



CENTRAL OFFICE

Scheduled Menu Analysis TMS 000930

Site: CO CENTRAL OFFICE

Serving Period: Lunch

Serving Line: 5 Day TMS

Menu: 40030

Nutrition Link	Description	Serving Size	Measure
900191	Grape Juice	1	4 Ounce
81640	MeatballPennePastasScBrocItalVeg FRZ0006571	1	Meal
900030	Margarine Cup	1	Each (5g)
900426	Whole Grain Bread	1	Slice
990087	Sun Meadow Dairy Beverage	1	8 Ounces

Nutrient Table: Males 50+ RDA/DRI

Nutrient	Units	Lunch Standard	Nutrient Values	% of Calories	% Nutrient Standard
Energy	kcal	685.0000	674.1027		98.4092
Protein	g	19.0000	37.3486	22.1620	196.5716
Sodium, Na	mg	800.0000	578.6328		72.3291
Carbohydrate, by difference	g	N/A	98.5068	58.4521	N/A
Total lipid (fat)	g	30.0000	19.7986	26.4333	88.1109
Fatty acids, total saturated	% Cal	10.0000	4.4796	5.9808	59.8075
Cholesterol	mg	N/A	53.3213		N/A
Potassium, K	mg	1566.0000	1624.2387		103.7189
Vitamin A, RAE	mcg_RAE	300.0000	382.3982		127.4661
Vitamin C, total ascorbic acid	mg	30.0000	107.7333		359.1110
Calcium, Ca	mg	400.0000	716.8192		179.2048
Vitamin B-6	mg	0.5660	0.9227		163.0212
Vitamin B-12	mcg	0.8000	2.2753		284.4125
Magnesium, Mg	mg	140.0000	176.4281		126.0201
Zinc, Zn	mg	3.6000	4.5664		126.8444
Fiber, total dietary	g	10.0000	15.8407		158.4070
Vitamin A (RE)	RE	266.0000	1456.5154		547.5622
Vit D	mcg	N/A	5.0002		N/A
Vitamin E (alpha-tocopherol)	mg	5.0000	0.0453		0.9060
Thiamin	mg	0.4000	0.4605		115.1250
Riboflavin	mg	0.4330	0.8896		205.4503
Niacin	mg	5.3000	6.6504		125.4792
Folate, total	mcg	133.0000	205.7976		154.7350
Phosphorus, P	mg	N/A	527.7693		N/A
Copper, Cu	mg	N/A	0.2706		N/A
Manganese, Mn	mg	N/A	0.2933		N/A
Selenium, Se	mcg	N/A	17.6834		N/A
Iron, Fe	mg	3.3000	6.5331		197.9727
Sugars, Total	g	N/A	17.1263		N/A



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Serving Line: 5 Day TMS

Menu: 40032

Nutrition Link	Description	Serving Size	Measure
900622	Apple Juice	1	4 ounces
81641	Fish Filet CheesyMashedMix Veg FRZ000653	1	Meal
900236	Citrus Fruit Cup	1	4 Ounce
102501	Tartar Sauce	1	Pk.
900030	Margarine Cup	1	Each (5g)
990087	Sun Meadow Dairy Beverage	1	8 Ounces

Nutrient Table: Males 50+ RDA/DRI

Nutrient	Units	Lunch Standard	Nutrient Values	% of Calories	% Nutrient Standard
Energy	kcal	685.0000	829.1012		121.0367
Protein	g	19.0000	33.5672	16.1945	176.6695
Sodium, Na	mg	800.0000	652.5862		81.5733
Carbohydrate, by difference	g	N/A	142.5891	68.7921	N/A
Total lipid (fat)	g	30.0000	18.9766	20.5993	68.6645
Fatty acids, total saturated	% Cal	10.0000	3.5321	3.8341	38.3414
Cholesterol	mg	N/A	61.7672		N/A
Potassium, K	mg	1566.0000	1771.4201		113.1175
Vitamin A, RAE	mcg_RAE	300.0000	470.1069		156.7023
Vitamin C, total ascorbic acid	mg	30.0000	141.0987		470.3290
Calcium, Ca	mg	400.0000	505.6144		126.4036
Vitamin B-6	mg	0.5660	1.2993		229.5583
Vitamin B-12	mcg	0.8000	1.3462		168.2750
Magnesium, Mg	mg	140.0000	160.8333		114.8809
Zinc, Zn	mg	3.6000	2.4385		67.7361
Fiber, total dietary	g	10.0000	12.3050		123.0500
Vitamin A (RE)	RE	266.0000	1185.9843		445.8588
Vit D	mcg	N/A	5.0919		N/A
Vitamin E (alpha-tocopherol)	mg	5.0000	0.0615		1.2300
Thiamin	mg	0.4000	0.9825		245.6250
Riboflavin	mg	0.4330	0.8611		198.8684
Niacin	mg	5.3000	5.4670		103.1509
Folate, total	mcg	133.0000	93.2042		70.0783
Phosphorus, P	mg	N/A	340.3365		N/A
Copper, Cu	mg	N/A	0.2077		N/A
Manganese, Mn	mg	N/A	0.6500		N/A
Selenium, Se	mcg	N/A	6.2671		N/A
Iron, Fe	mg	3.3000	1.9142		58.0061
Sugars, Total	g	N/A	51.5800		N/A



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Serving Line: 5 Day TMS

Menu: 40026

Nutrition Link	Description	Serving Size	Measure
990034	Pineapple Juice	1	4 Ounce
81637	ChickenParm RosePotCheeSpinach FRZ000655	1	Meal
900426	Whole Grain Bread	1	Slice
900030	Margarine Cup	1	Each (5g)
990087	Sun Meadow Dairy Beverage	1	8 Ounces

Nutrient Table: Males 50+ RDA/DRI

Nutrient	Units	Lunch Standard	Nutrient Values	% of Calories	% Nutrient Standard
Energy	kcal	685.0000	693.6785		101.2669
Protein	g	19.0000	42.3799	24.4378	223.0521
Sodium, Na	mg	800.0000	603.1512		75.3939
Carbohydrate, by difference	g	N/A	87.4158	50.4071	N/A
Total lipid (fat)	g	30.0000	22.6808	29.4268	98.0892
Fatty acids, total saturated	% Cal	10.0000	7.2155	9.3616	93.6161
Cholesterol	mg	N/A	77.1440		N/A
Potassium, K	mg	1566.0000	1446.5087		92.3696
Vitamin A, RAE	mcg_RAE	300.0000	514.7505		171.5835
Vitamin C, total ascorbic acid	mg	30.0000	33.2255		110.7517
Calcium, Ca	mg	400.0000	857.1653		214.2913
Vitamin B-6	mg	0.5660	1.2631		223.1625
Vitamin B-12	mcg	0.8000	2.1355		266.9375
Magnesium, Mg	mg	140.0000	182.5894		130.4210
Zinc, Zn	mg	3.6000	4.8199		133.8861
Fiber, total dietary	g	10.0000	12.0009		120.0090
Vitamin A (RE)	RE	266.0000	1885.4195		708.8043
Vit D	mcg	N/A	5.0002		N/A
Vitamin E (alpha-tocopherol)	mg	5.0000	1.2458		24.9160
Thiamin	mg	0.4000	0.5085		127.1250
Riboflavin	mg	0.4330	0.8843		204.2263
Niacin	mg	5.3000	9.4867		178.9943
Folate, total	mcg	133.0000	175.9676		132.3065
Phosphorus, P	mg	N/A	505.8634		N/A
Copper, Cu	mg	N/A	0.1833		N/A
Manganese, Mn	mg	N/A	0.7144		N/A
Selenium, Se	mcg	N/A	7.0661		N/A
Iron, Fe	mg	3.3000	7.2359		219.2697
Sugars, Total	g	N/A	26.5494		N/A



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Site: CO CENTRAL OFFICE

Serving Period: Lunch

Serving Line: 5 Day TMS

Menu: 40034

Nutrition Link	Description	Serving Size	Measure
81639	PorkChPattyHoStScSwtPotBrusSpt FRZ000654	1	Meal
900592	Mandarin Orange Cup	1	4 Ounces
900426	Whole Grain Bread	1	Slice
900030	Margarine Cup	1	Each (5g)
990087	Sun Meadow Dairy Beverage	1	8 Ounces

Nutrient Table: Males 50+ RDA/DRI

Nutrient	Units	Lunch Standard	Nutrient Values	% of Calories	% Nutrient Standard
Energy	kcal	685.0000	662.5195		96.7182
Protein	g	19.0000	39.9031	24.0917	210.0163
Sodium, Na	mg	800.0000	773.2134		96.6517
Carbohydrate, by difference	g	N/A	86.0842	51.9738	N/A
Total lipid (fat)	g	30.0000	22.2218	30.1872	100.6241
Fatty acids, total saturated	% Cal	10.0000	5.8633	7.9650	79.6500
Cholesterol	mg	N/A	62.2279		N/A
Potassium, K	mg	1566.0000	1713.6193		109.4265
Vitamin A, RAE	mcg_RAE	300.0000	766.5818		255.5273
Vitamin C, total ascorbic acid	mg	30.0000	92.7985		309.3283
Calcium, Ca	mg	400.0000	700.3904		175.0976
Vitamin B-6	mg	0.5660	1.0198		180.1767
Vitamin B-12	mcg	0.8000	1.8528		231.6000
Magnesium, Mg	mg	140.0000	170.5583		121.8274
Zinc, Zn	mg	3.6000	4.1461		115.1694
Fiber, total dietary	g	10.0000	14.2845		142.8450
Vitamin A (RE)	RE	266.0000	2318.3551		871.5621
Vit D	mcg	N/A	5.0002		N/A
Vitamin E (alpha-tocopherol)	mg	5.0000	0.4737		9.4740
Thiamin	mg	0.4000	0.9203		230.0750
Riboflavin	mg	0.4330	0.8828		203.8799
Niacin	mg	5.3000	5.2666		99.3698
Folate, total	mcg	133.0000	132.0596		99.2929
Phosphorus, P	mg	N/A	643.4263		N/A
Copper, Cu	mg	N/A	0.0833		N/A
Manganese, Mn	mg	N/A	0.1695		N/A
Selenium, Se	mcg	N/A	6.8137		N/A
Iron, Fe	mg	3.3000	5.7808		175.1758
Sugars, Total	g	N/A	13.7811		N/A



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Serving Period: Lunch

Serving Line: 5 Day TMS

Menu: 40028

Nutrition Link	Description	Serving Size	Measure
81636	3BeanBeefChiliTomBeaScSqMedyFRZ000652	1	Meal
900195	Oatmeal Raisin Cookie	1	Cookie
900426	Whole Grain Bread	1	Slice
990087	Sun Meadow Dairy Beverage	1	8 Ounces

Nutrient Table: Males 50+ RDA/DRI

Nutrient	Units	Lunch Standard	Nutrient Values	% of Calories	% Nutrient Standard
Energy	kcal	685.0000	723.3613		105.6002
Protein	g	19.0000	41.9478	23.1960	220.7779
Sodium, Na	mg	800.0000	563.1230		70.3904
Carbohydrate, by difference	g	N/A	90.7715	50.1943	N/A
Total lipid (fat)	g	30.0000	22.3686	27.8308	92.7694
Fatty acids, total saturated	% Cal	10.0000	6.0965	7.5852	75.8521
Cholesterol	mg	N/A	76.2989		N/A
Potassium, K	mg	1566.0000	2263.6015		144.5467
Vitamin A, RAE	mcg_RAE	300.0000	361.5194		120.5065
Vitamin C, total ascorbic acid	mg	30.0000	49.0078		163.3593
Calcium, Ca	mg	400.0000	722.4567		180.6142
Vitamin B-6	mg	0.5660	0.9961		175.9894
Vitamin B-12	mcg	0.8000	3.1159		389.4875
Magnesium, Mg	mg	140.0000	197.9303		141.3788
Zinc, Zn	mg	3.6000	6.4581		179.3917
Fiber, total dietary	g	10.0000	15.9446		159.4460
Vitamin A (RE)	RE	266.0000	1327.2236		498.9562
Vit D	mcg	N/A	5.0002		N/A
Vitamin E (alpha-tocopherol)	mg	5.0000	0.6583		13.1660
Thiamin	mg	0.4000	0.5015		125.3750
Riboflavin	mg	0.4330	0.8785		202.8868
Niacin	mg	5.3000	8.0719		152.3000
Folate, total	mcg	133.0000	190.7307		143.4065
Phosphorus, P	mg	N/A	571.5930		N/A
Copper, Cu	mg	N/A	0.3022		N/A
Manganese, Mn	mg	N/A	0.6297		N/A
Selenium, Se	mcg	N/A	26.6760		N/A
Iron, Fe	mg	3.3000	9.4305		285.7727
Sugars, Total	g	N/A	15.8750		N/A



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Average Nutrient Analysis For Menus for Site: CO CENTRAL OFFICE

Serving Period: Lunch

Nutrient	Units	Lunch Standard	Nutrient Values	% of Calories	% Nutrient Standard	Difference from Std.
Energy	kcal	685.0000	716.5526		104.6062	31.5526
Protein	g	19.0000	39.0293	21.7873	205.4174	20.0293
Sodium, Na	mg	800.0000	634.1413		79.2677	-165.8587
Carbohydrate, by difference	g		101.0735	56.4221	N/A	
Total lipid (fat)	g	30.0000	21.2093	26.6392	88.7972	-2.6758
Fatty acids, total saturated	% Cal	10.0000	5.4374	6.8294	68.2945	-2.5243
Cholesterol	mg		66.1519		N/A	
Potassium, K	mg	1,566.0000	1,763.8777		112.6359	197.8777
Vitamin A, RAE	mcg_RAE	300.0000	499.0714		166.3571	199.0714
Vitamin C, total ascorbic acid	mg	30.0000	84.7728		282.5760	54.7728
Calcium, Ca	mg	400.0000	700.4892		175.1223	300.4892
Vitamin B-6	mg	0.5660	1.1002		194.3816	0.5342
Vitamin B-12	mcg	0.8000	2.1451		268.1375	1.3451
Magnesium, Mg	mg	140.0000	177.6679		126.9056	37.6679
Zinc, Zn	mg	3.6000	4.4858		124.6056	0.8858
Fiber, total dietary	g	10.0000	14.0751		140.7510	4.0751
Vitamin A (RE)	RE	266.0000			614.5487	
Vit D	mcg		5.0185		N/A	
Vitamin E (alpha-tocopherol)	mg	5.0000	0.4969		9.9380	-4.5031
Thiamin	mg	0.4000	0.6747		168.6750	0.2747
Riboflavin	mg	0.4330	0.8793		203.0716	0.4463
Niacin	mg	5.3000	6.9885		131.8585	1.6885
Folate, total	mcg	133.0000	159.5519		119.9638	26.5519
Phosphorus, P	mg		517.7977		N/A	
Copper, Cu	mg		0.2094		N/A	
Manganese, Mn	mg		0.4914		N/A	
Selenium, Se	mcg		12.9013		N/A	
Iron, Fe	mg	3.3000	6.1789		187.2394	2.8789
Sugars, Total	g		24.9824		N/A	