



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

Breaded Chicken w/ Country Pepper Gravy (CAT038571)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	FRZ000766 Chicken w/Gravy/Pots & Brsl Sprouts 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)	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	657.1487		109.5248%
Protein	G	30.0000	36.4581	22.1917%	121.5270%
Fiber	G	7.0000	12.2177		174.5386%
Total lipid (fat)	G	20.0000	20.4547	28.0138%	102.2735%
Carbohydrate, by diff	G	75.0000	82.3680	50.1366%	109.8240%
Sodium	MG	767.0000	551.0107		71.8397%
Calcium	MG	400.0000	703.2805		175.8201%
Magnesium	MG	106.7000	151.0769		141.5903%
Potassium	MG	1566.7020	1748.5315		111.6059%
Vitamin A RAE	UG	233.0000	378.6139		162.4952%
Vitamin B-12	UG	0.8000	1.1896		148.7000%
Vitamin B-6	MG	0.5000	0.9494		189.8800%
Vitamin C	MG	25.0000	95.4414		381.7656%
Zinc	MG	2.7000	3.4656		128.3556%



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Pollock Fingers (CAT038567)

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NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	FRZ000851 Fish Filet Pollock, Cheesy Pots, Broc 20/cs	1	EACH
NAV	RM000183 Juice Orange 4oz 70/cs (D351)	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	675.6931		112.6155%
Protein	G	30.0000	38.4077	22.7368%	128.0257%
Fiber	G	7.0000	13.8777		198.2529%
Total lipid (fat)	G	20.0000	21.1700	28.1977%	105.8500%
Carbohydrate, by diff	G	75.0000	96.6100	57.1916%	128.8133%
Sodium	MG	767.0000	735.9246		95.9484%
Calcium	MG	400.0000	752.7000		188.1750%
Magnesium	MG	106.7000	196.9269		184.5613%
Potassium	MG	1566.7020	2400.8835		153.2444%
Vitamin A RAE	UG	233.0000	538.3040		231.0318%
Vitamin B-12	UG	0.8000	1.2936		161.7000%
Vitamin B-6	MG	0.5000	1.1175		223.5000%
Vitamin C	MG	25.0000	86.1102		344.4408%
Zinc	MG	2.7000	6.2399		231.1074%



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Week 4 Average Nutrient Analysis

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	736.4388		122.7398%
Protein	G	30.0000	37.2696	20.2431%	124.2320%
Fiber	G	7.0000	14.7593		210.8471%
Total lipid (fat)	G	20.0000	22.7507	27.8036%	113.7535%
Carbohydrate, by diff	G	75.0000	100.4263	54.5470%	133.9017%
Sodium	MG	767.0000	637.9063		83.1690%
Calcium	MG	400.0000	736.5909		184.1477%
Magnesium	MG	106.7000	167.6885		157.1589%
Potassium	MG	1566.7020	2000.6028		127.6952%
Vitamin A RAE	UG	233.0000	509.4035		218.6281%
Vitamin B-12	UG	0.8000	1.8035		225.4375%
Vitamin B-6	MG	0.5000	1.1596		231.9200%
Vitamin C	MG	25.0000	68.3265		273.3060%
Zinc	MG	2.7000	5.2729		195.2926%