



Nutrient Analysis to Standards for 2021 2 Day TMS - Tue, Nov 24, 2020 at 11:47:37 am

Whole Grain Southern Style Pollock Nuggets (CAT028098)

2017 Florida Regulations - 2017 Florida - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	RM000187 Juice Pineapple 4oz 70/cs (D371)	1	EACH
NAV	RM000382 Bread Whole Grain 800/cs (B194A)	1	EACH
NAV	RM000706 Sun Meadow Dairy Drink 35/cs (G391A)	1	EACH
FDC	RM001298 Peanuts 1oz 450/cs (F108B)	1	EACH
NAV	FRZ000102 WG Fish Fingers w/Potatoes 20/cs (M612)	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	836.9231		139.4872%
Protein	G	30.0000	39.7077	18.9779%	132.3590%
Fiber	G	7.0000	17.2077		245.8243%
Total lipid (fat)	G	20.0000	29.3669	31.5802%	146.8345%
Carbohydrate, by diff	G	75.0000	108.5100	51.8614%	144.6800%
Sodium	MG	767.0000	739.9846		96.4778%
Calcium	MG	400.0000	720.9000		180.2250%
Magnesium	MG	106.7000	187.2369		175.4798%
Potassium	MG	1566.7020	1716.4035		109.5552%
Vitamin A RAE	UG	233.0000	1157.1640		496.6369%
Vitamin B-12	UG	0.8000	1.2152		151.9000%
Vitamin B-6	MG	0.5000	0.8810		176.2000%
Vitamin C	MG	25.0000	40.0402		160.1608%
Zinc	MG	2.7000	4.8030		177.8889%



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Beef Patty w/ Onion Gravy (CAT028099)

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NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	RM000183 Juice Orange 4oz 70/cs (D351)	1	EACH
FDC	RM001010 Raisins 1oz 450/cs (E566D)	1	EACH
NAV	RM000382 Bread Whole Grain 800/cs (B194A)	1	EACH
FDC	RM000713 Margarine Cup Sunyland 900/cs 84/pl (H190)	1	EACH
NAV	RM000706 Sun Meadow Dairy Drink 35/cs (G391A)	1	EACH
NAV	FRZ000030 Ovenbroiled Beef Patty w/Gravy 20/cs (M302)	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	778.7431		129.7905%
Protein	G	30.0000	33.2173	17.0620%	110.7243%
Fiber	G	7.0000	14.3437		204.9100%
Total lipid (fat)	G	20.0000	19.6957	22.7625%	98.4785%
Carbohydrate, by diff	G	75.0000	118.4304	60.8316%	157.9072%
Sodium	MG	767.0000	653.4046		85.1896%
Calcium	MG	400.0000	731.5000		182.8750%
Magnesium	MG	106.7000	182.9369		171.4498%
Potassium	MG	1566.7020	2266.9235		144.6940%
Vitamin A RAE	UG	233.0000	246.1640		105.6498%
Vitamin B-12	UG	0.8000	3.2491		406.1375%
Vitamin B-6	MG	0.5000	0.8386		167.7200%
Vitamin C	MG	25.0000	82.6892		330.7568%
Zinc	MG	2.7000	5.0790		188.1111%



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Week 4 Average Nutrient Analysis

2017 Florida Regulations - 2017 Florida - Lunch

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	807.8331		134.6389%
Protein	G	30.0000	36.4625	18.0545%	121.5417%
Fiber	G	7.0000	15.7757		225.3671%
Total lipid (fat)	G	20.0000	24.5313	27.3301%	122.6565%
Carbohydrate, by diff	G	75.0000	113.4702	56.1850%	151.2936%
Sodium	MG	767.0000	696.6946		90.8337%
Calcium	MG	400.0000	726.2000		181.5500%
Magnesium	MG	106.7000	185.0869		173.4648%
Potassium	MG	1566.7020	1991.6635		127.1246%
Vitamin A RAE	UG	233.0000	701.6640		301.1433%
Vitamin B-12	UG	0.8000	2.2322		279.0250%
Vitamin B-6	MG	0.5000	0.8598		171.9600%
Vitamin C	MG	25.0000	61.3647		245.4588%
Zinc	MG	2.7000	4.9410		183.0000%