CENTRAL OFFICE

Scheduled Menu Analysis

Site: CO CENTRAL OFFICE **Serving Line:** 7 Day TMS

Menu: 19885 CountryEggSkPotCranApple

Nutrition Link	Description	Serving Size	Measure
900187	Orange Juice	1	4 Ounce
81013	CountryEggSkillet,Pot CranAppl FM 740	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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GA foods

CENTRAL OFFICE

Scheduled Menu Analysis

Nutrient	Units	Standard	Nutrient Values	% of Calories	% Nutrient Standard	Difference from Std.
Energy	kcal	685.0000	725.3242		105.8867	40.3242
Protein	g	19.0000	34.9836	19.2927	184.1242	15.9836
Sodium, Na	mg	800.0000	809.0273		101.1284	9.0273
Carbohydrate, by difference	g	N/A	101.5102	55.9806	N/A	
Total lipid (fat)	g	30.0000	27.5187	34.1459	113.8196	3.3412
Fatty acids, total saturated	% Cal	10.0000	6.6671	8.2727	82.7270	-1.3921
Fatty acids, total trans	g	N/A	0.0875		N/A	
Cholesterol	mg	N/A	413.4766		N/A	
Potassium, K	mg	1566.0000	1624.0709		103.7082	58.0709
Vitamin A, RAE	mcg_RAE	300.0000	492.1199		164.0400	192.1199
Vitamin C, total ascorbic acid	mg	30.0000	96.0184		320.0613	66.0184
Calcium, Ca	mg	400.0000	698.9044		174.7261	298.9044
Vitamin B-6	mg	0.5660	0.8977		158.6042	0.3317
Vitamin B-12	mcg	0.8000	2.4542		306.7750	1.6542
Magnesium, Mg	mg	140.0000	145.6303		104.0216	5.6303
Zinc, Zn	mg	3.6000	4.0407		112.2417	0.4407
Fiber, total dietary	g	10.0000	12.3737		123.7370	2.3737
Vitamin A, IU	IU	N/A	2095.4093		N/A	
Vitamin A (RE)	RE	266.0000	467.2246		175.6483	201.2246
Vitamin D	IU	5.0000	69.4009		1388.0180	64.4009
Vitamin E (alpha-tocopherol)	mg	5.0000	0.2479		4.9580	-4.7521
Thiamin	mg	0.4000	0.4636		115.9000	0.0636
Riboflavin	mg	0.4330	1.1207		258.8222	0.6877
Niacin	mg	5.3000	3.8136		71.9547	-1.4864
Folate, total	mcg	133.0000	188.7620		141.9263	55.7620
Phosphorus, P	mg	N/A	486.0248		N/A	
Copper, Cu	mg	N/A	0.1651		N/A	
Manganese, Mn	mg	N/A	0.0387		N/A	
Selenium, Se	mcg	N/A	28.5802		N/A	
Pantothenic acid	mg	N/A	1.0845		N/A	
Vitamin K (phylloquinone)	mcg	N/A	0.4705		N/A	
Iron, Fe	mg	3.3000	6.9928		211.9030	3.6928
Total Sugars	g	N/A	24.7703		N/A	

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CENTRAL OFFICE

Scheduled Menu Analysis

Site: CO CENTRAL OFFICE **Serving Line:** 7 Day TMS

Menu: 19821 Bkd ChickenYellowRiceGrBean

Nutrition Link	Description	Serving Size	Measure
900192	Apple Juice	4	Ounce
81056	BkdChixYel RiceChTomGrBenRPep	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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GA foods

CENTRAL OFFICE

Scheduled Menu Analysis

Nutrient	Units	Standard	Nutrient Values	% of Calories	% Nutrient Standard	Difference from Std.
Energy	kcal	685.0000	776.4537		113.3509	91.4537
Protein	g	19.0000	50.3194	25.9227	264.8389	31.3194
Sodium, Na	mg	800.0000	382.0839		47.7605	-417.9161
Carbohydrate, by difference	g	N/A	105.5218	54.3609	N/A	
Total lipid (fat)	g	30.0000	24.3831	28.2628	94.2095	-1.4987
Fatty acids, total saturated	% Cal	10.0000	4.0783	4.7272	47.2722	-4.5490
Fatty acids, total trans	g	N/A	N/A		N/A	
Cholesterol	mg	N/A	115.3593		N/A	
Potassium, K	mg	1566.0000	1518.8250		96.9875	-47.1750
Vitamin A, RAE	mcg_RAE	300.0000	348.0497		116.0166	48.0497
Vitamin C, total ascorbic acid	mg	30.0000	91.6262		305.4207	61.6262
Calcium, Ca	mg	400.0000	736.7637		184.1909	336.7637
Vitamin B-6	mg	0.5660	1.1216		198.1625	0.5556
Vitamin B-12	mcg	0.8000	1.6295		203.6875	0.8295
Magnesium, Mg	mg	140.0000	155.1723		110.8374	15.1723
Zinc, Zn	mg	3.6000	5.2031		144.5306	1.6031
Fiber, total dietary	g	10.0000	12.2791		122.7910	2.2791
Vitamin A, IU	IU	N/A	2412.1586		N/A	
Vitamin A (RE)	RE	266.0000	325.2986		122.2927	59.2986
Vitamin D	IU	5.0000	N/A		0.0000	-5.0000
Vitamin E (alpha-tocopherol)	mg	5.0000	0.3781		7.5620	-4.6219
Thiamin	mg	0.4000	0.6637		165.9250	0.2637
Riboflavin	mg	0.4330	0.9009		208.0600	0.4679
Niacin	mg	5.3000	11.3647		214.4283	6.0647
Folate, total	mcg	133.0000	234.9497		176.6539	101.9497
Phosphorus, P	mg	N/A	514.4182		N/A	
Copper, Cu	mg	N/A	0.2410		N/A	
Manganese, Mn	mg	N/A	0.7447		N/A	
Selenium, Se	mcg	N/A	13.9699		N/A	
Pantothenic acid	mg	N/A	1.3291		N/A	
Vitamin K (phylloquinone)	mcg	N/A	10.6859		N/A	
Iron, Fe	mg	3.3000	7.4051		224.3970	4.1051
Total Sugars	g	N/A	32.4542		N/A	

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CENTRAL OFFICE

Scheduled Menu Analysis

Site: CO CENTRAL OFFICE **Serving Line:** 7 Day TMS

Menu: 28725 WGSouthPoll,CarrotsCountStyPot

Nutrition Link	Description	Serving Size	Measure
900187	Orange Juice	1	4 Ounce
81240	WGSouthPoll,CarrotsCountStyPot	1	1 Meal
900426	Whole Grain Bread	1	Slice
900195	Oatmeal Raisin Cookie	1	Cookie
990087	SunMeadow 1% Milk	1	8 Ounces

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GA foods

CENTRAL OFFICE

Scheduled Menu Analysis

Nutrient	Units	Standard	Nutrient Values	% of Calories	% Nutrient Standard	Difference from Std.
Energy	kcal	685.0000	795.5076		116.1325	110.5076
Protein	g	19.0000	37.3217	18.7662	196.4300	18.3217
Sodium, Na	mg	800.0000	908.9543		113.6193	108.9543
Carbohydrate, by difference	g	N/A	121.4972	61.0917	N/A	
Total lipid (fat)	g	30.0000	20.5091	23.2030	77.3434	-6.0078
Fatty acids, total saturated	% Cal	10.0000	4.5836	5.1857	51.8567	-4.2554
Fatty acids, total trans	g	N/A	0.0753		N/A	
Cholesterol	mg	N/A	85.0299		N/A	
Potassium, K	mg	1566.0000	1386.4314		88.5333	-179.5686
Vitamin A, RAE	mcg_RAE	300.0000	1259.3084		419.7695	959.3084
Vitamin C, total ascorbic acid	mg	30.0000	90.1389		300.4630	60.1389
Calcium, Ca	mg	400.0000	725.5871		181.3968	325.5871
Vitamin B-6	mg	0.5660	0.8761		154.7880	0.3101
Vitamin B-12	mcg	0.8000	1.3952		174.4000	0.5952
Magnesium, Mg	mg	140.0000	157.1366		112.2404	17.1366
Zinc, Zn	mg	3.6000	2.8899		80.2750	-0.7101
Fiber, total dietary	g	10.0000	17.0728		170.7280	7.0728
Vitamin A, IU	IU	N/A	20478.483		N/A	
Vitamin A (RE)	RE	266.0000	2026.6898		761.9135	
Vitamin D	IU	5.0000	6.4911		129.8220	1.4911
Vitamin E (alpha-tocopherol)	mg	5.0000	0.0531		1.0620	-4.9469
Thiamin	mg	0.4000	0.7117		177.9250	0.3117
Riboflavin	mg	0.4330	0.8170		188.6836	0.3840
Niacin	mg	5.3000	4.8347		91.2208	-0.4653
Folate, total	mcg	133.0000	140.7009		105.7902	7.7009
Phosphorus, P	mg	N/A	369.6833		N/A	
Copper, Cu	mg	N/A	0.1934		N/A	
Manganese, Mn	mg	N/A	0.5288		N/A	
Selenium, Se	mcg	N/A	11.0677		N/A	
Pantothenic acid	mg	N/A	1.3886		N/A	
Vitamin K (phylloquinone)	mcg	N/A	15.5463		N/A	
Iron, Fe	mg	3.3000	5.0937		154.3545	1.7937
Total Sugars	g	N/A	28.0757		N/A	

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CENTRAL OFFICE

Scheduled Menu Analysis

Site: CO CENTRAL OFFICE **Serving Line:** 7 Day TMS

Menu: 51241 Meatloaf with White Pep Gravy

Nutrition Link	Description	Serving Size	Measure
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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GA foods

CENTRAL OFFICE

Scheduled Menu Analysis

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	

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CENTRAL OFFICE

Scheduled Menu Analysis

Site: CO CENTRAL OFFICE **Serving Line:** 7 Day TMS

Menu: 51284 Pork,SwtPot,LemSpin

Nutrition Link	Description	Serving Size	Measure
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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GA foods

CENTRAL OFFICE

Scheduled Menu Analysis

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

Scheduled Menu Analysis

Site: CO CENTRAL OFFICE **Serving Line:** 7 Day TMS

Menu: 27711 TurkySaus,WGRotini,AppleRaisin

Nutrition Link	Description	Serving Size	Measure
900187	Orange Juice	1	4 Ounce
81248	TurkySausPOTomWGRotAppleRaisn	1	1 Meal
900426	Whole Grain Bread	1	Slice
900030	Margarine Cup	2	Each (Cup)
990087	SunMeadow 1% Milk	1	8 Ounces

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GA foods

CENTRAL OFFICE

Scheduled Menu Analysis

Nutrient	Units	Standard	Nutrient Values	% of Calories	% Nutrient Standard	Difference from Std.
Energy	kcal	685.0000	761.5844		111.1802	76.5844
Protein	g	19.0000	37.9234	19.9182	199.5968	18.9234
Sodium, Na	mg	800.0000	611.5163		76.4395	-188.4837
Carbohydrate, by difference	g	N/A	111.3779	58.4980	N/A	
Total lipid (fat)	g	30.0000	27.9446	33.0234	110.0781	2.5585
Fatty acids, total saturated	% Cal	10.0000	5.9878	7.0761	70.7606	-2.4742
Fatty acids, total trans	g	N/A	N/A		N/A	
Cholesterol	mg	N/A	59.4892		N/A	
Potassium, K	mg	1566.0000	1515.7090		96.7886	-50.2910
Vitamin A, RAE	mcg_RAE	300.0000	433.4597		144.4866	133.4597
Vitamin C, total ascorbic acid	mg	30.0000	149.9088		499.6960	119.9088
Calcium, Ca	mg	400.0000	640.9764		160.2441	240.9764
Vitamin B-6	mg	0.5660	0.9327		164.7880	0.3667
Vitamin B-12	mcg	0.8000	1.5428		192.8500	0.7428
Magnesium, Mg	mg	140.0000	143.3510		102.3936	3.3510
Zinc, Zn	mg	3.6000	3.9850		110.6944	0.3850
Fiber, total dietary	g	10.0000	20.0285		200.2850	10.0285
Vitamin A, IU	IU	N/A	3196.8182		N/A	
Vitamin A (RE)	RE	266.0000	579.3430		217.7981	313.3430
Vitamin D	IU	5.0000	7.9379		158.7580	2.9379
Vitamin E (alpha-tocopherol)	mg	5.0000	1.6880		33.7600	-3.3120
Thiamin	mg	0.4000	0.4354		108.8500	0.0354
Riboflavin	mg	0.4330	0.7790		179.9076	0.3460
Niacin	mg	5.3000	8.1585		153.9340	2.8585
Folate, total	mcg	133.0000	140.6853		105.7784	7.6853
Phosphorus, P	mg	N/A	434.0460		N/A	
Copper, Cu	mg	N/A	0.2257		N/A	
Manganese, Mn	mg	N/A	0.2226		N/A	
Selenium, Se	mcg	N/A	6.4663		N/A	
Pantothenic acid	mg	N/A	1.2254		N/A	
Vitamin K (phylloquinone)	mcg	N/A	3.1953		N/A	
Iron, Fe	mg	3.3000	5.7963		175.6455	2.4963
Total Sugars	g	N/A	26.2104		N/A	

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CENTRAL OFFICE

Scheduled Menu Analysis

Site: CO CENTRAL OFFICE **Serving Line:** 7 Day TMS

Menu: 46904 SlRoastBeefw/gravyPeasCarrots

Nutrition Link	Description	Serving Size	Measure
81781	SlRoastBeefw/gravyPeasCarrots	1	1 Meal
900426	Whole Grain Bread	1	Slice
900030	Margarine Cup	2	Each (Cup)
900300	Peach Cup	1	4 Ounce
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	629.9683		91.9662	-55.0317
Protein	g	19.0000	38.1204	24.2046	200.6337	19.1204
Sodium, Na	mg	800.0000	710.5593		88.8199	-89.4407
Carbohydrate, by difference	g	N/A	86.8270	55.1310	N/A	
Total lipid (fat)	g	30.0000	23.6237	33.7498	112.4995	2.6248
Fatty acids, total saturated	% Cal	10.0000	4.5557	6.5085	65.0847	-2.4439
Fatty acids, total trans	g	N/A	N/A		N/A	
Cholesterol	mg	N/A	59.2372		N/A	
Potassium, K	mg	1566.0000	1126.8261		71.9557	-439.1739
Vitamin A, RAE	mcg_RAE	300.0000	1329.0142		443.0047	
Vitamin C, total ascorbic acid	mg	30.0000	54.3370		181.1233	24.3370
Calcium, Ca	mg	400.0000	654.0150		163.5038	254.0150
Vitamin B-6	mg	0.5660	0.8364		147.7739	0.2704
Vitamin B-12	mcg	0.8000	1.3507		168.8375	0.5507
Magnesium, Mg	mg	140.0000	155.9968		111.4263	15.9968
Zinc, Zn	mg	3.6000	3.6916		102.5444	0.0916
Fiber, total dietary	g	10.0000	19.2970		192.9700	9.2970
Vitamin A, IU	IU	N/A	21046.428		N/A	
Vitamin A (RE)	RE	266.0000	2061.0663		774.8370	
Vitamin D	IU	5.0000	N/A		0.0000	-5.0000
Vitamin E (alpha-tocopherol)	mg	5.0000	0.1799		3.5980	-4.8201
Thiamin	mg	0.4000	0.6076		151.9000	0.2076
Riboflavin	mg	0.4330	0.7859		181.5012	0.3529
Niacin	mg	5.3000	6.1154		115.3849	0.8154
Folate, total	mcg	133.0000	156.9911		118.0384	23.9911
Phosphorus, P	mg	N/A	437.4092		N/A	
Copper, Cu	mg	N/A	0.2812		N/A	
Manganese, Mn	mg	N/A	0.7902		N/A	
Selenium, Se	mcg	N/A	8.3055		N/A	
Pantothenic acid	mg	N/A	1.2011		N/A	
Vitamin K (phylloquinone)	mcg	N/A	45.3848		N/A	
Iron, Fe	mg	3.3000	7.0663		214.1303	3.7663
Total Sugars	g	N/A	18.3531		N/A	

= Item out of compliance with standard

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