



Nutrient Analysis to Standards for 2021 7 Day TMS Cycle II - Fri, Dec 3, 2021 at 6:24:40 am

Honey Mustard Chicken Breast (CAT029588)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
CALC	FRZ000524 Honey Must Chick, Pot Flor, Mixed Veg 20/cs	1	EACH
NAV	RM000185 Juice Orange/Pineapple 4oz 70/cs (D361)	1	EACH
NAV	RM001907 Cookie Old Fashion Sugar 1.25oz 150/cs	1	EACH
NAV	RM000706 SunMeadow Milk (1%) 8 oz 35/cs (G391A)	1	EACH
NAV	RM000382 Bread Whole Grain 800/cs (B194A) (Fnsh Prod)	1	EACH
FDC	RM000992 Produce Orange 100-113/cs (C909C)	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	881.5223		146.9204%
Protein	G	30.0000	43.3501	19.6706%	144.5003%
Fiber	G	7.0000	17.2761		246.8014%
Total lipid (fat)	G	20.0000	27.3538	27.9272%	136.7690%
Carbohydrate, by diff	G	75.0000	137.5775	62.4272%	183.4367%
Sodium	MG	767.0000	835.3725		108.9143%
Calcium	MG	400.0000	979.7408		244.9352%
Magnesium	MG	106.7000	174.3915		163.4410%
Potassium	MG	1566.7020	2704.1806		172.6034%
Vitamin A RAE	UG	233.0000	569.1447		244.2681%
Vitamin B-12	UG	0.8000	1.4451		180.6375%
Vitamin B-6	MG	0.5000	0.8573		171.4600%
Vitamin C	MG	25.0000	139.9997		559.9988%
Zinc	MG	2.7000	4.2075		155.8333%



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Hot Dog w/Chili (CAT029589)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
CALC	FRZ000710 All American Hot Dog/Chili/Baked Beans/Corn 20/cs	1	MEAL
NAV	RM000445 Bun Hot Dog 12/pkg (G100)	1	EACH
NAV	RM000706 SunMeadow Milk (1%) 8 oz 35/cs (G391A)	1	EACH
NAV	RM002002 Oatmeal Cream Pie 1.34oz 192/cs	1	EACH
NAV	RM002726 Applesauce Unsweetened 4oz 96/cs (64p)(1408TL)	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	1044.3814		174.0636%
Protein	G	30.0000	38.8630	14.8846%	129.5433%
Fiber	G	7.0000	14.5673		208.1043%
Total lipid (fat)	G	20.0000	26.0515	22.4500%	130.2575%
Carbohydrate, by diff	G	75.0000	111.6032	42.7442%	148.8043%
Sodium	MG	767.0000	807.7795		105.3168%
Calcium	MG	400.0000	609.3038		152.3260%
Magnesium	MG	106.7000	128.5827		120.5086%
Potassium	MG	1566.7020	2238.5322		142.8818%
Vitamin A RAE	UG	233.0000	204.9247		87.9505%
Vitamin B-12	UG	0.8000	1.6097		201.2125%
Vitamin B-6	MG	0.5000	0.7492		149.8400%
Vitamin C	MG	25.0000	74.2574		297.0296%
Zinc	MG	2.7000	5.7423		212.6778%



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Macaroni & Cheese (CAT029590)

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NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV RM000187	Juice Pineapple 4oz 70/cs (D371)	1	EACH
CALC FRZ000853	3 Cheese Macaroni, Gr Beans, Carrots 20/cs (M620)	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)	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	863.6145		143.9358%
Protein	G	30.0000	32.5785	15.0894%	108.5950%
Fiber	G	7.0000	15.0106		214.4371%
Total lipid (fat)	G	20.0000	30.1346	31.4042%	150.6730%
Carbohydrate, by diff	G	75.0000	107.5764	49.8261%	143.4352%
Sodium	MG	767.0000	575.8598		75.0795%
Calcium	MG	400.0000	1387.0977		346.7744%
Magnesium	MG	106.7000	181.0371		169.6693%
Potassium	MG	1566.7020	2040.4016		130.2355%
Vitamin A RAE	UG	233.0000	1463.7142		628.2035%
Vitamin B-12	UG	0.8000	1.9178		239.7250%
Vitamin B-6	MG	0.5000	0.6973		139.4600%
Vitamin C	MG	25.0000	54.6506		218.6024%
Zinc	MG	2.7000	4.4665		165.4259%



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Western Style Omelet (CAT029591)

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NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV RM000183	Juice Orange 4oz 70/cs (D351)	1	EACH
CALC FRZ000120	Western Omelet, Potatoes, Strawb Applsauce 20/cs	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)	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	862.6869		143.7812%
Protein	G	30.0000	42.4835	19.6982%	141.6117%
Fiber	G	7.0000	11.5017		164.3100%
Total lipid (fat)	G	20.0000	25.9429	27.0650%	129.7145%
Carbohydrate, by diff	G	75.0000	116.5015	54.0180%	155.3353%
Sodium	MG	767.0000	628.2553		81.9107%
Calcium	MG	400.0000	686.8364		171.7091%
Magnesium	MG	106.7000	138.7704		130.0566%
Potassium	MG	1566.7020	2196.9362		140.2268%
Vitamin A RAE	UG	233.0000	340.4694		146.1242%
Vitamin B-12	UG	0.8000	1.7041		213.0125%
Vitamin B-6	MG	0.5000	0.9084		181.6800%
Vitamin C	MG	25.0000	102.6243		410.4972%
Zinc	MG	2.7000	4.2990		159.2222%



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Batter-Dipped Fish Nuggets (CAT029592)

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NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
CALC	FRZ000097 Batter Dip Fish Nugg, Gar Mash Pot, Carrots 20/cs	1	EACH
NAV	RM001038 Pineapple Diet 4oz 24/tray (F969) (Fnsh Prod)	1	EACH
NAV	RM000382 Bread Whole Grain 800/cs (B194A) (Fnsh Prod)	1	EACH
NAV	RM000706 SunMeadow Milk (1%) 8 oz 35/cs (G391A)	1	EACH
FDC	RM000713 Margarine Cup Sunyland 900/cs 84/pl (H190) (84p)	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	684.6879		114.1147%
Protein	G	30.0000	30.5570	17.8516%	101.8567%
Fiber	G	7.0000	18.9147		270.2100%
Total lipid (fat)	G	20.0000	20.4715	26.9091%	102.3575%
Carbohydrate, by diff	G	75.0000	96.5175	56.3863%	128.6900%
Sodium	MG	767.0000	528.1377		68.8576%
Calcium	MG	400.0000	2475.4052		618.8513%
Magnesium	MG	106.7000	143.8998		134.8639%
Potassium	MG	1566.7020	2295.6398		146.5269%
Vitamin A RAE	UG	233.0000	1233.0564		529.2088%
Vitamin B-12	UG	0.8000	1.2178		152.2250%
Vitamin B-6	MG	0.5000	0.6388		127.7600%
Vitamin C	MG	25.0000	81.5740		326.2960%
Zinc	MG	2.7000	3.4061		126.1519%