

Nutrient Analysis to Standards for 7D TMS Vegetarian Menu - Tue, May 3, 2022 at 9:29:27 am



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Manicotti Alfredo (CAT024882)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA		DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	FRZ000877	MANICOTTI WITH ALFREDO VEG SAUCE, CORN AND CARROTS	1	EACH
NAV	RM000382	Bread Whole Grain 800/cs (B194A) (Fnsh Prod)	1	SLICE
NAV	RM001032	Mandarin Oranges 4 oz 24/tray (F923) (Fnsh Prod)	1	EACH
NAV	RM000706	SunMeadow Milk (1%) 8 oz 35/cs (G391A)(96p)	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT		% NUTRIENT STANDARD
			VALUES	% CALORIES	
Energy (kcal)	KCAL	600.0000	637.8131		106.3022%
Protein	G	30.0000	31.0117	19.4488%	103.3723%
Fiber	G	7.0000	14.5177		207.3957%
Total lipid (fat)	G	20.0000	15.5800	21.9845%	77.9000%
Carbohydrate, by diff	G	75.0000	104.9000	65.7873%	139.8667%
Sodium	MG	767.0000	630.9846		82.2666%
Calcium	MG	400.0000	899.1100		224.7775%
Magnesium	MG	106.7000	152.4369		142.8649%
Potassium	MG	1566.7020	1859.1927		118.6692%
Vitamin A RAE	UG	233.0000	1472.1640		631.8300%
Vitamin B-12	UG	0.8000	1.1646		145.5750%
Vitamin B-6	MG	0.5000	0.8065		161.3000%
Vitamin C	MG	25.0000	62.4202		249.6808%
Zinc	MG	2.7000	3.8269		141.7370%



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Cuban Black Beans & Rice (CAT026499)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	FRZ000108 Black Beans & Rice, Corn, Carrots 20/cs (M630)	1	EACH
NAV	RM000453 Roll Whole Wheat Dinner (G108)	1	ROLL
NAV	RM000706 SunMeadow Milk (1%) 8 oz 35/cs (G391A)(96p)	1	EACH
FDC	RM000713 Margarine Cup Sunyland 900/cs 84/pl (H190) (84p)	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	707.1000		117.8500%
Protein	G	30.0000	27.8500	15.7545%	92.8333%
Fiber	G	7.0000	19.0001		271.4300%
Total lipid (fat)	G	20.0000	11.6400	14.8154%	58.2000%
Carbohydrate, by diff	G	75.0000	117.0500	66.2141%	156.0667%
Sodium	MG	767.0000	457.3000		59.6219%
Calcium	MG	400.0000	545.2000		136.3000%
Magnesium	MG	106.7000	145.9000		136.7385%
Potassium	MG	1566.7020	1673.9050		106.8426%
Vitamin A RAE	UG	233.0000	1221.9500		524.4421%
Vitamin B-12	UG	0.8000	1.1545		144.3125%
Vitamin B-6	MG	0.5000	0.7033		140.6600%
Vitamin C	MG	25.0000	91.0451		364.1804%
Zinc	MG	2.7000	4.0774		151.0148%



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Cheese Omelet (CAT026459)

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	EACH
FDC	RM000580 PC Peanut Butter 1oz 500/cs (F216)	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	800.6095		133.4349%
Protein	G	30.0000	30.7164	15.3465%	102.3880%
Fiber	G	7.0000	9.1608		130.8686%
Total lipid (fat)	G	20.0000	33.9189	38.1297%	169.5945%
Carbohydrate, by diff	G	75.0000	120.7877	60.3479%	161.0503%
Sodium	MG	767.0000	690.2215		89.9898%
Calcium	MG	400.0000	622.1715		155.5429%
Magnesium	MG	106.7000	155.9515		146.1589%
Potassium	MG	1566.7020	2004.3740		127.9359%
Vitamin A RAE	UG	233.0000	505.4100		216.9142%
Vitamin B-12	UG	0.8000	1.8587		232.3375%
Vitamin B-6	MG	0.5000	0.8310		166.2000%
Vitamin C	MG	25.0000	63.1100		252.4400%
Zinc	MG	2.7000	3.4003		125.9370%



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Cheese Lasagna (CAT026497)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	FRZ000864 Cheese Lasagna w/ Spinach Alfredo & Veg 20/cs	1	EACH
NAV	RM001038 Pineapple Diet 4oz 24/tray (F969) (Fnsh Prod)	1	EACH
FDC	RM000713 Margarine Cup Sunyland 900/cs 84/pl (H190) (84p)	2	EACH
NAV	RM000385 Roll Whole Grain 700/cs (B197A) (Fnsh Prod)	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	602.2934		100.3822%
Protein	G	30.0000	28.3000	18.7948%	94.3333%
Fiber	G	7.0000	8.9964		128.5200%
Total lipid (fat)	G	20.0000	21.2873	31.8094%	106.4365%
Carbohydrate, by diff	G	75.0000	80.5776	53.5139%	107.4368%
Sodium	MG	767.0000	913.6000		119.1134%
Calcium	MG	400.0000	780.4000		195.1000%
Magnesium	MG	106.7000	101.2963		94.9356%
Potassium	MG	1566.7020	1550.4712		98.9640%
Vitamin A RAE	UG	233.0000	569.8800		244.5837%
Vitamin B-12	UG	0.8000	1.1590		144.8750%
Vitamin B-6	MG	0.5000	0.6451		129.0200%
Vitamin C	MG	25.0000	65.1624		260.6496%
Zinc	MG	2.7000	1.7412		64.4889%



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Plant Based Chick'n Nuggets (CAT026487)

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NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
FDC	RM000713 Margarine Cup Sunyland 900/cs 84/pl (H190) (84p)	2	EACH
NAV	RM000382 Bread Whole Grain 800/cs (B194A) (Fnsh Prod)	1	EACH
NAV	RM000706 SunMeadow Milk (1%) 8 oz 35/cs (G391A)(96p)	1	EACH
NAV	RM002726 Applesauce Unsweetened 4oz 96/cs (64p)(1408TL)	1	EACH
NAV	FRZ000804 Plant-Based "Chick'n" Nuggets w/Rice&SwtPots 20/cs	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	790.1231		131.6872%
Protein	G	30.0000	39.2077	19.8489%	130.6923%
Fiber	G	7.0000	15.3078		218.6829%
Total lipid (fat)	G	20.0000	21.5800	24.5810%	107.9000%
Carbohydrate, by diff	G	75.0000	145.3100	73.5632%	193.7467%
Sodium	MG	767.0000	1106.5846		144.2744%
Calcium	MG	400.0000	886.7000		221.6750%
Magnesium	MG	106.7000	129.0769		120.9718%
Potassium	MG	1566.7020	1836.0035		117.1891%
Vitamin A RAE	UG	233.0000	797.0640		342.0876%
Vitamin B-12	UG	0.8000	1.1736		146.7000%
Vitamin B-6	MG	0.5000	0.5975		119.5000%
Vitamin C	MG	25.0000	74.0501		296.2004%
Zinc	MG	2.7000	3.6179		133.9963%



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Meatless Ground Beef & Pasta Casserole (CAT026484)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	FRZ000803 Meatless Ground "Beef" & Pasta Casserole 20/cs	1	EACH
NAV	RM000385 Roll Whole Grain 700/cs (B197A) (Fnsh Prod)	1	EACH
NAV	RM000900 Raisins 144/1.5oz (E566)	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)(96p)	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	757.2000		126.2000%
Protein	G	30.0000	43.1000	22.7681%	143.6667%
Fiber	G	7.0000	17.0000		242.8571%
Total lipid (fat)	G	20.0000	24.0000	28.5261%	120.0000%
Carbohydrate, by diff	G	75.0000	73.1000	38.6160%	97.4667%
Sodium	MG	767.0000	1080.6000		140.8866%
Calcium	MG	400.0000	988.4000		247.1000%
Magnesium	MG	106.7000	78.0000		73.1022%
Potassium	MG	1566.7020	1843.6000		117.6739%
Vitamin A RAE	UG	233.0000	1307.9000		561.3305%
Vitamin B-12	UG	0.8000	1.1590		144.8750%
Vitamin B-6	MG	0.5000	0.2010		40.2000%
Vitamin C	MG	25.0000	26.0100		104.0400%
Zinc	MG	2.7000	2.6510		98.1852%



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Veggie Chili (CAT026498)

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NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	RM000183 Juice Orange 4oz 70/cs (D351)	1	EACH
NAV	FRZ000852 Veggie Chili, Pinto Beans/Carrots 20/cs (M616)	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)(96p)	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	728.1231		121.3539%
Protein	G	30.0000	33.2077	18.2429%	110.6923%
Fiber	G	7.0000	24.3077		347.2529%
Total lipid (fat)	G	20.0000	12.5800	15.5496%	62.9000%
Carbohydrate, by diff	G	75.0000	119.3100	65.5439%	159.0800%
Sodium	MG	767.0000	572.6246		74.6577%
Calcium	MG	400.0000	737.7000		184.4250%
Magnesium	MG	106.7000	224.0769		210.0065%
Potassium	MG	1566.7020	2564.0035		163.6561%
Vitamin A RAE	UG	233.0000	1392.0640		597.4524%
Vitamin B-12	UG	0.8000	1.1736		146.7000%
Vitamin B-6	MG	0.5000	1.0775		215.5000%
Vitamin C	MG	25.0000	67.0502		268.2008%
Zinc	MG	2.7000	5.0399		186.6630%



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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	717.6089		119.6015%
Protein	G	30.0000	33.3419	18.5850%	111.1397%
Fiber	G	7.0000	15.4701		221.0014%
Total lipid (fat)	G	20.0000	20.0837	25.1883%	100.4185%
Carbohydrate, by diff	G	75.0000	108.7193	60.6009%	144.9591%
Sodium	MG	767.0000	778.8450		101.5443%
Calcium	MG	400.0000	779.9545		194.9886%
Magnesium	MG	106.7000	140.9626		132.1112%
Potassium	MG	1566.7020	1904.5071		121.5615%
Vitamin A RAE	UG	233.0000	1038.0617		445.5200%
Vitamin B-12	UG	0.8000	1.2633		157.9125%
Vitamin B-6	MG	0.5000	0.6946		138.9200%
Vitamin C	MG	25.0000	64.1211		256.4844%
Zinc	MG	2.7000	3.4792		128.8593%

