



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

Baked Chicken (CAT038566)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	FRZ000848 Diced Chicken, Gr Bean, Yel Rice w/ TomChive 20/cs	1	EACH
NAV	RM000164 Juice Apple 4oz 70/cs (D291)	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	720.7331		120.1222%
Protein	G	30.0000	36.3977	20.2004%	121.3257%
Fiber	G	7.0000	11.4077		162.9671%
Total lipid (fat)	G	20.0000	21.2700	26.5605%	106.3500%
Carbohydrate, by diff	G	75.0000	91.8100	50.9537%	122.4133%
Sodium	MG	767.0000	232.2846		30.2848%
Calcium	MG	400.0000	646.8000		161.7000%
Magnesium	MG	106.7000	152.0269		142.4807%
Potassium	MG	1566.7020	1601.7435		102.2366%
Vitamin A RAE	UG	233.0000	306.9040		131.7185%
Vitamin B-12	UG	0.8000	1.1691		146.1375%
Vitamin B-6	MG	0.5000	1.5370		307.4000%
Vitamin C	MG	25.0000	78.1252		312.5008%
Zinc	MG	2.7000	4.5874		169.9037%



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Beef Patty w/ Brown Gravy (CAT038590)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	FRZ000882 BF PATTY W/ BROWN GRAVY, MX VEG AND BR RICE	1	MEAL
NAV	RM000183 Juice Orange 4oz 70/cs (D351)	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	703.0231		117.1705%
Protein	G	30.0000	34.1577	19.4348%	113.8590%
Fiber	G	7.0000	15.3077		218.6814%
Total lipid (fat)	G	20.0000	22.5800	28.9066%	112.9000%
Carbohydrate, by diff	G	75.0000	94.2600	53.6312%	125.6800%
Sodium	MG	767.0000	703.3246		91.6981%
Calcium	MG	400.0000	695.5000		173.8750%
Magnesium	MG	106.7000	253.9769		238.0290%
Potassium	MG	1566.7020	2105.2035		134.3717%
Vitamin A RAE	UG	233.0000	538.1140		230.9502%
Vitamin B-12	UG	0.8000	3.1691		396.1375%
Vitamin B-6	MG	0.5000	1.0570		211.4000%
Vitamin C	MG	25.0000	39.0452		156.1808%
Zinc	MG	2.7000	6.1394		227.3852%



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Eggs &amp; Sausage (CAT038572)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	FRZ000857 Egg Patty/Potatoes/Sausage Grvy/Apples 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	753.2974		125.5496%
Protein	G	30.0000	35.2609	18.7235%	117.5363%
Fiber	G	7.0000	15.3792		219.7029%
Total lipid (fat)	G	20.0000	25.6504	30.6457%	128.2520%
Carbohydrate, by diff	G	75.0000	91.0659	48.3559%	121.4212%
Sodium	MG	767.0000	712.8904		92.9453%
Calcium	MG	400.0000	1041.1058		260.2765%
Magnesium	MG	106.7000	125.1682		117.3085%
Potassium	MG	1566.7020	1558.9306		99.5040%
Vitamin A RAE	UG	233.0000	312.2306		134.0045%
Vitamin B-12	UG	0.8000	1.7851		223.1375%
Vitamin B-6	MG	0.5000	0.9322		186.4400%
Vitamin C	MG	25.0000	26.8630		107.4520%
Zinc	MG	2.7000	5.0111		185.5963%



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

Pork Riblet in BBQ Sauce (CAT038569)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	FRZ000863 BBQ Pork Riblet w/SwtPot/Mixed Veg 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	RM000183 Juice Orange 4oz 70/cs (D351)	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	756.1531		126.0255%
Protein	G	30.0000	38.5677	20.4021%	128.5590%
Fiber	G	7.0000	14.8177		211.6814%
Total lipid (fat)	G	20.0000	20.6500	24.5784%	103.2500%
Carbohydrate, by diff	G	75.0000	130.6100	69.0918%	174.1467%
Sodium	MG	767.0000	664.6246		86.6525%
Calcium	MG	400.0000	676.2500		169.0625%
Magnesium	MG	106.7000	157.2069		147.3354%
Potassium	MG	1566.7020	2484.7235		158.5958%
Vitamin A RAE	UG	233.0000	973.5440		417.8300%
Vitamin B-12	UG	0.8000	1.7691		221.1375%
Vitamin B-6	MG	0.5000	1.3270		265.4000%
Vitamin C	MG	25.0000	50.6552		202.6208%
Zinc	MG	2.7000	4.8094		178.1259%



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

Veal Chop (CAT038568)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	FRZ000725 Veal Chop, Must Sge Sce, Pot, Butternut Sq 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	RM000164 Juice Apple 4oz 70/cs (D291)	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	889.0231		148.1705%
Protein	G	30.0000	41.6377	18.7341%	138.7923%
Fiber	G	7.0000	20.3077		290.1100%
Total lipid (fat)	G	20.0000	27.4800	27.8193%	137.4000%
Carbohydrate, by diff	G	75.0000	116.2600	52.3091%	155.0133%
Sodium	MG	767.0000	865.2846		112.8142%
Calcium	MG	400.0000	640.5000		160.1250%
Magnesium	MG	106.7000	137.4369		128.8068%
Potassium	MG	1566.7020	2104.2035		134.3078%
Vitamin A RAE	UG	233.0000	518.1140		222.3665%
Vitamin B-12	UG	0.8000	2.2491		281.1375%
Vitamin B-6	MG	0.5000	1.1970		239.4000%
Vitamin C	MG	25.0000	102.0452		408.1808%
Zinc	MG	2.7000	6.6574		246.5704%



## 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)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

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%



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

Week 4 Average Nutrient Analysis

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRIENT	UNITS	STANDARD	NUTRIENT		% OF % NUTRIENT STANDARD
			VALUES	CALORIES	
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%