

**Nutrient Analysis to Standards for 7 Day TMS Vegetarian Menu - Thu, Dec 10, 2020 at 11:13:14 am****Nutrient Analysis to Standards for 7 Day TMS Vegetarian Menu - Thu, Dec 10, 2020 at 11:13:14 am**

Manicotti AlfredoItMed Peas (CAT024882)

2017 Florida Regulations - 2017 Florida - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV FRZ000566	Manicotti Alfredo, Ital Vegetables, Gr Peas 20/cs	1	EACH
NAV RM000382	Bread Whole Grain 800/cs (B194A)	1	SLICE
NAV RM001032	Mandarin Oranges 4 oz 24/tray (F923)	1	EACH
NAV RM000706	SunMeadow Milk (1%) 8 oz 35/cs (G391A)	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT		% NUTRIENT STANDARD
			VALUES	CALORIES	
Energy (kcal)	KCAL	600.0000	682.8131		113.8022%
Protein	G	30.0000	45.2117	26.4855%	150.7057%
Fiber	G	7.0000	23.4377		334.8243%
Total lipid (fat)	G	20.0000	21.5669	28.4268%	107.8345%
Carbohydrate, by diff	G	75.0000	114.9000	67.3098%	153.2000%
Sodium	MG	767.0000	783.9846		102.2144%
Calcium	MG	400.0000	1076.1100		269.0275%
Magnesium	MG	106.7000	206.4369		193.4741%
Potassium	MG	1566.7020	1556.1927		99.3292%
Vitamin A RAE	UG	233.0000	720.5840		309.2635%
Vitamin B-12	UG	0.8000	2.1038		262.9750%
Vitamin B-6	MG	0.5000	1.0785		215.7000%
Vitamin C	MG	25.0000	55.4202		221.6808%
Zinc	MG	2.7000	5.0769		188.0333%



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Eggplant Parmesan (CAT026499)

2017 Florida Regulations - 2017 Florida - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV FRZ000104	Eggplant Parmesan, Garbanzo Beans 20/cs (M615)	1	EACH
NAV RM000382	Bread Whole Grain 800/cs (B194A)	1	SLICE
FDC RM001010	Raisins 1oz 450/cs (E566D)	1	OUNCE
NAV RM000706	SunMeadow Milk (1%) 8 oz 35/cs (G391A)	1	EACH
NAV RM000183	Juice Orange 4oz 70/cs (D351)	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	798.6431		133.1072%
Protein	G	30.0000	37.1673	18.6152%	123.8910%
Fiber	G	7.0000	16.3137		233.0529%
Total lipid (fat)	G	20.0000	25.6957	28.9568%	128.4785%
Carbohydrate, by diff	G	75.0000	105.3804	52.7797%	140.5072%
Sodium	MG	767.0000	744.1046		97.0149%
Calcium	MG	400.0000	1093.3000		273.3250%
Magnesium	MG	106.7000	132.8369		124.4957%
Potassium	MG	1566.7020	1774.1235		113.2394%
Vitamin A RAE	UG	233.0000	216.0740		92.7356%
Vitamin B-12	UG	0.8000	1.3490		168.6250%
Vitamin B-6	MG	0.5000	0.4452		89.0400%
Vitamin C	MG	25.0000	40.2742		161.0968%
Zinc	MG	2.7000	2.8436		105.3185%



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Cheese Omelet,Potato,FruitGran (CAT026459)

2017 Florida Regulations - 2017 Florida - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	RM000185 Juice Orange/Pineapple 4oz 70/cs (D361)	1	EACH
NAV	FRZ000119 Cheese Omelet, Potatoes, Fruit Granola 20/cs	1	EACH
FDC	RM001773 PC Oatmeal 200/ct (F270B)	1	EACH
FDC	RM000580 PC Peanut Butter 1oz 500/cs (F216)	1	EACH
NAV	RM000706 SunMeadow Milk (1%) 8 oz 35/cs (G391A)	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	800.6095		133.4349%
Protein	G	30.0000	30.7164	15.3465%	102.3880%
Fiber	G	7.0000	9.1608		130.8686%
Total lipid (fat)	G	20.0000	32.9189	37.0056%	164.5945%
Carbohydrate, by diff	G	75.0000	100.7877	50.3555%	134.3836%
Sodium	MG	767.0000	700.2215		91.2935%
Calcium	MG	400.0000	622.1715		155.5429%
Magnesium	MG	106.7000	155.9515		146.1589%
Potassium	MG	1566.7020	1500.6540		95.7843%
Vitamin A RAE	UG	233.0000	505.4100		216.9142%
Vitamin B-12	UG	0.8000	1.8587		232.3375%
Vitamin B-6	MG	0.5000	0.8210		164.2000%
Vitamin C	MG	25.0000	63.1100		252.4400%
Zinc	MG	2.7000	3.3170		122.8519%



## Nutrient Analysis to Standards for 7 Day TMS Vegetarian Menu - Thu, Dec 10, 2020 at 11:13:14 am

Cheese Lasagna Florentine (CAT026497)

2017 Florida Regulations - 2017 Florida - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	FRZ000764 Cheese Lasagna w/Spinach & Veg 20/cs	1	EACH
NAV	RM001038 Pineapple Diet 4oz 24/tray (F969)	1	EACH
FDC	RM000713 Margarine Cup Sunyland 900/cs 84/pl (H190)	1	EACH
NAV	RM000385 Roll Whole Grain 700/cs (B197A)	1	EACH
NAV	RM000706 SunMeadow Milk (1%) 8 oz 35/cs (G391A)	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	621.1934		103.5322%
Protein	G	30.0000	29.2882	18.8593%	97.6273%
Fiber	G	7.0000	8.9964		128.5200%
Total lipid (fat)	G	20.0000	15.4773	22.4239%	77.3865%
Carbohydrate, by diff	G	75.0000	80.5276	51.8535%	107.3701%
Sodium	MG	767.0000	709.3000		92.4772%
Calcium	MG	400.0000	852.2112		213.0528%
Magnesium	MG	106.7000	170.1963		159.5092%
Potassium	MG	1566.7020	1570.6712		100.2533%
Vitamin A RAE	UG	233.0000	837.9500		359.6352%
Vitamin B-12	UG	0.8000	1.1717		146.4625%
Vitamin B-6	MG	0.5000	0.6231		124.6200%
Vitamin C	MG	25.0000	76.4674		305.8696%
Zinc	MG	2.7000	2.2207		82.2481%



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Plant Based Chicken Nuggets (CAT026487)

2017 Florida Regulations - 2017 Florida - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
FDC RM000713	Margarine Cup Sunyland 900/cs 84/pl (H190)	1	EACH
NAV RM002335	Applesauce Unsweetened 4.5oz 96/cs	1	EACH
NAV FRZ000804	Plant-Based "Chick'n" Nuggets w/Rice&SwtPots 20/cs	1	EACH
NAV RM000382	Bread Whole Grain 800/cs (B194A)	1	EACH
NAV RM000706	SunMeadow Milk (1%) 8 oz 35/cs (G391A)	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	784.0231		130.6705%
Protein	G	30.0000	31.3577	15.9984%	104.5257%
Fiber	G	7.0000	11.3077		161.5386%
Total lipid (fat)	G	20.0000	15.5669	17.8696%	77.8345%
Carbohydrate, by diff	G	75.0000	134.2600	68.4980%	179.0133%
Sodium	MG	767.0000	690.2846		89.9980%
Calcium	MG	400.0000	648.5000		162.1250%
Magnesium	MG	106.7000	121.9769		114.3176%
Potassium	MG	1566.7020	1578.2035		100.7341%
Vitamin A RAE	UG	233.0000	983.1140		421.9373%
Vitamin B-12	UG	0.8000	1.1691		146.1375%
Vitamin B-6	MG	0.5000	0.7004		140.0800%
Vitamin C	MG	25.0000	3.7052		14.8208%
Zinc	MG	2.7000	2.8538		105.6963%



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Twisted Plant Based Casserole (CAT026484)

2017 Florida Regulations - 2017 Florida - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	FRZ000803 Meatless Ground "Beef" & Pasta Casserole 20/cs	1	EACH
NAV	RM000385 Roll Whole Grain 700/cs (B197A)	1	EACH
NAV	RM001008 Raisin 150/cs (E566A)	1	EACH
FDC	RM000713 Margarine Cup Sunyland 900/cs 84/pl (H190)	1	EACH
NAV	RM000706 SunMeadow Milk (1%) 8 oz 35/cs (G391A)	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	673.1000		112.1833%
Protein	G	30.0000	38.0500	22.6118%	126.8333%
Fiber	G	7.0000	20.0000		285.7143%
Total lipid (fat)	G	20.0000	12.5000	16.7137%	62.5000%
Carbohydrate, by diff	G	75.0000	101.0500	60.0505%	134.7333%
Sodium	MG	767.0000	766.3000		99.9087%
Calcium	MG	400.0000	821.2000		205.3000%
Magnesium	MG	106.7000	110.9000		103.9363%
Potassium	MG	1566.7020	1608.8000		102.6870%
Vitamin A RAE	UG	233.0000	1412.9500		606.4163%
Vitamin B-12	UG	0.8000	1.7308		216.3500%
Vitamin B-6	MG	0.5000	0.7071		141.4200%
Vitamin C	MG	25.0000	51.0050		204.0200%
Zinc	MG	2.7000	2.8133		104.1963%



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Veggie Chili,Pinto&Carrot (CAT026498)

2017 Florida Regulations - 2017 Florida - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	RM000173 Juice Orange 4oz Cup 96/cs (D308)	1	EACH
NAV	FRZ000105 Veggie Chili, Pinto Beans/Carrots 20/cs (M616)	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 SunMeadow Milk (1%) 8 oz 35/cs (G391A)	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	864.0231		144.0039%
Protein	G	30.0000	41.3577	19.1466%	137.8590%
Fiber	G	7.0000	32.3077		461.5386%
Total lipid (fat)	G	20.0000	19.1269	19.9233%	95.6345%
Carbohydrate, by diff	G	75.0000	144.2600	66.7853%	192.3467%
Sodium	MG	767.0000	778.2846		101.4713%
Calcium	MG	400.0000	870.5000		217.6250%
Magnesium	MG	106.7000	253.9769		238.0290%
Potassium	MG	1566.7020	2370.2035		151.2862%
Vitamin A RAE	UG	233.0000	843.1140		361.8515%
Vitamin B-12	UG	0.8000	1.4717		183.9625%
Vitamin B-6	MG	0.5000	1.2216		244.3200%
Vitamin C	MG	25.0000	46.0452		184.1808%
Zinc	MG	2.7000	4.3074		159.5333%



## Nutrient Analysis to Standards for 7 Day TMS Vegetarian Menu - Thu, Dec 10, 2020 at 11:13:14 am

Week 1 Average Nutrient Analysis

2017 Florida Regulations - 2017 Florida - Lunch

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	746.3436		124.3906%
Protein	G	30.0000	36.1641	19.3820%	120.5470%
Fiber	G	7.0000	17.3606		248.0086%
Total lipid (fat)	G	20.0000	20.4075	24.6090%	102.0375%
Carbohydrate, by diff	G	75.0000	111.5951	59.8090%	148.7935%
Sodium	MG	767.0000	738.9257		96.3397%
Calcium	MG	400.0000	854.8561		213.7140%
Magnesium	MG	106.7000	164.6108		154.2744%
Potassium	MG	1566.7020	1708.4069		109.0448%
Vitamin A RAE	UG	233.0000	788.4566		338.3934%
Vitamin B-12	UG	0.8000	1.5507		193.8375%
Vitamin B-6	MG	0.5000	0.7996		159.9200%
Vitamin C	MG	25.0000	48.0039		192.0156%
Zinc	MG	2.7000	3.3475		123.9815%