



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

Cavatappi Bolognese (CAT028128)

2017 Florida Regulations - 2017 Florida - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	FRZ000565 Cavatappi Bolognese, Italian Vegetables 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
FDC	RM002202 Keebler Honey Graham Cracker 2-pk 200/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	720.0231		120.0039%
Protein	G	30.0000	38.3577	21.3091%	127.8590%
Fiber	G	7.0000	18.3077		261.5386%
Total lipid (fat)	G	20.0000	21.0669	26.3328%	105.3345%
Carbohydrate, by diff	G	75.0000	94.2600	52.3650%	125.6800%
Sodium	MG	767.0000	595.2846		77.6121%
Calcium	MG	400.0000	766.5000		191.6250%
Magnesium	MG	106.7000	151.9769		142.4338%
Potassium	MG	1566.7020	1901.2035		121.3507%
Vitamin A RAE	UG	233.0000	605.1140		259.7056%
Vitamin B-12	UG	0.8000	2.8698		358.7250%
Vitamin B-6	MG	0.5000	0.8697		173.9400%
Vitamin C	MG	25.0000	25.0452		100.1808%
Zinc	MG	2.7000	6.3974		236.9407%



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

Meatloaf w/ 3 oz. White Pepper Gravy (CAT028127)

2017 Florida Regulations - 2017 Florida - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV RM001032	Mandarin Oranges 4 oz 24/tray (F923)	1	EACH
NAV FRZ000761	Meatloaf w/Gravy/Parslied Mash Pot/MixGreens 20/cs	1	EACH
NAV RM000382	Bread Whole Grain 800/cs (B194A)	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	718.8131		119.8022%
Protein	G	30.0000	39.2117	21.8202%	130.7057%
Fiber	G	7.0000	16.4377		234.8243%
Total lipid (fat)	G	20.0000	24.5669	30.7593%	122.8345%
Carbohydrate, by diff	G	75.0000	90.9000	50.5834%	121.2000%
Sodium	MG	767.0000	714.2446		93.1219%
Calcium	MG	400.0000	1037.1100		259.2775%
Magnesium	MG	106.7000	198.4369		185.9765%
Potassium	MG	1566.7020	2082.1927		132.9029%
Vitamin A RAE	UG	233.0000	1034.5840		444.0275%
Vitamin B-12	UG	0.8000	2.8773		359.6625%
Vitamin B-6	MG	0.5000	0.9889		197.7800%
Vitamin C	MG	25.0000	99.4202		397.6808%
Zinc	MG	2.7000	7.0769		262.1074%



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

Sliced Turkey w/ CranRaspberry Sauce (CAT028129)

2017 Florida Regulations - 2017 Florida - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	FRZ000072 Turkey,CrnRasp Sce,Zucch/Corn,Brocc/Caul/Bn 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	800.0231		133.3372%
Protein	G	30.0000	54.7577	27.3781%	182.5257%
Fiber	G	7.0000	19.2077		274.3957%
Total lipid (fat)	G	20.0000	24.3669	27.4120%	121.8345%
Carbohydrate, by diff	G	75.0000	103.5600	51.7785%	138.0800%
Sodium	MG	767.0000	711.2846		92.7359%
Calcium	MG	400.0000	661.1000		165.2750%
Magnesium	MG	106.7000	208.7769		195.6672%
Potassium	MG	1566.7020	2124.2035		135.5844%
Vitamin A RAE	UG	233.0000	328.1140		140.8215%
Vitamin B-12	UG	0.8000	2.0223		252.7875%
Vitamin B-6	MG	0.5000	1.2236		244.7200%
Vitamin C	MG	25.0000	78.0452		312.1808%
Zinc	MG	2.7000	7.1574		265.0889%



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

NY Steak Beef Patty w/ Herbed Mushroom Gravy (CAT028130)

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	FRZ000036 Beef Pty w/Grvy,Sqsh Bean Med, Gar Msh Pot 20/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	683.0231		113.8372%
Protein	G	30.0000	32.3577	18.9497%	107.8590%
Fiber	G	7.0000	13.3077		190.1100%
Total lipid (fat)	G	20.0000	21.5669	28.4181%	107.8345%
Carbohydrate, by diff	G	75.0000	91.2600	53.4448%	121.6800%
Sodium	MG	767.0000	674.2846		87.9119%
Calcium	MG	400.0000	679.5000		169.8750%
Magnesium	MG	106.7000	168.3769		157.8040%
Potassium	MG	1566.7020	1994.4835		127.3046%
Vitamin A RAE	UG	233.0000	282.3640		121.1863%
Vitamin B-12	UG	0.8000	3.2336		404.2000%
Vitamin B-6	MG	0.5000	0.8821		176.4200%
Vitamin C	MG	25.0000	61.0452		244.1808%
Zinc	MG	2.7000	5.1508		190.7704%



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

Chicken Garden Casserole (CAT028131)

2017 Florida Regulations - 2017 Florida - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	FRZ000715 Chicken Garden Casserole, Summer Blend Veg 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	RM002002 Oatmeal Cream Pie 1.34oz 192/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	785.1231		130.8539%
Protein	G	30.0000	36.9977	18.8494%	123.3257%
Fiber	G	7.0000	13.3077		190.1100%
Total lipid (fat)	G	20.0000	24.4869	28.0698%	122.4345%
Carbohydrate, by diff	G	75.0000	110.3100	56.2001%	147.0800%
Sodium	MG	767.0000	603.5846		78.6942%
Calcium	MG	400.0000	693.7000		173.4250%
Magnesium	MG	106.7000	158.0769		148.1508%
Potassium	MG	1566.7020	1517.0035		96.8278%
Vitamin A RAE	UG	233.0000	682.0640		292.7313%
Vitamin B-12	UG	0.8000	1.4008		175.1000%
Vitamin B-6	MG	0.5000	1.5275		305.5000%
Vitamin C	MG	25.0000	59.0502		236.2008%
Zinc	MG	2.7000	4.3730		161.9630%



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

Cheese Lasagna Florentine (CAT028132)

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	RM000382 Bread Whole Grain 800/cs (B194A)	1	EACH
FDC	RM000713 Margarine Cup Sunyland 900/cs 84/pl (H190)	2	EACH
NAV	RM001038 Pineapple Diet 4oz 24/tray (F969)	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	848.2165		141.3694%
Protein	G	30.0000	39.0459	18.4132%	130.1530%
Fiber	G	7.0000	15.2041		217.2014%
Total lipid (fat)	G	20.0000	32.3442	34.3188%	161.7210%
Carbohydrate, by diff	G	75.0000	95.0876	44.8412%	126.7835%
Sodium	MG	767.0000	707.4019		92.2297%
Calcium	MG	400.0000	966.3112		241.5778%
Magnesium	MG	106.7000	276.1732		258.8315%
Potassium	MG	1566.7020	2024.8747		129.2444%
Vitamin A RAE	UG	233.0000	891.0640		382.4309%
Vitamin B-12	UG	0.8000	1.1908		148.8500%
Vitamin B-6	MG	0.5000	0.9201		184.0200%
Vitamin C	MG	25.0000	76.5126		306.0504%
Zinc	MG	2.7000	4.9981		185.1148%



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

Beef Patty in Teriyaki Sauce (CAT028133)

2017 Florida Regulations - 2017 Florida - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	FRZ000763 Beef Patty Teriyaki, Rice & Mush, Pepper, On 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
NAV	RM000183 Juice Orange 4oz 70/cs (D351)	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	684.1231		114.0205%
Protein	G	30.0000	32.4077	18.9485%	108.0257%
Fiber	G	7.0000	12.3077		175.8243%
Total lipid (fat)	G	20.0000	24.7169	32.5164%	123.5845%
Carbohydrate, by diff	G	75.0000	89.3100	52.2187%	119.0800%
Sodium	MG	767.0000	934.6246		121.8546%
Calcium	MG	400.0000	611.7000		152.9250%
Magnesium	MG	106.7000	114.0769		106.9137%
Potassium	MG	1566.7020	1402.0035		89.4876%
Vitamin A RAE	UG	233.0000	324.0640		139.0833%
Vitamin B-12	UG	0.8000	1.1916		148.9500%
Vitamin B-6	MG	0.5000	0.5304		106.0800%
Vitamin C	MG	25.0000	70.0502		280.2008%
Zinc	MG	2.7000	2.4704		91.4963%



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

Week 2 Average Nutrient Analysis

2017 Florida Regulations - 2017 Florida - Lunch

NUTRIENT	UNITS	STANDARD	NUTRIENT		% NUTRIENT STANDARD
			VALUES	% OF CALORIES	
Energy (kcal)	KCAL	600.0000	748.4779		124.7463%
Protein	G	30.0000	39.0194	20.8527%	130.0647%
Fiber	G	7.0000	15.4400		220.5714%
Total lipid (fat)	G	20.0000	24.7308	29.7373%	123.6540%
Carbohydrate, by diff	G	75.0000	96.3839	51.5093%	128.5119%
Sodium	MG	767.0000	705.8156		92.0229%
Calcium	MG	400.0000	773.7030		193.4258%
Magnesium	MG	106.7000	182.2707		170.8254%
Potassium	MG	1566.7020	1863.7093		118.9575%
Vitamin A RAE	UG	233.0000	592.4811		254.2837%
Vitamin B-12	UG	0.8000	2.1123		264.0375%
Vitamin B-6	MG	0.5000	0.9918		198.3600%
Vitamin C	MG	25.0000	67.0241		268.0964%
Zinc	MG	2.7000	5.3749		199.0704%