

Nutrient Analysis to Standards for 7 Day Rise And Shine - Thu, Dec 10, 2020 at 11:43:07 am



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Huevos Ranch,Potato,CranPears (CAT026454)

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 | FRZ000116 Huevos Rancheros, Potatoes, Crab Pears 20/cs | 1 | EACH |
| NAV | RM000382 Bread Whole Grain 800/cs (B194A) | 1 | SLICE |
| FDC | RM000713 Margarine Cup Sunyland 900/cs 84/pl (H190) | 2 | EACH |
| NAV | RM000706 SunMeadow Milk (1%) 8 oz 35/cs (G391A) | 1 | EACH |

| NUTRIENT | UNITS | STANDARD | NUTRIENT | | % OF % NUTRIENT STANDARD |
|-----------------------|-------|-----------|-----------|----------|--------------------------|
| | | | VALUES | CALORIES | |
| Energy (kcal) | KCAL | 600.0000 | 810.1231 | | 135.0205% |
| Protein | G | 30.0000 | 34.4077 | 16.9889% | 114.6923% |
| Fiber | G | 7.0000 | 17.3077 | | 247.2529% |
| Total lipid (fat) | G | 20.0000 | 22.5669 | 25.0705% | 112.8345% |
| Carbohydrate, by diff | G | 75.0000 | 122.3100 | 60.3908% | 163.0800% |
| Sodium | MG | 767.0000 | 744.5846 | | 97.0775% |
| Calcium | MG | 400.0000 | 726.7000 | | 181.6750% |
| Magnesium | MG | 106.7000 | 166.4769 | | 156.0233% |
| Potassium | MG | 1566.7020 | 2140.2835 | | 136.6108% |
| Vitamin A RAE | UG | 233.0000 | 467.3140 | | 200.5639% |
| Vitamin B-12 | UG | 0.8000 | 2.0695 | | 258.6875% |
| Vitamin B-6 | MG | 0.5000 | 0.8609 | | 172.1800% |
| Vitamin C | MG | 25.0000 | 158.0502 | | 632.2008% |
| Zinc | MG | 2.7000 | 3.5779 | | 132.5148% |



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ScrEgg/Veg,TurkSausPot,SpPeach (CAT025286)

2017 Florida Regulations - 2017 Florida - Lunch

| NUTRITION DATA | DESCRIPTION | QUANTITY | UNIT OF MEASURE |
|----------------|--|----------|-----------------|
| NAV | RM000183 Juice Orange 4oz 70/cs (D351) | 1 | EACH |
| NAV | FRZ000124 Scr Egg/Veg/TurkSaus/Pot/Sp Peach 20/cs (M750) | 1 | EACH |
| NAV | RM000382 Bread Whole Grain 800/cs (B194A) | 1 | SLICE |
| FDC | RM002202 Keebler Honey Graham Cracker 2-pk 200/cs | 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 | 796.9231 | | 132.8205% |
| Protein | G | 30.0000 | 38.3077 | 19.2278% | 127.6923% |
| Fiber | G | 7.0000 | 12.3077 | | 175.8243% |
| Total lipid (fat) | G | 20.0000 | 25.0669 | 28.3091% | 125.3345% |
| Carbohydrate, by diff | G | 75.0000 | 113.2100 | 56.8236% | 150.9467% |
| Sodium | MG | 767.0000 | 860.0246 | | 112.1284% |
| Calcium | MG | 400.0000 | 712.3000 | | 178.0750% |
| Magnesium | MG | 106.7000 | 141.8769 | | 132.9680% |
| Potassium | MG | 1566.7020 | 1894.6935 | | 120.9352% |
| Vitamin A RAE | UG | 233.0000 | 345.1640 | | 148.1391% |
| Vitamin B-12 | UG | 0.8000 | 2.0429 | | 255.3625% |
| Vitamin B-6 | MG | 0.5000 | 0.9628 | | 192.5600% |
| Vitamin C | MG | 25.0000 | 121.4146 | | 485.6584% |
| Zinc | MG | 2.7000 | 3.7393 | | 138.4926% |



Nutrient Analysis to Standards for 7 Day Rise And Shine - Thu, Dec 10, 2020 at 11:43:07 am

West Omelet PotObrienStrawApls (CAT025287)

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 | SLICE |
| FDC | RM000713 Margarine Cup Sunyland 900/cs 84/pl (H190) | 2 | 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 | 773.1231 | | 128.8539% |
| Protein | G | 30.0000 | 30.4077 | 15.7324% | 101.3590% |
| Fiber | G | 7.0000 | 12.3077 | | 175.8243% |
| Total lipid (fat) | G | 20.0000 | 23.5669 | 27.4345% | 117.8345% |
| Carbohydrate, by diff | G | 75.0000 | 111.3100 | 57.5898% | 148.4133% |
| Sodium | MG | 767.0000 | 735.6246 | | 95.9093% |
| Calcium | MG | 400.0000 | 704.7000 | | 176.1750% |
| Magnesium | MG | 106.7000 | 143.0769 | | 134.0927% |
| Potassium | MG | 1566.7020 | 1946.0035 | | 124.2102% |
| Vitamin A RAE | UG | 233.0000 | 423.0640 | | 181.5725% |
| Vitamin B-12 | UG | 0.8000 | 1.3532 | | 169.1500% |
| Vitamin B-6 | MG | 0.5000 | 0.9316 | | 186.3200% |
| Vitamin C | MG | 25.0000 | 112.0502 | | 448.2008% |
| Zinc | MG | 2.7000 | 2.8384 | | 105.1259% |



Nutrient Analysis to Standards for 7 Day Rise And Shine - Thu, Dec 10, 2020 at 11:43:07 am

Egg,HashBrTurSauGravyApples (CAT025288)

2017 Florida Regulations - 2017 Florida - Lunch

| NUTRITION DATA | DESCRIPTION | QUANTITY | UNIT OF MEASURE |
|----------------|--|----------|-----------------|
| NAV | RM000183 Juice Orange 4oz 70/cs (D351) | 2 | EACH |
| NAV | FRZ000123 Egg/Potatoes/TurkSaus/Grvy/Apples 20/cs (M745) | 1 | EACH |
| NAV | RM000382 Bread Whole Grain 800/cs (B194A) | 1 | SLICE |
| 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 | 781.5431 | | 130.2572% |
| Protein | G | 30.0000 | 31.7877 | 16.2692% | 105.9590% |
| Fiber | G | 7.0000 | 10.3077 | | 147.2529% |
| Total lipid (fat) | G | 20.0000 | 22.5669 | 25.9873% | 112.8345% |
| Carbohydrate, by diff | G | 75.0000 | 104.2600 | 53.3611% | 139.0133% |
| Sodium | MG | 767.0000 | 589.2346 | | 76.8233% |
| Calcium | MG | 400.0000 | 737.8600 | | 184.4650% |
| Magnesium | MG | 106.7000 | 170.1469 | | 159.4629% |
| Potassium | MG | 1566.7020 | 2110.0735 | | 134.6825% |
| Vitamin A RAE | UG | 233.0000 | 351.0740 | | 150.6755% |
| Vitamin B-12 | UG | 0.8000 | 3.1791 | | 397.3875% |
| Vitamin B-6 | MG | 0.5000 | 1.0370 | | 207.4000% |
| Vitamin C | MG | 25.0000 | 86.7552 | | 347.0208% |
| Zinc | MG | 2.7000 | 3.5374 | | 131.0148% |



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Cheese Omelet,Potato,FruitGran (CAT025289)

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 | OUNCE |
| FDC | RM000580 PC Peanut Butter 1oz 500/cs (F216) | 1 | OUNCE |
| 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 Rise And Shine - Thu, Dec 10, 2020 at 11:43:07 am

EggPat,Panc,StrawCompote (CAT026455)

2017 Florida Regulations - 2017 Florida - Lunch

| NUTRITION DATA | DESCRIPTION | QUANTITY | UNIT OF MEASURE |
|----------------|--|----------|-----------------|
| NAV | FRZ000019 Egg/Saus/Pancakes/Straw Compote 20/cs (M174) | 1 | EACH |
| FDC | RM001010 Raisins 1oz 450/cs (E566D) | 1 | OUNCE |
| NAV | RM000382 Bread Whole Grain 800/cs (B194A) | 1 | SLICE |
| FDC | RM000580 PC Peanut Butter 1oz 500/cs (F216) | 1 | EACH |
| 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 | 949.8926 | | 158.3154% |
| Protein | G | 30.0000 | 38.5461 | 16.2318% | 128.4870% |
| Fiber | G | 7.0000 | 9.7045 | | 138.6357% |
| Total lipid (fat) | G | 20.0000 | 29.1826 | 27.6498% | 145.9130% |
| Carbohydrate, by diff | G | 75.0000 | 143.7025 | 60.5132% | 191.6033% |
| Sodium | MG | 767.0000 | 757.7261 | | 98.7909% |
| Calcium | MG | 400.0000 | 611.1915 | | 152.7979% |
| Magnesium | MG | 106.7000 | 159.7484 | | 149.7173% |
| Potassium | MG | 1566.7020 | 1737.0175 | | 110.8710% |
| Vitamin A RAE | UG | 233.0000 | 197.4476 | | 84.7415% |
| Vitamin B-12 | UG | 0.8000 | 1.1646 | | 145.5750% |
| Vitamin B-6 | MG | 0.5000 | 0.7743 | | 154.8600% |
| Vitamin C | MG | 25.0000 | 65.6842 | | 262.7368% |
| Zinc | MG | 2.7000 | 2.8982 | | 107.3407% |



Nutrient Analysis to Standards for 7 Day Rise And Shine - Thu, Dec 10, 2020 at 11:43:07 am

CountryEggSkPotCranApple (CAT026456)

2017 Florida Regulations - 2017 Florida - Lunch

| NUTRITION DATA | DESCRIPTION | QUANTITY | UNIT OF MEASURE |
|----------------|--|----------|-----------------|
| NAV | FRZ000122 Country Egg Scramble, Cranberry Apples 20/cs | 1 | EACH |
| NAV | RM000382 Bread Whole Grain 800/cs (B194A) | 1 | SLICE |
| FDC | RM000713 Margarine Cup Sunyland 900/cs 84/pl (H190) | 2 | EACH |
| 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 | 709.1231 | | 118.1872% |
| Protein | G | 30.0000 | 30.4077 | 17.1523% | 101.3590% |
| Fiber | G | 7.0000 | 12.3077 | | 175.8243% |
| Total lipid (fat) | G | 20.0000 | 22.5669 | 28.6413% | 112.8345% |
| Carbohydrate, by diff | G | 75.0000 | 101.3100 | 57.1466% | 135.0800% |
| Sodium | MG | 767.0000 | 843.6246 | | 109.9902% |
| Calcium | MG | 400.0000 | 756.7000 | | 189.1750% |
| Magnesium | MG | 106.7000 | 150.0769 | | 140.6531% |
| Potassium | MG | 1566.7020 | 1882.0035 | | 120.1252% |
| Vitamin A RAE | UG | 233.0000 | 583.0640 | | 250.2421% |
| 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 | 56.0502 | | 224.2008% |
| Zinc | MG | 2.7000 | 3.9953 | | 147.9741% |



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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 | 803.0482 | | 133.8414% |
| Protein | G | 30.0000 | 33.5116 | 16.6922% | 111.7053% |
| Fiber | G | 7.0000 | 11.9148 | | 170.2114% |
| Total lipid (fat) | G | 20.0000 | 25.4909 | 28.5684% | 127.4545% |
| Carbohydrate, by diff | G | 75.0000 | 113.8415 | 56.7047% | 151.7887% |
| Sodium | MG | 767.0000 | 747.2915 | | 97.4304% |
| Calcium | MG | 400.0000 | 695.9461 | | 173.9865% |
| Magnesium | MG | 106.7000 | 155.3363 | | 145.5823% |
| Potassium | MG | 1566.7020 | 1887.2470 | | 120.4599% |
| Vitamin A RAE | UG | 233.0000 | 410.3625 | | 176.1212% |
| Vitamin B-12 | UG | 0.8000 | 1.9656 | | 245.7000% |
| Vitamin B-6 | MG | 0.5000 | 0.8798 | | 175.9600% |
| Vitamin C | MG | 25.0000 | 94.7307 | | 378.9228% |
| Zinc | MG | 2.7000 | 3.4148 | | 126.4741% |