



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

Meatloaf w/ Apple Brown Gray (CAT038584)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV FRZ000044	Meatloaf w/Gvy.Stw Tom, Skin-on Pot 20/cs	1	EACH
NAV RM000382	Bread Whole Grain 800/cs (B194A) (Fnsh Prod)	1	EACH
FDC RM002104	Fudge Round Sandwich IW 1.19oz 192/cs	1	EACH
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

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	805.6831		134.2805%
Protein	G	30.0000	37.8577	18.7953%	126.1923%
Fiber	G	7.0000	13.2597		189.4243%
Total lipid (fat)	G	20.0000	26.8380	29.9798%	134.1900%
Carbohydrate, by diff	G	75.0000	104.8820	52.0711%	139.8427%
Sodium	MG	767.0000	661.5646		86.2535%
Calcium	MG	400.0000	646.0600		161.5150%
Magnesium	MG	106.7000	201.8569		189.1817%
Potassium	MG	1566.7020	2099.1235		133.9836%
Vitamin A RAE	UG	233.0000	513.5840		220.4223%
Vitamin B-12	UG	0.8000	2.6292		328.6500%
Vitamin B-6	MG	0.5000	1.1009		220.1800%
Vitamin C	MG	25.0000	41.0792		164.3168%
Zinc	MG	2.7000	6.8307		252.9889%



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Fish Nuggets (CAT038581)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	FRZ000097 Batter Dip Fish Nugg, Gar Mash Pot, Carrots 20/cs	1	EACH
NAV	RM001038 Pineapple Diet 4oz 24/tray (F969) (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
FDC	RM000713 Margarine Cup Sunyland 900/cs 84/pl (H190) (84p)	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	816.1165		136.0194%
Protein	G	30.0000	39.6577	19.4373%	132.1923%
Fiber	G	7.0000	13.2541		189.3443%
Total lipid (fat)	G	20.0000	26.8673	29.6288%	134.3365%
Carbohydrate, by diff	G	75.0000	106.7376	52.3149%	142.3168%
Sodium	MG	767.0000	798.2846		104.0788%
Calcium	MG	400.0000	724.5000		181.1250%
Magnesium	MG	106.7000	201.2732		188.6347%
Potassium	MG	1566.7020	2276.0747		145.2781%
Vitamin A RAE	UG	233.0000	931.1140		399.6197%
Vitamin B-12	UG	0.8000	5.9790		747.3750%
Vitamin B-6	MG	0.5000	1.6839		336.7800%
Vitamin C	MG	25.0000	77.5076		310.0304%
Zinc	MG	2.7000	6.0216		223.0222%



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Western Style Omelet (CAT038583)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	FRZ000876 BROWN POTATO WITH CHEESE OMELET STRW APPSCE	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)	1	EACH
NAV	RM000706 SunMeadow Milk (1%) 8 oz 35/cs (G391A)(96p)	1	EACH
NAV	RM000185 Juice Orange/Pineapple 4oz 70/cs (D361)	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	807.0231		134.5039%
Protein	G	30.0000	40.1577	19.9041%	133.8590%
Fiber	G	7.0000	11.3077		161.5386%
Total lipid (fat)	G	20.0000	24.5800	27.4119%	122.9000%
Carbohydrate, by diff	G	75.0000	106.2600	52.6676%	141.6800%
Sodium	MG	767.0000	628.2846		81.9146%
Calcium	MG	400.0000	678.5000		169.6250%
Magnesium	MG	106.7000	134.3769		125.9390%
Potassium	MG	1566.7020	2212.2035		141.2013%
Vitamin A RAE	UG	233.0000	406.3640		174.4052%
Vitamin B-12	UG	0.8000	1.7091		213.6375%
Vitamin B-6	MG	0.5000	0.5670		113.4000%
Vitamin C	MG	25.0000	84.0452		336.1808%
Zinc	MG	2.7000	4.3107		159.6556%



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Macaroni & Cheese (CAT038582)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	FRZ000853 3 Cheese Macaroni, Gr Beans, Carrots 20/cs (M620)	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)	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	793.6145		132.2691%
Protein	G	30.0000	33.3785	16.8235%	111.2617%
Fiber	G	7.0000	15.0106		214.4371%
Total lipid (fat)	G	20.0000	30.1346	34.1742%	150.6730%
Carbohydrate, by diff	G	75.0000	91.5764	46.1566%	122.1019%
Sodium	MG	767.0000	575.8598		75.0795%
Calcium	MG	400.0000	1371.0977		342.7744%
Magnesium	MG	106.7000	166.0371		155.6112%
Potassium	MG	1566.7020	1715.4016		109.4912%
Vitamin A RAE	UG	233.0000	1533.7142		658.2464%
Vitamin B-12	UG	0.8000	1.9178		239.7250%
Vitamin B-6	MG	0.5000	0.6723		134.4600%
Vitamin C	MG	25.0000	38.8506		155.4024%
Zinc	MG	2.7000	4.3165		159.8704%



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Hot Dog (CAT038570)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV FRZ000710	All American Hot Dog/Chili/Baked Beans/Corn 20/cs	1	MEAL
NAV RM000373	Bun Hot Dog 500/cs (B111A) (Fnsh Prod)	1	EACH
NAV RM000706	SunMeadow Milk (1%) 8 oz 35/cs (G391A)(96p)	1	EACH
NAV RM000169	Juice Blend 4oz 70/cs (D301)	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	840.0000		140.0000%
Protein	G	30.0000	42.0000	20.0000%	140.0000%
Fiber	G	7.0000	11.0000		157.1429%
Total lipid (fat)	G	20.0000	25.0000	26.7857%	125.0000%
Carbohydrate, by diff	G	75.0000	104.0000	49.5238%	138.6667%
Sodium	MG	767.0000	739.0000		96.3494%
Calcium	MG	400.0000	579.0000		144.7500%
Magnesium	MG	106.7000	112.8000		105.7170%
Potassium	MG	1566.7020	2327.7400		148.5758%
Vitamin A RAE	UG	233.0000	394.0000		169.0987%
Vitamin B-12	UG	0.8000	3.4580		432.2500%
Vitamin B-6	MG	0.5000	1.1419		228.3800%
Vitamin C	MG	25.0000	29.5400		118.1600%
Zinc	MG	2.7000	5.8420		216.3704%



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Honey Mustard Chicken Breast (CAT038580)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA		DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	FRZ000878	GRILLED CHIX WITH HNY MUST SAUCE CARROTS N GL MASH	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
FDC	RM000713	Margarine Cup Sunyland 900/cs 84/pl (H190) (84p)	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	605.0231		100.8372%
Protein	G	30.0000	36.1577	23.9050%	120.5257%
Fiber	G	7.0000	13.3077		190.1100%
Total lipid (fat)	G	20.0000	22.5800	33.5888%	112.9000%
Carbohydrate, by diff	G	75.0000	80.2600	53.0624%	107.0133%
Sodium	MG	767.0000	658.2846		85.8259%
Calcium	MG	400.0000	674.5000		168.6250%
Magnesium	MG	106.7000	122.9769		115.2548%
Potassium	MG	1566.7020	1890.2035		120.6486%
Vitamin A RAE	UG	233.0000	1488.1140		638.6755%
Vitamin B-12	UG	0.8000	1.2191		152.3875%
Vitamin B-6	MG	0.5000	0.8270		165.4000%
Vitamin C	MG	25.0000	33.0452		132.1808%
Zinc	MG	2.7000	3.6574		135.4593%



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Beef Patty w/Pizzaiola (CAT038588)

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NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	FRZ000034 Beef Patty/Piz Sce, Gr Bns, Pineapple/Mand 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)	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	700.8240		116.8040%
Protein	G	30.0000	32.3041	18.4378%	107.6803%
Fiber	G	7.0000	15.1099		215.8557%
Total lipid (fat)	G	20.0000	23.5801	30.2816%	117.9005%
Carbohydrate, by diff	G	75.0000	84.7113	48.3495%	112.9484%
Sodium	MG	767.0000	600.1460		78.2459%
Calcium	MG	400.0000	679.7775		169.9444%
Magnesium	MG	106.7000	138.9365		130.2123%
Potassium	MG	1566.7020	1965.9443		125.4830%
Vitamin A RAE	UG	233.0000	361.8949		155.3197%
Vitamin B-12	UG	0.8000	3.1757		396.9625%
Vitamin B-6	MG	0.5000	0.9790		195.8000%
Vitamin C	MG	25.0000	69.6653		278.6612%
Zinc	MG	2.7000	3.4387		127.3593%



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Week 2 Average Nutrient Analysis

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	766.8978		127.8163%
Protein	G	30.0000	37.3591	19.4858%	124.5303%
Fiber	G	7.0000	13.1785		188.2643%
Total lipid (fat)	G	20.0000	25.6543	30.1068%	128.2715%
Carbohydrate, by diff	G	75.0000	96.9182	50.5508%	129.2243%
Sodium	MG	767.0000	665.9177		86.8211%
Calcium	MG	400.0000	764.7765		191.1941%
Magnesium	MG	106.7000	154.0368		144.3644%
Potassium	MG	1566.7020	2069.5273		132.0945%
Vitamin A RAE	UG	233.0000	804.1122		345.1125%
Vitamin B-12	UG	0.8000	2.8697		358.7125%
Vitamin B-6	MG	0.5000	0.9960		199.2000%
Vitamin C	MG	25.0000	53.3904		213.5616%
Zinc	MG	2.7000	4.9168		182.1037%