

Nutrient Analysis to Standards for SIDEWALK CAFE 7 - Wed, Dec 9, 2020 at 12:32:19 pm



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LasagnaTomScChesBrocCaulBean (CAT022113)

2017 Florida Regulations - 2017 Florida - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	RM001038 Pineapple Diet 4oz 24/tray (F969)	1	EACH
NAV	FRZ000716 Lasagna w/Broc, Cauli, Bean Medley 20/cs	1	MEAL
NAV	RM000382 Bread Whole Grain 800/cs (B194A)	1	SLICE
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	848.2165		141.3694%
Protein	G	30.0000	47.9059	22.5914%	159.6863%
Fiber	G	7.0000	19.3041		275.7729%
Total lipid (fat)	G	20.0000	21.7042	23.0292%	108.5210%
Carbohydrate, by diff	G	75.0000	113.7876	53.6597%	151.7168%
Sodium	MG	767.0000	934.4019		121.8255%
Calcium	MG	400.0000	957.7112		239.4278%
Magnesium	MG	106.7000	154.3732		144.6797%
Potassium	MG	1566.7020	2131.8747		136.0740%
Vitamin A RAE	UG	233.0000	356.0640		152.8172%
Vitamin B-12	UG	0.8000	1.2301		153.7625%
Vitamin B-6	MG	0.5000	1.2075		241.5000%
Vitamin C	MG	25.0000	137.5126		550.0504%
Zinc	MG	2.7000	2.9357		108.7296%



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Hamburger Pot Wedge Carrots (CAT018352)

2017 Florida Regulations - 2017 Florida - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV RM000183	Juice Orange 4oz 70/cs (D351)	1	EACH
NAV FRZ000712	Hamburger w/Mash Potatoes/Carrots 20/cs	1	MEAL
NAV RM000375	Bun Whole Grain 400/cs (B180A)	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	710.0000		118.3333%
Protein	G	30.0000	34.0000	19.1549%	113.3333%
Fiber	G	7.0000	12.0000		171.4286%
Total lipid (fat)	G	20.0000	22.5000	28.5211%	112.5000%
Carbohydrate, by diff	G	75.0000	89.0000	50.1408%	118.6667%
Sodium	MG	767.0000	642.0400		83.7080%
Calcium	MG	400.0000	621.0000		155.2500%
Magnesium	MG	106.7000	88.8000		83.2240%
Potassium	MG	1566.7020	1776.0000		113.3591%
Vitamin A RAE	UG	233.0000	1144.0000		490.9871%
Vitamin B-12	UG	0.8000	3.2940		411.7500%
Vitamin B-6	MG	0.5000	0.7554		151.0800%
Vitamin C	MG	25.0000	46.0500		184.2000%
Zinc	MG	2.7000	4.4200		163.7037%



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SesameChickBroccoliCaulifRPep (CAT019881)

2017 Florida Regulations - 2017 Florida - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	FRZ000076 Sesame Chicken/Broc/Carrot/Caul 20/cs (M462)	1	EACH
NAV	RM000382 Bread Whole Grain 800/cs (B194A)	1	EACH
FDC	RM000713 Margarine Cup Sunyland 900/cs 84/pl (H190)	2	EACH
FDC	RM001010 Raisins 1oz 450/cs (E566D)	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	609.9431		101.6572%
Protein	G	30.0000	38.2673	25.0957%	127.5577%
Fiber	G	7.0000	15.3437		219.1957%
Total lipid (fat)	G	20.0000	20.3057	29.9620%	101.5285%
Carbohydrate, by diff	G	75.0000	82.4804	54.0906%	109.9739%
Sodium	MG	767.0000	791.6646		103.2157%
Calcium	MG	400.0000	696.7000		174.1750%
Magnesium	MG	106.7000	150.0369		140.6157%
Potassium	MG	1566.7020	1830.7235		116.8521%
Vitamin A RAE	UG	233.0000	500.0640		214.6197%
Vitamin B-12	UG	0.8000	1.8858		235.7250%
Vitamin B-6	MG	0.5000	1.3848		276.9600%
Vitamin C	MG	25.0000	126.6942		506.7768%
Zinc	MG	2.7000	4.9949		184.9963%



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Seafood Gumbo (CAT024852)

2017 Florida Regulations - 2017 Florida - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	RM000179 Juice Grape 4oz 70/cs (D321)	1	EACH
NAV	FRZ000765 Seafood Gumbo w/Rice & Corn 20/cs	1	EACH
NAV	RM000378 Bread White 900/cs (B190A)	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	774.4420		129.0737%
Protein	G	30.0000	32.6194	16.8479%	108.7313%
Fiber	G	7.0000	13.0125		185.8929%
Total lipid (fat)	G	20.0000	23.1562	26.9104%	115.7810%
Carbohydrate, by diff	G	75.0000	98.1142	50.6761%	130.8189%
Sodium	MG	767.0000	583.3212		76.0523%
Calcium	MG	400.0000	532.6254		133.1564%
Magnesium	MG	106.7000	157.0798		147.2163%
Potassium	MG	1566.7020	1678.0765		107.1089%
Vitamin A RAE	UG	233.0000	329.9000		141.5880%
Vitamin B-12	UG	0.8000	1.3960		174.5000%
Vitamin B-6	MG	0.5000	0.6510		130.2000%
Vitamin C	MG	25.0000	107.0100		428.0400%
Zinc	MG	2.7000	3.7570		139.1481%



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RstVealSageMustRedPotMBSquash (CAT022118)

2017 Florida Regulations - 2017 Florida - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	FRZ000725 Veal Chop, Must Sage Sauce, Mashed Butternut 20/cs	1	EACH
FDC	RM000713 Margarine Cup Sunyland 900/cs 84/pl (H190)	1	EACH
NAV	RM000382 Bread Whole Grain 800/cs (B194A)	1	SLICE
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	741.0231		123.5039%
Protein	G	30.0000	40.7077	21.9738%	135.6923%
Fiber	G	7.0000	20.3077		290.1100%
Total lipid (fat)	G	20.0000	25.5669	31.0519%	127.8345%
Carbohydrate, by diff	G	75.0000	103.2600	55.7392%	137.6800%
Sodium	MG	767.0000	875.2846		114.1179%
Calcium	MG	400.0000	640.5000		160.1250%
Magnesium	MG	106.7000	117.4369		110.0627%
Potassium	MG	1566.7020	1661.2035		106.0319%
Vitamin A RAE	UG	233.0000	233.1140		100.0489%
Vitamin B-12	UG	0.8000	2.2491		281.1375%
Vitamin B-6	MG	0.5000	0.9870		197.4000%
Vitamin C	MG	25.0000	42.0452		168.1808%
Zinc	MG	2.7000	5.6574		209.5333%



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ChixMarsalPotOnionSoufSpinMush (CAT018328)

2017 Florida Regulations - 2017 Florida - Lunch

NUTRITION DATA		DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	RM000176	Juice Orange/Pineapple 4oz Cup 96/cs (D311)	1	EACH
NAV	FRZ000711	Chicken Marsala Butternut Squash&Green Beans 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	RM002526	COOKIE, MOON PIE VANILLA 1 OZ IW SHELF STABLE MINI	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	697.4386		116.2398%
Protein	G	30.0000	37.3698	21.4326%	124.5660%
Fiber	G	7.0000	12.8063		182.9471%
Total lipid (fat)	G	20.0000	20.1932	26.0580%	100.9660%
Carbohydrate, by diff	G	75.0000	93.5104	53.6308%	124.6805%
Sodium	MG	767.0000	537.7221		70.1072%
Calcium	MG	400.0000	788.5000		197.1250%
Magnesium	MG	106.7000	222.9769		208.9755%
Potassium	MG	1566.7020	1774.2035		113.2445%
Vitamin A RAE	UG	233.0000	493.1140		211.6369%
Vitamin B-12	UG	0.8000	1.9370		242.1250%
Vitamin B-6	MG	0.5000	1.3703		274.0600%
Vitamin C	MG	25.0000	34.0452		136.1808%
Zinc	MG	2.7000	5.2374		193.9778%



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Hot Dog Chili Bked BeanCornTom (CAT018327)

2017 Florida Regulations - 2017 Florida - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV FRZ000710	All American Hot Dog/Chili/Baked Beans/Corn 20/cs	1	EACH
NAV RM000374	Bun Hot Dog Whole Grain 500/cs (B115A)	1	EACH
NAV RM001027	Applesauce Natural 4oz 24/tray (F905)	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	898.5880		149.7647%
Protein	G	30.0000	41.1993	18.3396%	137.3310%
Fiber	G	7.0000	13.1958		188.5114%
Total lipid (fat)	G	20.0000	33.5558	33.6085%	167.7790%
Carbohydrate, by diff	G	75.0000	98.7588	43.9618%	131.6784%
Sodium	MG	767.0000	813.2600		106.0313%
Calcium	MG	400.0000	587.5873		146.8968%
Magnesium	MG	106.7000	116.1900		108.8941%
Potassium	MG	1566.7020	1744.8995		111.3741%
Vitamin A RAE	UG	233.0000	195.1958		83.7750%
Vitamin B-12	UG	0.8000	3.4580		432.2500%
Vitamin B-6	MG	0.5000	0.7723		154.4600%
Vitamin C	MG	25.0000	39.4553		157.8212%
Zinc	MG	2.7000	5.7800		214.0741%



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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	754.2359		125.7060%
Protein	G	30.0000	38.8671	20.6127%	129.5570%
Fiber	G	7.0000	15.1386		216.2657%
Total lipid (fat)	G	20.0000	23.8546	28.4648%	119.2730%
Carbohydrate, by diff	G	75.0000	96.9873	51.4361%	129.3164%
Sodium	MG	767.0000	739.6706		96.4368%
Calcium	MG	400.0000	689.2320		172.3080%
Magnesium	MG	106.7000	143.8420		134.8097%
Potassium	MG	1566.7020	1799.5687		114.8635%
Vitamin A RAE	UG	233.0000	464.4931		199.3533%
Vitamin B-12	UG	0.8000	2.2071		275.8875%
Vitamin B-6	MG	0.5000	1.0183		203.6600%
Vitamin C	MG	25.0000	76.1161		304.4644%
Zinc	MG	2.7000	4.6832		173.4519%