 1% Milk	1	8 Ounces



**CENTRAL OFFICE**  
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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	815.7920		119.0937	130.7920
Protein	g	19.0000	40.6473	19.9302	213.9332	21.6473
Sodium, Na	mg	800.0000	641.0651		80.1331	-158.9349
Carbohydrate, by difference	g	N/A	112.8876	55.3512	N/A	
Total lipid (fat)	g	30.0000	31.1628	34.3795	114.5983	3.9697
Fatty acids, total saturated	% Cal	10.0000	7.2727	8.0234	80.2341	-1.7917
Fatty acids, total trans	g	N/A	N/A		N/A	
Cholesterol	mg	N/A	73.2592		N/A	
Potassium, K	mg	1566.0000	1985.4613		126.7855	419.4613
Vitamin A, RAE	mcg_RAE	300.0000	689.6847		229.8949	389.6847
Vitamin C, total ascorbic acid	mg	30.0000	60.2898		200.9660	30.2898
Calcium, Ca	mg	400.0000	724.4699		181.1175	324.4699
Vitamin B-6	mg	0.5660	1.0152		179.3640	0.4492
Vitamin B-12	mcg	0.8000	3.0153		376.9125	2.2153
Magnesium, Mg	mg	140.0000	181.0051		129.2894	41.0051
Zinc, Zn	mg	3.6000	6.4127		178.1306	2.8127
Fiber, total dietary	g	10.0000	17.5056		175.0560	7.5056
Vitamin A, IU	IU	N/A	3954.9415		N/A	
Vitamin A (RE)	RE	266.0000	899.2983		338.0821	633.2983
Vitamin D	IU	5.0000	3.4023		68.0460	-1.5977
Vitamin E (alpha-tocopherol)	mg	5.0000	0.6366		12.7320	-4.3634
Thiamin	mg	0.4000	0.4351		108.7750	0.0351
Riboflavin	mg	0.4330	0.9461		218.4988	0.5131
Niacin	mg	5.3000	8.2873		156.3642	2.9873
Folate, total	mcg	133.0000	116.5991		87.6685	-16.4009
Phosphorus, P	mg	N/A	540.6962		N/A	
Copper, Cu	mg	N/A	0.2833		N/A	
Manganese, Mn	mg	N/A	0.2869		N/A	
Selenium, Se	mcg	N/A	21.6779		N/A	
Pantothenic acid	mg	N/A	1.1558		N/A	
Vitamin K (phylloquinone)	mcg	N/A	68.2620		N/A	
Iron, Fe	mg	3.3000	7.4686		226.3212	4.1686
Total Sugars	g	N/A	20.2755		N/A	

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

**Site:** CO CENTRAL OFFICE

**Serving Line:** 5 Day TMS

**Menu:** 25501 Turkey CranRasp Sauce

<b>Nutrition Link</b>	<b>Description</b>	<b>Serving Size</b>	<b>Measure</b>
81302	CraRasTurkZuchCornBroccaulBean	1	1 Meal
900426	Whole Grain Bread	1	Slice
900030	Margarine Cup	1	Each (Cup)
900658	Peanuts pk	1	1 oz
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	802.8049		117.1978	117.8049
Protein	g	19.0000	55.4332	27.6198	291.7537	36.4332
Sodium, Na	mg	800.0000	708.2079		88.5260	-91.7921
Carbohydrate, by difference	g	N/A	104.5106	52.0727	N/A	
Total lipid (fat)	g	30.0000	27.1290	30.4135	101.3783	0.3688
Fatty acids, total saturated	% Cal	10.0000	4.1107	4.6084	46.0838	-4.8094
Fatty acids, total trans	g	N/A	N/A		N/A	
Cholesterol	mg	N/A	69.0012		N/A	
Potassium, K	mg	1566.0000	1980.5593		126.4725	414.5593
Vitamin A, RAE	mcg_RAE	300.0000	370.4477		123.4826	70.4477
Vitamin C, total ascorbic acid	mg	30.0000	80.4341		268.1137	50.4341
Calcium, Ca	mg	400.0000	650.1835		162.5459	250.1835
Vitamin B-6	mg	0.5660	1.1462		202.5088	0.5802
Vitamin B-12	mcg	0.8000	2.1678		270.9750	1.3678
Magnesium, Mg	mg	140.0000	216.5903		154.7074	76.5903
Zinc, Zn	mg	3.6000	5.9080		164.1111	2.3080
Fiber, total dietary	g	10.0000	19.5287		195.2870	9.5287
Vitamin A, IU	IU	N/A	3138.9394		N/A	
Vitamin A (RE)	RE	266.0000	424.8338		159.7120	158.8338
Vitamin D	IU	5.0000	N/A		0.0000	-5.0000
Vitamin E (alpha-tocopherol)	mg	5.0000	1.7128		34.2560	-3.2872
Thiamin	mg	0.4000	0.6521		163.0250	0.2521
Riboflavin	mg	0.4330	0.9817		226.7206	0.5487
Niacin	mg	5.3000	12.4502		234.9094	7.1502
Folate, total	mcg	133.0000	264.7375		199.0508	131.7375
Phosphorus, P	mg	N/A	611.8237		N/A	
Copper, Cu	mg	N/A	0.3054		N/A	
Manganese, Mn	mg	N/A	0.8579		N/A	
Selenium, Se	mcg	N/A	10.0410		N/A	
Pantothenic acid	mg	N/A	1.7467		N/A	
Vitamin K (phylloquinone)	mcg	N/A	125.4568		N/A	
Iron, Fe	mg	3.3000	6.9748		211.3576	3.6748
Total Sugars	g	N/A	23.3986		N/A	

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**CENTRAL OFFICE**  
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**Serving Line:** 5 Day TMS

**Menu:** 19811 BeefPatty,GrI Mash,Squas,GrBn

<b>Nutrition Link</b>	<b>Description</b>	<b>Serving Size</b>	<b>Measure</b>
900190	Orange Pineapple Juice	1	4 Ounce
80803	BeefPatty,GrI Mash,Squas,GrBn FM 316	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	690.0429		100.7362	5.0429
Protein	g	19.0000	35.6770	20.6810	187.7737	16.6770
Sodium, Na	mg	800.0000	669.6571		83.7071	-130.3429
Carbohydrate, by difference	g	N/A	93.2037	54.0278	N/A	
Total lipid (fat)	g	30.0000	25.5543	33.3296	111.0987	2.5529
Fatty acids, total saturated	% Cal	10.0000	7.4635	9.7344	97.3439	-0.2036
Fatty acids, total trans	g	N/A	0.8468		N/A	
Cholesterol	mg	N/A	51.0213		N/A	
Potassium, K	mg	1566.0000	1772.6993		113.1992	206.6993
Vitamin A, RAE	mcg_RAE	300.0000	323.7480		107.9160	23.7480
Vitamin C, total ascorbic acid	mg	30.0000	70.9596		236.5320	40.9596
Calcium, Ca	mg	400.0000	680.3913		170.0978	280.3913
Vitamin B-6	mg	0.5660	0.8948		158.0919	0.3288
Vitamin B-12	mcg	0.8000	3.3792		422.4000	2.5792
Magnesium, Mg	mg	140.0000	178.3993		127.4281	38.3993
Zinc, Zn	mg	3.6000	5.0557		140.4361	1.4557
Fiber, total dietary	g	10.0000	13.4034		134.0340	3.4034
Vitamin A, IU	IU	N/A	1882.6226		N/A	
Vitamin A (RE)	RE	266.0000	263.1096		98.9134	-2.8904
Vitamin D	IU	5.0000	62.9005		1258.0100	57.9005
Vitamin E (alpha-tocopherol)	mg	5.0000	0.0200		0.4000	-4.9800
Thiamin	mg	0.4000	0.5862		146.5500	0.1862
Riboflavin	mg	0.4330	0.8213		189.6767	0.3883
Niacin	mg	5.3000	5.5696		105.0868	0.2696
Folate, total	mcg	133.0000	146.3091		110.0068	13.3091
Phosphorus, P	mg	N/A	468.6553		N/A	
Copper, Cu	mg	N/A	0.0764		N/A	
Manganese, Mn	mg	N/A	0.1239		N/A	
Selenium, Se	mcg	N/A	5.9250		N/A	
Pantothenic acid	mg	N/A	0.8804		N/A	
Vitamin K (phylloquinone)	mcg	N/A	7.9558		N/A	
Iron, Fe	mg	3.3000	5.9154		179.2545	2.6154
Total Sugars	g	N/A	25.5204		N/A	

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**Serving Line:** 5 Day TMS

**Menu:** 51243 Chicken Garden Cass Summ Blend

<b>Nutrition Link</b>	<b>Description</b>	<b>Serving Size</b>	<b>Measure</b>
81729	Chicken Garden Cass Summ Blend	1	1 Meal
900426	Whole Grain Bread	1	Slice
900030	Margarine Cup	2	Each (Cup)
900649	Moon Pie Mini Chocolate	1	Mini Moon Pie Cookie
990087	SunMeadow 1% Milk	8	Ounce



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Nutrient	Units	Standard	Nutrient Values	% of Calories	% Nutrient Standard	Difference from Std.
Energy	kcal	685.0000	719.6333		105.0560	34.6333
Protein	g	19.0000	45.4501	25.2629	239.2111	26.4501
Sodium, Na	mg	800.0000	510.0937		63.7617	-289.9063
Carbohydrate, by difference	g	N/A	103.0563	57.2827	N/A	
Total lipid (fat)	g	30.0000	22.4545	28.0824	93.6081	-1.5333
Fatty acids, total saturated	% Cal	10.0000	5.0477	6.3128	63.1284	-2.9482
Fatty acids, total trans	g	N/A	N/A		N/A	
Cholesterol	mg	N/A	95.7445		N/A	
Potassium, K	mg	1566.0000	1348.8905		86.1360	-217.1095
Vitamin A, RAE	mcg_RAE	300.0000	703.1070		234.3690	403.1070
Vitamin C, total ascorbic acid	mg	30.0000	65.0748		216.9160	35.0748
Calcium, Ca	mg	400.0000	658.3817		164.5954	258.3817
Vitamin B-6	mg	0.5660	0.8932		157.8092	0.3272
Vitamin B-12	mcg	0.8000	1.4307		178.8375	0.6307
Magnesium, Mg	mg	140.0000	164.5926		117.5661	24.5926
Zinc, Zn	mg	3.6000	4.0910		113.6389	0.4910
Fiber, total dietary	g	10.0000	12.8238		128.2380	2.8238
Vitamin A, IU	IU	N/A	9302.3329		N/A	
Vitamin A (RE)	RE	266.0000	865.2411		325.2786	599.2411
Vitamin D	IU	5.0000	N/A		0.0000	-5.0000
Vitamin E (alpha-tocopherol)	mg	5.0000	0.8276		16.5520	-4.1724
Thiamin	mg	0.4000	0.5762		144.0500	0.1762
Riboflavin	mg	0.4330	0.7662		176.9515	0.3332
Niacin	mg	5.3000	8.4829		160.0547	3.1829
Folate, total	mcg	133.0000	267.4572		201.0956	134.4572
Phosphorus, P	mg	N/A	412.8939		N/A	
Copper, Cu	mg	N/A	0.2077		N/A	
Manganese, Mn	mg	N/A	0.7904		N/A	
Selenium, Se	mcg	N/A	15.7757		N/A	
Pantothenic acid	mg	N/A	1.2737		N/A	
Vitamin K (phylloquinone)	mcg	N/A	120.9763		N/A	
Iron, Fe	mg	3.3000	8.1335		246.4697	4.8335
Total Sugars	g	N/A	14.8857		N/A	

= Item out of compliance with standard