



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

Meatballs & Penne Pasta in Sauce (CAT028134)

2017 Florida Regulations - 2017 Florida - Lunch

| NUTRITION DATA | DESCRIPTION | QUANTITY | UNIT OF MEASURE |
|----------------|--|----------|-----------------|
| NAV | RM000179 Juice Grape 4oz 70/cs (D321) | 1 | EACH |
| NAV | FRZ000657 Meatballs & Penne Pasta/Brocc/Ital Vegetable 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 | 739.0231 | | 123.1705% |
| Protein | G | 30.0000 | 36.3577 | 19.6788% | 121.1923% |
| Fiber | G | 7.0000 | 16.3077 | | 232.9671% |
| Total lipid (fat) | G | 20.0000 | 21.5669 | 26.2647% | 107.8345% |
| Carbohydrate, by diff | G | 75.0000 | 102.2600 | 55.3487% | 136.3467% |
| Sodium | MG | 767.0000 | 539.2846 | | 70.3109% |
| Calcium | MG | 400.0000 | 711.6900 | | 177.9225% |
| Magnesium | MG | 106.7000 | 157.9769 | | 148.0571% |
| Potassium | MG | 1566.7020 | 1606.5935 | | 102.5462% |
| Vitamin A RAE | UG | 233.0000 | 431.1140 | | 185.0275% |
| Vitamin B-12 | UG | 0.8000 | 2.1297 | | 266.2125% |
| Vitamin B-6 | MG | 0.5000 | 0.9846 | | 196.9200% |
| Vitamin C | MG | 25.0000 | 150.0452 | | 600.1808% |
| Zinc | MG | 2.7000 | 4.7151 | | 174.6333% |



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Breaded Fish Fillet (CAT028135)

2017 Florida Regulations - 2017 Florida - Lunch

| NUTRITION DATA | DESCRIPTION | QUANTITY | UNIT OF MEASURE |
|----------------|--|----------|-----------------|
| NAV | FRZ000653 WG Fish Fillet w/Cheesy Mash & Mixed Veg 20/cs | 1 | EACH |
| NAV | RM000378 Bread White 900/cs (B190A) | 1 | EACH |
| FDC | RM001359 PC Tartar Sauce 200/cs (F340) | 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 | RM000169 Juice Blend 4oz 70/cs (D301) | 1 | EACH |

| NUTRIENT | UNITS | STANDARD | NUTRIENT VALUES | % OF CALORIES | % NUTRIENT STANDARD |
|-----------------------|-------|-----------|-----------------|---------------|---------------------|
| Energy (kcal) | KCAL | 600.0000 | 689.9820 | | 114.9970% |
| Protein | G | 30.0000 | 36.3094 | 21.0495% | 121.0313% |
| Fiber | G | 7.0000 | 8.0575 | | 115.1071% |
| Total lipid (fat) | G | 20.0000 | 20.9192 | 27.2866% | 104.5960% |
| Carbohydrate, by diff | G | 75.0000 | 75.3112 | 43.6598% | 100.4149% |
| Sodium | MG | 767.0000 | 663.3512 | | 86.4865% |
| Calcium | MG | 400.0000 | 550.2454 | | 137.5614% |
| Magnesium | MG | 106.7000 | 83.6198 | | 78.3691% |
| Potassium | MG | 1566.7020 | 1301.5465 | | 83.0756% |
| Vitamin A RAE | UG | 233.0000 | 514.9000 | | 220.9871% |
| Vitamin B-12 | UG | 0.8000 | 3.1701 | | 396.2625% |
| Vitamin B-6 | MG | 0.5000 | 0.7478 | | 149.5600% |
| Vitamin C | MG | 25.0000 | 32.6370 | | 130.5480% |
| Zinc | MG | 2.7000 | 2.6578 | | 98.4370% |



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Three Bean Beef Chili (CAT028136)

2017 Florida Regulations - 2017 Florida - Lunch

| NUTRITION DATA | DESCRIPTION | QUANTITY | UNIT OF MEASURE |
|----------------|---|----------|-----------------|
| NAV | FRZ000652 Three Bean Beef Chili w/Squash Medley 20/cs | 1 | EACH |
| NAV | RM000382 Bread Whole Grain 800/cs (B194A) | 1 | EACH |
| NAV | RM001906 Cookie Oatmeal Raisin 1.25oz 150/cs | 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 | 724.9231 | | 120.8205% |
| Protein | G | 30.0000 | 40.3077 | 22.2411% | 134.3590% |
| Fiber | G | 7.0000 | 14.3077 | | 204.3957% |
| Total lipid (fat) | G | 20.0000 | 24.5669 | 30.5001% | 122.8345% |
| Carbohydrate, by diff | G | 75.0000 | 89.2100 | 49.2245% | 118.9467% |
| Sodium | MG | 767.0000 | 496.9846 | | 64.7959% |
| Calcium | MG | 400.0000 | 669.3000 | | 167.3250% |
| Magnesium | MG | 106.7000 | 163.8769 | | 153.5866% |
| Potassium | MG | 1566.7020 | 2013.4035 | | 128.5122% |
| Vitamin A RAE | UG | 233.0000 | 284.1640 | | 121.9588% |
| Vitamin B-12 | UG | 0.8000 | 2.9359 | | 366.9875% |
| Vitamin B-6 | MG | 0.5000 | 0.9707 | | 194.1400% |
| Vitamin C | MG | 25.0000 | 33.0402 | | 132.1608% |
| Zinc | MG | 2.7000 | 6.6139 | | 244.9593% |



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Pork Chop Patty w/ Homestyle Gravy (CAT028137)

2017 Florida Regulations - 2017 Florida - Lunch

| NUTRITION DATA | DESCRIPTION | QUANTITY | UNIT OF MEASURE |
|----------------|--|----------|-----------------|
| NAV | FRZ000654 Pork Chop Patty w/Gravy/Swt Pot/BrsI Sprts 20/cs | 1 | EACH |
| NAV | RM001038 Pineapple Diet 4oz 24/tray (F969) | 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 | 721.1165 | | 120.1861% |
| Protein | G | 30.0000 | 34.8559 | 19.3344% | 116.1863% |
| Fiber | G | 7.0000 | 17.3041 | | 247.2014% |
| Total lipid (fat) | G | 20.0000 | 20.7042 | 25.8402% | 103.5210% |
| Carbohydrate, by diff | G | 75.0000 | 98.7376 | 54.7693% | 131.6501% |
| Sodium | MG | 767.0000 | 712.1019 | | 92.8425% |
| Calcium | MG | 400.0000 | 699.5112 | | 174.8778% |
| Magnesium | MG | 106.7000 | 185.2732 | | 173.6394% |
| Potassium | MG | 1566.7020 | 2079.0747 | | 132.7039% |
| Vitamin A RAE | UG | 233.0000 | 1002.1140 | | 430.0918% |
| Vitamin B-12 | UG | 0.8000 | 1.4815 | | 185.1875% |
| Vitamin B-6 | MG | 0.5000 | 1.1733 | | 234.6600% |
| Vitamin C | MG | 25.0000 | 142.5076 | | 570.0304% |
| Zinc | MG | 2.7000 | 3.8770 | | 143.5926% |



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Chicken Parmesan (CAT028138)

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 | 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 | FRZ000655 Chicken Parmesan w/Rose Pot/Green Beans 20/cs | 1 | EACH |

| NUTRIENT | UNITS | STANDARD | NUTRIENT VALUES | % OF CALORIES | % NUTRIENT STANDARD |
|-----------------------|-------|-----------|-----------------|---------------|---------------------|
| Energy (kcal) | KCAL | 600.0000 | 693.0231 | | 115.5039% |
| Protein | G | 30.0000 | 40.3577 | 23.2937% | 134.5257% |
| Fiber | G | 7.0000 | 12.7977 | | 182.8243% |
| Total lipid (fat) | G | 20.0000 | 20.5669 | 26.7094% | 102.8345% |
| Carbohydrate, by diff | G | 75.0000 | 85.2600 | 49.2105% | 113.6800% |
| Sodium | MG | 767.0000 | 605.2846 | | 78.9159% |
| Calcium | MG | 400.0000 | 847.5000 | | 211.8750% |
| Magnesium | MG | 106.7000 | 170.3769 | | 159.6784% |
| Potassium | MG | 1566.7020 | 1695.4835 | | 108.2199% |
| Vitamin A RAE | UG | 233.0000 | 549.3640 | | 235.7785% |
| Vitamin B-12 | UG | 0.8000 | 1.9900 | | 248.7500% |
| Vitamin B-6 | MG | 0.5000 | 1.1855 | | 237.1000% |
| Vitamin C | MG | 25.0000 | 46.7805 | | 187.1220% |
| Zinc | MG | 2.7000 | 4.8774 | | 180.6444% |



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Twisted Mac & Cheese (CAT028139)

2017 Florida Regulations - 2017 Florida - Lunch

| NUTRITION DATA | DESCRIPTION | QUANTITY | UNIT OF MEASURE |
|----------------|--|----------|-----------------|
| NAV FRZ000107 | Twisted Mac & Cheese, Pinto Beans, Carrots 20/cs | 1 | EACH |
| NAV RM000382 | Bread Whole Grain 800/cs (B194A) | 1 | EACH |
| NAV RM001032 | Mandarin Oranges 4 oz 24/tray (F923) | 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 | 749.8131 | | 124.9689% |
| Protein | G | 30.0000 | 36.2117 | 19.3177% | 120.7057% |
| Fiber | G | 7.0000 | 19.4377 | | 277.6814% |
| Total lipid (fat) | G | 20.0000 | 20.5669 | 24.6864% | 102.8345% |
| Carbohydrate, by diff | G | 75.0000 | 110.9000 | 59.1614% | 147.8667% |
| Sodium | MG | 767.0000 | 884.2446 | | 115.2861% |
| Calcium | MG | 400.0000 | 1120.1100 | | 280.0275% |
| Magnesium | MG | 106.7000 | 152.4369 | | 142.8649% |
| Potassium | MG | 1566.7020 | 1834.1927 | | 117.0735% |
| Vitamin A RAE | UG | 233.0000 | 1252.5840 | | 537.5897% |
| Vitamin B-12 | UG | 0.8000 | 2.2777 | | 284.7125% |
| Vitamin B-6 | MG | 0.5000 | 1.2064 | | 241.2800% |
| Vitamin C | MG | 25.0000 | 116.4202 | | 465.6808% |
| Zinc | MG | 2.7000 | 4.6569 | | 172.4778% |



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Chicken Stew (CAT028140)

2017 Florida Regulations - 2017 Florida - Lunch

| NUTRITION DATA | DESCRIPTION | QUANTITY | UNIT OF MEASURE |
|----------------|---|----------|-----------------|
| NAV | FRZ000656 Chicken Stew w/Green Beans/Apple Raisin 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 | 869.0231 | | 144.8372% |
| Protein | G | 30.0000 | 56.7577 | 26.1248% | 189.1923% |
| Fiber | G | 7.0000 | 23.2077 | | 331.5386% |
| Total lipid (fat) | G | 20.0000 | 25.3669 | 26.2711% | 126.8345% |
| Carbohydrate, by diff | G | 75.0000 | 113.5600 | 52.2702% | 151.4133% |
| Sodium | MG | 767.0000 | 884.2846 | | 115.2913% |
| Calcium | MG | 400.0000 | 1169.1000 | | 292.2750% |
| Magnesium | MG | 106.7000 | 246.7769 | | 231.2811% |
| Potassium | MG | 1566.7020 | 2830.2035 | | 180.6472% |
| Vitamin A RAE | UG | 233.0000 | 660.1140 | | 283.3107% |
| Vitamin B-12 | UG | 0.8000 | 2.5370 | | 317.1250% |
| Vitamin B-6 | MG | 0.5000 | 0.8621 | | 172.4200% |
| Vitamin C | MG | 25.0000 | 46.0452 | | 184.1808% |
| Zinc | MG | 2.7000 | 7.9774 | | 295.4593% |



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Week 3 Average Nutrient Analysis

2017 Florida Regulations - 2017 Florida - Lunch

| NUTRIENT | UNITS | STANDARD | NUTRIENT VALUES | % OF CALORIES | % NUTRIENT STANDARD |
|-----------------------|-------|-----------|--------------------|------------------|------------------------|
| Energy (kcal) | KCAL | 600.0000 | 740.9863 | | 123.4977% |
| Protein | G | 30.0000 | 40.1654 | 21.6821% | 133.8847% |
| Fiber | G | 7.0000 | 15.9172 | | 227.3886% |
| Total lipid (fat) | G | 20.0000 | 22.0368 | 26.7658% | 110.1840% |
| Carbohydrate, by diff | G | 75.0000 | 96.4627 | 52.0726% | 128.6169% |
| Sodium | MG | 767.0000 | 683.6480 | | 89.1327% |
| Calcium | MG | 400.0000 | 823.9224 | | 205.9806% |
| Magnesium | MG | 106.7000 | 165.7625 | | 155.3538% |
| Potassium | MG | 1566.7020 | 1908.6426 | | 121.8255% |
| Vitamin A RAE | UG | 233.0000 | 670.6220 | | 287.8206% |
| Vitamin B-12 | UG | 0.8000 | 2.3603 | | 295.0375% |
| Vitamin B-6 | MG | 0.5000 | 1.0186 | | 203.7200% |
| Vitamin C | MG | 25.0000 | 81.0680 | | 324.2720% |
| Zinc | MG | 2.7000 | 5.0536 | | 187.1704% |