

## Nutrient Analysis to Standards for 5D Rise And Shine - Tue, May 3, 2022 at 9:30:28 am



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Huevos Ranch,Potato,CranPears (CAT026454)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	RM000185 Juice Orange/Pineapple 4oz 70/cs (D361)	1	EACH
NAV	FRZ000855 Rancheros Cheese Omelet, Pots, Cran Pears 20/cs	1	EACH
NAV	RM000382 Bread Whole Grain 800/cs (B194A) (Fnsh Prod)	1	SLICE
FDC	RM000713 Margarine Cup Sunyland 900/cs 84/pl (H190) (84p)	1	EACH
NAV	RM000706 SunMeadow Milk (1%) 8 oz 35/cs (G391A)(96p)	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT		% OF % NUTRIENT STANDARD
			VALUES	CALORIES	
Energy (kcal)	KCAL	600.0000	980.0231		163.3372%
Protein	G	30.0000	50.1577	20.4720%	167.1923%
Fiber	G	7.0000	14.3077		204.3957%
Total lipid (fat)	G	20.0000	32.5800	29.9197%	162.9000%
Carbohydrate, by diff	G	75.0000	121.2600	49.4927%	161.6800%
Sodium	MG	767.0000	827.2846		107.8598%
Calcium	MG	400.0000	744.5000		186.1250%
Magnesium	MG	106.7000	157.3769		147.4948%
Potassium	MG	1566.7020	2426.2035		154.8606%
Vitamin A RAE	UG	233.0000	464.3640		199.2979%
Vitamin B-12	UG	0.8000	1.7491		218.6375%
Vitamin B-6	MG	0.5000	1.0370		207.4000%
Vitamin C	MG	25.0000	87.0452		348.1808%
Zinc	MG	2.7000	4.8607		180.0259%



## Nutrient Analysis to Standards for 5D Rise And Shine - Tue, May 3, 2022 at 9:30:28 am

ScrEgg/Veg,TurkSausPot,SpPeach (CAT025286)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	RM000183 Juice Orange 4oz 70/cs (D351)	1	EACH
NAV	FRZ000858 Omelet/Veg/Saus/Pot/Sp Peach 20/cs	1	EACH
NAV	RM000382 Bread Whole Grain 800/cs (B194A) (Fnsh Prod)	1	SLICE
FDC	RM002202 Keebler Honey Graham Cracker 2-pk 200/cs	1	EACH
NAV	RM000706 SunMeadow Milk (1%) 8 oz 35/cs (G391A)(96p)	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	1026.9231		171.1539%
Protein	G	30.0000	51.1077	19.9071%	170.3590%
Fiber	G	7.0000	13.3077		190.1100%
Total lipid (fat)	G	20.0000	35.5600	31.1649%	177.8000%
Carbohydrate, by diff	G	75.0000	124.2100	48.3814%	165.6133%
Sodium	MG	767.0000	837.0246		109.1297%
Calcium	MG	400.0000	850.3000		212.5750%
Magnesium	MG	106.7000	158.8769		148.9006%
Potassium	MG	1566.7020	2422.4035		154.6180%
Vitamin A RAE	UG	233.0000	449.1640		192.7742%
Vitamin B-12	UG	0.8000	1.8046		225.5750%
Vitamin B-6	MG	0.5000	1.1455		229.1000%
Vitamin C	MG	25.0000	95.0402		380.1608%
Zinc	MG	2.7000	4.9789		184.4037%



## Nutrient Analysis to Standards for 5D Rise And Shine - Tue, May 3, 2022 at 9:30:28 am

West Omelet PotObrienStrawApls (CAT025287)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	RM000183 Juice Orange 4oz 70/cs (D351)	1	EACH
NAV	FRZ000876 Western Omelet/Potatoes/Strawb Appsc	1	EACH
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)(96p)	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	825.1231		137.5205%
Protein	G	30.0000	41.2077	19.9765%	137.3590%
Fiber	G	7.0000	11.3077		161.5386%
Total lipid (fat)	G	20.0000	26.5800	28.9920%	132.9000%
Carbohydrate, by diff	G	75.0000	108.3100	52.5061%	144.4133%
Sodium	MG	767.0000	665.6246		86.7829%
Calcium	MG	400.0000	684.7000		171.1750%
Magnesium	MG	106.7000	137.0769		128.4694%
Potassium	MG	1566.7020	2154.0035		137.4865%
Vitamin A RAE	UG	233.0000	451.0640		193.5897%
Vitamin B-12	UG	0.8000	1.7136		214.2000%
Vitamin B-6	MG	0.5000	0.7075		141.5000%
Vitamin C	MG	25.0000	85.0502		340.2008%
Zinc	MG	2.7000	4.2899		158.8852%



### Nutrient Analysis to Standards for 5D Rise And Shine - Tue, May 3, 2022 at 9:30:28 am

Egg.HashBrTurSauGravyApples (CAT025288)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	RM000183 Juice Orange 4oz 70/cs (D351)	1	EACH
NAV	FRZ000857 Egg Patty/Potatoes/Sausage Grvy/Apples 20/cs	1	EACH
NAV	RM000382 Bread Whole Grain 800/cs (B194A) (Fnsh Prod)	1	SLICE
FDC	RM000713 Margarine Cup Sunyland 900/cs 84/pl (H190) (84p)	1	EACH
NAV	RM000706 SunMeadow Milk (1%) 8 oz 35/cs (G391A)(96p)	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	813.2974		135.5496%
Protein	G	30.0000	36.2609	17.8340%	120.8697%
Fiber	G	7.0000	15.3792		219.7029%
Total lipid (fat)	G	20.0000	25.6504	28.3849%	128.2520%
Carbohydrate, by diff	G	75.0000	107.0659	52.6577%	142.7545%
Sodium	MG	767.0000	710.9304		92.6898%
Calcium	MG	400.0000	1061.1058		265.2765%
Magnesium	MG	106.7000	140.1682		131.3666%
Potassium	MG	1566.7020	2028.9306		129.5033%
Vitamin A RAE	UG	233.0000	317.2306		136.1505%
Vitamin B-12	UG	0.8000	1.7851		223.1375%
Vitamin B-6	MG	0.5000	1.1422		228.4400%
Vitamin C	MG	25.0000	56.8630		227.4520%
Zinc	MG	2.7000	5.0731		187.8926%



## Nutrient Analysis to Standards for 5D Rise And Shine - Tue, May 3, 2022 at 9:30:28 am

Cheese Omelet,Potato,FruitGran (CAT025289)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	RM000185 Juice Orange/Pineapple 4oz 70/cs (D361)	1	EACH
NAV	FRZ000119 Omelet, Potatoes, Fruit Granola 20/cs	1	EACH
FDC	RM001773 PC Oatmeal 200/ct (F270B) (50p)	1	OUNCE
FDC	RM000713 Margarine Cup Sunyland 900/cs 84/pl (H190) (84p)	1	EACH
NAV	RM000706 SunMeadow Milk (1%) 8 oz 35/cs (G391A)(96p)	1	EACH
NAV	RM000382 Bread Whole Grain 800/cs (B194A) (FnsH Prod)	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	773.3831		128.8972%
Protein	G	30.0000	32.4953	16.8068%	108.3177%
Fiber	G	7.0000	15.1077		215.8243%
Total lipid (fat)	G	20.0000	22.5120	26.1976%	112.5600%
Carbohydrate, by diff	G	75.0000	141.7256	73.3016%	188.9675%
Sodium	MG	767.0000	693.8846		90.4674%
Calcium	MG	400.0000	778.7800		194.6950%
Magnesium	MG	106.7000	182.2169		170.7750%
Potassium	MG	1566.7020	2207.6835		140.9128%
Vitamin A RAE	UG	233.0000	628.5240		269.7528%
Vitamin B-12	UG	0.8000	1.8778		234.7250%
Vitamin B-6	MG	0.5000	1.1021		220.4200%
Vitamin C	MG	25.0000	63.1552		252.6208%
Zinc	MG	2.7000	4.5576		168.8000%



## Nutrient Analysis to Standards for 5D Rise And Shine - Tue, May 3, 2022 at 9:30:28 am

Week 1 Average Nutrient Analysis

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	882.8636		147.1439%
Protein	G	30.0000	42.1319	19.0887%	140.4397%
Fiber	G	7.0000	14.0552		200.7886%
Total lipid (fat)	G	20.0000	28.9328	29.4944%	144.6640%
Carbohydrate, by diff	G	75.0000	119.7734	54.2659%	159.6979%
Sodium	MG	767.0000	756.7171		98.6593%
Calcium	MG	400.0000	797.1825		199.2956%
Magnesium	MG	106.7000	163.0830		152.8425%
Potassium	MG	1566.7020	2188.6465		139.6977%
Vitamin A RAE	UG	233.0000	441.6535		189.5509%
Vitamin B-12	UG	0.8000	1.7012		212.6500%
Vitamin B-6	MG	0.5000	1.0435		208.7000%
Vitamin C	MG	25.0000	71.6092		286.4368%
Zinc	MG	2.7000	4.8227		178.6185%