

Unit : MOW Week 4
 Service Date : Monday, December 23, 2019
 Meal Period : LUNCH
 Customer Count : 210

1219 Total Calories
25.2 % Calories from Protein
53.6 % Calories from Carbohydrates
23.5 % Calories from Fat
7.8 (%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								
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 :																			
TOSSED GREE	1/2 Cup (2.3	12	0.1	0	2	10.3	148.2	18.06	0	0	1.1	0.1								
** 210	% of Goal :																			
BEEF BRISKET P	Svg (6.9 Oz)	221	21.3	7.6	15	309.7	576.8	41.38	55	2.7	1.7	3.1								
** 210	% of Goal :																			
FRENCH DRESS	Pkt	30	0	2	3	40	40	2.49	0	0	0	3								
** 210	% of Goal :																			
TUNA SLD MIX M	Svg (3.36 O	111	18.1	4	1	348.3	166.5	2.29	30.1	0.5	0.1	0.2								
** 210	% of Goal :																			
ROASTED BUTTE	Svg (3 Oz)	52	0.6	1.7	10	135.7	293.1	27.52	0	0.1	1.8	1.8								
** 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 :																			
WHOLE WHEAT R	Roll (1.5 oz)	100	4	1.5	18	170			0	0	1	2								
** 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 :																			
SEASONAL APPL	Each	106	0	0	29	0	226.8	15.12	0	0	4.5	21.2								
** 210	% of Goal :																			
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	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 4
 Service Date : Monday, December 23, 2019
 Meal Period : LUNCH
 Customer Count : 210

1219 Total Calories
25.2 % Calories from Protein
53.6 % Calories from Carbohydrates
23.5 % Calories from Fat
7.8 (%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								
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 :																			
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:	1219	76.9	31.8	163	1781.3	2972.3	744.04	131.1	10.5	18.3	79.7								
	% 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 4
 Service Date : Monday, December 23, 2019
 Meal Period : VEGETARIAN
 Customer Count : 20

1258 Total Calories
20.3 % Calories from Protein
54.7 % Calories from Carbohydrates
27.8 % 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							
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 :																		
TOSSED GREE	1/2 Cup (2.3 Oz)	12	0.1	0	2	10.3	148.2	18.06	0	0	1.1	0.1							
** 20	% of Goal :																		
BROC/CHE CAS	Svg (6.3 Oz)	260	8.3	14.7	23	763.6	173.5	171.03	18	6.3	2.5	0.5							
** 20	% of Goal :																		
FRENCH DRESS	Pkt	30	0	2	3	40	40	2.49	0	0	0	3							
** 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 :																		
ROASTED BUTTE	Svg (3 Oz)	52	0.6	1.7	10	135.7	293.1	27.52	0	0.1	1.8	1.8							
** 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 :																		
WHOLE WHEAT R	Roll (1.5 oz)	100	4	1.5	18	170			0	0	1	2							
** 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 :																		
SEASONAL APPL	Each	106	0	0	29	0	226.8	15.12	0	0	4.5	21.2							
** 20	% of Goal :																		
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	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 4
 Service Date : Monday, December 23, 2019
 Meal Period : VEGETARIAN
 Customer Count : 20

1258 Total Calories
20.3 % Calories from Protein
54.7 % Calories from Carbohydrates
27.8 % 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								
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 :																			
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:	1258	63.9	38.9	172	2235.3	2568.9	873.69	94.1	14.1	19.2	77.1								
	% of Goal:																			

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

Courses selected: Selected All

Unit : MOW Week 4
 Service Date : Tuesday, December 24, 2019
 Meal Period : LUNCH
 Customer Count : 210

1340 Total Calories
20.2 % Calories from Protein
48.3 % Calories from Carbohydrates
31.2 % Calories from Fat
6.6 (%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								
FIESTA COLESLA	Svg (3 oz)	121	0.7	10.8	7	16.8	87.3	13.49	0	0.8	1.4	4.8								
** 210	% of Goal :																			
ORIENTAL CHICK	Svg (6.4 Oz)	229	20.2	3.6	30	651.2	452.4	201.61	47.8	0.6	0.1	20.3								
** 210	% of Goal :																			
SLIV TURKEY	Svg (2 Oz)	70	13	1	0	190			35	0	0	0								
** 210	% of Goal :																			
RICE MM	Svg (2.85 O	92	1.9	0.2	20	2.4	30	34.01	0	0.1	0.3	0								
** 210	% of Goal :																			
CALIF MIX MM	1/2 Cup (3 C	23	1.8	0	5	32.1	238.3		0	0	1.8	1.8								
** 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 :																			
WHEAT BREAD	Slice	73	4	0.3	14	77			0	0	3	2								
** 420	% of Goal :																			
Sw Roll Hawaiia	Svg (1.4 Oz)	130	4	3	22	190			5	1	1	4								
** 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 :																			
PEACHES DICED	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 :																			

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

Courses selected: Selected All

Unit : MOW Week 4
 Service Date : Tuesday, December 24, 2019
 Meal Period : LUNCH
 Customer Count : 210

1340 Total Calories
20.2 % Calories from Protein
48.3 % Calories from Carbohydrates
31.2 % Calories from Fat
6.6 (%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								
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0									
** 210	% of Goal :																			
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:	1340	67.7	46.5	162	1657.1	2168.4	723.51	127.8	9.9	12.8	86.7								
	% of Goal:																			

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

Courses selected:Selected All

Unit : MOW Week 4
 Service Date : Tuesday, December 24, 2019
 Meal Period : VEGETARIAN
 Customer Count : 20

1353 Total Calories
16.8 % Calories from Protein
45.0 % Calories from Carbohydrates
38.3 % Calories from Fat
10.4 (%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								
FIESTA COLESLA	Svg (3 oz)	121	0.7	10.8	7	16.8	87.3	13.49	0	0.8	1.4	4.8								
** 20	% of Goal :																			
BROC/CHE CAS	Svg (6.3 Oz)	260	8.3	14.7	23	763.6	173.5	171.03	18	6.3	2.5	0.5								
** 20	% of Goal :																			
SLIV TURKEY	Svg (2 Oz)	70	13	1	0	190			35	0	0	0								
** 20	% of Goal :																			
RICE MM	Svg (2.85 O	92	1.9	0.2	20	2.4	30	34.01	0	0.1	0.3	0								
** 20	% of Goal :																			
CALIF MIX MM	1/2 Cup (3 C	23	1.8	0	5	32.1	238.3		0	0	1.8	1.8								
** 20	% of Goal :																			
CELERY STICKS I	Svg (2.1 Oz)	8	0	0	2	61	151.6	14	0	0	1.1	1.1								
** 20	% of Goal :																			
WHEAT BREAD	Slice	73	4	0.3	14	77			0	0	3	2								
** 40	% of Goal :																			
Sw Roll Hawaiia	Svg (1.4 Oz)	130	4	3	22	190			5	1	1	4								
** 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 :																			
PEACH SLC MM	1/2 Cup (4 c	50	1	0	12	0	205.8	14.05	0	0	1	10								
** 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 4
 Service Date : Tuesday, December 24, 2019
 Meal Period : VEGETARIAN
 Customer Count : 20

1353 Total Calories
16.8 % Calories from Protein
45.0 % Calories from Carbohydrates
38.3 % Calories from Fat
10.4 (%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								
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0									
** 20	% of Goal :																			
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:	1353	56.8	57.6	152	1769.6	1997.7	706.98	98	15.7	14.3	66.3								
	% of Goal:																			

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

Courses selected:Selected All

Unit : MOW Week 4
 Service Date : Wednesday, December 25, 2019
 Meal Period : LUNCH
 Customer Count : 210

1419 Total Calories
21.8 % Calories from Protein
55.6 % Calories from Carbohydrates
23.9 % Calories from Fat
7.6 (%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								
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 :																			
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								
** 210	% of Goal :																			
MEATLOAF WITH	Svg (6.6 Oz)	280	16.7	14.7	19	474	392.4	194.26	129.6	5.8	0.8	7.3								
** 210	% of Goal :																			
Chicken Salad	Svg (4 Oz)	154	19	7	4	271.4	229.3	161.99	50.7	1.2	0.4	0.6								
** 210	% of Goal :																			
MASHED POTATC	Svg (4.4 Oz)	132	3	3.5	21	126.6	409.4	77.86	0	0.5	3	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 :																			
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 :																			
ORANGES FR MM	Each	100	2.5	0	26	0	337.4	47.48	0	0	5	17.5								
** 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 4
 Service Date : Wednesday, December 25, 2019
 Meal Period : LUNCH
 Customer Count : 210

1419 Total Calories
21.8 % Calories from Protein
55.6 % Calories from Carbohydrates
23.9 % Calories from Fat
7.6 (%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								
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0									
** 210	% of Goal :																			
Meal Total:	Amount:	1419	77.3	37.6	197	1737.6	2694.2	1095.77	213	12.1	22.9	84.8								
	% 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 4
 Service Date : Wednesday, December 25, 2019
 Meal Period : VEGETARIAN
 Customer Count : 20

1399 Total Calories
19.7 % Calories from Protein
57.8 % Calories from Carbohydrates
24.2 % 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/TOMAT	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 :																			
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								
** 20	% of Goal :																			
BROC/CHE CAS	Svg (6.3 Oz)	260	8.3	14.7	23	763.6	173.5	171.03	18	6.3	2.5	0.5								
** 20	% of Goal :																			
Chicken Salad	Svg (4 Oz)	154	19	7	4	271.4	229.3	161.99	50.7	1.2	0.4	0.6								
** 20	% of Goal :																			
MASHED POTATC	Svg (4.4 Oz)	132	3	3.5	21	126.6	409.4	77.86	0	0.5	3	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 :																			
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 :																			
ORANGES FR MM	Each	100	2.5	0	26	0	337.4	47.48	0	0	5	17.5								
** 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 4
 Service Date : Wednesday, December 25, 2019
 Meal Period : VEGETARIAN
 Customer Count : 20

1399 Total Calories
19.7 % Calories from Protein
57.8 % Calories from Carbohydrates
24.2 % 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								
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0									
** 20	% of Goal :																			
Meal Total:	Amount:	1399	68.9	37.6	202	2027.3	2475.2	1072.54	101.4	12.6	24.6	78.1								
	% 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 4
 Service Date : Thursday, December 26, 2019
 Meal Period : LUNCH
 Customer Count : 210

1453 Total Calories
18.5 % Calories from Protein
46.1 % Calories from Carbohydrates
36.8 % Calories from Fat
11.5 (%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/MUSHROM	Svg (4.5 Oz)	178	19.5	2.8	18	182	280.5	174.75	40.5	0.9	1.8	1.1							
** 210	% of Goal :																		
HAM SWISS CHEE	Svg (6.1 Oz)	401	18.8	21	32	1079.6	89.8	143.49	46.6	7.1	1.4	6.4							
** 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 :																		
BRUSSEL SPROU	Svg (3.2 Oz)	190	5.4	14.8	14	116.4	381.2	126.04	5.8	2.1	2.7	0.2							
** 210	% of Goal :																		
HONEY WHEAT R	Svg (1.25 O	80	3	1.5	14	70			0	0	2	2							
** 210	% of Goal :																		
SEASONAL FRES	Each	84	0.4	0	21	0.9			0	0									
** 210	% of Goal :																		
BERRY CRISP MM	Svg (3.6 Oz)	233	3.2	7.2	40	47.1	84.6	61.73	16.8	4.1	4.1	19.1							
** 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:	1453	67.1	59.4	167	1888.7	1779	980.09	139.7	18.6	13.8	54							
	% 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 4
 Service Date : Thursday, December 26, 2019
 Meal Period : VEGETARIAN
 Customer Count : 20

1535 Total Calories
14.6 % Calories from Protein
45.2 % Calories from Carbohydrates
41.8 % Calories from Fat
14.1 (%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							
** 20	% of Goal :																		
BROC/CHE CAS	Svg (6.3 Oz)	260	8.3	14.7	23	763.6	173.5	171.03	18	6.3	2.5	0.5							
** 20	% of Goal :																		
HAM SWISS CHEE	Svg (6.1 Oz)	401	18.8	21	32	1079.6	89.8	143.49	46.6	7.1	1.4	6.4							
** 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 :																		
BRUSSEL SPROU	Svg (3.2 Oz)	190	5.4	14.8	14	116.4	381.2	126.04	5.8	2.1	2.7	0.2							
** 20	% of Goal :																		
HONEY WHEAT R	Svg (1.25 O	80	3	1.5	14	70			0	0	2	2							
** 20	% of Goal :																		
SEASONAL FRES	Each	84	0.4	0	21	0.9			0	0									
** 20	% of Goal :																		
BERRY CRISP MM	Svg (3.6 Oz)	233	3.2	7.2	40	47.1	84.6	61.73	16.8	4.1	4.1	19.1							
** 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:	1535	55.9	71.2	173	2470.3	1671.9	976.38	117.2	24	14.5	53.4							
	% 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 4
 Service Date : Friday, December 27, 2019
 Meal Period : LUNCH
 Customer Count : 210

1246 Total Calories
21.7 % Calories from Protein
47.2 % Calories from Carbohydrates
31.3 % Calories from Fat
11.5 (%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								
CUCUMBER TOM	Svg (3.1 Oz)	68	0.6	4.3	7	65	160.1	16.52	0	0.6	0.7	5.8								
** 210	% of Goal :																			
LETTUCE/TOMATO	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 :																			
ROAST TURKEY M	Svg (3 oz)	105	19.5	1.5	0	285			52.5	0	0	0								
** 210	% of Goal :																			
SLV RST BEEF	Svg (2 Oz)	100	13.3	4.7	0	126.7	180		36.7	1.7	0	0								
** 210	% of Goal :																			
CHEESE CHEDDAR	Svg (.8 Oz)	86	5.4	7.6	0	145.8	17.2	100.92	27	4.3	0	0								
** 210	% of Goal :																			
LS CHIX GRAVY	Svg (2 Oz)	34	0.1	1.3	5	47.2	81.5	2.76	3.5	0.8	0	0								
** 210	% of Goal :																			
GR BEANS MM	1/2 Cup (2.4)	19	1	0.1	4	6.1	85.8	21.1	0	0	2									
** 210	% of Goal :																			
SWEET POTATOE	Svg (4.5 Oz)	102	0.8	1.4	23	50.9	246.3	31.93	3.7	0.9	2.2	21.8								
** 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 :																			
PEANUT BUTTER	Svg (1 Oz)	130	2	7	16	150			10	2.5	0	7								
** 210	% of Goal :																			
PINEAPPLE CHUN	Svg (3 Oz)	44	0	0	11	7.3			0	0	0.7	9.5								
** 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 4
 Service Date : Friday, December 27, 2019
 Meal Period : LUNCH
 Customer Count : 210

1246 Total Calories
21.7 % Calories from Protein
47.2 % Calories from Carbohydrates
31.3 % Calories from Fat
11.5 (%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								
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 :																			
MAYONNAISE	Pkt	90	0	9	0	60	0		10	1.5	0	0								
** 210	% of Goal :																			
Meal Total:	Amount:	1246	67.7	43.4	147	1341.9	2064.6	659.93	173.3	16	14.6	86.2								
	% 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 4
 Service Date : Friday, December 27, 2019
 Meal Period : VEGETARIAN
 Customer Count : 20

1367 Total Calories
16.5 % Calories from Protein
48.5 % Calories from Carbohydrates
36.4 % Calories from Fat
14.1 (%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							
CUCUMBER TOM	Svg (3.1 Oz)	68	0.6	4.3	7	65	160.1	16.52	0	0.6	0.7	5.8							
** 20	% of Goal :																		
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 :																		
BROC/CHE CAS	Svg (6.3 Oz)	260	8.3	14.7	23	763.6	173.5	171.03	18	6.3	2.5	0.5							
** 20	% of Goal :																		
SLV RST BEEF	Svg (2 Oz)	100	13.3	4.7	0	126.7	180		36.7	1.7	0	0							
** 20	% of Goal :																		
CHEESE CHEDDAR	Svg (.8 Oz)	86	5.4	7.6	0	145.8	17.2	100.92	27	4.3	0	0							
** 20	% of Goal :																		
GR BEANS MM	1/2 Cup (2.4 Oz)	19	1	0.1	4	6.1	85.8	21.1	0	0	2								
** 20	% of Goal :																		
SWEET POTATOE	Svg (4.5 Oz)	102	0.8	1.4	23	50.9	246.3	31.93	3.7	0.9	2.2	21.8							
** 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 :																		
PEANUT BUTTER	Svg (1 Oz)	130	2	7	16	150			10	2.5	0	7							
** 20	% of Goal :																		
PINEAPPLE CHUN	Svg (3 OZ)	44	0	0	11	7.3			0	0	0.7	9.5							
** 20	% of Goal :																		
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11							
** 20	% of Goal :																		

*** 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 4
 Service Date : Friday, December 27, 2019
 Meal Period : VEGETARIAN
 Customer Count : 20

1367 Total Calories
16.5 % Calories from Protein
48.5 % Calories from Carbohydrates
36.4 % Calories from Fat
14.1 (%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								
MILK SKIM	Ctn (8 Oz)	80	8	0	11	120	376.5	228.84	5	0	0	11								
** 20	% of Goal :																			
MAYONNAISE	Pkt	90	0	9	0	60	0		10	1.5	0	0								
** 20	% of Goal :																			
Meal Total:	Amount:	1367	56.3	55.3	166	1773.3	2156.6	828.21	135.3	21.5	17.1	86.8								
	% 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 4
 Service Date : Saturday, December 28, 2019
 Meal Period : LUNCH
 Customer Count : 145

1791 Total Calories
 19.6 % Calories from Protein
 37.1 % Calories from Carbohydrates
 45.0 % Calories from Fat
 11.5 (%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								
** 145	% of Goal :																			
GREEK BROCCOLI	Svg (4 Oz)	237	4.3	20.1	15	198	245.6	86.79	4.5	2.3	3.1	8								
** 145	% of Goal :																			
BAKED HERB	Svg (7 Oz)	504	28.7	39.3	11	558.6	92.9	33.72	145	10.7	0.7	0.4								
** 145	% of Goal :																			
SLIV TURKEY	Svg (2 Oz)	70	13	1	0	190			35	0	0	0								
** 145	% of Goal :																			
SWISS CHEESE	Svg (.75 Oz)	80	6	6	0	45	15.3	122.12	20	4	0	0								
** 145	% of Goal :																			
WILD AND BROWN	Svg (4 Oz)	113	2.4	2.1	22	192.6	88.1	51.93	0	0.1	1.1	0.6								
** 145	% of Goal :																			
PEAS MM	1/2 Cup (3 c)	67	4.8	0	11	95.6	143.3	76.54	0	0	3.8	3.8								
** 145	% of Goal :																			
BUN WHEAT 4"	Each	145	7	1	28	152			0	0	5	3.9								
** 145	% of Goal :																			
HONEY WHEAT R	Svg (1.25 Oz)	80	3	1.5	14	70			0	0	2	2								
** 145	% of Goal :																			
GRAPES FR MM	Svg (4 Oz)	72	0.9	0	20	0	216	11.34	0	0	0.9	18								
** 145	% of Goal :																			
MAN ORANGES M	Svg (3.5 Oz)	59	0.7	0	14	11	78.8	10.1	0	0	0.7	16.1								
** 145	% of Goal :																			
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11								
** 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 4
 Service Date : Saturday, December 28, 2019
 Meal Period : LUNCH
 Customer Count : 145

1791 Total Calories
19.6 % Calories from Protein
37.1 % Calories from Carbohydrates
45.0 % Calories from Fat
11.5 (%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								
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 :																			
MAYONNAISE	Pkt	90	0	9	0	60	0		10	1.5	0	0								
** 145	% of Goal :																			
Meal Total:	Amount:	1791	87.9	89.5	166	2063	1870	877.25	244.4	22.9	19.4	79.7								
	% 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 4
 Service Date : Saturday, December 28, 2019
 Meal Period : VEGETARIAN
 Customer Count : 15

1546 Total Calories
17.4 % Calories from Protein
46.1 % Calories from Carbohydrates
37.7 % Calories from Fat
10.8 (%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							
FRESH VEG SLD	#10 Scoop	54	1.1	2	9	220.3	262.5	40.18	0	0.2	2	4.9							
** 15	% of Goal :																		
GREEK BROCCOLI	Svg (4 Oz)	237	4.3	20.1	15	198	245.6	86.79	4.5	2.3	3.1	8							
** 15	% of Goal :																		
BROC/CHE CAS	Svg (6.3 Oz)	260	8.3	14.7	23	763.6	173.5	171.03	18	6.3	2.5	0.5							
** 15	% of Goal :																		
SLIV TURKEY	Svg (2 Oz)	70	13	1	0	190			35	0	0	0							
** 15	% of Goal :																		
SWISS CHEESE	Svg (.75 Oz)	80	6	6	0	45	15.3	122.12	20	4	0	0							
** 15	% of Goal :																		
WILD AND BROW	Svg (4 Oz)	113	2.4	2.1	22	192.6	88.1	51.93	0	0.1	1.1	0.6							
** 15	% of Goal :																		
PEAS MM	1/2 Cup (3 c)	67	4.8	0	11	95.6	143.3	76.54	0	0	3.8	3.8							
** 15	% of Goal :																		
BUN WHEAT 4"	Each	145	7	1	28	152			0	0	5	3.9							
** 15	% of Goal :																		
HONEY WHEAT R	Svg (1.25 Oz)	80	3	1.5	14	70			0	0	2	2							
** 15	% of Goal :																		
GRAPES FR MM	Svg (4 Oz)	72	0.9	0	20	0	216	11.34	0	0	0.9	18							
** 15	% of Goal :																		
MAN ORANGES M	Svg (3.5 Oz)	59	0.7	0	14	11	78.8	10.1	0	0	0.7	16.1							
** 15	% of Goal :																		
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11							
** 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 4
 Service Date : Saturday, December 28, 2019
 Meal Period : VEGETARIAN
 Customer Count : 15

1546 Total Calories
17.4 % Calories from Protein
46.1 % Calories from Carbohydrates
37.7 % Calories from Fat
10.8 (%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								
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 :																			
MAYONNAISE	Pkt	90	0	9	0	60	0		10	1.5	0	0								
** 15	% of Goal :																			
Meal Total:	Amount:	1546	67.4	64.9	178	2268	1950.6	1014.56	117.4	18.5	21.2	79.9								
	% 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 4
 Service Date : Sunday, December 29, 2019
 Meal Period : LUNCH
 Customer Count : 160

721 Total Calories
21.6 % Calories from Protein
34.8 % Calories from Carbohydrates
47.3 % 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								
JUICE V8 100%	Can	29	1	0	7	430.5	306.1		0	0	1	4.8								
** 160	% of Goal :																			
CHICKEN CAESAR	Svg (6.5 Oz)	412	25.9	32.4	8	580.4	334	260.43	98.8	6.4	0.8	1.8								
** 160	% of Goal :																			
ROLL POTATO	Svg (1 oz)	90	3	2	17	120	33.9	24.34	0	0	0.5	3								
** 160	% of Goal :																			
Stby Applesauce	Ind (4.5 Oz)	60	0	0	15	10	70		0	0	2	12								
** 160	% of Goal :																			
MILK SKIM	Ctn (8 Oz)	80	8	0	11	120	376.5	228.84	5	0	0	11								
** 160	% of Goal :																			
CROUTONS IND F	Pkt (.25 oz)	30	1	1	5	95	12.7	9.8	0	0	0	1								
** 160	% of Goal :																			
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0									
** 160	% of Goal :																			
Meal Total:	Amount:	721	38.9	37.9	63	1385.8	1135.1	523.41	103.8	6.9	4.3	33.5								
	% 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