

Unit : MOW Week 1
 Service Date : Monday, December 23, 2019
 Meal Period : LUNCH
 Customer Count : 210

1476 Total Calories
21.2 % Calories from Protein
48.7 % Calories from Carbohydrates
30.4 % Calories from Fat
8.7 (%Saturated Fat)

Report for Nutritional Goal:

Basic Nutrition Information

Service Item Portion Count	Serving Size	KCAL KCAL	PRO Gram	FAT Gram	CHO Gram	NA MG	K MG	P MG	CHOL MG	SFA Gram	TDFB Gram	SUGR Gram								
BEET AND CHICK	Svg (3.9 Oz)	107	1.7	5.3	13	159	208.6	34.41	0	0.7	1.8	7.9								
** 210	% of Goal :																			
CUCUMBER TOM	Svg (3.4 Oz)	24	0.7	0.1	5	58.9	232.6	18.78	0	0	0.9	4								
** 210	% of Goal :																			
CHICKEN PARME	Svg (5.6 oz)	239	27.5	7.3	14	288.8	433	279.06	64.1	1.8	1	3.2								
** 210	% of Goal :																			
EGG SLD MM	Scoop (3.4	157	14.6	10.9	1	368.5	108.7	131.47	267.2	3.1	0	0								
** 210	% of Goal :																			
PENNE PLAIN	Svg (3.5 oz)	175	6.1	0.9	35	0	0	0	0	0	0.9	0.9								
** 210	% of Goal :																			
YELLOW SQUASH	Svg (4 Oz)	103	1.1	8.2	7	49.5	258.7	47.83	0	0.6	1.6	1.2								
** 210	% of Goal :																			
Multig Bread MM	Slice (1.6 O	110	5	1	21	115	107.8		0	0	4	3								
** 420	% of Goal :																			
HONEY WHEAT R	Svg (1.25 O	80	3	1.5	14	70			0	0	2	2								
** 210	% of Goal :																			
Stby Applesauce	Ind (4.5 Oz)	60	0	0	15	10	70		0	0	2	12								
** 210	% of Goal :																			
APPLE CRISP MM	Svg (4.0 Oz)	197	2.3	7	32	79.3	100.6	64.3	17.1	4.1	2.2	29.4								
** 210	% of Goal :																			
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11								
** 210	% of Goal :																			
MILK SKIM	Ctn (8 Oz)	80	8	0	11	120	376.5	228.84	5	0	0	11								
** 210	% of Goal :																			

*** Indicates that less than 2% of the goal requirements for this nutrient are provided.

*** Indicates the selected items used in nutritional totals.

Courses selected: Selected All

Unit : MOW Week 1
 Service Date : Monday, December 23, 2019
 Meal Period : LUNCH
 Customer Count : 210

1476 Total Calories
21.2 % Calories from Protein
48.7 % Calories from Carbohydrates
30.4 % Calories from Fat
8.7 (%Saturated Fat)

Report for Nutritional Goal:

Basic Nutrition Information

Service Item Portion Count	Serving Size	KCAL KCAL	PRO Gram	FAT Gram	CHO Gram	NA MG	K MG	P MG	CHOL MG	SFA Gram	TDFB Gram	SUGR Gram								
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0									
** 210	% of Goal :																			
LEAF LETTUCE	Svg (.64 Oz)	3	0.2	0.1	1	1.6	47.9	4.54	0	0	0.3									
** 210	% of Goal :																			
Meal Total:	Amount:	1476	78.3	49.8	180	1470.6	2295.3	1024.9	378.3	14.3	16.7	85.6								
	% of Goal:																			

'*' Indicates that less than 2% of the goal requirements for this nutrient are provided.

'***' Indicates the selected items used in nutritional totals.

Courses selected:Selected All

Unit : MOW Week 1
 Service Date : Monday, December 23, 2019
 Meal Period : VEGETARIAN
 Customer Count : 20

1445 Total Calories
16.9 % Calories from Protein
54.2 % Calories from Carbohydrates
30.8 % Calories from Fat
8.3 (%Saturated Fat)

Report for Nutritional Goal:

Basic Nutrition Information

Service Item Portion Count	Serving Size	KCAL KCAL	PRO Gram	FAT Gram	CHO Gram	NA MG	K MG	P MG	CHOL MG	SFA Gram	TDFB Gram	SUGR Gram								
BEET AND CHICK	Svg (3.9 Oz)	107	1.7	5.3	13	159	208.6	34.41	0	0.7	1.8	7.9								
** 20	% of Goal :																			
CUCUMBER TOM	Svg (3.4 Oz)	24	0.7	0.1	5	58.9	232.6	18.78	0	0	0.9	4								
** 20	% of Goal :																			
STIR FRY V	Svg (12.8 O	383	16.4	7.7	65	624.2	664	222.78	0	0.8	6.8	25.6								
** 20	% of Goal :																			
EGG SLD MM	Scoop (3.4	157	14.6	10.9	1	368.5	108.7	131.47	267.2	3.1	0	0								
** 20	% of Goal :																			
YELLOW SQUASH	Svg (4 Oz)	103	1.1	8.2	7	49.5	258.7	47.83	0	0.6	1.6	1.2								
** 20	% of Goal :																			
Multig Bread MM	Slice (1.6 O	110	5	1	21	115	107.8		0	0	4	3								
** 20	% of Goal :																			
HONEY WHEAT R	Svg (1.25 O	80	3	1.5	14	70			0	0	2	2								
** 20	% of Goal :																			
Stby Applesauce	Ind (4.5 Oz)	60	0	0	15	10	70		0	0	2	12								
** 20	% of Goal :																			
APPLE CRISP MM	Svg (4.0 Oz)	197	2.3	7	32	79.3	100.6	64.3	17.1	4.1	2.2	29.4								
** 20	% of Goal :																			
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11								
** 20	% of Goal :																			
MILK SKIM	Ctn (8 Oz)	80	8	0	11	120	376.5	228.84	5	0	0	11								
** 20	% of Goal :																			
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0									
** 20	% of Goal :																			

*** Indicates that less than 2% of the goal requirements for this nutrient are provided.

*** Indicates the selected items used in nutritional totals.

Courses selected: Selected All

Unit : MOW Week 1
 Service Date : Monday, December 23, 2019
 Meal Period : VEGETARIAN
 Customer Count : 20

1445 Total Calories
16.9 % Calories from Protein
54.2 % Calories from Carbohydrates
30.8 % Calories from Fat
8.3 (%Saturated Fat)

Report for Nutritional Goal:

Basic Nutrition Information

Service Item		Serving	KCAL	PRO	FAT	CHO	NA	K	P	CHOL	SFA	TDFB	SUGR							
Portion Count		Size	KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram							
LEAF LETTUCE		Svg (.64 Oz	3	0.2	0.1	1	1.6	47.9	4.54	0	0	0.3								
**	20	% of Goal :																		
Meal Total:		Amount:	1445	61.1	49.4	196	1806	2526.4	968.62	314.3	13.3	21.6	107.1							
		% of Goal:																		

*** Indicates that less than 2% of the goal requirements for this nutrient are provided.

*** Indicates the selected items used in nutritional totals.

Courses selected:Selected All

Unit : MOW Week 1
 Service Date : Tuesday, December 24, 2019
 Meal Period : LUNCH
 Customer Count : 210

1309 Total Calories
19.2 % Calories from Protein
49.7 % Calories from Carbohydrates
29.8 % Calories from Fat
9.2 (%Saturated Fat)

Report for Nutritional Goal:

Basic Nutrition Information

Service Item Portion Count	Serving Size	KCAL KCAL	PRO Gram	FAT Gram	CHO Gram	NA MG	K MG	P MG	CHOL MG	SFA Gram	TDFB Gram	SUGR Gram								
LF GAR/CU MM	1/2 Cup (4 c	61	2.5	1.4	10	99	202	15.73	0	0.1	3	2.1								
** 210	% of Goal :																			
MAC AND CHE	Svg (6.7 Oz)	285	11.8	10.5	35	339.4	80.6	149.99	25	5.7	1.4	2.3								
** 210	% of Goal :																			
SLIV TURKEY	Svg (2 Oz)	70	13	1	0	190			35	0	0	0								
** 210	% of Goal :																			
CELERY STICKS	Svg (2.1 Oz)	8	0	0	2	61	151.6	14	0	0	1.1	1.1								
** 210	% of Goal :																			
PEAS AND CARR	Svg (3.1 oz)	59	2	0	9	29.6	172.1	53.24	0	0	3	3.9								
** 210	% of Goal :																			
BUN WHEAT 4"	Each	145	7	1	28	152			0	0	5	3.9								
** 210	% of Goal :																			
WHOLE WHEAT R	Roll (1.5 oz)	100	4	1.5	18	170			0	0	1	2								
** 210	% of Goal :																			
FRESH PINEAPPL	Svg (4 Oz)	56	0.4	0.5	14	1.1	128.1	7.94	0	0	1.4	11.3								
** 210	% of Goal :																			
RED GRAPES MM	Svg (4 Oz)	72	0.9	0	20	0	216	11.34	0	0	0.9	18								
** 210	% of Goal :																			
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11								
** 210	% of Goal :																			
MILK SKIM	Ctn (8 Oz)	80	8	0	11	120	376.5	228.84	5	0	0	11								
** 210	% of Goal :																			
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0									
** 210	% of Goal :																			

*** Indicates that less than 2% of the goal requirements for this nutrient are provided.

*** Indicates the selected items used in nutritional totals.

Courses selected:Selected All

Unit : MOW Week 1
 Service Date : Tuesday, December 24, 2019
 Meal Period : LUNCH
 Customer Count : 210

1309 Total Calories
19.2 % Calories from Protein
49.7 % Calories from Carbohydrates
29.8 % Calories from Fat
9.2 (%Saturated Fat)

Report for Nutritional Goal:

Basic Nutrition Information

Service Item Portion Count	Serving Size	KCAL KCAL	PRO Gram	FAT Gram	CHO Gram	NA MG	K MG	P MG	CHOL MG	SFA Gram	TDFB Gram	SUGR Gram								
PEANUT BUTTER	Pkt	140	5	11	4	105	120	0	0	2	1	2								
** 210	% of Goal :																			
LEAF LETTUCE	Svg (.64 Oz)	3	0.2	0.1	1	1.6	47.9	4.54	0	0	0.3									
** 210	% of Goal :																			
MAYONNAISE	Pkt	90	0	9	0	60	0		10	1.5	0	0								
** 210	% of Goal :																			
Meal Total:	Amount:	1309	62.9	43.4	163	1478.7	1845.8	701.28	100	13.3	18	68.7								
	% of Goal:																			

*** Indicates that less than 2% of the goal requirements for this nutrient are provided.

*** Indicates the selected items used in nutritional totals.

Courses selected: Selected All

Unit : MOW Week 1
 Service Date : Tuesday, December 24, 2019
 Meal Period : VEGETARIAN
 Customer Count : 20

1408 Total Calories
19.2 % Calories from Protein
54.7 % Calories from Carbohydrates
26.0 % Calories from Fat
5.4 (%Saturated Fat)

Report for Nutritional Goal:

Basic Nutrition Information

Service Item Portion Count	Serving Size	KCAL KCAL	PRO Gram	FAT Gram	CHO Gram	NA MG	K MG	P MG	CHOL MG	SFA Gram	TDFB Gram	SUGR Gram								
LF GAR/CU MM	1/2 Cup (4 c	61	2.5	1.4	10	99	202	15.73	0	0.1	3	2.1								
** 20	% of Goal :																			
STIR FRY V	Svg (12.8 O	383	16.4	7.7	65	624.2	664	222.78	0	0.8	6.8	25.6								
** 20	% of Goal :																			
SLIV TURKEY	Svg (2 Oz)	70	13	1	0	190			35	0	0	0								
** 20	% of Goal :																			
CELERY STICKS	Svg (2.1 Oz)	8	0	0	2	61	151.6	14	0	0	1.1	1.1								
** 20	% of Goal :																			
PEAS AND CARR	Svg (3.1 oz)	59	2	0	9	29.6	172.1	53.24	0	0	3	3.9								
** 20	% of Goal :																			
BUN WHEAT 4"	Each	145	7	1	28	152			0	0	5	3.9								
** 20	% of Goal :																			
WHOLE WHEAT R	Roll (1.5 oz)	100	4	1.5	18	170			0	0	1	2								
** 20	% of Goal :																			
FRESH PINEAPPL	Svg (4 Oz)	56	0.4	0.5	14	1.1	128.1	7.94	0	0	1.4	11.3								
** 20	% of Goal :																			
RED GRAPES MM	Svg (4 Oz)	72	0.9	0	20	0	216	11.34	0	0	0.9	18								
** 20	% of Goal :																			
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11								
** 20	% of Goal :																			
MILK SKIM	Ctn (8 Oz)	80	8	0	11	120	376.5	228.84	5	0	0	11								
** 20	% of Goal :																			
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0									
** 20	% of Goal :																			

*** Indicates that less than 2% of the goal requirements for this nutrient are provided.

*** Indicates the selected items used in nutritional totals.

Courses selected:Selected All

Unit : MOW Week 1
 Service Date : Tuesday, December 24, 2019
 Meal Period : VEGETARIAN
 Customer Count : 20

1408 Total Calories
19.2 % Calories from Protein
54.7 % Calories from Carbohydrates
26.0 % Calories from Fat
5.4 (%Saturated Fat)

Report for Nutritional Goal:

Basic Nutrition Information

Service Item Portion Count	Serving Size	KCAL KCAL	PRO Gram	FAT Gram	CHO Gram	NA MG	K MG	P MG	CHOL MG	SFA Gram	TDFB Gram	SUGR Gram								
PEANUT BUTTER	Pkt	140	5	11	4	105	120	0	0	2	1	2								
** 20	% of Goal :																			
LEAF LETTUCE	Svg (.64 Oz)	3	0.2	0.1	1	1.6	47.9	4.54	0	0	0.3									
** 20	% of Goal :																			
MAYONNAISE	Pkt	90	0	9	0	60	0		10	1.5	0	0								
** 20	% of Goal :																			
Meal Total:	Amount:	1408	67.5	40.6	192	1763.5	2429.2	774.07	75	8.4	23.4	92								
	% of Goal:																			

*** Indicates that less than 2% of the goal requirements for this nutrient are provided.

*** Indicates the selected items used in nutritional totals.

Courses selected: Selected All

Unit : MOW Week 1
 Service Date : Wednesday, December 25, 2019
 Meal Period : LUNCH
 Customer Count : 210

1209 Total Calories
22.8 % Calories from Protein
50.8 % Calories from Carbohydrates
25.6 % Calories from Fat
9.1 (%Saturated Fat)

Report for Nutritional Goal:

Basic Nutrition Information

Service Item Portion Count	Serving Size	KCAL KCAL	PRO Gram	FAT Gram	CHO Gram	NA MG	K MG	P MG	CHOL MG	SFA Gram	TDFB Gram	SUGR Gram							
CUKE SLD MM	Svg (2.4 Oz)	52	0.5	4.5	3	95.3	106.9	14.78	0	0.3	0.6	1.4							
** 210	% of Goal :																		
BEEF WRAP MM	Wrap (6 Oz)	339	22.5	15.6	26	531.3	285	128.16	55.9	6.8	1.5	1.1							
** 210	% of Goal :																		
STIR FRY C	Svg (10.8 oz)	331	25.3	5.3	44	471.3	194.1	60.76	0	1.1	2.7	14.7							
** 210	% of Goal :																		
CARROT BABY M	Svg (1.4 oz)	15	0.3	0	4	27.4	108.5	14.78	0	0	1.2	1.8							
** 210	% of Goal :																		
WHOLE WHEAT R	Roll (1.5 oz)	100	4	1.5	18	170			0	0	1	2							
** 210	% of Goal :																		
PEACHES DICED	Svg (4.3 Oz)	68	0	0	16	0	97.5		0	0	2	10.7							
** 210	% of Goal :																		
SEASONAL FRES	Each	84	0.4	0	21	0.9			0	0									
** 210	% of Goal :																		
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11							
** 210	% of Goal :																		
MILK SKIM	Ctn (8 Oz)	80	8	0	11	120	376.5	228.84	5	0	0	11							
** 210	% of Goal :																		
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0								
** 210	% of Goal :																		
Meal Total:	Amount:	1209	69	34.5	153	1566.2	1519.5	663.01	85.9	12.3	9	53.6							
	% of Goal:																		

*** Indicates that less than 2% of the goal requirements for this nutrient are provided.

*** Indicates the selected items used in nutritional totals.

Courses selected: Selected All

Unit : MOW Week 1
 Service Date : Wednesday, December 25, 2019
 Meal Period : VEGETARIAN
 Customer Count : 20

1243 Total Calories
19.7 % Calories from Protein
55.0 % Calories from Carbohydrates
26.7 % Calories from Fat
8.6 (%Saturated Fat)

Report for Nutritional Goal:

Basic Nutrition Information

Service Item Portion Count	Serving Size	KCAL KCAL	PRO Gram	FAT Gram	CHO Gram	NA MG	K MG	P MG	CHOL MG	SFA Gram	TDFB Gram	SUGR Gram							
CUKE SLD MM	Svg (2.4 Oz)	52	0.5	4.5	3	95.3	106.9	14.78	0	0.3	0.6	1.4							
** 20	% of Goal :																		
BEEF WRAP MM	Wrap (6 Oz)	339	22.5	15.6	26	531.3	285	128.16	55.9	6.8	1.5	1.1							
** 20	% of Goal :																		
STIR FRY V	Svg (12.8 Oz)	383	16.4	7.7	65	624.2	664	222.78	0	0.8	6.8	25.6							
** 20	% of Goal :																		
CARROT BABY M	Svg (1.4 oz)	15	0.3	0	4	27.4	108.5	14.78	0	0	1.2	1.8							
** 20	% of Goal :																		
WHOLE WHEAT R	Roll (1.5 oz)	100	4	1.5	18	170			0	0	1	2							
** 20	% of Goal :																		
PEACH SLC MM	1/2 Cup (4 c)	50	1	0	12	0	205.8	14.05	0	0	1	10							
** 20	% of Goal :																		
SEASONAL FRES	Each	84	0.4	0	21	0.9			0	0									
** 20	% of Goal :																		
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11							
** 20	% of Goal :																		
MILK SKIM	Ctn (8 Oz)	80	8	0	11	120	376.5	228.84	5	0	0	11							
** 20	% of Goal :																		
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0								
** 20	% of Goal :																		
Meal Total:	Amount:	1243	61.1	36.9	171	1719.1	2097.7	839.08	85.9	11.9	12.1	63.9							
	% of Goal:																		

*** Indicates that less than 2% of the goal requirements for this nutrient are provided.

*** Indicates the selected items used in nutritional totals.

Courses selected: Selected All

Unit : MOW Week 1
 Service Date : Thursday, December 26, 2019
 Meal Period : LUNCH
 Customer Count : 210

1302 Total Calories
22.4 % Calories from Protein
53.1 % Calories from Carbohydrates
25.8 % Calories from Fat
10.1 (%Saturated Fat)

Report for Nutritional Goal:

Basic Nutrition Information

Service Item Portion Count	Serving Size	KCAL KCAL	PRO Gram	FAT Gram	CHO Gram	NA MG	K MG	P MG	CHOL MG	SFA Gram	TDFB Gram	SUGR Gram								
LETTUCE/TOMAT	Svg (2.2 Oz)	15	0.6	0.2	3	4.7	135.3	15.57	0	0	0.8	1.5								
** 210	% of Goal :																			
SALAD THREE BE	1/2 Cup (3 OZ)	64	1.4	0.7	12	148.8	90.1		0	0	1.4	7.8								
** 210	% of Goal :																			
PORK APP/CRAN	SVG (4.9 Oz)	210	14.3	6.3	24	107.2	317.9	161.91	43.4	2.2	1.8	27.2								
** 210	% of Goal :																			
TUNA SLD MIX M	Svg (3.36 Oz)	111	18.1	4	1	348.3	166.5	2.29	30.1	0.5	0.1	0.2								
** 210	% of Goal :																			
APPLE BREAD DF	Svg (3.7 Oz)	216	4.2	8.9	28	177.2	206.3	60.05	19.4	3.1	1.7	4.1								
** 210	% of Goal :																			
SPINACH GRATIN	Svg (4 oz)	124	8	6.3	10	284.8	296.9	158	16	3.2	1	0.3								
** 210	% of Goal :																			
BUN WHEAT 4"	Each	145	7	1	28	152			0	0	5	3.9								
** 210	% of Goal :																			
BANANA	Whole	108	1.3	0.4	28	1.2	433	26.61	0	0.1	3.1	14.8								
** 210	% of Goal :																			
COOKIE OATMEA	Svg (1 Oz)	110	2	4.5	17	115			10	2	1	9								
** 210	% of Goal :																			
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11								
** 210	% of Goal :																			
MILK SKIM	Ctn (8 Oz)	80	8	0	11	120	376.5	228.84	5	0	0	11								
** 210	% of Goal :																			
Meal Total:	Amount:	1302	72.9	37.4	173	1579.2	2371.5	868.96	148.9	14.7	16	90.9								
	% of Goal:																			

*** Indicates that less than 2% of the goal requirements for this nutrient are provided.

*** Indicates the selected items used in nutritional totals.

Courses selected: Selected All

Unit : MOW Week 1
 Service Date : Thursday, December 26, 2019
 Meal Period : VEGETARIAN
 Customer Count : 20

1475 Total Calories
20.4 % Calories from Protein
58.1 % Calories from Carbohydrates
23.7 % Calories from Fat
8.1 (%Saturated Fat)

Report for Nutritional Goal:

Basic Nutrition Information

Service Item Portion Count	Serving Size	KCAL KCAL	PRO Gram	FAT Gram	CHO Gram	NA MG	K MG	P MG	CHOL MG	SFA Gram	TDFB Gram	SUGR Gram								
LETTUCE/TOMATO	Svg (2.2 Oz)	15	0.6	0.2	3	4.7	135.3	15.57	0	0	0.8	1.5								
** 20	% of Goal :																			
SALAD THREE BE	1/2 Cup (3 Oz)	64	1.4	0.7	12	148.8	90.1		0	0	1.4	7.8								
** 20	% of Goal :																			
STIR FRY V	Svg (12.8 Oz)	383	16.4	7.7	65	624.2	664	222.78	0	0.8	6.8	25.6								
** 20	% of Goal :																			
TUNA SLD MIX M	Svg (3.36 Oz)	111	18.1	4	1	348.3	166.5	2.29	30.1	0.5	0.1	0.2								
** 20	% of Goal :																			
APPLE BREAD DF	Svg (3.7 Oz)	216	4.2	8.9	28	177.2	206.3	60.05	19.4	3.1	1.7	4.1								
** 20	% of Goal :																			
SPINACH GRATIN	Svg (4 oz)	124	8	6.3	10	284.8	296.9	158	16	3.2	1	0.3								
** 20	% of Goal :																			
BUN WHEAT 4"	Each	145	7	1	28	152			0	0	5	3.9								
** 20	% of Goal :																			
BANANA	Whole	108	1.3	0.4	28	1.2	433	26.61	0	0.1	3.1	14.8								
** 20	% of Goal :																			
COOKIE OATMEAL	Svg (1 Oz)	110	2	4.5	17	115			10	2	1	9								
** 20	% of Goal :																			
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11								
** 20	% of Goal :																			
MILK SKIM	Ctn (8 Oz)	80	8	0	11	120	376.5	228.84	5	0	0	11								
** 20	% of Goal :																			
Meal Total:	Amount:	1475	75.1	38.8	214	2096.2	2717.6	929.82	105.6	13.2	20.9	89.2								
	% of Goal:																			

*** Indicates that less than 2% of the goal requirements for this nutrient are provided.

*** Indicates the selected items used in nutritional totals.

Courses selected: Selected All

Unit : MOW Week 1
 Service Date : Friday, December 27, 2019
 Meal Period : LUNCH
 Customer Count : 210

1006 Total Calories
21.7 % Calories from Protein
51.2 % Calories from Carbohydrates
27.9 % Calories from Fat
6.8 (%Saturated Fat)

Report for Nutritional Goal:

Basic Nutrition Information

Service Item Portion Count	Serving Size	KCAL KCAL	PRO Gram	FAT Gram	CHO Gram	NA MG	K MG	P MG	CHOL MG	SFA Gram	TDFB Gram	SUGR Gram								
COLESLAW	Svg (3 Oz)	65	0.9	2.6	11	184.1	61.8	16.16	0.4	0.4	1.5	7.5								
** 210	% of Goal :																			
VEGS FR CUT	Svg (3.2 Oz)	21	0.4	0	5	64.9	222.1	25.89	0	0	1.9	2.7								
** 210	% of Goal :																			
COD POTATO CR	Svg (4 Oz)	153	16.1	6.6	7	299.3			36.5	1.1	0	0								
** 210	% of Goal :																			
DRESSING RANC	Pkt	30	0	2.5	2	55	50		5	0	0	1								
** 210	% of Goal :																			
HAM SLIVERED	Svg (2 Oz)	61	9.1	2	1	577.1			25.3	0.5	0	0								
** 210	% of Goal :																			
BROCCOLI & CAR	Svg (3.2 Oz)	29	1.9	0.1	6	39.1	152.4	35.55	0	0	3									
** 210	% of Goal :																			
WHEAT BREAD	Slice	73	4	0.3	14	77			0	0	3	2								
** 420	% of Goal :																			
RUSTIC FRENCH	Ea (2 oz)	120	5	0.5	25	300			0	0	1	0								
** 210	% of Goal :																			
GRAPES FR MM	Svg (4 Oz)	72	0.9	0	20	0	216	11.34	0	0	0.9	18								
** 210	% of Goal :																			
PEARS DICED MM	Svg (4.3 Oz)	68	0	0	16	0	97.5		0	0	2	10.7								
** 210	% of Goal :																			
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11								
** 210	% of Goal :																			
MILK SKIM	Ctn (8 Oz)	80	8	0	11	120	376.5	228.84	5	0	0	11								
** 210	% of Goal :																			

*** Indicates that less than 2% of the goal requirements for this nutrient are provided.

*** Indicates the selected items used in nutritional totals.

Courses selected: Selected All

Unit : MOW Week 1
 Service Date : Friday, December 27, 2019
 Meal Period : LUNCH
 Customer Count : 210

1006 Total Calories
21.7 % Calories from Protein
51.2 % Calories from Carbohydrates
27.9 % Calories from Fat
6.8 (%Saturated Fat)

Report for Nutritional Goal:

Basic Nutrition Information

Service Item Portion Count	Serving Size	KCAL KCAL	PRO Gram	FAT Gram	CHO Gram	NA MG	K MG	P MG	CHOL MG	SFA Gram	TDFB Gram	SUGR Gram								
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0									
** 210	% of Goal :																			
MUSTARD	Pkt	0	0	0	0	85	5	5	0	0	0	0								
** 210	% of Goal :																			
LEAF LETTUCE	Svg (.64 Oz)	3	0.2	0.1	1	1.6	47.9	4.54	0	0	0.3									
** 210	% of Goal :																			
MAYONNAISE	Pkt	90	0	9	0	60	0		10	1.5	0	0								
** 210	% of Goal :																			
Meal Total:	Amount:	1006	54.5	31.1	129	2013.2	1580.1	542.98	107.2	7.6	13.5	63.9								
	% of Goal:																			

*** Indicates that less than 2% of the goal requirements for this nutrient are provided.

*** Indicates the selected items used in nutritional totals.

Courses selected:Selected All

Unit : MOW Week 1
 Service Date : Friday, December 27, 2019
 Meal Period : VEGETARIAN
 Customer Count : 20

1226 Total Calories
17.9 % Calories from Protein
60.6 % Calories from Carbohydrates
23.7 % Calories from Fat
5.3 (%Saturated Fat)

Report for Nutritional Goal:

Basic Nutrition Information

Service Item Portion Count	Serving Size	KCAL KCAL	PRO Gram	FAT Gram	CHO Gram	NA MG	K MG	P MG	CHOL MG	SFA Gram	TDFB Gram	SUGR Gram								
COLESLAW	Svg (3 Oz)	65	0.9	2.6	11	184.1	61.8	16.16	0.4	0.4	1.5	7.5								
** 20	% of Goal :																			
VEGS FR CUT	Svg (3.2 Oz)	21	0.4	0	5	64.9	222.1	25.89	0	0	1.9	2.7								
** 20	% of Goal :																			
STIR FRY V	Svg (12.8 O	383	16.4	7.7	65	624.2	664	222.78	0	0.8	6.8	25.6								
** 20	% of Goal :																			
DRESSING RANC	Pkt	30	0	2.5	2	55	50		5	0	0	1								
** 20	% of Goal :																			
HAM SLIVERED	Svg (2 Oz)	61	9.1	2	1	577.1			25.3	0.5	0	0								
** 20	% of Goal :																			
BROCCOLI & CAR	Svg (3.2 Oz)	29	1.9	0.1	6	39.1	152.4	35.55	0	0	3									
** 20	% of Goal :																			
WHEAT BREAD	Slice	73	4	0.3	14	77			0	0	3	2								
** 40	% of Goal :																			
RUSTIC FRENCH	Ea (2 oz)	120	5	0.5	25	300			0	0	1	0								
** 20	% of Goal :																			
GRAPES FR MM	Svg (4 Oz)	72	0.9	0	20	0	216	11.34	0	0	0.9	18								
** 20	% of Goal :																			
PEAR SLICES MM	Svg (3.6 Oz)	58	0	0	14	8.3	47.5		0	0	0.8	12.5								
** 20	% of Goal :																			
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11								
** 20	% of Goal :																			
MILK SKIM	Ctn (8 Oz)	80	8	0	11	120	376.5	228.84	5	0	0	11								
** 20	% of Goal :																			

*** Indicates that less than 2% of the goal requirements for this nutrient are provided.

*** Indicates the selected items used in nutritional totals.

Courses selected: Selected All

Unit : MOW Week 1
 Service Date : Friday, December 27, 2019
 Meal Period : VEGETARIAN
 Customer Count : 20

1226 Total Calories
17.9 % Calories from Protein
60.6 % Calories from Carbohydrates
23.7 % Calories from Fat
5.3 (%Saturated Fat)

Report for Nutritional Goal:

Basic Nutrition Information

Service Item	Serving Size	KCAL	PRO	FAT	CHO	NA	K	P	CHOL	SFA	TDFB	SUGR								
Portion Count		KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram								
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0									
** 20	% of Goal :																			
MUSTARD	Pkt	0	0	0	0	85	5	5	0	0	0	0								
** 20	% of Goal :																			
LEAF LETTUCE	Svg (.64 Oz)	3	0.2	0.1	1	1.6	47.9	4.54	0	0	0.3									
** 20	% of Goal :																			
MAYONNAISE	Pkt	90	0	9	0	60	0		10	1.5	0	0								
** 20	% of Goal :																			
Meal Total:	Amount:	1226	54.9	32.3	186	2346.4	2194.1	765.76	70.7	7.2	19.2	91.2								
	% of Goal:																			

*** Indicates that less than 2% of the goal requirements for this nutrient are provided.

*** Indicates the selected items used in nutritional totals.

Courses selected:Selected All

Unit : MOW Week 1
 Service Date : Saturday, December 28, 2019
 Meal Period : LUNCH
 Customer Count : 145

1321 Total Calories
23.0 % Calories from Protein
49.1 % Calories from Carbohydrates
28.1 % Calories from Fat
9.3 (%Saturated Fat)

Report for Nutritional Goal:

Basic Nutrition Information

Service Item Portion Count	Serving Size	KCAL KCAL	PRO Gram	FAT Gram	CHO Gram	NA MG	K MG	P MG	CHOL MG	SFA Gram	TDFB Gram	SUGR Gram								
TOSSED GREE	1/2 Cup (2.3	12	0.1	0	2	10.3	148.2	18.06	0	0	1.1	0.1								
** 145	% of Goal :																			
PARFAIT MM	Svg (6.2 Oz)	181	5.2	1.4	37	81.1	220.6	118.52	2.7	0.5	2.5	22.2								
** 145	% of Goal :																			
CHIX BREAST WH	Svg (7.7 Oz)	262	28.7	5.1	25	273.5	508.9	276.45	62.8	0.5	1.4	5								
** 145	% of Goal :																			
LASAGNA MM	Svg (6 Oz)	266	18.4	12	19	393.1	336	274.65	63.5	6.1	0.7	4.2								
** 145	% of Goal :																			
FRENCH DRESS	Pkt	30	0	2	3	40	40	2.49	0	0	0	3								
** 145	% of Goal :																			
GR BEANS MM	1/2 Cup (2.4	19	1	0.1	4	6.1	85.8	21.1	0	0	2									
** 145	% of Goal :																			
RollSisterWheat	Svg (1.5 Oz)	140	4	4	22	220			10	1	3	4								
** 145	% of Goal :																			
ORANGES FR MM	Each	100	2.5	0	26	0	337.4	47.48	0	0	5	17.5								
** 145	% of Goal :																			
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11								
** 145	% of Goal :																			
MILK SKIM	Ctn (8 Oz)	80	8	0	11	120	376.5	228.84	5	0	0	11								
** 145	% of Goal :																			
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0									
** 145	% of Goal :																			

*** Indicates that less than 2% of the goal requirements for this nutrient are provided.

*** Indicates the selected items used in nutritional totals.

Courses selected:Selected All

Unit : MOW Week 1
 Service Date : Saturday, December 28, 2019
 Meal Period : LUNCH
 Customer Count : 145

1321 Total Calories
23.0 % Calories from Protein
49.1 % Calories from Carbohydrates
28.1 % Calories from Fat
9.3 (%Saturated Fat)

Report for Nutritional Goal:

Basic Nutrition Information

Service Item Portion Count	Serving Size	KCAL KCAL	PRO Gram	FAT Gram	CHO Gram	NA MG	K MG	P MG	CHOL MG	SFA Gram	TDFB Gram	SUGR Gram								
MAYONNAISE	Pkt	90	0	9	0	60	0		10	1.5	0	0								
** 145	% of Goal :																			
Meal Total:	Amount:	1321	75.9	41.2	162	1354.2	2404.2	1203.27	179	13.6	15.7	78								
	% of Goal:																			

*** Indicates that less than 2% of the goal requirements for this nutrient are provided.

*** Indicates the selected items used in nutritional totals.

Courses selected:Selected All

Unit : MOW Week 1
 Service Date : Saturday, December 28, 2019
 Meal Period : VEGETARIAN
 Customer Count : 15

1438 Total Calories
20.6 % Calories from Protein
57.8 % Calories from Carbohydrates
23.1 % Calories from Fat
5.2 (%Saturated Fat)

Report for Nutritional Goal:

Basic Nutrition Information

Service Item Portion Count	Serving Size	KCAL KCAL	PRO Gram	FAT Gram	CHO Gram	NA MG	K MG	P MG	CHOL MG	SFA Gram	TDFB Gram	SUGR Gram								
TOSSED GREE	1/2 Cup (2.3	12	0.1	0	2	10.3	148.2	18.06	0	0	1.1	0.1								
** 15	% of Goal :																			
PARFAIT MM	Svg (6.2 Oz	181	5.2	1.4	37	81.1	220.6	118.52	2.7	0.5	2.5	22.2								
** 15	% of Goal :																			
CHIX BREAST WH	Svg (7.7 Oz	262	28.7	5.1	25	273.5	508.9	276.45	62.8	0.5	1.4	5								
** 15	% of Goal :																			
STIR FRY V	Svg (12.8 O	383	16.4	7.7	65	624.2	664	222.78	0	0.8	6.8	25.6								
** 15	% of Goal :																			
FRENCH DRESS	Pkt	30	0	2	3	40	40	2.49	0	0	0	3								
** 15	% of Goal :																			
GR BEANS MM	1/2 Cup (2.4	19	1	0.1	4	6.1	85.8	21.1	0	0	2									
** 15	% of Goal :																			
RollSisterWheat	Svg (1.5 Oz	140	4	4	22	220			10	1	3	4								
** 15	% of Goal :																			
ORANGES FR MM	Each	100	2.5	0	26	0	337.4	47.48	0	0	5	17.5								
** 15	% of Goal :																			
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11								
** 15	% of Goal :																			
MILK SKIM	Ctn (8 Oz)	80	8	0	11	120	376.5	228.84	5	0	0	11								
** 15	% of Goal :																			
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0									
** 15	% of Goal :																			

*** Indicates that less than 2% of the goal requirements for this nutrient are provided.

*** Indicates the selected items used in nutritional totals.

Courses selected:Selected All

Unit : MOW Week 1
 Service Date : Saturday, December 28, 2019
 Meal Period : VEGETARIAN
 Customer Count : 15

1438 Total Calories
20.6 % Calories from Protein
57.8 % Calories from Carbohydrates
23.1 % Calories from Fat
5.2 (%Saturated Fat)

Report for Nutritional Goal:

Basic Nutrition Information

Service Item Portion Count	Serving Size	KCAL KCAL	PRO Gram	FAT Gram	CHO Gram	NA MG	K MG	P MG	CHOL MG	SFA Gram	TDFB Gram	SUGR Gram								
MAYONNAISE	Pkt	90	0	9	0	60	0		10	1.5	0	0								
** 15	% of Goal :																			
Meal Total:	Amount:	1438	73.9	36.8	208	1585.2	2732.2	1151.4	115.5	8.4	21.7	99.4								
	% of Goal:																			

*** Indicates that less than 2% of the goal requirements for this nutrient are provided.

*** Indicates the selected items used in nutritional totals.

Courses selected:Selected All

Unit : MOW Week 1
 Service Date : Sunday, December 29, 2019
 Meal Period : LUNCH
 Customer Count : 160

621 Total Calories
21.1 % Calories from Protein
49.7 % Calories from Carbohydrates
29.6 % Calories from Fat
9.3 (%Saturated Fat)

Report for Nutritional Goal:

Basic Nutrition Information

Service Item Portion Count	Serving Size	KCAL KCAL	PRO Gram	FAT Gram	CHO Gram	NA MG	K MG	P MG	CHOL MG	SFA Gram	TDFB Gram	SUGR Gram								
FRESH VEG SLD	#10 Scoop	54	1.1	2	9	220.3	262.5	40.18	0	0.2	2	4.9								
** 160	% of Goal :																			
HAM SLIVERED	Svg (2 Oz)	61	9.1	2	1	577.1			25.3	0.5	0	0								
** 160	% of Goal :																			
SWISS CHEESE	Svg (.75 Oz)	80	6	6	0	45	15.3	122.12	20	4	0	0								
** 160	% of Goal :																			
BUN WHEAT 4"	Each	145	7	1	28	152			0	0	5	3.9								
** 160	% of Goal :																			
BANANA	Whole	108	1.3	0.4	28	1.2	433	26.61	0	0.1	3.1	14.8								
** 160	% of Goal :																			
MILK SKIM	Ctn (8 Oz)	80	8	0	11	120	376.5	228.84	5	0	0	11								
** 160	% of Goal :																			
MUSTARD	Pkt	0	0	0	0	85	5	5	0	0	0	0								
** 160	% of Goal :																			
LEAF LETTUCE	Svg (.64 Oz)	3	0.2	0.1	1	1.6	47.9	4.54	0	0	0.3									
** 160	% of Goal :																			
MAYONNAISE	Pkt	90	0	9	0	60	0		10	1.5	0	0								
** 160	% of Goal :																			
Meal Total:	Amount:	621	32.7	20.4	77	1262.3	1140.3	427.29	60.3	6.4	10.4	34.6								
	% of Goal:																			

** Indicates that less than 2% of the goal requirements for this nutrient are provided.

*** Indicates the selected items used in nutritional totals.

Courses selected: Selected All