



**Nutrient Analysis to Standards for 2022 7 Day TMS Cycle 2 Refresh - Tue, Mar 22, 2022 at 9:26:25 am**

Twisted Mac and Cheese (CAT038593)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV FRZ000107	Twisted Mac & Cheese, Carrots 20/cs	1	EACH
NAV RM001032	Mandarin Oranges 4 oz 24/tray (F923) (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)(96p)	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	737.8131		122.9689%
Protein	G	30.0000	37.0117	20.0656%	123.3723%
Fiber	G	7.0000	19.5177		278.8243%
Total lipid (fat)	G	20.0000	21.5800	26.3237%	107.9000%
Carbohydrate, by diff	G	75.0000	110.9000	60.1236%	147.8667%
Sodium	MG	767.0000	871.9846		113.6877%
Calcium	MG	400.0000	1120.1100		280.0275%
Magnesium	MG	106.7000	172.4369		161.6091%
Potassium	MG	1566.7020	2334.1927		148.9877%
Vitamin A RAE	UG	233.0000	1343.1640		576.4652%
Vitamin B-12	UG	0.8000	2.2777		284.7125%
Vitamin B-6	MG	0.5000	1.4283		285.6600%
Vitamin C	MG	25.0000	116.4202		465.6808%
Zinc	MG	2.7000	5.6569		209.5148%



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Three Bean Beef Chili (CAT038591)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV FRZ000859	Three Bean Beef Chili w/Squash Medley 20/cs	1	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 RM002728	Applesauce Strawberry 4 oz 96/cs (64p)(1408TL)	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	648.7631		108.1272%
Protein	G	30.0000	39.3738	24.2762%	131.2460%
Fiber	G	7.0000	15.5865		222.6643%
Total lipid (fat)	G	20.0000	23.2404	32.2404%	116.2020%
Carbohydrate, by diff	G	75.0000	88.9750	54.8582%	118.6333%
Sodium	MG	767.0000	429.6607		56.0183%
Calcium	MG	400.0000	696.1887		174.0472%
Magnesium	MG	106.7000	188.6110		176.7676%
Potassium	MG	1566.7020	2323.1332		148.2818%
Vitamin A RAE	UG	233.0000	631.5311		271.0434%
Vitamin B-12	UG	0.8000	2.9847		373.0875%
Vitamin B-6	MG	0.5000	1.0363		207.2600%
Vitamin C	MG	25.0000	123.7307		494.9228%
Zinc	MG	2.7000	7.7999		288.8852%



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Week 3 Average Nutrient Analysis

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	721.6479		120.2747%
Protein	G	30.0000	39.7149	22.0135%	132.3830%
Fiber	G	7.0000	15.5770		222.5286%
Total lipid (fat)	G	20.0000	23.9725	29.8972%	119.8625%
Carbohydrate, by diff	G	75.0000	103.5175	57.3784%	138.0233%
Sodium	MG	767.0000	640.9812		83.5699%
Calcium	MG	400.0000	868.9298		217.2325%
Magnesium	MG	106.7000	164.3584		154.0379%
Potassium	MG	1566.7020	2272.4335		145.0457%
Vitamin A RAE	UG	233.0000	896.7222		384.8593%
Vitamin B-12	UG	0.8000	1.9265		240.8125%
Vitamin B-6	MG	0.5000	1.1579		231.5800%
Vitamin C	MG	25.0000	91.1463		364.5852%
Zinc	MG	2.7000	5.1065		189.1296%