



CENTRAL OFFICE
Scheduled Menu Analysis

Site: CO CENTRAL OFFICE

Serving Line: 5 Day TMS

Menu: 46902 LasagnaTomScChesBroCaulBean

Nutrition Link	Description	Serving Size	Measure
81730	LasagnaTomScChesBroCaulBean	1	1 Meal
900426	Whole Grain Bread	1	Slice
900030	Margarine Cup	1	Each (Cup)
900300	Peach Cup	1	Each
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	656.7958		95.8826	-28.2042
Protein	g	19.0000	41.8891	25.5112	220.4689	22.8891
Sodium, Na	mg	800.0000	813.5166		101.6896	13.5166
Carbohydrate, by difference	g	N/A	78.8878	48.0440	N/A	
Total lipid (fat)	g	30.0000	23.7656	32.5657	108.5525	1.8724
Fatty acids, total saturated	% Cal	10.0000	9.6926	13.2817	132.8166	2.3949
Fatty acids, total trans	g	N/A	N/A		N/A	
Cholesterol	mg	N/A	82.6157		N/A	
Potassium, K	mg	1566.0000	1528.1125		97.5806	-37.8875
Vitamin A, RAE	mcg_RAE	300.0000	355.4560		118.4853	55.4560
Vitamin C, total ascorbic acid	mg	30.0000	113.3103		377.7010	83.3103
Calcium, Ca	mg	400.0000	787.6303		196.9076	387.6303
Vitamin B-6	mg	0.5660	0.8028		141.8375	0.2368
Vitamin B-12	mcg	0.8000	1.3565		169.5625	0.5565
Magnesium, Mg	mg	140.0000	82.9529		59.2521	-57.0471
Zinc, Zn	mg	3.6000	1.7729		49.2472	-1.8271
Fiber, total dietary	g	10.0000	12.3429		123.4290	2.3429
Vitamin A, IU	IU	N/A	2777.1666		N/A	
Vitamin A (RE)	RE	266.0000	558.5649		209.9868	292.5649
Vitamin D	IU	5.0000	N/A		0.0000	-5.0000
Vitamin E (alpha-tocopherol)	mg	5.0000	0.0285		0.5700	-4.9715
Thiamin	mg	0.4000	0.3853		96.3250	-0.0147
Riboflavin	mg	0.4330	0.6393		147.6443	0.2063
Niacin	mg	5.3000	2.2730		42.8868	-3.0270
Folate, total	mcg	133.0000	144.2517		108.4599	11.2517
Phosphorus, P	mg	N/A	503.2001		N/A	
Copper, Cu	mg	N/A	0.3733		N/A	
Manganese, Mn	mg	N/A	0.2762		N/A	
Selenium, Se	mcg	N/A	9.7697		N/A	
Pantothenic acid	mg	N/A	1.5263		N/A	
Vitamin K (phylloquinone)	mcg	N/A	126.2535		N/A	
Iron, Fe	mg	3.3000	3.5824		108.5576	0.2824
Total Sugars	g	N/A	15.1656		N/A	

= Item out of compliance with standard



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Menu: 41636 Hamburger Pot Wedge Carrots

Nutrition Link	Description	Serving Size	Measure
900187	Orange Juice	1	4 Ounce
81724	Hamburger Pot Wedge Carrots	1	1 each
900419	Whole Grain Bun,wrapped	1	Bun
900194	Graham Crackers	1	2 (ct) pkg.
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	683.0386		99.7137	-1.9614
Protein	g	19.0000	36.7766	21.5371	193.5611	17.7766
Sodium, Na	mg	800.0000	603.8202		75.4775	-196.1798
Carbohydrate, by difference	g	N/A	89.2772	52.2824	N/A	
Total lipid (fat)	g	30.0000	21.7478	28.6558	95.5193	-1.0202
Fatty acids, total saturated	% Cal	10.0000	7.1762	9.4557	94.5566	-0.4131
Fatty acids, total trans	g	N/A	0.8959		N/A	
Cholesterol	mg	N/A	64.0239		N/A	
Potassium, K	mg	1566.0000	1700.1109		108.5639	134.1109
Vitamin A, RAE	mcg_RAE	300.0000	1196.7783		398.9261	896.7783
Vitamin C, total ascorbic acid	mg	30.0000	71.5346		238.4487	41.5346
Calcium, Ca	mg	400.0000	610.2167		152.5542	210.2167
Vitamin B-6	mg	0.5660	0.7876		139.1519	0.2216
Vitamin B-12	mcg	0.8000	3.4540		431.7500	2.6540
Magnesium, Mg	mg	140.0000	139.5533		99.6809	-0.4467
Zinc, Zn	mg	3.6000	4.9490		137.4722	1.3490
Fiber, total dietary	g	10.0000	14.2856		142.8560	4.2856
Vitamin A, IU	IU	N/A	19980.437		N/A	
Vitamin A (RE)	RE	266.0000	1942.6211		730.3087	
Vitamin D	IU	5.0000	6.8480		136.9600	1.8480
Vitamin E (alpha-tocopherol)	mg	5.0000	0.5184		10.3680	-4.4816
Thiamin	mg	0.4000	0.4524		113.1000	0.0524
Riboflavin	mg	0.4330	0.7658		176.8591	0.3328
Niacin	mg	5.3000	5.6250		106.1321	0.3250
Folate, total	mcg	133.0000	106.7094		80.2326	-26.2906
Phosphorus, P	mg	N/A	507.5205		N/A	
Copper, Cu	mg	N/A	0.1633		N/A	
Manganese, Mn	mg	N/A	0.3325		N/A	
Selenium, Se	mcg	N/A	7.6331		N/A	
Pantothenic acid	mg	N/A	1.3398		N/A	
Vitamin K (phylloquinone)	mcg	N/A	17.3057		N/A	
Iron, Fe	mg	3.3000	5.4310		164.5758	2.1310
Total Sugars	g	N/A	28.0720		N/A	

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Menu: 41580 SesameChickBroccoliCaulifIRPep

Nutrition Link	Description	Serving Size	Measure
81723	SesameChickBroccoliCaulifIRPep	1	1 Meal
900426	Whole Grain Bread	1	Slice
900030	Margarine Cup	2	Each (Cup)
900299	Pineapple Cup	1	4 Ounce
990087	SunMeadow 1% Milk	1	8 Ounces



CENTRAL OFFICE
Scheduled Menu Analysis

Nutrient	Units	Standard	Nutrient Values	% of Calories	% Nutrient Standard	Difference from Std.
Energy	kcal	685.0000	612.4055		89.4023	-72.5945
Protein	g	19.0000	44.3666	28.9786	233.5084	25.3666
Sodium, Na	mg	800.0000	847.5631		105.9454	47.5631
Carbohydrate, by difference	g	N/A	78.8388	51.4945	N/A	
Total lipid (fat)	g	30.0000	21.0146	30.8834	102.9445	0.6011
Fatty acids, total saturated	% Cal	10.0000	2.7289	4.0104	40.1043	-4.0756
Fatty acids, total trans	g	N/A	N/A		N/A	
Cholesterol	mg	N/A	88.7144		N/A	
Potassium, K	mg	1566.0000	1977.0982		126.2515	411.0982
Vitamin A, RAE	mcg_RAE	300.0000	514.4882		171.4961	214.4882
Vitamin C, total ascorbic acid	mg	30.0000	174.8271		582.7570	144.8271
Calcium, Ca	mg	400.0000	678.9815		169.7454	278.9815
Vitamin B-6	mg	0.5660	1.1712		206.9258	0.6052
Vitamin B-12	mcg	0.8000	1.4932		186.6500	0.6932
Magnesium, Mg	mg	140.0000	173.1953		123.7109	33.1953
Zinc, Zn	mg	3.6000	3.6721		102.0028	0.0721
Fiber, total dietary	g	10.0000	14.7803		147.8030	4.7803
Vitamin A, IU	IU	N/A	5557.7491		N/A	
Vitamin A (RE)	RE	266.0000	864.4859		324.9947	598.4859
Vitamin D	IU	5.0000	0.3393		6.7860	-4.6607
Vitamin E (alpha-tocopherol)	mg	5.0000	0.2466		4.9320	-4.7534
Thiamin	mg	0.4000	0.5415		135.3750	0.1415
Riboflavin	mg	0.4330	0.8990		207.6212	0.4660
Niacin	mg	5.3000	5.6696		106.9736	0.3696
Folate, total	mcg	133.0000	267.3164		200.9898	134.3164
Phosphorus, P	mg	N/A	376.5150		N/A	
Copper, Cu	mg	N/A	0.1630		N/A	
Manganese, Mn	mg	N/A	0.3706		N/A	
Selenium, Se	mcg	N/A	7.5432		N/A	
Pantothenic acid	mg	N/A	1.4586		N/A	
Vitamin K (phylloquinone)	mcg	N/A	134.4431		N/A	
Iron, Fe	mg	3.3000	5.7262		173.5212	2.4262
Total Sugars	g	N/A	24.6547		N/A	

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Menu: 51283 Seafood Jambalaya

Nutrition Link	Description	Serving Size	Measure
900191	Grape Juice	1	4 Ounce
81954	Seafood Jambalaya R030097A	1	8 Oz
900568	Brown Rice	4	Ounce
80074	Creamed Corn VE25	1	4 ounce
900426	Whole Grain Bread	1	Slice
900030	Margarine Cup	2	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	765.9479		111.8172	80.9479
Protein	g	19.0000	38.6094	20.1629	203.2074	19.6094
Sodium, Na	mg	800.0000	649.1212		81.1402	-150.8788
Carbohydrate, by difference	g	N/A	123.1374	64.3059	N/A	
Total lipid (fat)	g	30.0000	22.7377	26.7171	89.0571	-2.7939
Fatty acids, total saturated	% Cal	10.0000	4.8977	5.7549	57.5487	-3.6128
Fatty acids, total trans	g	N/A	N/A		N/A	
Cholesterol	mg	N/A	60.6678		N/A	
Potassium, K	mg	1566.0000	2060.3030		131.5647	494.3030
Vitamin A, RAE	mcg_RAE	300.0000	384.3704		128.1235	84.3704
Vitamin C, total ascorbic acid	mg	30.0000	87.1364		290.4547	57.1364
Calcium, Ca	mg	400.0000	844.8957		211.2239	444.8957
Vitamin B-6	mg	0.5660	0.7919		139.9117	0.2259
Vitamin B-12	mcg	0.8000	1.7758		221.9750	0.9758
Magnesium, Mg	mg	140.0000	231.0864		165.0617	91.0864
Zinc, Zn	mg	3.6000	4.3692		121.3667	0.7692
Fiber, total dietary	g	10.0000	19.2036		192.0360	9.2036
Vitamin A, IU	IU	N/A	2930.8066		N/A	
Vitamin A (RE)	RE	266.0000	388.9456		146.2202	122.9456
Vitamin D	IU	5.0000	71.0125		1420.2500	66.0125
Vitamin E (alpha-tocopherol)	mg	5.0000	1.1779		23.5580	-3.8221
Thiamin	mg	0.4000	0.4900		122.5000	0.0900
Riboflavin	mg	0.4330	0.8659		199.9769	0.4329
Niacin	mg	5.3000	6.4211		121.1528	1.1211
Folate, total	mcg	133.0000	160.3278		120.5472	27.3278
Phosphorus, P	mg	N/A	515.0098		N/A	
Copper, Cu	mg	N/A	0.2450		N/A	
Manganese, Mn	mg	N/A	1.2045		N/A	
Selenium, Se	mcg	N/A	19.4628		N/A	
Pantothenic acid	mg	N/A	1.3080		N/A	
Vitamin K (phylloquinone)	mcg	N/A	148.0114		N/A	
Iron, Fe	mg	3.3000	6.4424		195.2242	3.1424
Total Sugars	g	N/A	17.7277		N/A	

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Menu: 46912 RstVealSageMustRedPotMBSquash

Nutrition Link	Description	Serving Size	Measure
81782	RstVealSageMustRedPotMBSquash	1	1 Meal
900426	Whole Grain Bread	1	Slice
900030	Margarine Cup	1	Each (Cup)
900854	Fig Bar	1	Each
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	805.8804		117.6468	120.8804
Protein	g	19.0000	36.8787	18.3048	194.0984	17.8787
Sodium, Na	mg	800.0000	919.9514		114.9939	119.9514
Carbohydrate, by difference	g	N/A	118.9295	59.0308	N/A	
Total lipid (fat)	g	30.0000	27.4571	30.6638	102.2128	0.5944
Fatty acids, total saturated	% Cal	10.0000	8.5496	9.5481	95.4812	-0.4046
Fatty acids, total trans	g	N/A	N/A		N/A	
Cholesterol	mg	N/A	55.2104		N/A	
Potassium, K	mg	1566.0000	1448.4177		92.4916	-117.5823
Vitamin A, RAE	mcg_RAE	300.0000	879.7723		293.2574	579.7723
Vitamin C, total ascorbic acid	mg	30.0000	27.7042		92.3473	-2.2958
Calcium, Ca	mg	400.0000	711.4205		177.8551	311.4205
Vitamin B-6	mg	0.5660	0.5291		93.4806	-0.0369
Vitamin B-12	mcg	0.8000	1.3464		168.3000	0.5464
Magnesium, Mg	mg	140.0000	136.4898		97.4927	-3.5102
Zinc, Zn	mg	3.6000	2.1657		60.1583	-1.4343
Fiber, total dietary	g	10.0000	17.5442		175.4420	7.5442
Vitamin A, IU	IU	N/A	12949.559		N/A	
Vitamin A (RE)	RE	266.0000	1382.7605		519.8348	
Vitamin D	IU	5.0000	N/A		0.0000	-5.0000
Vitamin E (alpha-tocopherol)	mg	5.0000	0.6288		12.5760	-4.3712
Thiamin	mg	0.4000	0.3414		85.3500	-0.0586
Riboflavin	mg	0.4330	0.5782		133.5335	0.1452
Niacin	mg	5.3000	3.2629		61.5642	-2.0371
Folate, total	mcg	133.0000	92.2837		69.3862	-40.7163
Phosphorus, P	mg	N/A	302.9267		N/A	
Copper, Cu	mg	N/A	0.1287		N/A	
Manganese, Mn	mg	N/A	0.2414		N/A	
Selenium, Se	mcg	N/A	6.0375		N/A	
Pantothenic acid	mg	N/A	1.2831		N/A	
Vitamin K (phylloquinone)	mcg	N/A	6.1637		N/A	
Iron, Fe	mg	3.3000	5.6830		172.2121	2.3830
Total Sugars	g	N/A	34.3925		N/A	

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