



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

Meatballs and Pasta (CAT038575)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV FRZ000861	Meatballs & Cavatappi Pasta/Broc 20/cs	1	EACH
NAV RM000179	Juice Grape 4oz 70/cs (D321)	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 RM001906	Cookie Oatmeal Raisin 1.25oz 150/cs	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	811.8731		135.3122%
Protein	G	30.0000	48.5377	23.9139%	161.7923%
Fiber	G	7.0000	13.7077		195.8243%
Total lipid (fat)	G	20.0000	28.3800	31.4606%	141.9000%
Carbohydrate, by diff	G	75.0000	123.1200	60.6597%	164.1600%
Sodium	MG	767.0000	600.3846		78.2770%
Calcium	MG	400.0000	716.4100		179.1025%
Magnesium	MG	106.7000	156.7069		146.8668%
Potassium	MG	1566.7020	1809.0835		115.4708%
Vitamin A RAE	UG	233.0000	428.6040		183.9502%
Vitamin B-12	UG	0.8000	2.0191		252.3875%
Vitamin B-6	MG	0.5000	0.9070		181.4000%
Vitamin C	MG	25.0000	109.2352		436.9408%
Zinc	MG	2.7000	5.1844		192.0148%



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Breaded Fish (CAT038592)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	FRZ000879 WG CRNML BRDED POLLOCK WITH MX VEG N SLICED POTATO	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	RM000169 Juice Blend 4oz 70/cs (D301)	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	613.0231		102.1705%
Protein	G	30.0000	33.1577	21.6355%	110.5257%
Fiber	G	7.0000	14.3077		204.3957%
Total lipid (fat)	G	20.0000	21.5800	31.6823%	107.9000%
Carbohydrate, by diff	G	75.0000	105.2600	68.6826%	140.3467%
Sodium	MG	767.0000	531.2846		69.2679%
Calcium	MG	400.0000	659.5000		164.8750%
Magnesium	MG	106.7000	125.9769		118.0664%
Potassium	MG	1566.7020	2292.9435		146.3548%
Vitamin A RAE	UG	233.0000	552.1140		236.9588%
Vitamin B-12	UG	0.8000	1.2291		153.6375%
Vitamin B-6	MG	0.5000	0.9370		187.4000%
Vitamin C	MG	25.0000	34.0452		136.1808%
Zinc	MG	2.7000	4.1394		153.3111%



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Chicken Stew (CAT038589)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	FRZ000881 CHICKEN STEW WITH CARROTS AND STRBY CRISP	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	779.0231		129.8372%
Protein	G	30.0000	44.1577	22.6734%	147.1923%
Fiber	G	7.0000	14.3077		204.3957%
Total lipid (fat)	G	20.0000	23.5800	27.2418%	117.9000%
Carbohydrate, by diff	G	75.0000	110.4200	56.6966%	147.2267%
Sodium	MG	767.0000	889.2846		115.9432%
Calcium	MG	400.0000	1380.5000		345.1250%
Magnesium	MG	106.7000	160.9769		150.8687%
Potassium	MG	1566.7020	2057.2035		131.3079%
Vitamin A RAE	UG	233.0000	1847.1140		792.7528%
Vitamin B-12	UG	0.8000	2.2791		284.8875%
Vitamin B-6	MG	0.5000	1.4970		299.4000%
Vitamin C	MG	25.0000	60.0452		240.1808%
Zinc	MG	2.7000	4.3774		162.1259%



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

Pork Chop Patty w/Gravy (CAT038585)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	FRZ000654 Pork Chop Patty w/Gravy/Swt Pot/BrsI Sprts 20/cs	1	EACH
NAV	RM000382 Bread Whole Grain 800/cs (B194A) (Fnsh Prod)	1	EACH
NAV	RM001038 Pineapple Diet 4oz 24/tray (F969) (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	709.1165		118.1861%
Protein	G	30.0000	35.6577	20.1139%	118.8590%
Fiber	G	7.0000	17.3041		247.2014%
Total lipid (fat)	G	20.0000	23.8673	30.2920%	119.3365%
Carbohydrate, by diff	G	75.0000	99.7376	56.2602%	132.9835%
Sodium	MG	767.0000	691.2846		90.1284%
Calcium	MG	400.0000	720.5000		180.1250%
Magnesium	MG	106.7000	205.2732		192.3835%
Potassium	MG	1566.7020	2579.0747		164.6181%
Vitamin A RAE	UG	233.0000	1072.1140		460.1348%
Vitamin B-12	UG	0.8000	1.4815		185.1875%
Vitamin B-6	MG	0.5000	1.3833		276.6600%
Vitamin C	MG	25.0000	142.5076		570.0304%
Zinc	MG	2.7000	4.8774		180.6444%



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

Chicken Parmesan (CAT038587)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV FRZ000880	GRILLED CHIX WITH ITL SAUCE, GL MASH AND GR BNS	1	EACH
NAV RM000382	Bread Whole Grain 800/cs (B194A) (Fnsh Prod)	1	EACH
NAV RM000185	Juice Orange/Pineapple 4oz 70/cs (D361)	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	751.9231		125.3205%
Protein	G	30.0000	40.1077	21.3361%	133.6923%
Fiber	G	7.0000	14.3077		204.3957%
Total lipid (fat)	G	20.0000	25.5800	30.6175%	127.9000%
Carbohydrate, by diff	G	75.0000	86.2100	45.8611%	114.9467%
Sodium	MG	767.0000	472.9846		61.6668%
Calcium	MG	400.0000	789.3000		197.3250%
Magnesium	MG	106.7000	140.5269		131.7028%
Potassium	MG	1566.7020	2511.4035		160.2987%
Vitamin A RAE	UG	233.0000	402.4140		172.7099%
Vitamin B-12	UG	0.8000	1.2146		151.8250%
Vitamin B-6	MG	0.5000	0.9165		183.3000%
Vitamin C	MG	25.0000	52.0402		208.1608%
Zinc	MG	2.7000	3.7102		137.4148%



**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%



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

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%



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

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%