



CENTRAL OFFICE

Scheduled Menu Week III (562)

Site: STP01 ST PETERSBURG

Serving Period: Lunch

Serving Line: 5 Day TMS

Menu: 19855 Fish NugtGarlicMash,Carrots FM 604

Nutrition Link	Description	Serving Size	Measure
900187	Orange Juice	1	4 Ounce
81070	Fish NugtGarlicMash,Carrots FM 604	1	1 Meal
900426	Whole Grain Bread	1	Slice
900030	Margarine Cup	1	Cup (5g)
990087	Sun Meadow Dairy Beverage	1	8 Ounces



CENTRAL OFFICE

Scheduled Menu Week III (562)

Nutrient	Units	Lunch Standard	Nutrient Values	% of Calories	% Nutrient Standard	Difference from Std.
Energy	kcal	685.0000	792.3523		115.6719	
Protein	g	19.0000	41.6332	21.0175	219.1221	
Sodium, Na	mg	800.0000	805.4554		100.6819	5.4554
Carbohydrate, by difference	g	95.0000	104.4369	52.7225	109.9336	
Total lipid (fat)	g	30.0000	28.0211	31.8280	106.0933	1.6094
Fatty acids, total saturated	% Cal	10.0000	3.8919	4.4206	44.2065	
Fatty acids, total trans	g	N/A	0.0074		N/A	
Cholesterol	mg	100.0000	64.9349		64.9349	
Potassium, K	mg	1566.0000	1619.4644		103.4141	
Vitamin A, RAE	mcg_RAE	300.0000	841.1303		280.3768	
Vitamin C, total ascorbic acid	mg	30.0000	87.2637		290.8790	
Calcium, Ca	mg	400.0000	725.9308		181.4827	
Vitamin B-6	mg	0.5660	1.3024		230.1060	
Vitamin B-12	mcg	0.8000	6.1245		765.5625	
Magnesium, Mg	mg	140.0000	175.6350		125.4536	
Zinc, Zn	mg	3.6000	2.7978		77.7167	-0.8022
Fiber, total dietary	g	10.0000	12.5893		125.8930	
Vitamin A, IU	IU	1666.0000	12899.541		774.2822	
Vit D	mcg	5.0000	5.1622		103.2440	
Thiamin	mg	0.4000	0.9702		242.5500	
Riboflavin	mg	0.4330	0.9745		225.0577	
Niacin	mg	5.3000	9.1274		172.2151	
Folate, total	mcg	133.0000	131.7227		99.0396	-1.2773
Phosphorus, P	mg	233.3000	663.5398		284.4148	
Copper, Cu	mg	300.0000	0.1467		0.0489	-299.8533
Manganese, Mn	mg	0.7660	0.1772		23.1332	-0.5888
Selenium, Se	mcg	18.3300	35.2017		192.0442	
Pantothenic acid	mg	1.6600	1.3137		79.1386	-0.3463
Vitamin K (phylloquinone)	mcg	40.0000	10.1426		25.3565	-29.8574
Iron, Fe	mg	2.6600	6.3610		239.1353	
Sugars, Total	g	N/A	26.1270		N/A	



CENTRAL OFFICE

Scheduled Menu Week III (562)

Site: STP01 ST PETERSBURG

Serving Period: Lunch

Serving Line: 5 Day TMS

Menu: 19881 Turkey,CornDrsg,Squash,FI Bean FM 465

Nutrition Link	Description	Serving Size	Measure
80826	Turky,CornDrsg,Squash,FI Bean FM 465	1	1 Meal
900426	Whole Grain Bread	1	Slice
900030	Margarine Cup	2	Cup (5g)
990087	Sun Meadow Dairy Beverage	1	8 Ounces



CENTRAL OFFICE

Scheduled Menu Week III (562)

Nutrient	Units	Lunch Standard	Nutrient Values	% of Calories	% Nutrient Standard	Difference from Std.
Energy	kcal	685.0000	696.9366		101.7426	
Protein	g	19.0000	45.4671	26.0954	239.3005	
Sodium, Na	mg	800.0000	913.9836		114.2480	113.9836
Carbohydrate, by difference	g	95.0000	101.2913	58.1352	106.6224	
Total lipid (fat)	g	30.0000	22.7565	29.3870	97.9565	
Fatty acids, total saturated	% Cal	10.0000	2.3810	3.0747	30.7474	
Fatty acids, total trans	g	N/A	0.0133		N/A	
Cholesterol	mg	100.0000	87.2170		87.2170	
Potassium, K	mg	1566.0000	1626.7927		103.8820	
Vitamin A, RAE	mcg_RAE	300.0000	912.9899		304.3300	
Vitamin C, total ascorbic acid	mg	30.0000	45.3073		151.0243	
Calcium, Ca	mg	400.0000	762.2196		190.5549	
Vitamin B-6	mg	0.5660	1.0637		187.9329	
Vitamin B-12	mcg	0.8000	2.3296		291.2000	
Magnesium, Mg	mg	140.0000	194.7660		139.1186	
Zinc, Zn	mg	3.6000	5.2364		145.4556	
Fiber, total dietary	g	10.0000	16.8352		168.3520	
Vitamin A, IU	IU	1666.0000	13839.077		830.6769	
Vit D	mcg	5.0000	5.0002		100.0040	
Thiamin	mg	0.4000	0.9129		228.2250	
Riboflavin	mg	0.4330	1.1546		266.6513	
Niacin	mg	5.3000	11.8620		223.8113	
Folate, total	mcg	133.0000	204.3811		153.6700	
Phosphorus, P	mg	233.3000	448.2054		192.1155	
Copper, Cu	mg	300.0000	0.2366		0.0789	-299.7634
Manganese, Mn	mg	0.7660	0.6369		83.1462	-0.1291
Selenium, Se	mcg	18.3300	17.7052		96.5914	-0.6248
Pantothenic acid	mg	1.6600	1.6218		97.6988	-0.0382
Vitamin K (phylloquinone)	mcg	40.0000	20.6541		51.6352	-19.3459
Iron, Fe	mg	2.6600	9.0549		340.4098	
Sugars, Total	g	N/A	16.3739		N/A	



**CENTRAL OFFICE**

**Scheduled Menu Week III (562)**

**Site:** STP01 ST PETERSBURG

**Serving Period:** Lunch

**Serving Line:** 5 Day TMS

**Menu:** 19883 Mac & Cheese,Carrot,Peas FM 620 VEG

<b>Nutrition Link</b>	<b>Description</b>	<b>Serving Size</b>	<b>Measure</b>
900191	Grape Juice	1	4 Ounce
80202	Mac & Cheese,Carrot,Peas FM 620 VEG	1	1 Meal
900426	Whole Grain Bread	1	Slice
900030	Margarine Cup	1	Cup (5g)
990087	Sun Meadow Dairy Beverage	1	8 Ounces



CENTRAL OFFICE

Scheduled Menu Week III (562)

Nutrient	Units	Lunch Standard	Nutrient Values	% of Calories	% Nutrient Standard	Difference from Std.
Energy	kcal	685.0000	780.9763		114.0111	
Protein	g	19.0000	40.6921	20.8417	214.1689	
Sodium, Na	mg	800.0000	811.9704		101.4963	11.9704
Carbohydrate, by difference	g	95.0000	119.1553	61.0289	125.4266	
Total lipid (fat)	g	30.0000	20.8362	24.0117	80.0390	
Fatty acids, total saturated	% Cal	10.0000	7.8196	9.0113	90.1134	
Fatty acids, total trans	g	N/A	0.1019		N/A	
Cholesterol	mg	100.0000	46.0320		46.0320	
Potassium, K	mg	1566.0000	1472.7415		94.0448	-93.2585
Vitamin A, RAE	mcg_RAE	300.0000	1243.7856		414.5952	
Vitamin C, total ascorbic acid	mg	30.0000	71.4330		238.1100	
Calcium, Ca	mg	400.0000	1151.5371		287.8843	
Vitamin B-6	mg	0.5660	0.9654		170.5654	
Vitamin B-12	mcg	0.8000	2.6090		326.1250	
Magnesium, Mg	mg	140.0000	192.7960		137.7114	
Zinc, Zn	mg	3.6000	5.8539		162.6083	
Fiber, total dietary	g	10.0000	16.9372		169.3720	
Vitamin A, IU	IU	1666.0000	18567.668		1114.5059	
Vit D	mcg	5.0000	8.4126		168.2520	
Thiamin	mg	0.4000	0.6284		157.1000	
Riboflavin	mg	0.4330	1.2231		282.4711	
Niacin	mg	5.3000	7.2932		137.6075	
Folate, total	mcg	133.0000	220.6533		165.9047	
Phosphorus, P	mg	233.3000	469.1272		201.0832	
Copper, Cu	mg	300.0000	0.2879		0.0960	-299.7121
Manganese, Mn	mg	0.7660	0.6188		80.7833	-0.1472
Selenium, Se	mcg	18.3300	28.7147		156.6541	
Pantothenic acid	mg	1.6600	1.1290		68.0120	-0.5310
Vitamin K (phylloquinone)	mcg	40.0000	35.8946		89.7365	-4.1054
Iron, Fe	mg	2.6600	7.1294		268.0226	
Sugars, Total	g	N/A	16.8513		N/A	



CENTRAL OFFICE

Scheduled Menu Week III (562)

Site: STP01 ST PETERSBURG

Serving Period: Lunch

Serving Line: 5 Day TMS

Menu: 22978 West Omelet PotObrienStrawApls FM 720

Nutrition Link	Description	Serving Size	Measure
900187	Orange Juice	1	4 Ounce
81214	West Omelet PotObrienStrawApls FM 720	1	1 Meal
900426	Whole Grain Bread	1	Slice
900030	Margarine Cup	1	Cup (5g)
990087	Sun Meadow Dairy Beverage	1	8 Ounces



CENTRAL OFFICE

Scheduled Menu Week III (562)

Nutrient	Units	Lunch Standard	Nutrient Values	% of Calories	% Nutrient Standard	Difference from Std.
Energy	kcal	685.0000	692.2225		101.0544	
Protein	g	19.0000	30.3695	17.5490	159.8395	
Sodium, Na	mg	800.0000	693.6499		86.7062	
Carbohydrate, by difference	g	95.0000	98.7113	57.0402	103.9066	
Total lipid (fat)	g	30.0000	22.7351	29.5593	98.5309	
Fatty acids, total saturated	% Cal	10.0000	3.6381	4.7301	47.3011	
Fatty acids, total trans	g	N/A	0.1025		N/A	
Cholesterol	mg	100.0000	250.2472		250.2472	150.2472
Potassium, K	mg	1566.0000	1674.5100		106.9291	
Vitamin A, RAE	mcg_RAE	300.0000	271.8173		90.6058	-28.1827
Vitamin C, total ascorbic acid	mg	30.0000	118.4334		394.7780	
Calcium, Ca	mg	400.0000	703.8835		175.9709	
Vitamin B-6	mg	0.5660	1.0105		178.5336	
Vitamin B-12	mcg	0.8000	2.0318		253.9750	
Magnesium, Mg	mg	140.0000	148.1799		105.8428	
Zinc, Zn	mg	3.6000	2.5867		71.8528	-1.0133
Fiber, total dietary	g	10.0000	12.3343		123.3430	
Vitamin A, IU	IU	1666.0000	1682.5380		100.9927	
Vit D	mcg	5.0000	7.3625		147.2500	
Thiamin	mg	0.4000	0.4399		109.9750	
Riboflavin	mg	0.4330	0.7200		166.2818	
Niacin	mg	5.3000	4.9202		92.8340	-0.3798
Folate, total	mcg	133.0000	187.4095		140.9094	
Phosphorus, P	mg	233.3000	322.5099		138.2383	
Copper, Cu	mg	300.0000	0.1309		0.0436	-299.8691
Manganese, Mn	mg	0.7660	0.2236		29.1906	-0.5424
Selenium, Se	mcg	18.3300	7.1963		39.2597	-11.1337
Pantothenic acid	mg	1.6600	1.1427		68.8373	-0.5173
Vitamin K (phylloquinone)	mcg	40.0000	0.6052		1.5130	-39.3948
Iron, Fe	mg	2.6600	4.9863		187.4549	
Sugars, Total	g	N/A	26.1116		N/A	





CENTRAL OFFICE

Scheduled Menu Analysis Week III (562)

Site: STP01 ST PETERSBURG

Serving Period: Lunch

Serving Line: 5 Day TMS

Menu: 19867 Meatloaf,StewTom,SkinDicePotat FM 338

Nutrition Link	Description	Serving Size	Measure
80799	Meatloaf,StewTom,SkinDicePotat FM 338	1	1 Meal
900426	Whole Grain Bread	1	Slice
900030	Margarine Cup	1	Cup (5g)
900299	Pineapple Cup	1	4 Ounce
990087	Sun Meadow Dairy Beverage	1	8 Ounces



CENTRAL OFFICE

Scheduled Menu Analysis Week III (562)

Nutrient	Units	Lunch Standard	Nutrient Values	% of Calories	% Nutrient Standard	Difference from Std.
Energy	kcal	685.0000	751.7018		109.7375	
Protein	g	19.0000	35.5695	18.9275	187.2079	
Sodium, Na	mg	800.0000	650.6516		81.3314	
Carbohydrate, by difference	g	95.0000	95.9319	51.0478	100.9809	
Total lipid (fat)	g	30.0000	27.9095	33.4156	111.3853	2.8528
Fatty acids, total saturated	% Cal	10.0000	7.1617	8.5746	85.7458	
Fatty acids, total trans	g	N/A	0.0874		N/A	
Cholesterol	mg	100.0000	67.3854		67.3854	
Potassium, K	mg	1566.0000	1973.2505		126.0058	
Vitamin A, RAE	mcg_RAE	300.0000	232.1527		77.3842	-67.8473
Vitamin C, total ascorbic acid	mg	30.0000	91.3163		304.3877	
Calcium, Ca	mg	400.0000	648.2662		162.0666	
Vitamin B-6	mg	0.5660	1.0887		192.3498	
Vitamin B-12	mcg	0.8000	2.7484		343.5500	
Magnesium, Mg	mg	140.0000	176.2505		125.8932	
Zinc, Zn	mg	3.6000	5.5353		153.7583	
Fiber, total dietary	g	10.0000	12.9577		129.5770	
Vitamin A, IU	IU	1666.0000	1632.7948		98.0069	-33.2052
Vit D	mcg	5.0000	5.0002		100.0040	
Thiamin	mg	0.4000	0.4655		116.3750	
Riboflavin	mg	0.4330	0.8385		193.6490	
Niacin	mg	5.3000	6.7858		128.0340	
Folate, total	mcg	133.0000	155.2469		116.7270	
Phosphorus, P	mg	233.3000	398.2915		170.7207	
Copper, Cu	mg	300.0000	0.0274		0.0091	-299.9726
Manganese, Mn	mg	0.7660	0.0170		2.2193	-0.7490
Selenium, Se	mcg	18.3300	5.4782		29.8865	-12.8518
Pantothenic acid	mg	1.6600	0.8391		50.5482	-0.8209
Vitamin K (phylloquinone)	mcg	40.0000	1.0714		2.6785	-38.9286
Iron, Fe	mg	2.6600	6.8932		259.1429	
Sugars, Total	g	N/A	27.3423		N/A	



CENTRAL OFFICE

Scheduled Menu Analysis Week III (562)

Average Nutrient Analysis For Menus for Site: STP01 ST PETERSBURG

Serving Period: Lunch

Nutrient	Units	Lunch Standard	Nutrient Values	% of Calories	% Nutrient Standard	Difference from Std.
Energy	kcal	685.0000	742.8379		108.4435	57.8379
Protein	g	19.0000	38.7463	20.8639	203.9279	19.7463
Sodium, Na	mg	800.0000	775.1422		96.8928	-24.8578
Carbohydrate, by difference	g	95.0000	103.9053	55.9505	109.3740	8.9053
Total lipid (fat)	g	30.0000	24.4517	29.6249	98.7498	-0.3096
Fatty acids, total saturated	% Cal	10.0000	4.9785	6.0318	60.3180	-3.2753
Fatty acids, total trans	g		0.0625		N/A	
Cholesterol	mg	100.0000	103.1633		103.1633	3.1633
Potassium, K	mg	1,566.0000	1,673.3518		106.8552	107.3518
Vitamin A, RAE	mcg_RAE	300.0000	700.3752		233.4584	400.3752
Vitamin C, total ascorbic acid	mg	30.0000	82.7507		275.8357	52.7507
Calcium, Ca	mg	400.0000	798.3674		199.5918	398.3674
Vitamin B-6	mg	0.5660	1.0861		191.8905	0.5201
Vitamin B-12	mcg	0.8000	3.1687		396.0875	2.3687
Magnesium, Mg	mg	140.0000	177.5255		126.8039	37.5255
Zinc, Zn	mg	3.6000	4.4020		122.2778	0.8020
Fiber, total dietary	g	10.0000	14.3307		143.3070	4.3307
Vitamin A, IU	IU	1,666.0000	9,724.3241		583.6929	
Vit D	mcg	5.0000	6.1875		123.7500	1.1875
Thiamin	mg	0.4000	0.6834		170.8500	0.2834
Riboflavin	mg	0.4330	0.9821		226.8129	0.5491
Niacin	mg	5.3000	7.9977		150.9000	2.6977
Folate, total	mcg	133.0000	179.8827		135.2502	46.8827
Phosphorus, P	mg	233.3000	460.3348		197.3145	227.0348
Copper, Cu	mg	300.0000	0.1659		0.0553	-299.8341
Manganese, Mn	mg	0.7660	0.3347		43.6945	-0.4313
Selenium, Se	mcg	18.3300	18.8592		102.8871	0.5292
Pantothenic acid	mg	1.6600	1.2093		72.8494	-0.4507
Vitamin K (phylloquinone)	mcg	40.0000	13.6736		34.1840	-26.3264
Iron, Fe	mg	2.6600	6.8850		258.8346	4.2250
Sugars, Total	g		22.5612		N/A	