



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

**Site:** CH81 CENTER HILL

**Menu:** 53886 Twisted Plant Based Casserole

<b>Nutrition Link</b>	<b>Description</b>	<b>Serving Size</b>	<b>Measure</b>
80026	Pinto Beans VE04	1	4 ounce
81994	Vegetarian Fiesta Mac PD-17-GR-3	8	Ounce
80032	Carrot Coins VE07	1	4 Ounce
900013	Whole Grain Roll	1	Roll
900759	Raisins	1	Each
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	822.0315		120.0046	137.0315
Protein	g	19.0000	42.6128	20.7354	224.2779	23.6128
Sodium, Na	mg	800.0000	701.3288		87.6661	-98.6712
Carbohydrate, by difference	g	N/A	136.6052	66.4720	N/A	
Total lipid (fat)	g	30.0000	17.0933	18.7146	62.3819	-10.3078
Fatty acids, total saturated	% Cal	10.0000	5.0702	5.5511	55.5110	-4.0635
Fatty acids, total trans	g	N/A	0.0440		N/A	
Cholesterol	mg	N/A	32.8399		N/A	
Potassium, K	mg	1566.0000	2000.3980		127.7393	434.3980
Vitamin A, RAE	mcg_RAE	300.0000	1455.4127		485.1376	1155.4127
Vitamin C, total ascorbic acid	mg	30.0000	53.4718		178.2393	23.4718
Calcium, Ca	mg	400.0000	892.6982		223.1746	492.6982
Vitamin B-6	mg	0.5660	0.8217		145.1767	0.2557
Vitamin B-12	mcg	0.8000	1.8883		236.0375	1.0883
Magnesium, Mg	mg	140.0000	164.2707		117.3362	24.2707
Zinc, Zn	mg	3.6000	3.2407		90.0194	-0.3593
Fiber, total dietary	g	10.0000	25.2014		252.0140	15.2014
Vitamin A, IU	IU	N/A	23636.222		N/A	
Vitamin A (RE)	RE	266.0000	2222.2735		835.4412	
Vitamin D	IU	5.0000	63.8701		1277.4020	58.8701
Vitamin E (alpha-tocopherol)	mg	5.0000	2.3066		46.1320	-2.6934
Thiamin	mg	0.4000	0.2918		72.9500	-0.1082
Riboflavin	mg	0.4330	0.7643		176.5127	0.3313
Niacin	mg	5.3000	3.3173		62.5906	-1.9827
Folate, total	mcg	133.0000	221.0832		166.2280	88.0832
Phosphorus, P	mg	N/A	446.8854		N/A	
Copper, Cu	mg	N/A	0.0908		N/A	
Manganese, Mn	mg	N/A	0.3259		N/A	
Selenium, Se	mcg	N/A	11.6110		N/A	
Pantothenic acid	mg	N/A	1.0402		N/A	
Vitamin K (phylloquinone)	mcg	N/A	24.5464		N/A	
Iron, Fe	mg	3.3000	7.5909		230.0273	4.2909
Total Sugars	g	N/A	48.6478		N/A	

= Item out of compliance with standard



**CENTRAL OFFICE**  
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**Site:** CH81 CENTER HILL

**Menu:** 53832 Eggplant Parmesan

<b>Nutrition Link</b>	<b>Description</b>	<b>Serving Size</b>	<b>Measure</b>
900192	Apple Juice	1	Each
81303	EggPlant Parmesan/Chick Peas FM 615	1	1 Meal
900426	Whole Grain Bread	1	Slice
900109	Raisins pk	1	Ounce
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	794.9467		116.0506	109.9467
Protein	g	19.0000	39.3034	19.7766	206.8600	20.3034
Sodium, Na	mg	800.0000	766.6987		95.8373	-33.3013
Carbohydrate, by difference	g	N/A	106.0437	53.3589	N/A	
Total lipid (fat)	g	30.0000	25.6259	29.0124	96.7080	-0.8723
Fatty acids, total saturated	% Cal	10.0000	11.9146	13.4891	134.8913	3.0819
Fatty acids, total trans	g	N/A	N/A		N/A	
Cholesterol	mg	N/A	59.5096		N/A	
Potassium, K	mg	1566.0000	1438.1870		91.8383	-127.8130
Vitamin A, RAE	mcg_RAE	300.0000	254.7432		84.9144	-45.2568
Vitamin C, total ascorbic acid	mg	30.0000	72.7258		242.4193	42.7258
Calcium, Ca	mg	400.0000	1173.1993		293.2998	773.1993
Vitamin B-6	mg	0.5660	0.5181		91.5371	-0.0479
Vitamin B-12	mcg	0.8000	1.4990		187.3750	0.6990
Magnesium, Mg	mg	140.0000	137.8962		98.4973	-2.1038
Zinc, Zn	mg	3.6000	2.7219		75.6083	-0.8781
Fiber, total dietary	g	10.0000	11.5162		115.1620	1.5162
Vitamin A, IU	IU	N/A	1656.9366		N/A	
Vitamin A (RE)	RE	266.0000	291.2551		109.4944	25.2551
Vitamin D	IU	5.0000	N/A		0.0000	-5.0000
Vitamin E (alpha-tocopherol)	mg	5.0000	0.3589		7.1780	-4.6411
Thiamin	mg	0.4000	0.2932		73.3000	-0.1068
Riboflavin	mg	0.4330	0.6113		141.1778	0.1783
Niacin	mg	5.3000	2.7545		51.9717	-2.5455
Folate, total	mcg	133.0000	111.1847		83.5975	-21.8153
Phosphorus, P	mg	N/A	468.3958		N/A	
Copper, Cu	mg	N/A	0.1997		N/A	
Manganese, Mn	mg	N/A	0.3104		N/A	
Selenium, Se	mcg	N/A	14.1082		N/A	
Pantothenic acid	mg	N/A	0.9599		N/A	
Vitamin K (phylloquinone)	mcg	N/A	4.9298		N/A	
Iron, Fe	mg	3.3000	6.0873		184.4636	2.7873
Total Sugars	g	N/A	46.7716		N/A	

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

**Site:** CH81 CENTER HILL

**Menu:** 53834 Cheese Omelet,Potato,FruitGran

<b>Nutrition Link</b>	<b>Description</b>	<b>Serving Size</b>	<b>Measure</b>
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
990087	SunMeadow 1% Milk	1	8 Ounces



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

<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	796.2897		116.2467	111.2897
Protein	g	19.0000	33.6495	16.9031	177.1026	14.6495
Sodium, Na	mg	800.0000	874.9387		109.3673	74.9387
Carbohydrate, by difference	g	N/A	101.4566	50.9647	N/A	
Total lipid (fat)	g	30.0000	30.9377	34.9671	116.5570	4.3947
Fatty acids, total saturated	% Cal	10.0000	7.6155	8.6074	86.0736	-1.2322
Fatty acids, total trans	g	N/A	0.0888		N/A	
Cholesterol	mg	N/A	245.2030		N/A	
Potassium, K	mg	1566.0000	1464.7932		93.5372	-101.2068
Vitamin A, RAE	mcg_RAE	300.0000	333.4463		111.1488	33.4463
Vitamin C, total ascorbic acid	mg	30.0000	58.0311		193.4370	28.0311
Calcium, Ca	mg	400.0000	624.7844		156.1961	224.7844
Vitamin B-6	mg	0.5660	1.2956		228.9046	0.7296
Vitamin B-12	mcg	0.8000	2.0087		251.0875	1.2087
Magnesium, Mg	mg	140.0000	165.2774		118.0553	25.2774
Zinc, Zn	mg	3.6000	3.6362		101.0056	0.0362
Fiber, total dietary	g	10.0000	10.0457		100.4570	0.0457
Vitamin A, IU	IU	N/A	1511.6515		N/A	
Vitamin A (RE)	RE	266.0000	297.5760		111.8707	31.5760
Vitamin D	IU	5.0000	50.0000		1000.0000	45.0000
Vitamin E (alpha-tocopherol)	mg	5.0000	0.3832		7.6640	-4.6168
Thiamin	mg	0.4000	0.8867		221.6750	0.4867
Riboflavin	mg	0.4330	0.9453		218.3141	0.5123
Niacin	mg	5.3000	10.9393		206.4019	5.6393
Folate, total	mcg	133.0000	216.4850		162.7707	83.4850
Phosphorus, P	mg	N/A	510.8422		N/A	
Copper, Cu	mg	N/A	0.2834		N/A	
Manganese, Mn	mg	N/A	1.8016		N/A	
Selenium, Se	mcg	N/A	8.2675		N/A	
Pantothenic acid	mg	N/A	1.3291		N/A	
Vitamin K (phylloquinone)	mcg	N/A	2.6201		N/A	
Iron, Fe	mg	3.3000	9.9919		302.7848	6.6919
Total Sugars	g	N/A	26.8027		N/A	

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

**Site:** CH81 CENTER HILL

**Menu:** 53910 Cheese Lasagna Florentine

<b>Nutrition Link</b>	<b>Description</b>	<b>Serving Size</b>	<b>Measure</b>
81969	LasFlorZucc FRZ000764	1	1 Meal
900299	Pineapple Cup	1	Each
900030	Margarine Cup	1	Each (Cup)
900013	Whole Grain Roll	1	Roll
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	571.7302		83.4643	-113.2698
Protein	g	19.0000	29.1495	20.3939	153.4184	10.1495
Sodium, Na	mg	800.0000	648.0028		81.0004	-151.9972
Carbohydrate, by difference	g	N/A	84.8102	59.3358	N/A	
Total lipid (fat)	g	30.0000	15.9213	25.0628	83.5427	-3.1364
Fatty acids, total saturated	% Cal	10.0000	5.5981	8.8124	88.1236	-0.7545
Fatty acids, total trans	g	N/A	N/A		N/A	
Cholesterol	mg	N/A	60.3402		N/A	
Potassium, K	mg	1566.0000	1653.9514		105.6163	87.9514
Vitamin A, RAE	mcg_RAE	300.0000	880.0167		293.3389	580.0167
Vitamin C, total ascorbic acid	mg	30.0000	79.3764		264.5880	49.3764
Calcium, Ca	mg	400.0000	907.4627		226.8657	507.4627
Vitamin B-6	mg	0.5660	0.7385		130.4770	0.1725
Vitamin B-12	mcg	0.8000	1.3292		166.1500	0.5292
Magnesium, Mg	mg	140.0000	223.5171		159.6551	83.5171
Zinc, Zn	mg	3.6000	2.6485		73.5694	-0.9515
Fiber, total dietary	g	10.0000	12.4308		124.3080	2.4308
Vitamin A, IU	IU	N/A	13894.581		N/A	
Vitamin A (RE)	RE	266.0000	1589.5752		597.5847	1323.5752
Vitamin D	IU	5.0000	N/A		0.0000	-5.0000
Vitamin E (alpha-tocopherol)	mg	5.0000	3.2134		64.2680	-1.7866
Thiamin	mg	0.4000	0.3333		83.3250	-0.0667
Riboflavin	mg	0.4330	0.8311		191.9400	0.3981
Niacin	mg	5.3000	2.4488		46.2038	-2.8512
Folate, total	mcg	133.0000	238.3331		179.1978	105.3331
Phosphorus, P	mg	N/A	355.8277		N/A	
Copper, Cu	mg	N/A	0.0286		N/A	
Manganese, Mn	mg	N/A	0.0110		N/A	
Selenium, Se	mcg	N/A	7.3175		N/A	
Pantothenic acid	mg	N/A	0.8310		N/A	
Vitamin K (phylloquinone)	mcg	N/A	560.9469		N/A	
Iron, Fe	mg	3.3000	7.9835		241.9242	4.6835
Total Sugars	g	N/A	25.0891		N/A	

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**Site:** CH81 CENTER HILL

**Menu:** 53891 Plant Based Chicken "Nuggets"

<b>Nutrition Link</b>	<b>Description</b>	<b>Serving Size</b>	<b>Measure</b>
900906	Plant-Based Chicken Nuggets	1	1 Serving
80084	Rice Pilaf PR03	1	4 ounce
900030	Margarine Cup	1	Each (Cup)
900832	Applesauce	1	Each
81389	Diced Sweet Potatoes	1	4 Ounces
900021	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	814.0309		118.8366	129.0309
Protein	g	19.0000	33.6236	16.5220	176.9663	14.6236
Sodium, Na	mg	800.0000	701.4439		87.6805	-98.5561
Carbohydrate, by difference	g	N/A	134.9119	66.2933	N/A	
Total lipid (fat)	g	30.0000	19.1842	21.2102	70.7008	-7.9502
Fatty acids, total saturated	% Cal	10.0000	2.1312	2.3563	23.5627	-6.9136
Fatty acids, total trans	g	N/A	0.5288		N/A	
Cholesterol	mg	N/A	15.0000		N/A	
Potassium, K	mg	1566.0000	1531.6941		97.8093	-34.3059
Vitamin A, RAE	mcg_RAE	300.0000	1025.9619		341.9873	725.9619
Vitamin C, total ascorbic acid	mg	30.0000	66.1517		220.5057	36.1517
Calcium, Ca	mg	400.0000	643.5835		160.8959	243.5835
Vitamin B-6	mg	0.5660	0.7230		127.7385	0.1570
Vitamin B-12	mcg	0.8000	1.3146		164.3250	0.5146
Magnesium, Mg	mg	140.0000	131.6898		94.0641	-8.3102
Zinc, Zn	mg	3.6000	2.6582		73.8389	-0.9418
Fiber, total dietary	g	10.0000	12.7039		127.0390	2.7039
Vitamin A, IU	IU	N/A	15896.497		N/A	
Vitamin A (RE)	RE	266.0000	1675.9994		630.0750	1409.9994
Vitamin D	IU	5.0000	N/A		0.0000	-5.0000
Vitamin E (alpha-tocopherol)	mg	5.0000	0.0602		1.2040	-4.9398
Thiamin	mg	0.4000	0.5338		133.4500	0.1338
Riboflavin	mg	0.4330	0.5846		135.0115	0.1516
Niacin	mg	5.3000	3.8926		73.4453	-1.4074
Folate, total	mcg	133.0000	175.6622		132.0768	42.6622
Phosphorus, P	mg	N/A	322.6708		N/A	
Copper, Cu	mg	N/A	0.1370		N/A	
Manganese, Mn	mg	N/A	0.5270		N/A	
Selenium, Se	mcg	N/A	15.3107		N/A	
Pantothenic acid	mg	N/A	1.3122		N/A	
Vitamin K (phylloquinone)	mcg	N/A	7.7895		N/A	
Iron, Fe	mg	3.3000	6.0313		182.7667	2.7313
Total Sugars	g	N/A	24.6670		N/A	

= Item out of compliance with standard