

**Nutrient Analysis to Standards for SIDEWALK CAFE 7 - Fri, Dec 17, 2021 at 3:21:10 pm**



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LasagnaTomScChesBroccCaulBean (CAT022113)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV RM001038	Pineapple Diet 4oz 24/tray (F969) (Fnsh Prod)	1	EACH
CALC FRZ000716	Lasagna Turkey w/Broc, Cauli, Bean Medley 20/cs	1	MEAL
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)	1	EACH

NUTRIENT	UNITS STANDARD	NUTRIENT VALUES	% OF % NUTRIENT CALORIES STANDARD
Energy (kcal)	KCAL	600.0000	739.5074 123.2512%



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Hamburger Mash Pot Carrots (CAT018352)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV RM000183	Juice Orange 4oz 70/cs (D351)	1	EACH
CALC FRZ000712	Hamburger w/Mash Potatoes/Carrots 20/cs	1	MEAL
NAV RM000375	Bun Whole Grain 400/cs (B180A) (Fnsh Prod)	1	EACH
NAV RM000706	SunMeadow Milk (1%) 8 oz 35/cs (G391A)	1	EACH

NUTRIENT	UNITS STANDARD	NUTRIENT VALUES	% OF % NUTRIENT STANDARD
Energy (kcal)	KCAL	634.5547	105.7591%



### Nutrient Analysis to Standards for SIDEWALK CAFE 7 - Fri, Dec 17, 2021 at 3:21:10 pm

SesameChickBroccoliCaulifRPep (CAT019881)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
CALC	FRZ000076 Sesame Chicken/Broc/Carrot/Caul 20/cs (M462)	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)	1	EACH
NAV	RM002361 Raisins 1oz 144/cs	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	564.5987		94.0998%



### Nutrient Analysis to Standards for SIDEWALK CAFE 7 - Fri, Dec 17, 2021 at 3:21:10 pm

Seafood Gumbo (CAT024852)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV RM000179	Juice Grape 4oz 70/cs (D321)	1	EACH
CALC FRZ000865	Fish Filet/ Seafood Sauce w/Bro Rice & Corn 20/cs	1	EACH
NAV RM000378	Bread White 900/cs (B190A) (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)	1	EACH

NUTRIENT	UNITS STANDARD	NUTRIENT VALUES	% OF % NUTRIENT CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	756.2671	126.0445%



## Nutrient Analysis to Standards for SIDEWALK CAFE 7 - Fri, Dec 17, 2021 at 3:21:10 pm

RstVealSageMustRedPotMBSquash (CAT022118)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
CALC	FRZ000725 Veal Chop, Must Sge Sce, Pot, Mshd Butternut 20/cs	1	EACH
FDC	RM000713 Margarine Cup Sunyland 900/cs 84/pl (H190) (84p)	1	EACH
NAV	RM000382 Bread Whole Grain 800/cs (B194A) (Fnsh Prod)	1	SLICE
NAV	RM000706 SunMeadow Milk (1%) 8 oz 35/cs (G391A)	1	EACH

NUTRIENT	UNITS STANDARD	NUTRIENT VALUES	% OF % NUTRIENT STANDARD
Energy (kcal)	KCAL	682.0241	113.6707%



### Nutrient Analysis to Standards for SIDEWALK CAFE 7 - Fri, Dec 17, 2021 at 3:21:10 pm

ChixMarsalPotOnionSoufSpinMush (CAT018328)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV RM000176	Juice Orange/Pineapple 4oz Cup 96/cs (D311)	1	EACH
CALC FRZ000711	Chicken Marsala Butternut Squash&Green Beans 20/cs	1	EACH
NAV RM000382	Bread Whole Grain 800/cs (B194A) (Fhsh 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
FDC RM002526	COOKIE, MOON PIE VANILLA 1 OZ IW SHELF STABLE MINI	1	EACH

NUTRIENT	UNITS STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	726.2744	121.0457%



### Nutrient Analysis to Standards for SIDEWALK CAFE 7 - Fri, Dec 17, 2021 at 3:21:10 pm

Hot Dog Chili Bked BeanCornTom (CAT018327)

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NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
CALC	FRZ000710 All American Hot Dog/Chili/Baked Beans/Corn 20/cs	1	EACH
NAV	RM000374 Bun Hot Dog Whole Grain 500/cs (B115A) (Fnsh Prod)	1	EACH
NAV	RM001027 Applesauce Natural 4oz 24/tray (F905) (Fnsh Prod)	1	EACH
NAV	RM000706 SunMeadow Milk (1%) 8 oz 35/cs (G391A)	1	EACH

NUTRIENT	UNITS STANDARD	NUTRIENT VALUES	% OF % NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	852.9694 142.1616%

