

**Nutrient Analysis to Standards for TEXAS BLUE PLATE 7 - Wed, Dec 16, 2020 at 3:37:43 pm**



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BkdChic,YRice,TomCh,GrBeans (CAT006683)

2017 Florida Regulations - 2017 Florida - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV RM000164	Juice Apple 4oz 70/cs (D291)	1	EACH
NAV FRZ000060	Baked Chicken, Gr Bean, Yellow Rice 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	SunMeadow Milk (1%) 8 oz 35/cs (G391A)	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT		% OF % NUTRIENT STANDARD
			VALUES	CALORIES	
Energy (kcal)	KCAL	600.0000	775.0231		129.1705%
Protein	G	30.0000	48.4877	25.0252%	161.6257%
Fiber	G	7.0000	12.3077		175.8243%
Total lipid (fat)	G	20.0000	20.5669	23.8834%	102.8345%
Carbohydrate, by diff	G	75.0000	104.2600	53.8100%	139.0133%
Sodium	MG	767.0000	381.2846		49.7112%
Calcium	MG	400.0000	637.5000		159.3750%
Magnesium	MG	106.7000	134.9769		126.5013%
Potassium	MG	1566.7020	1638.2035		104.5638%
Vitamin A RAE	UG	233.0000	305.1140		130.9502%
Vitamin B-12	UG	0.8000	1.6840		210.5000%
Vitamin B-6	MG	0.5000	1.0259		205.1800%
Vitamin C	MG	25.0000	89.0452		356.1808%
Zinc	MG	2.7000	6.2364		230.9778%



## Nutrient Analysis to Standards for TEXAS BLUE PLATE 7 - Wed, Dec 16, 2020 at 3:37:43 pm

WGSouthernPollackPotatoesCarrots (CAT011473)

2017 Florida Regulations - 2017 Florida - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV RM000183	Juice Orange 4oz 70/cs (D351)	1	EACH
NAV RM000382	Bread Whole Grain 800/cs (B194A)	1	EACH
NAV FRZ000102	WG Fish Fingers, Cheesy Potatoes, Carrots 20/cs	1	EACH
NAV RM001906	Cookie Oatmeal Raisin 1.25oz 150/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	793.9231		132.3205%
Protein	G	30.0000	34.3077	17.2852%	114.3590%
Fiber	G	7.0000	16.3077		232.9671%
Total lipid (fat)	G	20.0000	24.5669	27.8493%	122.8345%
Carbohydrate, by diff	G	75.0000	124.2100	62.5804%	165.6133%
Sodium	MG	767.0000	845.0246		110.1727%
Calcium	MG	400.0000	708.3000		177.0750%
Magnesium	MG	106.7000	145.4369		136.3045%
Potassium	MG	1566.7020	1575.4035		100.5554%
Vitamin A RAE	UG	233.0000	1162.1640		498.7828%
Vitamin B-12	UG	0.8000	1.2452		155.6500%
Vitamin B-6	MG	0.5000	0.8010		160.2000%
Vitamin C	MG	25.0000	55.0402		220.1608%
Zinc	MG	2.7000	2.9900		110.7407%



**Nutrient Analysis to Standards for TEXAS BLUE PLATE 7 - Wed, Dec 16, 2020 at 3:37:43 pm**

Meatloaf with White Pep Gravy (CAT024830)

2017 Florida Regulations - 2017 Florida - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV FRZ000761	Meatloaf w/Gravy/Parslied Mash Pot/MixGreens 20/cs	1	EACH
NAV RM000382	Bread Whole Grain 800/cs (B194A)	1	EACH
NAV RM001038	Pineapple Diet 4oz 24/tray (F969)	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	742.0165		123.6694%
Protein	G	30.0000	38.8059	20.9192%	129.3530%
Fiber	G	7.0000	16.3041		232.9157%
Total lipid (fat)	G	20.0000	24.7042	29.9640%	123.5210%
Carbohydrate, by diff	G	75.0000	91.6876	49.4262%	122.2501%
Sodium	MG	767.0000	711.9846		92.8272%
Calcium	MG	400.0000	994.3112		248.5778%
Magnesium	MG	106.7000	214.1732		200.7246%
Potassium	MG	1566.7020	2198.2747		140.3122%
Vitamin A RAE	UG	233.0000	996.1640		427.5382%
Vitamin B-12	UG	0.8000	2.8773		359.6625%
Vitamin B-6	MG	0.5000	1.1449		228.9800%
Vitamin C	MG	25.0000	124.5026		498.0104%
Zinc	MG	2.7000	7.1667		265.4333%



## Nutrient Analysis to Standards for TEXAS BLUE PLATE 7 - Wed, Dec 16, 2020 at 3:37:43 pm

Pork,SwtPot,LemSpin (CAT024853)

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	RM001032 Mandarin Oranges 4 oz 24/tray (F923)	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	751.9131		125.3189%
Protein	G	30.0000	37.2617	19.8223%	124.2057%
Fiber	G	7.0000	15.4377		220.5386%
Total lipid (fat)	G	20.0000	24.5669	29.4053%	122.8345%
Carbohydrate, by diff	G	75.0000	102.9500	54.7670%	137.2667%
Sodium	MG	767.0000	761.2846		99.2548%
Calcium	MG	400.0000	954.3100		238.5775%
Magnesium	MG	106.7000	261.5369		245.1142%
Potassium	MG	1566.7020	2296.9927		146.6132%
Vitamin A RAE	UG	233.0000	901.5340		386.9245%
Vitamin B-12	UG	0.8000	2.2822		285.2750%
Vitamin B-6	MG	0.5000	1.8742		374.8400%
Vitamin C	MG	25.0000	67.4252		269.7008%
Zinc	MG	2.7000	7.0774		262.1259%



## Nutrient Analysis to Standards for TEXAS BLUE PLATE 7 - Wed, Dec 16, 2020 at 3:37:43 pm

SI Roast Beef w/Gravy Peas Carrots (CAT022114)

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)	1	EACH
FDC	RM001298 Peanuts 1oz 450/cs (F108B)	1	EACH
NAV	RM000706 SunMeadow Milk (1%) 8 oz 35/cs (G391A)	1	EACH
NAV	FRZ000726 Roast Beef w/Gravy, Peas and Carrots 20/cs	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	728.0231		121.3372%
Protein	G	30.0000	43.7577	24.0419%	145.8590%
Fiber	G	7.0000	20.2077		288.6814%
Total lipid (fat)	G	20.0000	29.3669	36.3041%	146.8345%
Carbohydrate, by diff	G	75.0000	83.5600	45.9106%	111.4133%
Sodium	MG	767.0000	658.2846		85.8259%
Calcium	MG	400.0000	678.1000		169.5250%
Magnesium	MG	106.7000	195.7769		183.4835%
Potassium	MG	1566.7020	1393.2035		88.9259%
Vitamin A RAE	UG	233.0000	1238.1140		531.3794%
Vitamin B-12	UG	0.8000	1.9258		240.7250%
Vitamin B-6	MG	0.5000	0.9000		180.0000%
Vitamin C	MG	25.0000	24.0452		96.1808%
Zinc	MG	2.7000	5.7774		213.9778%



### Nutrient Analysis to Standards for TEXAS BLUE PLATE 7 - Wed, Dec 16, 2020 at 3:37:43 pm

Breaded Chix w/ CP Gravy (CAT010514)

2017 Florida Regulations - 2017 Florida - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	RM000183 Juice Orange 4oz 70/cs (D351)	1	EACH
NAV	FRZ000756 Chicken w/CPGravy/TurnipGreens/SwtDicedPot 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	891.1231		148.5205%
Protein	G	30.0000	43.4077	19.4845%	144.6923%
Fiber	G	7.0000	14.3077		204.3957%
Total lipid (fat)	G	20.0000	32.5669	32.8913%	162.8345%
Carbohydrate, by diff	G	75.0000	107.3100	48.1684%	143.0800%
Sodium	MG	767.0000	871.6246		113.6408%
Calcium	MG	400.0000	885.7000		221.4250%
Magnesium	MG	106.7000	183.0769		171.5810%
Potassium	MG	1566.7020	1839.0035		117.3806%
Vitamin A RAE	UG	233.0000	1536.0640		659.2549%
Vitamin B-12	UG	0.8000	2.1416		267.7000%
Vitamin B-6	MG	0.5000	1.0318		206.3600%
Vitamin C	MG	25.0000	67.0502		268.2008%
Zinc	MG	2.7000	5.6023		207.4926%



## Nutrient Analysis to Standards for TEXAS BLUE PLATE 7 - Wed, Dec 16, 2020 at 3:37:43 pm

Country Skillet (CAT006714)

2017 Florida Regulations - 2017 Florida - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV RM000183	Juice Orange 4oz 70/cs (D351)	1	EACH
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)	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	691.0231		115.1705%
Protein	G	30.0000	30.3577	17.5726%	101.1923%
Fiber	G	7.0000	12.3077		175.8243%
Total lipid (fat)	G	20.0000	21.5669	28.0891%	107.8345%
Carbohydrate, by diff	G	75.0000	101.2600	58.6145%	135.0133%
Sodium	MG	767.0000	804.3246		104.8663%
Calcium	MG	400.0000	755.5000		188.8750%
Magnesium	MG	106.7000	149.9769		140.5594%
Potassium	MG	1566.7020	1880.2035		120.0103%
Vitamin A RAE	UG	233.0000	542.1140		232.6670%
Vitamin B-12	UG	0.8000	2.0867		260.8375%
Vitamin B-6	MG	0.5000	0.7707		154.1400%
Vitamin C	MG	25.0000	56.0452		224.1808%
Zinc	MG	2.7000	3.9948		147.9556%



## Nutrient Analysis to Standards for TEXAS BLUE PLATE 7 - Wed, Dec 16, 2020 at 3:37:43 pm

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	767.5779		127.9297%
Protein	G	30.0000	39.4837	20.5757%	131.6123%
Fiber	G	7.0000	15.3115		218.7357%
Total lipid (fat)	G	20.0000	25.4151	29.7997%	127.0755%
Carbohydrate, by diff	G	75.0000	102.1768	53.2464%	136.2357%
Sodium	MG	767.0000	719.1160		93.7570%
Calcium	MG	400.0000	801.9602		200.4901%
Magnesium	MG	106.7000	183.5649		172.0383%
Potassium	MG	1566.7020	1831.6121		116.9088%
Vitamin A RAE	UG	233.0000	954.4669		409.6424%
Vitamin B-12	UG	0.8000	2.0347		254.3375%
Vitamin B-6	MG	0.5000	1.0784		215.6800%
Vitamin C	MG	25.0000	69.0220		276.0880%
Zinc	MG	2.7000	5.5493		205.5296%



