



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

**Site:** CO CENTRAL OFFICE      **Serving Period:** Lunch      **Serving Line:** 7 Day TMS  
**Menu:** 54083 Plant Based Chicken "Nuggets"      **Date:** 07/09/2020      **Projected Feeding Figure:** 1

<b>Nutrition Link</b>	<b>Description</b>	<b>Serving Size</b>	<b>Measure</b>	<b>Projected Quantity</b>	<b>Cost Per Serving</b>	<b>Total Cost</b>
900906	Plant-Based Chicken Nuggets	1	1 Serving	1	0.0000	0.0000
80084	Rice Pilaf PR03	1	4 ounce	1	0.0572	0.0572
81389	Diced Sweet Potatoes	1	4 Ounces	1	0.1754	0.1754
<b>Per Serving/Total Menu Cost:</b>					0.2326	0.2326
<b>Cost Standard:</b> 0.0000					<b>Total Weighted Cost per Serving:</b>	0.2326



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**Nutrient Table:** 2017 Florida Regulations

**Age Group:** 2017 Florida

**Serving Period:** Lunch

Nutrient	Units	Lunch Standard	Nutrient Values	% of Calories	% Nutrient Standard	Difference from Std.	Missing Values
Energy	kcal	600.0000	478.1079		79.6846	-121.8921 !	*
Protein	g	30.0000	17.3160	14.4871	57.7200	-12.6840 !	*
Sodium, Na	mg	767.0000	448.4592		58.4693	-318.5408	*
Carbohydrate, by difference	g	75.0000	82.4120	68.9485	109.8827	7.4120	*
Total lipid (fat)	g	20.0000	9.6141	18.0978	90.4889	-1.0105	*
Fatty acids, total saturated	% Cal	N/A	0.1313	0.2472	N/A		*
Fatty acids, total trans	g	N/A	0.5288		N/A		*
Cholesterol	mg	N/A	N/A		N/A		*
Potassium, K	mg	1566.7020	868.1942		55.4154	-698.5078 !	*
Vitamin A, RAE	mcg_RAE	233.0000	750.3049		322.0193	517.3049	*
Vitamin C, total ascorbic acid	mg	25.0000	3.6616		14.6464	-21.3384 !	*
Calcium, Ca	mg	400.0000	84.2834		21.0708	-315.7166 !	*
Vitamin B-6	mg	0.5000	0.4134		82.6800	-0.0866 !	*
Vitamin B-12	mcg	0.8000	N/A		0.0000	-0.8000 !	*
Magnesium, Mg	mg	106.7000	40.8630		38.2971	-65.8370 !	*
Zinc, Zn	mg	2.7000	0.7764		28.7556	-1.9236 !	*
Fiber, total dietary	g	7.0000	4.3212		61.7314	-2.6788 !	*
Vitamin A, IU	IU	N/A	15018.187		N/A		*
Vitamin A (RE)	RE	N/A	1500.3373		N/A		*
Vitamin D	IU	N/A	N/A		N/A		*
Vitamin E (alpha-tocopherol)	mg	N/A	0.0602		N/A		*
Thiamin	mg	N/A	0.3655		N/A		*
Riboflavin	mg	N/A	0.0953		N/A		*
Niacin	mg	N/A	2.2081		N/A		*
Folate, total	mcg	N/A	118.1045		N/A		*
Phosphorus, P	mg	N/A	67.7707		N/A		*
Copper, Cu	mg	N/A	0.1100		N/A		*
Manganese, Mn	mg	N/A	0.5220		N/A		*
Selenium, Se	mcg	N/A	9.9207		N/A		*
Pantothenic acid	mg	N/A	0.4812		N/A		*
Vitamin K (phylloquinone)	mcg	N/A	7.7895		N/A		*
Iron, Fe	mg	N/A	2.9852		N/A		*
Total Sugars	g	N/A	0.3771		N/A		*

! = Item out of compliance with standard

A nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.