

**Nutrient Analysis to Standards for LATIN FLAVORS 7 - Fri, Dec 17, 2021 at 3:23:19 pm****Nutrient Analysis to Standards for LATIN FLAVORS 7 - Fri, Dec 17, 2021 at 3:23:19 pm**

Huevos Rancheros (CAT011578)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
CALC	FRZ000855 Rancheros Cheese Omelet, Pots, Cran Pears 20/cs	1	EACH
FDC	RM000399 Tortilla Corn 6pk 720/cs (C362)	2	EACH
NAV	RM000706 SunMeadow Milk (1%) 8 oz 35/cs (G391A)	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

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF % NUTRIENT CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	855.6044		142.6007%



## Nutrient Analysis to Standards for LATIN FLAVORS 7 - Fri, Dec 17, 2021 at 3:23:19 pm

Black Beans & Rice (CAT010516)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
CALC FRZ000108	Black Beans & Rice, Corn, Carrots 20/cs (M630)	1	EACH
NAV RM001025	Peaches in Juice 4oz 24/tray (F902) (Fnsh Prod)	1	EACH
NAV RM000706	SunMeadow Milk (1%) 8 oz 35/cs (G391A)	1	EACH
FDC RM000399	Tortilla Corn 6pk 720/cs (C362)	2	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	645.9065		107.6511%



## Nutrient Analysis to Standards for LATIN FLAVORS 7 - Fri, Dec 17, 2021 at 3:23:19 pm

Burrito w/ Queso (CAT011474)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
CALC	FRZ000109 Bean Burrito w/Queso, Spinach, Corn 20/cs (M640)	1	EACH
NAV	RM000706 SunMeadow Milk (1%) 8 oz 35/cs (G391A)	1	EACH
NAV	RM000222 Mixed Fruit 4oz 24/try (F900) (Fhsh Prod)	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	857.6301		142.9384%



## Nutrient Analysis to Standards for LATIN FLAVORS 7 - Fri, Dec 17, 2021 at 3:23:19 pm

Chicken Stew (CAT008131)

2017 Florida Regulations - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
FDC RM002524	COOKIE, MOON PIE BANANA 1 OZ IW MINI	1	EACH
CALC FRZ000656	Chicken Stew w/Green Beans/Apple Raisin 20/cs	1	EACH
FDC RM000399	Tortilla Corn 6pk 720/cs (C362)	2	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

NUTRIENT	UNITS STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	933.9404	155.6567%



### Nutrient Analysis to Standards for LATIN FLAVORS 7 - Fri, Dec 17, 2021 at 3:23:19 pm

Beef w/Picadillo Sauce (CAT006707)

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NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV RM000169	Juice Blend 4oz 70/cs (D301)	1	EACH
FDC RM000399	Tortilla Corn 6pk 720/cs (C362)	1	EACH
NAV RM000706	SunMeadow Milk (1%) 8 oz 35/cs (G391A)	1	EACH
FDC RM000713	Margarine Cup Sunyland 900/cs 84/pl (H190) (84p)	1	EACH
CALC FRZ000563	Steak Patty w/Picadillo/Swt Pot/Peas 20/cs (M385)	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	588.3192		98.0532%



## Nutrient Analysis to Standards for LATIN FLAVORS 7 - Fri, Dec 17, 2021 at 3:23:19 pm

Baked Chicken and Rice (CAT006704)

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NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV RM000185	Juice Orange/Pineapple 4oz 70/cs (D361)	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
FDC RM000399	Tortilla Corn 6pk 720/cs (C362)	2	EACH
CALC FRZ000848	Diced Chicken, Gr Bean, Yel Rice w/ TomChive 20/cs	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	728.7086		121.4514%



### Nutrient Analysis to Standards for LATIN FLAVORS 7 - Fri, Dec 17, 2021 at 3:23:19 pm

Veggie Chili (CAT009451)

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NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV RM000164	Juice Apple 4oz 70/cs (D291)	1	EACH
CALC FRZ000852	Veggie Chili, Pinto Beans/Carrots 20/cs (M616)	1	EACH
FDC RM000713	Margarine Cup Sunyland 900/cs 84/pl (H190) (84p)	1	EACH
FDC RM001475	Crackers Wheat 500/cs (D162) (55p)	2	EACH
NAV RM000706	SunMeadow Milk (1%) 8 oz 35/cs (G391A)	1	EACH

NUTRIENT	UNITS STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	600.0000	670.1473	111.6912%

