

Unit : MOW Week 1  
 Service Date : Monday, January 4, 2021  
 Meal Period : LUNCH  
 Customer Count : 380

**1371 Total Calories**  
**17.6 % Calories from Protein**  
**49.3 % Calories from Carbohydrates**  
**34.8 % Calories from Fat**  
**10.0 ( %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	Size	KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram									
CUKE SLD MM	Svg (2.3 Oz)	49	0.4	4.3	3	90	100.9	13.96	0	0.3	0.5	1.3									
** 380	% of Goal :																				
MEATLOAF G MM	Svg (5 Oz)	256	16.6	12.7	17	344	381	197.07	130.9	5.1	0.7	6.4									
** 380	% of Goal :																				
SLIVERED TURKE	Svg (2 Oz)	70	13	1	0	190			35	0	0	0									
** 380	% 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									
** 380	% of Goal :																				
BROWN GRAVY	Svg (1.5 Oz)	38	0.2	1.9	4	107.7	23.6	3.07	0	0.8	0.1	0.7									
** 380	% of Goal :																				
CELERY STICKS I	Svg (2.1 Oz)	8	0	0	2	61	151.6	14	0	0	1.1	1.1									
** 380	% of Goal :																				
CORN MM	1/2 Cup (2.6	59	2	0.3	14	3.7	108.3	42.01	0	0.1	1.8										
** 380	% of Goal :																				
WHEAT BREAD	Slice	70	4	1	14	75	52		0	0	3	2									
** 380	% of Goal :																				
WHEAT BREAD	Slice	70	4	1	14	75	52		0	0	3	2									
** 380	% of Goal :																				
WHOLE WHEAT R	Roll (1.5 oz)	100	4	1.5	18	170			0	0	1	2									
** 380	% of Goal :																				
SEASONAL APPLI	Each	106	0	0	29	0	226.8	15.12	0	0	4.5	21.2									
** 380	% of Goal :																				
COOKIE OATMEA	Svg (1 Oz)	110	1	4.5	17	105	57.7		5	2	1	9									
** 380	% of Goal :																				

\*\*1 Indicates that less than 2% of the goal requirements for this nutrient are provided.

\*\*\*1 Indicates the selected items used in nutritional totals.

Courses selected:Selected All

Unit : MOW Week 1  
 Service Date : Monday, January 4, 2021  
 Meal Period : LUNCH  
 Customer Count : 380

**1371 Total Calories**  
**17.6 % Calories from Protein**  
**49.3 % Calories from Carbohydrates**  
**34.8 % Calories from Fat**  
**10.0 ( %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							
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11							
** 380	% of Goal :																		
MAYONNAISE	Pkt	60	0	6	1	60			0	1	0	1							
** 380	% of Goal :																		
PEANUT BUTTER	Pkt	140	5	11	4	105	120	0	0	2	1	2							
** 380	% of Goal :																		
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0								
** 380	% of Goal :																		
LEAF LETTUCE	Svg (.64 Oz)	3	0.2	0.1	1	1.6	47.9	4.54	0	0	0.3								
** 380	% of Goal :																		
<b>Meal Total:</b>	Amount:	1371	60.4	53	169	1540.4	1702.8	539.45	195.9	15.3	18.4	59.6							
	% 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, January 4, 2021  
 Meal Period : VEGETARIAN  
 Customer Count : 10

**1408 Total Calories**  
**15.7 % Calories from Protein**  
**51.8 % Calories from Carbohydrates**  
**35.3 % Calories from Fat**  
**6.8 ( %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	Size	KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram									
CUKE SLD MM	Svg (2.3 Oz)	49	0.4	4.3	3	90	100.9	13.96	0	0.3	0.5	1.3									
** 10	% of Goal :																				
PENNE PASTA/ LE	Svg (9.4 Oz)	423	13.5	17	55	311.3	431.6	137.07	0	1.3	5.9	4.6									
** 10	% of Goal :																				
SLIVERED TURKE	Svg (2 Oz)	70	13	1	0	190			35	0	0	0									
** 10	% of Goal :																				
CELERY STICKS I	Svg (2.1 Oz)	8	0	0	2	61	151.6	14	0	0	1.1	1.1									
** 10	% of Goal :																				
CORN MM	1/2 Cup (2.6	59	2	0.3	14	3.7	108.3	42.01	0	0.1	1.8										
** 10	% of Goal :																				
WHEAT BREAD	Slice	70	4	1	14	75	52		0	0	3	2									
** 10	% of Goal :																				
WHEAT BREAD	Slice	70	4	1	14	75	52		0	0	3	2									
** 10	% of Goal :																				
WHOLE WHEAT R	Roll (1.5 oz)	100	4	1.5	18	170			0	0	1	2									
** 10	% of Goal :																				
SEASONAL APPLI	Each	106	0	0	29	0	226.8	15.12	0	0	4.5	21.2									
** 10	% of Goal :																				
COOKIE OATMEA	Svg (1 Oz)	110	1	4.5	17	105	57.7		5	2	1	9									
** 10	% of Goal :																				
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11									
** 10	% of Goal :																				
MAYONNAISE	Pkt	60	0	6	1	60			0	1	0	1									
** 10	% of Goal :																				

\*\*1 Indicates that less than 2% of the goal requirements for this nutrient are provided.

\*\*\*1 Indicates the selected items used in nutritional totals.

Courses selected: Selected All

Unit : MOW Week 1  
 Service Date : Monday, January 4, 2021  
 Meal Period : VEGETARIAN  
 Customer Count : 10

**1408 Total Calories**  
**15.7 % Calories from Protein**  
**51.8 % Calories from Carbohydrates**  
**35.3 % Calories from Fat**  
**6.8 ( %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	Size	KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram								
PEANUT BUTTER	Pkt	140	5	11	4	105	120	0	0	2	1	2								
** 10	% of Goal :																			
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0									
** 10	% of Goal :																			
LEAF LETTUCE	Svg (.64 Oz)	3	0.2	0.1	1	1.6	47.9	4.54	0	0	0.3									
** 10	% of Goal :																			
<b>Meal Total:</b>	Amount:	1408	55.2	55.2	183	1397.6	1699.9	442.37	65	10.7	23.2	57.1								
	% 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, January 5, 2021  
 Meal Period : LUNCH  
 Customer Count : 400

**1371 Total Calories**  
**17.6 % Calories from Protein**  
**49.3 % Calories from Carbohydrates**  
**34.8 % Calories from Fat**  
**10.0 ( %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	Size	KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram									
CUKE SLD MM	Svg (2.3 Oz)	49	0.4	4.3	3	90	100.9	13.96	0	0.3	0.5	1.3									
** 400	% of Goal :																				
MEATLOAF G MM	Svg (5 Oz)	256	16.6	12.7	17	344	381	197.07	130.9	5.1	0.7	6.4									
** 400	% of Goal :																				
SLIVERED TURKE	Svg (2 Oz)	70	13	1	0	190			35	0	0	0									
** 400	% of Goal :																				
RICE MM	Svg (2.85 Oz)	92	1.9	0.2	20	2.4	30	34.01	0	0.1	0.3	0									
** 400	% of Goal :																				
BROWN GRAVY	Svg (1.5 Oz)	38	0.2	1.9	4	107.7	23.6	3.07	0	0.8	0.1	0.7									
** 400	% of Goal :																				
CELERY STICKS I	Svg (2.1 Oz)	8	0	0	2	61	151.6	14	0	0	1.1	1.1									
** 400	% of Goal :																				
CORN MM	1/2 Cup (2.6 Oz)	59	2	0.3	14	3.7	108.3	42.01	0	0.1	1.8										
** 400	% of Goal :																				
WHEAT BREAD	Slice	70	4	1	14	75	52		0	0	3	2									
** 400	% of Goal :																				
WHEAT BREAD	Slice	70	4	1	14	75	52		0	0	3	2									
** 400	% of Goal :																				
WHOLE WHEAT R	Roll (1.5 oz)	100	4	1.5	18	170			0	0	1	2									
** 400	% of Goal :																				
SEASONAL APPLI	Each	106	0	0	29	0	226.8	15.12	0	0	4.5	21.2									
** 400	% of Goal :																				
COOKIE OATMEA	Svg (1 Oz)	110	1	4.5	17	105	57.7		5	2	1	9									
** 400	% 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, January 5, 2021  
 Meal Period : LUNCH  
 Customer Count : 400

**1371 Total Calories**  
**17.6 % Calories from Protein**  
**49.3 % Calories from Carbohydrates**  
**34.8 % Calories from Fat**  
**10.0 ( %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	Size	KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram								
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11								
** 400	% of Goal :																			
MAYONNAISE	Pkt	60	0	6	1	60			0	1	0	1								
** 400	% of Goal :																			
PEANUT BUTTER	Pkt	140	5	11	4	105	120	0	0	2	1	2								
** 400	% of Goal :																			
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0									
** 400	% of Goal :																			
LEAF LETTUCE	Svg (.64 Oz)	3	0.2	0.1	1	1.6	47.9	4.54	0	0	0.3									
** 400	% of Goal :																			
<b>Meal Total:</b>	Amount:	1371	60.4	53	169	1540.4	1702.8	539.45	195.9	15.3	18.4	59.6								
	% 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 : Tuesday, January 5, 2021  
 Meal Period : VEGETARIAN  
 Customer Count : 40

**1408 Total Calories**  
**15.7 % Calories from Protein**  
**51.8 % Calories from Carbohydrates**  
**35.3 % Calories from Fat**  
**6.8 ( %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	Size	KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram									
CUKE SLD MM	Svg (2.3 Oz)	49	0.4	4.3	3	90	100.9	13.96	0	0.3	0.5	1.3									
** 40	% of Goal :																				
PENNE PASTA/ LE	Svg (9.4 Oz)	423	13.5	17	55	311.3	431.6	137.07	0	1.3	5.9	4.6									
** 40	% of Goal :																				
SLIVERED TURKE	Svg (2 Oz)	70	13	1	0	190			35	0	0	0									
** 40	% of Goal :																				
CELERY STICKS I	Svg (2.1 Oz)	8	0	0	2	61	151.6	14	0	0	1.1	1.1									
** 40	% of Goal :																				
CORN MM	1/2 Cup (2.6	59	2	0.3	14	3.7	108.3	42.01	0	0.1	1.8										
** 40	% of Goal :																				
WHEAT BREAD	Slice	70	4	1	14	75	52		0	0	3	2									
** 40	% of Goal :																				
WHEAT BREAD	Slice	70	4	1	14	75	52		0	0	3	2									
** 40	% of Goal :																				
WHOLE WHEAT R	Roll (1.5 oz)	100	4	1.5	18	170			0	0	1	2									
** 40	% of Goal :																				
SEASONAL APPLI	Each	106	0	0	29	0	226.8	15.12	0	0	4.5	21.2									
** 40	% of Goal :																				
COOKIE OATMEA	Svg (1 Oz)	110	1	4.5	17	105	57.7		5	2	1	9									
** 40	% of Goal :																				
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11									
** 40	% of Goal :																				
MAYONNAISE	Pkt	60	0	6	1	60			0	1	0	1									
** 40	% of Goal :																				

\*\*1 Indicates that less than 2% of the goal requirements for this nutrient are provided.

\*\*\*1 Indicates the selected items used in nutritional totals.

Courses selected: Selected All

Unit : MOW Week 1  
 Service Date : Tuesday, January 5, 2021  
 Meal Period : VEGETARIAN  
 Customer Count : 40

**1408 Total Calories**  
**15.7 % Calories from Protein**  
**51.8 % Calories from Carbohydrates**  
**35.3 % Calories from Fat**  
**6.8 ( %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	Size	KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram								
PEANUT BUTTER	Pkt	140	5	11	4	105	120	0	0	2	1	2								
** 40	% of Goal :																			
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0									
** 40	% of Goal :																			
LEAF LETTUCE	Svg (.64 Oz)	3	0.2	0.1	1	1.6	47.9	4.54	0	0	0.3									
** 40	% of Goal :																			
<b>Meal Total:</b>	Amount:	1408	55.2	55.2	183	1397.6	1699.9	442.37	65	10.7	23.2	57.1								
	% 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 : Wednesday, January 6, 2021  
 Meal Period : LUNCH  
 Customer Count : 380

**1378 Total Calories**  
**21.0 % Calories from Protein**  
**38.2 % Calories from Carbohydrates**  
**43.2 % Calories from Fat**  
**12.5 ( %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	Size	KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram									
SIDE CAESAR SA	Svg (2.6 Oz)	47	4.4	3.8	2	132.5	170	86.11	9.1	1.8	1.4	0.8									
** 380	% of Goal :																				
CHIX BREAST WF	Svg (7.7 Oz)	270	29.1	6.1	25	269.2	514	281.06	63.9	0.6	1.4	4.6									
** 380	% of Goal :																				
LASAGNA MM	Svg (6 Oz)	293	20.5	13.7	20	395.6	401.6	246.39	73.7	6.7	0.8	4.3									
** 380	% of Goal :																				
CAESAR DRESS	Pkt	230	1	25	1	270			40	4	0	0									
** 380	% 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										
** 380	% of Goal :																				
Sw Roll Hawaiia	Svg (1.4 Oz)	130	4	3	22	190			5	1	1	4									
** 380	% 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									
** 380	% of Goal :																				
ORANGES FR MM	Each	100	2.5	0	26	0	337.4	47.48	0	0	5	17.5									
** 380	% of Goal :																				
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11									
** 380	% of Goal :																				
CROUTONS IND F	Pkt (.25 oz)	30	1	1	5	95	12.7	9.8	0	0	0	1									
** 380	% of Goal :																				
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0										
** 380	% of Goal :																				

\*\*1 Indicates that less than 2% of the goal requirements for this nutrient are provided.

\*\*\*1 Indicates the selected items used in nutritional totals.

Courses selected:Selected All

Unit : MOW Week 1  
 Service Date : Wednesday, January 6, 2021  
 Meal Period : LUNCH  
 Customer Count : 380

**1378 Total Calories**  
**21.0 % Calories from Protein**  
**38.2 % Calories from Carbohydrates**  
**43.2 % Calories from Fat**  
**12.5 ( %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								
MAYONNAISE	Pkt	60	0	6	1	60			0	1	0	1								
** 380	% of Goal :																			
<b>Meal Total:</b>	Amount:	1378	72.3	66.2	132	1579.5	1951.1	917.73	216.7	19.1	12.4	60.2								
	% 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 : Wednesday, January 6, 2021  
 Meal Period : VEGETARIAN  
 Customer Count : 10

**1508 Total Calories**  
**17.3 % Calories from Protein**  
**44.1 % Calories from Carbohydrates**  
**41.5 % Calories from Fat**  
**8.2 ( %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	Size	KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram														
SIDE CAESAR SA	Svg (2.6 Oz)	47	4.4	3.8	2	132.5	170	86.11	9.1	1.8	1.4	0.8														
** 10	% of Goal :																									
CHIX BREAST WF	Svg (7.7 Oz)	270	29.1	6.1	25	269.2	514	281.06	63.9	0.6	1.4	4.6														
** 10	% of Goal :																									
PENNE PASTA/ LE	Svg (9.4 Oz)	423	13.5	17	55	311.3	431.6	137.07	0	1.3	5.9	4.6														
** 10	% of Goal :																									
CAESAR DRESS	Pkt	230	1	25	1	270			40	4	0	0														
** 10	% 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															
** 10	% of Goal :																									
Sw Roll Hawaiia	Svg (1.4 Oz)	130	4	3	22	190			5	1	1	4														
** 10	% 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														
** 10	% of Goal :																									
ORANGES FR MM	Each	100	2.5	0	26	0	337.4	47.48	0	0	5	17.5														
** 10	% of Goal :																									
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11														
** 10	% of Goal :																									
CROUTONS IND F	Pkt (.25 oz)	30	1	1	5	95	12.7	9.8	0	0	0	1														
** 10	% of Goal :																									
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0															
** 10	% of Goal :																									

\*\*1 Indicates that less than 2% of the goal requirements for this nutrient are provided.

\*\*\*1 Indicates the selected items used in nutritional totals.

Courses selected:Selected All

Unit : MOW Week 1  
 Service Date : Wednesday, January 6, 2021  
 Meal Period : VEGETARIAN  
 Customer Count : 10

**1508 Total Calories**  
 17.3 % Calories from Protein  
 44.1 % Calories from Carbohydrates  
 41.5 % Calories from Fat  
 8.2 ( %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								
MAYONNAISE	Pkt	60	0	6	1	60			0	1	0	1								
** 10	% of Goal :																			
<b>Meal Total:</b>	Amount:	1508	65.3	69.5	166	1495.1	1981.1	808.4	142.9	13.8	17.5	60.5								
	% 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

Unit : MOW Week 1  
 Service Date : Thursday, January 7, 2021  
 Meal Period : LUNCH  
 Customer Count : 400

**1378 Total Calories**  
**21.0 % Calories from Protein**  
**38.2 % Calories from Carbohydrates**  
**43.2 % Calories from Fat**  
**12.5 ( %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	Size	KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram							
SIDE CAESAR SA	Svg (2.6 Oz)	47	4.4	3.8	2	132.5	170	86.11	9.1	1.8	1.4	0.8							
** 400	% of Goal :																		
CHIX BREAST WF	Svg (7.7 Oz)	270	29.1	6.1	25	269.2	514	281.06	63.9	0.6	1.4	4.6							
** 400	% of Goal :																		
LASAGNA MM	Svg (6 Oz)	293	20.5	13.7	20	395.6	401.6	246.39	73.7	6.7	0.8	4.3							
** 400	% of Goal :																		
CAESAR DRESS	Pkt	230	1	25	1	270			40	4	0	0							
** 400	% 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								
** 400	% of Goal :																		
Sw Roll Hawaiiia	Svg (1.4 Oz)	130	4	3	22	190			5	1	1	4							
** 400	% 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							
** 400	% of Goal :																		
ORANGES FR MM	Each	100	2.5	0	26	0	337.4	47.48	0	0	5	17.5							
** 400	% of Goal :																		
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11							
** 400	% of Goal :																		
CROUTONS IND F	Pkt (.25 oz)	30	1	1	5	95	12.7	9.8	0	0	0	1							
** 400	% of Goal :																		
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0								
** 400	% 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, January 7, 2021  
 Meal Period : LUNCH  
 Customer Count : 400

**1378 Total Calories**  
 21.0 % Calories from Protein  
 38.2 % Calories from Carbohydrates  
 43.2 % Calories from Fat  
 12.5 ( %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								
MAYONNAISE	Pkt	60	0	6	1	60			0	1	0	1								
** 400	% of Goal :																			
<b>Meal Total:</b>	Amount:	1378	72.3	66.2	132	1579.5	1951.1	917.73	216.7	19.1	12.4	60.2								
	% 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 : Thursday, January 7, 2021  
 Meal Period : VEGETARIAN  
 Customer Count : 40

**1453 Total Calories**  
**17.8 % Calories from Protein**  
**46.3 % Calories from Carbohydrates**  
**38.2 % Calories from Fat**  
**9.0 ( %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	Size	KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram									
SIDE CAESAR SA	Svg (2.6 Oz)	47	4.4	3.8	2	132.5	170	86.11	9.1	1.8	1.4	0.8									
** 40	% of Goal :																				
CHIX BREAST WF	Svg (7.7 Oz)	270	29.1	6.1	25	269.2	514	281.06	63.9	0.6	1.4	4.6									
** 40	% of Goal :																				
TWO BEAN TAMA	Svg (8.2 Oz)	368	12.7	9.1	57	800.7	368.1	138.83	11	2.1	6.8	16.6									
** 40	% of Goal :																				
CAESAR DRESS	Pkt	230	1	25	1	270			40	4	0	0									
** 40	% 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										
** 40	% of Goal :																				
Sw Roll Hawaiia	Svg (1.4 Oz)	130	4	3	22	190			5	1	1	4									
** 40	% 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									
** 40	% of Goal :																				
ORANGES FR MM	Each	100	2.5	0	26	0	337.4	47.48	0	0	5	17.5									
** 40	% of Goal :																				
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11									
** 40	% of Goal :																				
CROUTONS IND F	Pkt (.25 oz)	30	1	1	5	95	12.7	9.8	0	0	0	1									
** 40	% of Goal :																				
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0										
** 40	% of Goal :																				

\*\*1 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, January 7, 2021  
 Meal Period : VEGETARIAN  
 Customer Count : 40

**1453 Total Calories**  
 17.8 % Calories from Protein  
 46.3 % Calories from Carbohydrates  
 38.2 % Calories from Fat  
 9.0 ( %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	Size	KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram								
MAYONNAISE	Pkt	60	0	6	1	60			0	1	0	1								
** 40	% of Goal :																			
<b>Meal Total:</b>	Amount:	1453	64.5	61.7	168	1984.5	1917.5	810.17	153.9	14.6	18.4	72.5								
	% 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



Unit : MOW Week 1  
 Service Date : Friday, January 8, 2021  
 Meal Period : LUNCH  
 Customer Count : 380

**1032 Total Calories**  
**20.0 % Calories from Protein**  
**55.3 % Calories from Carbohydrates**  
**27.6 % Calories from Fat**  
**7.1 ( %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	Size	KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram								
JUICE V8 100%	Can	29	1	0	7	430.5	306.1		0	0	1	4.8								
** 380	% of Goal :																			
COLESLAW	Svg (2.5 Oz)	55	0.8	2.2	9	142.9	51.9	13.58	0.3	0.3	1.2	6.3								
** 380	% of Goal :																			
COD POTATO CR	Svg (4 Oz)	117	15.3	2.2	9	423.4	328.5		40.2	0	0	0								
** 380	% of Goal :																			
EGG SLD MM	Scoop (3.4	157	14.6	10.9	1	343.4	108.7	131.47	267.2	3.1	0	0								
** 380	% of Goal :																			
WILD AND BROW	Svg (2.5 Oz)	70	1.5	1.3	14	120.3	55	32.45	0	0.1	0.7	0.4								
** 380	% of Goal :																			
BROCCOLI & CAR	Svg (3.2 Oz)	29	1.9	0.1	6	39.1	152.4	35.55	0	0	3									
** 380	% of Goal :																			
BUNS HAMBURGI	Each	110	3	2	21	175	72.6	45.36	0	0	0.5	3								
** 380	% of Goal :																			
WHOLE WHEAT R	Roll (1.5 oz)	100	4	1.5	18	170			0	0	1	2								
** 380	% of Goal :																			
BANANA	Whole	108	1.3	0.4	28	1.2	433	26.61	0	0.1	3.1	14.8								
** 380	% of Goal :																			
PEARS DICED MM	Svg (4.3 Oz)	68	0	0	16	0	97.5		0	0	2	10.7								
** 380	% of Goal :																			
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11								
** 380	% of Goal :																			
TARTAR SAUCE	Pkg (12 Gm)	45	0	3.5	3	100	0		5	0.5	0	2								
** 380	% 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, January 8, 2021  
 Meal Period : LUNCH  
 Customer Count : 380

**1032 Total Calories**  
**20.0 % Calories from Protein**  
**55.3 % Calories from Carbohydrates**  
**27.6 % Calories from Fat**  
**7.1 ( %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										
** 380	% of Goal :																				
LEAF LETTUCE	Svg (.64 Oz)	3	0.2	0.1	1	1.6	47.9	4.54	0	0	0.3										
** 380	% of Goal :																				
<b>Meal Total:</b>	Amount:	1032	51.6	31.6	143	2097.4	2004.6	505.23	337.7	8.2	12.8	55									
	% 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, January 8, 2021  
 Meal Period : VEGETARIAN  
 Customer Count : 10

**1167 Total Calories**  
**16.2 % Calories from Protein**  
**59.6 % Calories from Carbohydrates**  
**26.0 % Calories from Fat**  
**7.5 ( %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	Size	KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram								
JUICE V8 100%	Can	29	1	0	7	430.5	306.1		0	0	1	4.8								
** 10	% of Goal :																			
COLESLAW	Svg (2.5 Oz)	55	0.8	2.2	9	142.9	51.9	13.58	0.3	0.3	1.2	6.3								
** 10	% of Goal :																			
TWO BEAN TAMA	Svg (8.2 Oz)	368	12.7	9.1	57	800.7	368.1	138.83	11	2.1	6.8	16.6								
** 10	% of Goal :																			
EGG SLD MM	Scoop (3.4 Oz)	157	14.6	10.9	1	343.4	108.7	131.47	267.2	3.1	0	0								
** 10	% of Goal :																			
BROCCOLI & CAF	Svg (3.2 Oz)	29	1.9	0.1	6	39.1	152.4	35.55	0	0	3									
** 10	% of Goal :																			
BUNS HAMBURGI	Each	110	3	2	21	175	72.6	45.36	0	0	0.5	3								
** 10	% of Goal :																			
WHOLE WHEAT R	Roll (1.5 oz)	100	4	1.5	18	170			0	0	1	2								
** 10	% of Goal :																			
BANANA	Whole	108	1.3	0.4	28	1.2	433	26.61	0	0.1	3.1	14.8								
** 10	% of Goal :																			
PEARS DICED MM	Svg (4.3 Oz)	68	0	0	16	0	97.5		0	0	2	10.7								
** 10	% of Goal :																			
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11								
** 10	% of Goal :																			
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0									
** 10	% 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, January 8, 2021  
 Meal Period : VEGETARIAN  
 Customer Count : 10

**1167 Total Calories**  
**16.2 % Calories from Protein**  
**59.6 % Calories from Carbohydrates**  
**26.0 % Calories from Fat**  
**7.5 ( %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							
LEAF LETTUCE	Svg (.64 Oz)	3	0.2	0.1	1	1.6	47.9	4.54	0	0	0.3								
** 10	% of Goal :																		
<b>Meal Total:</b>	Amount:	1167	47.4	33.7	174	2254.3	1989.2	611.61	303.5	9.7	18.9	69.2							
	% 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, January 9, 2021  
 Meal Period : LUNCH  
 Customer Count : 350

**1032 Total Calories**  
**20.0 % Calories from Protein**  
**55.3 % Calories from Carbohydrates**  
**27.6 % Calories from Fat**  
**7.1 ( %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	Size	KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram								
JUICE V8 100%	Can	29	1	0	7	430.5	306.1		0	0	1	4.8								
** 350	% of Goal :																			
COLESLAW	Svg (2.5 Oz)	55	0.8	2.2	9	142.9	51.9	13.58	0.3	0.3	1.2	6.3								
** 350	% of Goal :																			
COD POTATO CR	Svg (4 Oz)	117	15.3	2.2	9	423.4	328.5		40.2	0	0	0								
** 350	% of Goal :																			
EGG SLD MM	Scoop (3.4 Oz)	157	14.6	10.9	1	343.4	108.7	131.47	267.2	3.1	0	0								
** 350	% of Goal :																			
WILD AND BROW	Svg (2.5 Oz)	70	1.5	1.3	14	120.3	55	32.45	0	0.1	0.7	0.4								
** 350	% of Goal :																			
BROCCOLI & CAR	Svg (3.2 Oz)	29	1.9	0.1	6	39.1	152.4	35.55	0	0	3									
** 350	% of Goal :																			
BUNS HAMBURGI	Each	110	3	2	21	175	72.6	45.36	0	0	0.5	3								
** 350	% of Goal :																			
WHOLE WHEAT R	Roll (1.5 oz)	100	4	1.5	18	170			0	0	1	2								
** 350	% of Goal :																			
BANANA	Whole	108	1.3	0.4	28	1.2	433	26.61	0	0.1	3.1	14.8								
** 350	% of Goal :																			
PEARS DICED MM	Svg (4.3 Oz)	68	0	0	16	0	97.5		0	0	2	10.7								
** 350	% of Goal :																			
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11								
** 350	% of Goal :																			
TARTAR SAUCE	Pkg (12 Gm)	45	0	3.5	3	100	0		5	0.5	0	2								
** 350	% of Goal :																			

\*\*1 Indicates that less than 2% of the goal requirements for this nutrient are provided.

\*\*\*1 Indicates the selected items used in nutritional totals.

Courses selected: Selected All

Unit : MOW Week 1  
 Service Date : Saturday, January 9, 2021  
 Meal Period : LUNCH  
 Customer Count : 350

**1032 Total Calories**  
**20.0 % Calories from Protein**  
**55.3 % Calories from Carbohydrates**  
**27.6 % Calories from Fat**  
**7.1 ( %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										
** 350	% of Goal :																				
LEAF LETTUCE	Svg (.64 Oz)	3	0.2	0.1	1	1.6	47.9	4.54	0	0	0.3										
** 350	% of Goal :																				
<b>Meal Total:</b>	Amount:	1032	51.6	31.6	143	2097.4	2004.6	505.23	337.7	8.2	12.8	55									
	% 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, January 9, 2021  
 Meal Period : VEGETARIAN  
 Customer Count : 40

**1167 Total Calories**  
**16.2 % Calories from Protein**  
**59.6 % Calories from Carbohydrates**  
**26.0 % Calories from Fat**  
**7.5 ( %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	Size	KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram									
JUICE V8 100%	Can	29	1	0	7	430.5	306.1		0	0	1	4.8									
** 40	% of Goal :																				
COLESLAW	Svg (2.5 Oz)	55	0.8	2.2	9	142.9	51.9	13.58	0.3	0.3	1.2	6.3									
** 40	% of Goal :																				
TWO BEAN TAMA	Svg (8.2 Oz)	368	12.7	9.1	57	800.7	368.1	138.83	11	2.1	6.8	16.6									
** 40	% of Goal :																				
EGG SLD MM	Scoop (3.4 Oz)	157	14.6	10.9	1	343.4	108.7	131.47	267.2	3.1	0	0									
** 40	% of Goal :																				
BROCCOLI & CAF	Svg (3.2 Oz)	29	1.9	0.1	6	39.1	152.4	35.55	0	0	3										
** 40	% of Goal :																				
BUNS HAMBURGI	Each	110	3	2	21	175	72.6	45.36	0	0	0.5	3									
** 40	% of Goal :																				
WHOLE WHEAT R	Roll (1.5 oz)	100	4	1.5	18	170			0	0	1	2									
** 40	% of Goal :																				
BANANA	Whole	108	1.3	0.4	28	1.2	433	26.61	0	0.1	3.1	14.8									
** 40	% of Goal :																				
PEARS DICED MM	Svg (4.3 Oz)	68	0	0	16	0	97.5		0	0	2	10.7									
** 40	% of Goal :																				
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11									
** 40	% of Goal :																				
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0										
** 40	% of Goal :																				

\*\*1 Indicates that less than 2% of the goal requirements for this nutrient are provided.

\*\*\*1 Indicates the selected items used in nutritional totals.

Courses selected: Selected All

Unit : MOW Week 1  
 Service Date : Saturday, January 9, 2021  
 Meal Period : VEGETARIAN  
 Customer Count : 40

**1167 Total Calories**  
**16.2 % Calories from Protein**  
**59.6 % Calories from Carbohydrates**  
**26.0 % Calories from Fat**  
**7.5 ( %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								
LEAF LETTUCE	Svg (.64 Oz)	3	0.2	0.1	1	1.6	47.9	4.54	0	0	0.3									
** 40	% of Goal :																			
<b>Meal Total:</b>	Amount:	1167	47.4	33.7	174	2254.3	1989.2	611.61	303.5	9.7	18.9	69.2								
	% 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 : Sunday, January 10, 2021  
 Meal Period : LUNCH  
 Customer Count : 150

**779 Total Calories**  
**19.1 % Calories from Protein**  
**43.3 % Calories from Carbohydrates**  
**40.6 % Calories from Fat**  
**11.9 ( %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	Size	KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram							
JUICE V8 100%	Can	29	1	0	7	430.5	306.1		0	0	1	4.8							
** 150	% of Goal :																		
MI CHICKEN CHE	Svg (7.4 Oz)	414	25.2	25.7	21	673.9	427.5	259.21	67	6.3	2.2	13.9							
** 150	% of Goal :																		
ROLL POTATO	Svg (1 oz)	90	3	2	17	125	36	24.34	0	0	0	3							
** 150	% of Goal :																		
SEASONAL APPLI	Each	106	0	0	29	0	226.8	15.12	0	0	4.5	21.2							
** 150	% of Goal :																		
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11							
** 150	% of Goal :																		
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0								
** 150	% of Goal :																		
<b>Meal Total:</b>	Amount:	779	37.1	35.2	84	1379.4	1347.3	514.35	92	10.3	7.7	53.9							
	% 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