

**Nutrient Analysis to Standards for 2021 7 Day TMS - Tue, Dec 8, 2020 at 1:19:29 pm****Nutrient Analysis to Standards for 2021 7 Day TMS - Tue, Dec 8, 2020 at 1:19:29 pm**

Honey Mustard Chicken Breast (CAT028125)

2017 Florida Regulations - 2017 Florida - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV FRZ000524	Honey Must Chick, Pot Flor, Mixed Veg 20/cs	1	EACH
NAV RM000706	Sun Meadow Dairy Drink 35/cs (G391A)	1	EACH
NAV RM001906	Cookie Oatmeal Raisin 1.25oz 150/cs	1	EACH
NAV RM000185	Juice Orange/Pineapple 4oz 70/cs (D361)	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT		% OF % NUTRIENT STANDARD
			VALUES	CALORIES	
Energy (kcal)	KCAL	600.0000	677.4500		112.9083%
Protein	G	30.0000	35.2800	20.8311%	117.6000%
Fiber	G	7.0000	8.0819		115.4557%
Total lipid (fat)	G	20.0000	22.7223	30.1868%	113.6115%
Carbohydrate, by diff	G	75.0000	84.3060	49.7784%	112.4080%
Sodium	MG	767.0000	492.2305		64.1761%
Calcium	MG	400.0000	768.0000		192.0000%
Magnesium	MG	106.7000	95.5200		89.5220%
Potassium	MG	1566.7020	1353.6731		86.4027%
Vitamin A RAE	UG	233.0000	589.9200		253.1845%
Vitamin B-12	UG	0.8000	1.4300		178.7500%
Vitamin B-6	MG	0.5000	0.5800		116.0000%
Vitamin C	MG	25.0000	61.4000		245.6000%
Zinc	MG	2.7000	2.0570		76.1852%



## Nutrient Analysis to Standards for 2021 7 Day TMS - Tue, Dec 8, 2020 at 1:19:29 pm

Batter Dipped Fish Nuggets (CAT028120)

2017 Florida Regulations - 2017 Florida - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV RM000183	Juice Orange 4oz 70/cs (D351)	1	EACH
NAV FRZ000097	Batter Dip Fish Nugg, Gar Mash Pot, Carrots 20/cs	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

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	805.0231		134.1705%
Protein	G	30.0000	38.3577	19.0592%	127.8590%
Fiber	G	7.0000	12.2577		175.1100%
Total lipid (fat)	G	20.0000	25.5669	28.5833%	127.8345%
Carbohydrate, by diff	G	75.0000	106.2600	52.7985%	141.6800%
Sodium	MG	767.0000	808.3246		105.3878%
Calcium	MG	400.0000	723.5000		180.8750%
Magnesium	MG	106.7000	166.9769		156.4919%
Potassium	MG	1566.7020	1797.2035		114.7125%
Vitamin A RAE	UG	233.0000	866.1140		371.7227%
Vitamin B-12	UG	0.8000	5.9790		747.3750%
Vitamin B-6	MG	0.5000	1.2298		245.9600%
Vitamin C	MG	25.0000	53.0452		212.1808%
Zinc	MG	2.7000	2.9314		108.5704%



### Nutrient Analysis to Standards for 2021 7 Day TMS - Tue, Dec 8, 2020 at 1:19:29 pm

Macaroni &amp; Cheese (CAT028122)

2017 Florida Regulations - 2017 Florida - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV RM000187	Juice Pineapple 4oz 70/cs (D371)	1	EACH
NAV FRZ000106	Three Cheese Macaroni, Carrots, Peas 20/cs (M620)	1	EACH
NAV RM000382	Bread Whole Grain 800/cs (B194A)	1	EACH
FDC RM000713	Margarine Cup Sunyland 900/cs 84/pl (H190)	2	EACH
NAV RM000706	Sun Meadow Dairy Drink 35/cs (G391A)	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	781.1231		130.1872%
Protein	G	30.0000	37.4077	19.1559%	124.6923%
Fiber	G	7.0000	17.3077		247.2529%
Total lipid (fat)	G	20.0000	20.5669	23.6969%	102.8345%
Carbohydrate, by diff	G	75.0000	113.3100	58.0241%	151.0800%
Sodium	MG	767.0000	845.5846		110.2457%
Calcium	MG	400.0000	1149.7000		287.4250%
Magnesium	MG	106.7000	184.0769		172.5182%
Potassium	MG	1566.7020	1707.0035		108.9552%
Vitamin A RAE	UG	233.0000	1458.0640		625.7785%
Vitamin B-12	UG	0.8000	2.4703		308.7875%
Vitamin B-6	MG	0.5000	1.0078		201.5600%
Vitamin C	MG	25.0000	49.0502		196.2008%
Zinc	MG	2.7000	6.2279		230.6630%



## Nutrient Analysis to Standards for 2021 7 Day TMS - Tue, Dec 8, 2020 at 1:19:29 pm

Western Style Omelet (CAT028123)

2017 Florida Regulations - 2017 Florida - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	RM000183 Juice Orange 4oz 70/cs (D351)	1	EACH
NAV	FRZ000120 Western Omelet, Potatoes, Strawb Applsauce 20/cs	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

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	755.0231		125.8372%
Protein	G	30.0000	30.3577	16.0831%	101.1923%
Fiber	G	7.0000	12.3077		175.8243%
Total lipid (fat)	G	20.0000	21.5669	25.7081%	107.8345%
Carbohydrate, by diff	G	75.0000	111.2600	58.9439%	148.3467%
Sodium	MG	767.0000	696.3246		90.7855%
Calcium	MG	400.0000	703.5000		175.8750%
Magnesium	MG	106.7000	142.9769		133.9990%
Potassium	MG	1566.7020	1944.2035		124.0953%
Vitamin A RAE	UG	233.0000	382.1140		163.9974%
Vitamin B-12	UG	0.8000	1.3487		168.5875%
Vitamin B-6	MG	0.5000	0.9311		186.2200%
Vitamin C	MG	25.0000	112.0452		448.1808%
Zinc	MG	2.7000	2.8379		105.1074%



## Nutrient Analysis to Standards for 2021 7 Day TMS - Tue, Dec 8, 2020 at 1:19:29 pm

Meatloaf w/ Apple Brown Gravy (CAT028126)

2017 Florida Regulations - 2017 Florida - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV FRZ000044	Meatloaf w/Gvy.Stw Tom, Skin-on Pot 20/cs	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 RM001038	Pineapple Diet 4oz 24/tray (F969)	1	EACH
NAV RM000706	Sun Meadow Dairy Drink 35/cs (G391A)	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	752.1165		125.3528%
Protein	G	30.0000	33.8559	18.0057%	112.8530%
Fiber	G	7.0000	13.3041		190.0586%
Total lipid (fat)	G	20.0000	25.7042	30.7582%	128.5210%
Carbohydrate, by diff	G	75.0000	93.7376	49.8527%	124.9835%
Sodium	MG	767.0000	617.1019		80.4566%
Calcium	MG	400.0000	634.5112		158.6278%
Magnesium	MG	106.7000	160.2732		150.2092%
Potassium	MG	1566.7020	2071.0747		132.1933%
Vitamin A RAE	UG	233.0000	247.5840		106.2592%
Vitamin B-12	UG	0.8000	2.6020		325.2500%
Vitamin B-6	MG	0.5000	1.1245		224.9000%
Vitamin C	MG	25.0000	95.5076		382.0304%
Zinc	MG	2.7000	5.7335		212.3519%



### Nutrient Analysis to Standards for 2021 7 Day TMS - Tue, Dec 8, 2020 at 1:19:29 pm

Sliced Turkey (CAT028121)

2017 Florida Regulations - 2017 Florida - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	FRZ000078 Turkey w/Dressing, Beans, Butternut Sq 20/cs	1	EACH
NAV	RM000488 Muffin Corn IW 72/cs 42205 (J195B)	1	EACH
FDC	RM000713 Margarine Cup Sunyland 900/cs 84/pl (H190)	2	EACH
NAV	RM000706 Sun Meadow Dairy Drink 35/cs (G391A)	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	711.2000		118.5333%
Protein	G	30.0000	39.1000	21.9910%	130.3333%
Fiber	G	7.0000	10.0000		142.8571%
Total lipid (fat)	G	20.0000	20.5000	25.9421%	102.5000%
Carbohydrate, by diff	G	75.0000	99.1000	55.7368%	132.1333%
Sodium	MG	767.0000	899.6000		117.2881%
Calcium	MG	400.0000	581.4000		145.3500%
Magnesium	MG	106.7000	130.0000		121.8369%
Potassium	MG	1566.7020	1440.6000		91.9511%
Vitamin A RAE	UG	233.0000	934.9000		401.2446%
Vitamin B-12	UG	0.8000	2.1645		270.5625%
Vitamin B-6	MG	0.5000	0.8416		168.3200%
Vitamin C	MG	25.0000	43.0100		172.0400%
Zinc	MG	2.7000	4.5010		166.7037%



## Nutrient Analysis to Standards for 2021 7 Day TMS - Tue, Dec 8, 2020 at 1:19:29 pm

Chargrilled Beef Patty (CAT028124)

2017 Florida Regulations - 2017 Florida - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	FRZ000034 Beef Patty/Piz Sce, Gr Bns, Pineapple/Mand 20/cs	1	EACH
NAV	RM000382 Bread Whole Grain 800/cs (B194A)	1	EACH
FDC	RM000713 Margarine Cup Sunyland 900/cs 84/pl (H190)	2	EACH
NAV	RM000706 Sun Meadow Dairy Drink 35/cs (G391A)	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	632.1231		105.3539%
Protein	G	30.0000	31.4077	19.8744%	104.6923%
Fiber	G	7.0000	14.3077		204.3957%
Total lipid (fat)	G	20.0000	20.5669	29.2826%	102.8345%
Carbohydrate, by diff	G	75.0000	70.3100	44.4913%	93.7467%
Sodium	MG	767.0000	652.5846		85.0827%
Calcium	MG	400.0000	644.7000		161.1750%
Magnesium	MG	106.7000	127.0769		119.0974%
Potassium	MG	1566.7020	1207.0035		77.0410%
Vitamin A RAE	UG	233.0000	379.0640		162.6884%
Vitamin B-12	UG	0.8000	3.1802		397.5250%
Vitamin B-6	MG	0.5000	1.0012		200.2400%
Vitamin C	MG	25.0000	79.0502		316.2008%
Zinc	MG	2.7000	2.7479		101.7741%



## Nutrient Analysis to Standards for 2021 7 Day TMS - Tue, Dec 8, 2020 at 1:19:29 pm

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	730.5798		121.7633%
Protein	G	30.0000	35.1095	19.2228%	117.0317%
Fiber	G	7.0000	12.5095		178.7071%
Total lipid (fat)	G	20.0000	22.4563	27.6639%	112.2815%
Carbohydrate, by diff	G	75.0000	96.8977	53.0525%	129.1969%
Sodium	MG	767.0000	715.9644		93.3461%
Calcium	MG	400.0000	743.6159		185.9040%
Magnesium	MG	106.7000	143.8430		134.8107%
Potassium	MG	1566.7020	1645.8231		105.0502%
Vitamin A RAE	UG	233.0000	693.9657		297.8394%
Vitamin B-12	UG	0.8000	2.7392		342.4000%
Vitamin B-6	MG	0.5000	0.9594		191.8800%
Vitamin C	MG	25.0000	70.4441		281.7764%
Zinc	MG	2.7000	3.8624		143.0519%