

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



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Cavatappie Bolognese (CAT038573)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	FRZ000565 Cavatappi Bolognese, Italian Vegetables 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
NAV	RM000179 Juice Grape 4oz 70/cs (D321)	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT		% OF % NUTRIENT STANDARD
			VALUES	CALORIES	
Energy (kcal)	KCAL	600.0000	708.0231		118.0039%
Protein	G	30.0000	38.1577	21.5573%	127.1923%
Fiber	G	7.0000	17.3077		247.2529%
Total lipid (fat)	G	20.0000	26.5800	33.7870%	132.9000%
Carbohydrate, by diff	G	75.0000	102.2600	57.7721%	136.3467%
Sodium	MG	767.0000	525.2846		68.4856%
Calcium	MG	400.0000	710.6900		177.6725%
Magnesium	MG	106.7000	171.9769		161.1780%
Potassium	MG	1566.7020	2264.5935		144.5453%
Vitamin A RAE	UG	233.0000	675.1140		289.7485%
Vitamin B-12	UG	0.8000	2.8698		358.7250%
Vitamin B-6	MG	0.5000	1.0797		215.9400%
Vitamin C	MG	25.0000	81.0452		324.1808%
Zinc	MG	2.7000	7.3974		273.9778%



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Hamburger (CAT038586)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV FRZ000712	Hamburger w/Mash Potatoes/Carrots 20/cs	1	MEAL
NAV RM000387	Bun Hamburger 400/cs (B199A) (Fnsh Prod)	1	EACH
NAV RM000706	SunMeadow Milk (1%) 8 oz 35/cs (G391A)(96p)	1	EACH
NAV RM000164	Juice Apple 4oz 70/cs (D291)	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	689.9700		114.9950%
Protein	G	30.0000	31.2150	18.0964%	104.0500%
Fiber	G	7.0000	8.9030		127.1857%
Total lipid (fat)	G	20.0000	22.7620	29.6909%	113.8100%
Carbohydrate, by diff	G	75.0000	79.2640	45.9521%	105.6853%
Sodium	MG	767.0000	537.2000		70.0391%
Calcium	MG	400.0000	531.3400		132.8350%
Magnesium	MG	106.7000	122.8300		115.1172%
Potassium	MG	1566.7020	1762.0000		112.4655%
Vitamin A RAE	UG	233.0000	1139.0000		488.8412%
Vitamin B-12	UG	0.8000	4.6940		586.7500%
Vitamin B-6	MG	0.5000	0.9664		193.2800%
Vitamin C	MG	25.0000	76.0500		304.2000%
Zinc	MG	2.7000	4.4200		163.7037%



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Chicken Marsala (CAT038574)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	FRZ000711 Chicken Marsala Butternut Squash&Green Beans 20/cs	1	MEAL
NAV	RM000382 Bread Whole Grain 800/cs (B194A) (Fnsh Prod)	1	EACH
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
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	633.9131		105.6522%
Protein	G	30.0000	38.0617	24.0170%	126.8723%
Fiber	G	7.0000	14.0163		200.2329%
Total lipid (fat)	G	20.0000	22.1700	31.4759%	110.8500%
Carbohydrate, by diff	G	75.0000	87.9500	55.4966%	117.2667%
Sodium	MG	767.0000	492.2846		64.1831%
Calcium	MG	400.0000	831.3100		207.8275%
Magnesium	MG	106.7000	256.5369		240.4282%
Potassium	MG	1566.7020	2476.9927		158.1024%
Vitamin A RAE	UG	233.0000	622.1140		267.0017%
Vitamin B-12	UG	0.8000	1.9370		242.1250%
Vitamin B-6	MG	0.5000	1.6803		336.0600%
Vitamin C	MG	25.0000	63.4252		253.7008%
Zinc	MG	2.7000	6.2374		231.0148%



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Ny Steak Beef Patty w/ Herbed Mushroom Gravy (CAT038576)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	FRZ000847 Beef Pty w/Grvy,Mixed Veg, Gar Msh Pot 20/cs	1	EACH
NAV	RM000187 Juice Pineapple 4oz 70/cs (D371)	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	775.7131		129.2855%
Protein	G	30.0000	35.6677	18.3922%	118.8923%
Fiber	G	7.0000	15.3677		219.5386%
Total lipid (fat)	G	20.0000	24.3500	28.2514%	121.7500%
Carbohydrate, by diff	G	75.0000	102.6800	52.9474%	136.9067%
Sodium	MG	767.0000	869.4046		113.3513%
Calcium	MG	400.0000	661.4900		165.3725%
Magnesium	MG	106.7000	155.9769		146.1827%
Potassium	MG	1566.7020	2357.7135		150.4890%
Vitamin A RAE	UG	233.0000	540.1740		231.8343%
Vitamin B-12	UG	0.8000	1.1691		146.1375%
Vitamin B-6	MG	0.5000	1.1620		232.4000%
Vitamin C	MG	25.0000	36.8752		147.5008%
Zinc	MG	2.7000	4.8174		178.4222%



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Chicken Garden Casserole (CAT038577)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	FRZ000715 Chicken Garden Casserole, Summer Blend Veg 20/cs	1	MEAL
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	745.7106		124.2851%
Protein	G	30.0000	40.0555	21.4858%	133.5183%
Fiber	G	7.0000	13.3783		191.1186%
Total lipid (fat)	G	20.0000	24.8250	29.9614%	124.1250%
Carbohydrate, by diff	G	75.0000	88.0317	47.2203%	117.3756%
Sodium	MG	767.0000	732.2889		95.4744%
Calcium	MG	400.0000	675.5853		168.8963%
Magnesium	MG	106.7000	161.5774		151.4315%
Potassium	MG	1566.7020	1706.7440		108.9386%
Vitamin A RAE	UG	233.0000	1022.2855		438.7491%
Vitamin B-12	UG	0.8000	1.3963		174.5375%
Vitamin B-6	MG	0.5000	1.7194		343.8800%
Vitamin C	MG	25.0000	30.8737		123.4948%
Zinc	MG	2.7000	4.9570		183.5926%



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Manicotti (CAT038578)

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	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
NAV	RM002335	Applesauce Unsweetened 4.5oz SS 96/cs	1	EACH
NAV	RM002002	Oatmeal Cream Pie 1.34oz 192/cs	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	814.6111		135.7685%
Protein	G	30.0000	35.7570	17.5578%	119.1900%
Fiber	G	7.0000	14.3077		204.3957%
Total lipid (fat)	G	20.0000	24.6800	27.2670%	123.4000%
Carbohydrate, by diff	G	75.0000	123.0188	60.4061%	164.0251%
Sodium	MG	767.0000	774.5446		100.9837%
Calcium	MG	400.0000	861.0873		215.2718%
Magnesium	MG	106.7000	142.3669		133.4273%
Potassium	MG	1566.7020	1688.8235		107.7948%
Vitamin A RAE	UG	233.0000	1455.3098		624.5965%
Vitamin B-12	UG	0.8000	1.1691		146.1375%
Vitamin B-6	MG	0.5000	0.7549		150.9800%
Vitamin C	MG	25.0000	56.9605		227.8420%
Zinc	MG	2.7000	3.8274		141.7556%



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Beef Patty in Teriyaki (CAT038579)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	FRZ000763 Beef Patty Teriyaki, Rice & Mixed Vegetables 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
NAV	RM001038 Pineapple Diet 4oz 24/tray (F969) (Fnsh Prod)	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	783.8141		130.6357%
Protein	G	30.0000	35.8052	18.2723%	119.3507%
Fiber	G	7.0000	15.3442		219.2029%
Total lipid (fat)	G	20.0000	22.0424	25.3098%	110.2120%
Carbohydrate, by diff	G	75.0000	114.7216	58.5453%	152.9621%
Sodium	MG	767.0000	704.2228		91.8152%
Calcium	MG	400.0000	717.2358		179.3090%
Magnesium	MG	106.7000	238.0544		223.1063%
Potassium	MG	1566.7020	2168.7426		138.4273%
Vitamin A RAE	UG	233.0000	533.5654		228.9980%
Vitamin B-12	UG	0.8000	3.1691		396.1375%
Vitamin B-6	MG	0.5000	1.1798		235.9600%
Vitamin C	MG	25.0000	65.6650		262.6600%
Zinc	MG	2.7000	6.0374		223.6074%



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

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	735.9650		122.6608%
Protein	G	30.0000	36.3885	19.7773%	121.2950%
Fiber	G	7.0000	14.0893		201.2757%
Total lipid (fat)	G	20.0000	23.9156	29.2460%	119.5780%
Carbohydrate, by diff	G	75.0000	99.7037	54.1894%	132.9383%
Sodium	MG	767.0000	662.1757		86.3332%
Calcium	MG	400.0000	712.6769		178.1692%
Magnesium	MG	106.7000	178.4742		167.2673%
Potassium	MG	1566.7020	2060.8014		131.5375%
Vitamin A RAE	UG	233.0000	855.3661		367.1099%
Vitamin B-12	UG	0.8000	2.3435		292.9375%
Vitamin B-6	MG	0.5000	1.2204		244.0800%
Vitamin C	MG	25.0000	58.6993		234.7972%
Zinc	MG	2.7000	5.3849		199.4407%