

**Nutrient Analysis to Standards for 5D Sidewalk Cafe - Fri, Dec 17, 2021 at 3:22:39 pm**



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LasagnaTomScChesBrocCaulBean (CAT022113)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV RM001038	Pineapple Diet 4oz 24/tray (F969) (Fnsh Prod)	1	EACH
CALC FRZ000716	Lasagna Turkey w/Broc, Cauli, Bean Medley 20/cs	1	MEAL
NAV RM000382	Bread Whole Grain 800/cs (B194A) (Fnsh Prod)	1	SLICE
FDC RM000713	Margarine Cup Sunyland 900/cs 84/pl (H190) (84p)	2	EACH
NAV RM000706	SunMeadow Milk (1%) 8 oz 35/cs (G391A)	1	EACH

NUTRIENT	UNITS STANDARD	NUTRIENT VALUES	% OF % NUTRIENT CALORIES STANDARD
Energy (kcal)	KCAL	600.0000	739.5074 123.2512%



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Hamburger Mash Pot Carrots (CAT018352)

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NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV RM000183	Juice Orange 4oz 70/cs (D351)	1	EACH
CALC FRZ000712	Hamburger w/Mash Potatoes/Carrots 20/cs	1	MEAL
NAV RM000375	Bun Whole Grain 400/cs (B180A) (Fmsh Prod)	1	EACH
NAV RM000706	SunMeadow Milk (1%) 8 oz 35/cs (G391A)	1	EACH

NUTRIENT	UNITS STANDARD	NUTRIENT VALUES	% OF % NUTRIENT STANDARD
Energy (kcal)	KCAL	634.5547	105.7591%



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SesameChickBroccoliCaulifRPep (CAT019881)

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NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
CALC	FRZ000076 Sesame Chicken/Broc/Carrot/Caul 20/cs (M462)	1	EACH
NAV	RM000382 Bread Whole Grain 800/cs (B194A) (Fnsh Prod)	1	EACH
FDC	RM000713 Margarine Cup Sunyland 900/cs 84/pl (H190) (84p)	2	EACH
NAV	RM000706 SunMeadow Milk (1%) 8 oz 35/cs (G391A)	1	EACH
NAV	RM002361 Raisins 1oz 144/cs	1	EACH

NUTRIENT	UNITS STANDARD	NUTRIENT VALUES	% OF % NUTRIENT CALORIES STANDARD
Energy (kcal)	KCAL	600.0000	564.5987 94.0998%



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Seafood Gumbo (CAT024852)

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NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV RM000179	Juice Grape 4oz 70/cs (D321)	1	EACH
CALC FRZ000865	Fish Filet/ Seafood Sauce w/Bro Rice & Corn 20/cs	1	EACH
NAV RM000378	Bread White 900/cs (B190A) (Fmsh Prod)	1	EACH
FDC RM000713	Margarine Cup Sunyland 900/cs 84/pl (H190) (84p)	2	EACH
NAV RM000706	SunMeadow Milk (1%) 8 oz 35/cs (G391A)	1	EACH

NUTRIENT	UNITS STANDARD	NUTRIENT VALUES	% OF % NUTRIENT CALORIES STANDARD
Energy (kcal)	KCAL	600.0000	756.2671 126.0445%



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RstVealSageMustRedPotMBSquash (CAT022118)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
CALC	FRZ000725 Veal Chop, Must Sge Sce, Pot, Mshd Butternut 20/cs	1	EACH
FDC	RM000713 Margarine Cup Sunyland 900/cs 84/pl (H190) (84p)	1	EACH
NAV	RM000382 Bread Whole Grain 800/cs (B194A) (Fnsh Prod)	1	SLICE
NAV	RM000706 SunMeadow Milk (1%) 8 oz 35/cs (G391A)	1	EACH

NUTRIENT	UNITS STANDARD	NUTRIENT VALUES	% OF % NUTRIENT STANDARD
Energy (kcal)	KCAL	682.0241	113.6707%

