



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

Oven Baked Chicken (CAT028141)

2017 Florida Regulations - 2017 Florida - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV RM000164	Juice Apple 4oz 70/cs (D291)	1	EACH
NAV FRZ000065	Baked Chicken w/Rice, Spinach 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	731.0231		121.8372%
Protein	G	30.0000	51.4877	28.1730%	171.6257%
Fiber	G	7.0000	17.3077		247.2529%
Total lipid (fat)	G	20.0000	21.5669	26.5521%	107.8345%
Carbohydrate, by diff	G	75.0000	95.2600	52.1242%	127.0133%
Sodium	MG	767.0000	458.2846		59.7503%
Calcium	MG	400.0000	719.5000		179.8750%
Magnesium	MG	106.7000	223.9769		209.9127%
Potassium	MG	1566.7020	1665.2035		106.2872%
Vitamin A RAE	UG	233.0000	560.1140		240.3923%
Vitamin B-12	UG	0.8000	1.5763		197.0375%
Vitamin B-6	MG	0.5000	0.9657		193.1400%
Vitamin C	MG	25.0000	69.6022		278.4088%
Zinc	MG	2.7000	6.8574		253.9778%



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

Beef Patty w/ Onion Gravy (CAT028142)

2017 Florida Regulations - 2017 Florida - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	RM000183 Juice Orange 4oz 70/cs (D351)	1	EACH
NAV	FRZ000030 Beef Patty w/Gvy, Mash Pot, Rutabaga 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	713.1231		118.8539%
Protein	G	30.0000	32.4077	18.1779%	108.0257%
Fiber	G	7.0000	13.3077		190.1100%
Total lipid (fat)	G	20.0000	21.5669	27.2186%	107.8345%
Carbohydrate, by diff	G	75.0000	96.3100	54.0215%	128.4133%
Sodium	MG	767.0000	689.6246		89.9119%
Calcium	MG	400.0000	718.7000		179.6750%
Magnesium	MG	106.7000	174.0769		163.1461%
Potassium	MG	1566.7020	2059.0035		131.4228%
Vitamin A RAE	UG	233.0000	287.1140		123.2249%
Vitamin B-12	UG	0.8000	3.2536		406.7000%
Vitamin B-6	MG	0.5000	0.7904		158.0800%
Vitamin C	MG	25.0000	82.0502		328.2008%
Zinc	MG	2.7000	5.0179		185.8481%



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

Pork Riblet in BBQ Sauce (CAT028143)

2017 Florida Regulations - 2017 Florida - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	FRZ000762 BBQ Pork Riblet w/MashSwtPot/Lemon Spinach 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	RM001028 Applesauce Cinnamon Diet 4oz 24/tray (F907)	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	737.7151		122.9525%
Protein	G	30.0000	36.5491	19.8175%	121.8303%
Fiber	G	7.0000	15.5597		222.2814%
Total lipid (fat)	G	20.0000	24.7199	30.1579%	123.5995%
Carbohydrate, by diff	G	75.0000	100.0656	54.2570%	133.4208%
Sodium	MG	767.0000	764.6293		99.6909%
Calcium	MG	400.0000	917.2225		229.3056%
Magnesium	MG	106.7000	251.1989		235.4254%
Potassium	MG	1566.7020	2172.5160		138.6681%
Vitamin A RAE	UG	233.0000	864.2354		370.9165%
Vitamin B-12	UG	0.8000	2.2822		285.2750%
Vitamin B-6	MG	0.5000	1.8114		362.2800%
Vitamin C	MG	25.0000	59.7427		238.9708%
Zinc	MG	2.7000	7.0799		262.2185%



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

Salisbury Steak w/ Brown Gravy (CAT028144)

2017 Florida Regulations - 2017 Florida - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	FRZ000758 Salisbury Steak w/Gravy/Greens/Succotash 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)	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	767.1934		127.8656%
Protein	G	30.0000	33.4982	17.4653%	111.6607%
Fiber	G	7.0000	11.5564		165.0914%
Total lipid (fat)	G	20.0000	26.0073	30.5093%	130.0365%
Carbohydrate, by diff	G	75.0000	95.9876	50.0461%	127.9835%
Sodium	MG	767.0000	663.1173		86.4560%
Calcium	MG	400.0000	628.1512		157.0378%
Magnesium	MG	106.7000	134.7863		126.3227%
Potassium	MG	1566.7020	1697.6712		108.3595%
Vitamin A RAE	UG	233.0000	508.2100		218.1159%
Vitamin B-12	UG	0.8000	3.1545		394.3125%
Vitamin B-6	MG	0.5000	0.7746		154.9200%
Vitamin C	MG	25.0000	90.0474		360.1896%
Zinc	MG	2.7000	2.3703		87.7889%



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

Sliced Turkey Breast w/ Country Pepper Gravy (CAT028145)

2017 Florida Regulations - 2017 Florida - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	RM000179 Juice Grape 4oz 70/cs (D321)	1	EACH
NAV	FRZ000083 Turkey w/Gravy, Mash Pot, Gr Bean Alm 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
FDC	RM001298 Peanuts 1oz 450/cs (F108B)	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	782.0231		130.3372%
Protein	G	30.0000	47.7577	24.4278%	159.1923%
Fiber	G	7.0000	13.8677		198.1100%
Total lipid (fat)	G	20.0000	25.3669	29.1938%	126.8345%
Carbohydrate, by diff	G	75.0000	104.5600	53.4818%	139.4133%
Sodium	MG	767.0000	702.2846		91.5625%
Calcium	MG	400.0000	718.2900		179.5725%
Magnesium	MG	106.7000	198.7769		186.2951%
Potassium	MG	1566.7020	1746.5935		111.4822%
Vitamin A RAE	UG	233.0000	258.6264		110.9985%
Vitamin B-12	UG	0.8000	2.0875		260.9375%
Vitamin B-6	MG	0.5000	1.0943		218.8600%
Vitamin C	MG	25.0000	89.4555		357.8220%
Zinc	MG	2.7000	6.9887		258.8407%



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

Tuna Noodle Casserole (CAT028146)

2017 Florida Regulations - 2017 Florida - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV RM000382	Bread Whole Grain 800/cs (B194A)	1	EACH
NAV RM000706	Sun Meadow Dairy Drink 35/cs (G391A)	1	EACH
NAV FRZ000807	Tuna Noodle Casserole - 20/cs	1	EACH
FDC RM001298	Peanuts 1oz 450/cs (F108B)	1	EACH
NAV RM000187	Juice Pineapple 4oz 70/cs (D371)	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	812.9231		135.4872%
Protein	G	30.0000	44.7077	21.9985%	149.0257%
Fiber	G	7.0000	15.2077		217.2529%
Total lipid (fat)	G	20.0000	22.3669	24.7627%	111.8345%
Carbohydrate, by diff	G	75.0000	100.5100	49.4561%	134.0133%
Sodium	MG	767.0000	563.9846		73.5312%
Calcium	MG	400.0000	730.9000		182.7250%
Magnesium	MG	106.7000	147.6769		138.4038%
Potassium	MG	1566.7020	1900.4035		121.2996%
Vitamin A RAE	UG	233.0000	192.1640		82.4738%
Vitamin B-12	UG	0.8000	1.1646		145.5750%
Vitamin B-6	MG	0.5000	0.5115		102.3000%
Vitamin C	MG	25.0000	31.0402		124.1608%
Zinc	MG	2.7000	4.1269		152.8481%



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

Country Egg Scramble (CAT028147)

2017 Florida Regulations - 2017 Florida - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
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
NAV FRZ000122	Country Egg Scramble, Cranberry Apples 20/cs	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	649.1231		108.1872%
Protein	G	30.0000	30.4077	18.7377%	101.3590%
Fiber	G	7.0000	12.3077		175.8243%
Total lipid (fat)	G	20.0000	22.5669	31.2887%	112.8345%
Carbohydrate, by diff	G	75.0000	86.3100	53.1856%	115.0800%
Sodium	MG	767.0000	843.5846		109.9850%
Calcium	MG	400.0000	736.7000		184.1750%
Magnesium	MG	106.7000	135.0769		126.5950%
Potassium	MG	1566.7020	1542.0035		98.4235%
Vitamin A RAE	UG	233.0000	578.0640		248.0961%
Vitamin B-12	UG	0.8000	2.0912		261.4000%
Vitamin B-6	MG	0.5000	0.7712		154.2400%
Vitamin C	MG	25.0000	26.0502		104.2008%
Zinc	MG	2.7000	3.9953		147.9741%



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

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	741.8749		123.6458%
Protein	G	30.0000	39.5451	21.3217%	131.8170%
Fiber	G	7.0000	14.1592		202.2743%
Total lipid (fat)	G	20.0000	23.4517	28.4503%	117.2585%
Carbohydrate, by diff	G	75.0000	97.0005	52.3002%	129.3340%
Sodium	MG	767.0000	669.3585		87.2697%
Calcium	MG	400.0000	738.4948		184.6237%
Magnesium	MG	106.7000	180.7957		169.4430%
Potassium	MG	1566.7020	1826.1992		116.5633%
Vitamin A RAE	UG	233.0000	464.0754		199.1740%
Vitamin B-12	UG	0.8000	2.2300		278.7500%
Vitamin B-6	MG	0.5000	0.9599		191.9800%
Vitamin C	MG	25.0000	63.9983		255.9932%
Zinc	MG	2.7000	5.2052		192.7852%