

Unit : MOW Week 2  
 Service Date : Monday, January 4, 2021  
 Meal Period : LUNCH  
 Customer Count : 380

**1235 Total Calories**  
**18.6 % Calories from Protein**  
**58.0 % Calories from Carbohydrates**  
**25.6 % Calories from Fat**  
**7.7 ( %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									
VEGS FR CUT	Svg (3.2 Oz)	21	0.4	0	5	64.9	222.1	25.89	0	0	1.9	2.7									
** 380	% of Goal :																				
ORIENTAL CHICK	Svg (6.4 Oz)	238	20.9	4.4	29	649.1	461.4	208.94	49.7	0.6	0.1	20									
** 380	% of Goal :																				
STIR FRY VEGET	Svg (3 Oz)	35	1.9	0	5	23.2	19.2	2.61	0	0	2	2.2									
** 380	% of Goal :																				
DRESSING RANC	Pkt	30	0	2.5	2	55	50		5	0	0	1									
** 380	% of Goal :																				
SLIVERED HAM M	Svg (2 Oz)	61	9.1	2	1	577.1			25.3	0.5	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 :																				
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 :																				
Sw Roll Hawaiia	Svg (1.4 Oz)	130	4	3	22	190			5	1	1	4									
** 380	% of Goal :																				
SEASONAL FRES	Each	84	0.4	0	21	0.9			0	0											
** 380	% of Goal :																				
APPLE CRISP MM	Svg (3 Oz)	147	1.7	5.2	24	58.9	74.7	47.75	12.7	3.1	1.6	21.8									
** 380	% of Goal :																				
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11									
** 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 2  
 Service Date : Monday, January 4, 2021  
 Meal Period : LUNCH  
 Customer Count : 380

**1235 Total Calories**  
**18.6 % Calories from Protein**  
**58.0 % Calories from Carbohydrates**  
**25.6 % Calories from Fat**  
**7.7 ( %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 :																			
MUSTARD	Pkt	0	0	0	0	85	5	5	0	0	0	0								
** 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 :																			
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:	1235	57.4	35.1	179	2211	1417.1	558	123	10.6	14.5	74								
	% 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 2  
 Service Date : Monday, January 4, 2021  
 Meal Period : VEGETARIAN  
 Customer Count : 10

**997 Total Calories**  
**14.6 % Calories from Protein**  
**60.2 % Calories from Carbohydrates**  
**27.7 % 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									
VEGS FR CUT	Svg (3.2 Oz)	21	0.4	0	5	64.9	222.1	25.89	0	0	1.9	2.7									
** 10	% of Goal :																				
STIR FRY VEGET	Svg (3 Oz)	35	1.9	0	5	23.2	19.2	2.61	0	0	2	2.2									
** 10	% of Goal :																				
DRESSING RANC	Pkt	30	0	2.5	2	55	50		5	0	0	1									
** 10	% of Goal :																				
SLIVERED HAM M	Svg (2 Oz)	61	9.1	2	1	577.1			25.3	0.5	0	0									
** 10	% 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									
** 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 :																				
Sw Roll Hawaii	Svg (1.4 Oz)	130	4	3	22	190			5	1	1	4									
** 10	% of Goal :																				
SEASONAL FRES	Each	84	0.4	0	21	0.9			0	0											
** 10	% of Goal :																				
APPLE CRISP MM	Svg (3 Oz)	147	1.7	5.2	24	58.9	74.7	47.75	12.7	3.1	1.6	21.8									
** 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 :																				

\*\* 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 2  
 Service Date : Monday, January 4, 2021  
 Meal Period : VEGETARIAN  
 Customer Count : 10

**997 Total Calories**  
**14.6 % Calories from Protein**  
**60.2 % Calories from Carbohydrates**  
**27.7 % 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		KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram								
MUSTARD	Pkt	0	0	0	0	85	5	5	0	0	0	0								
** 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 :																			
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:	997	36.5	30.7	150	1561.9	955.7	349.06	73.3	10	14.4	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 2  
 Service Date : Tuesday, January 5, 2021  
 Meal Period : LUNCH  
 Customer Count : 400

**1235 Total Calories**  
**18.6 % Calories from Protein**  
**58.0 % Calories from Carbohydrates**  
**25.6 % Calories from Fat**  
**7.7 ( %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									
VEGS FR CUT	Svg (3.2 Oz)	21	0.4	0	5	64.9	222.1	25.89	0	0	1.9	2.7									
** 400	% of Goal :																				
ORIENTAL CHICK	Svg (6.4 Oz)	238	20.9	4.4	29	649.1	461.4	208.94	49.7	0.6	0.1	20									
** 400	% of Goal :																				
STIR FRY VEGET	Svg (3 Oz)	35	1.9	0	5	23.2	19.2	2.61	0	0	2	2.2									
** 400	% of Goal :																				
DRESSING RANC	Pkt	30	0	2.5	2	55	50		5	0	0	1									
** 400	% of Goal :																				
SLIVERED HAM M	Svg (2 Oz)	61	9.1	2	1	577.1			25.3	0.5	0	0									
** 400	% 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									
** 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 :																				
Sw Roll Hawaiia	Svg (1.4 Oz)	130	4	3	22	190			5	1	1	4									
** 400	% of Goal :																				
SEASONAL FRES	Each	84	0.4	0	21	0.9			0	0											
** 400	% of Goal :																				
APPLE CRISP MM	Svg (3 Oz)	147	1.7	5.2	24	58.9	74.7	47.75	12.7	3.1	1.6	21.8									
** 400	% of Goal :																				
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11									
** 400	% 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 2  
 Service Date : Tuesday, January 5, 2021  
 Meal Period : LUNCH  
 Customer Count : 400

**1235 Total Calories**  
**18.6 % Calories from Protein**  
**58.0 % Calories from Carbohydrates**  
**25.6 % Calories from Fat**  
**7.7 ( %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 :																				
MUSTARD	Pkt	0	0	0	0	85	5	5	0	0	0	0									
** 400	% 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									
** 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:	1235	57.4	35.1	179	2211	1417.1	558	123	10.6	14.5	74									
	% 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 2  
 Service Date : Tuesday, January 5, 2021  
 Meal Period : VEGETARIAN  
 Customer Count : 40

**997 Total Calories**  
**14.6 % Calories from Protein**  
**60.2 % Calories from Carbohydrates**  
**27.7 % 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											
VEGS FR CUT	Svg (3.2 Oz)	21	0.4	0	5	64.9	222.1	25.89	0	0	1.9	2.7											
** 40	% of Goal :																						
STIR FRY VEGET	Svg (3 Oz)	35	1.9	0	5	23.2	19.2	2.61	0	0	2	2.2											
** 40	% of Goal :																						
DRESSING RANC	Pkt	30	0	2.5	2	55	50		5	0	0	1											
** 40	% of Goal :																						
SLIVERED HAM M	Svg (2 Oz)	61	9.1	2	1	577.1			25.3	0.5	0	0											
** 40	% 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											
** 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 :																						
Sw Roll Hawaii	Svg (1.4 Oz)	130	4	3	22	190			5	1	1	4											
** 40	% of Goal :																						
SEASONAL FRES	Each	84	0.4	0	21	0.9			0	0													
** 40	% of Goal :																						
APPLE CRISP MM	Svg (3 Oz)	147	1.7	5.2	24	58.9	74.7	47.75	12.7	3.1	1.6	21.8											
** 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 :																						

\*\* 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 2  
 Service Date : Tuesday, January 5, 2021  
 Meal Period : VEGETARIAN  
 Customer Count : 40

**997 Total Calories**  
**14.6 % Calories from Protein**  
**60.2 % Calories from Carbohydrates**  
**27.7 % 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		KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram								
MUSTARD	Pkt	0	0	0	0	85	5	5	0	0	0	0								
** 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 :																			
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:	997	36.5	30.7	150	1561.9	955.7	349.06	73.3	10	14.4	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 2  
 Service Date : Wednesday, January 6, 2021  
 Meal Period : LUNCH  
 Customer Count : 380

**1068 Total Calories**  
**19.5 % Calories from Protein**  
**50.4 % Calories from Carbohydrates**  
**29.9 % Calories from Fat**  
**11.3 ( %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	Size	KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram									
CUCUMBER TOM	Svg (2.2 Oz)	18	0.4	0.1	4	56.9	152.6	10.78	0	0	0.5	3.1									
** 380	% of Goal :																				
FRESH VEG SLD	Svg (3.2 Oz)	44	0.9	1.6	7	176.2	210	32.14	0	0.2	1.6	3.9									
** 380	% of Goal :																				
GREEK CHIX WR	Svg (6.4 Oz)	277	18.7	9.8	29	640.2	284.9	175.74	39.8	3.2	2.2	3.4									
** 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 :																				
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 :																				
PEAS AND CARR	Svg (3.1 oz)	59	2	0	9	29.6	172.1	53.24	0	0	3	3.9									
** 380	% of Goal :																				
HONEY WHEAT R	Svg (1.25 O)	80	3	1.5	14	70			0	0	2	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 :																				
PEACHES DICED	Svg (4.3 Oz)	49	1	0	12	0	202.5		0	0	1	9.8									
** 380	% of Goal :																				
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11									
** 380	% of Goal :																				
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0										
** 380	% of Goal :																				
<b>Meal Total:</b>	Amount:	1068	52	35.4	134	1575.8	2210.7	714.33	195.6	13.4	14.2	59.1									
	% 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 2  
 Service Date : Wednesday, January 6, 2021  
 Meal Period : VEGETARIAN  
 Customer Count : 10

**941 Total Calories**  
 17.1 % Calories from Protein  
 59.4 % Calories from Carbohydrates  
 23.3 % Calories from Fat  
 7.7 ( %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									
CUCUMBER TOM	Svg (2.2 Oz)	18	0.4	0.1	4	56.9	152.6	10.78	0	0	0.5	3.1									
** 10	% of Goal :																				
FRESH VEG SLD	Svg (3.2 Oz)	44	0.9	1.6	7	176.2	210	32.14	0	0.2	1.6	3.9									
** 10	% of Goal :																				
GREEK CHIX WR	Svg (6.4 Oz)	277	18.7	9.8	29	640.2	284.9	175.74	39.8	3.2	2.2	3.4									
** 10	% of Goal :																				
STIR FRY VEGET	Svg (3 Oz)	35	1.9	0	5	23.2	19.2	2.61	0	0	2	2.2									
** 10	% of Goal :																				
MASHED POTATC	Svg (4.4 Oz)	132	3	3.5	21	126.6	409.4	77.86	0	0.5	3	0									
** 10	% of Goal :																				
PEAS AND CARR	Svg (3.1 oz)	59	2	0	9	29.6	172.1	53.24	0	0	3	3.9									
** 10	% of Goal :																				
HONEY WHEAT R	Svg (1.25 O)	80	3	1.5	14	70			0	0	2	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 :																				
PEACHES DICED	Svg (4.3 Oz)	49	1	0	12	0	202.5		0	0	1	9.8									
** 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 :																				
<b>Meal Total:</b>	Amount:	941	40.2	24.4	140	1273.9	2234.7	594.66	64.8	8	18.4	54.2									
	% 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 2  
 Service Date : Thursday, January 7, 2021  
 Meal Period : LUNCH  
 Customer Count : 400

**1200 Total Calories**  
**18.4 % Calories from Protein**  
**51.9 % Calories from Carbohydrates**  
**29.2 % Calories from Fat**  
**10.4 ( %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									
CUCUMBER TOM	Svg (2.2 Oz)	18	0.4	0.1	4	56.9	152.6	10.78	0	0	0.5	3.1									
** 400	% of Goal :																				
FRESH VEG SLD	Svg (3.2 Oz)	44	0.9	1.6	7	176.2	210	32.14	0	0.2	1.6	3.9									
** 400	% of Goal :																				
GREEK CHIX WR	Svg (6.4 Oz)	277	18.7	9.8	29	640.2	284.9	175.74	39.8	3.2	2.2	3.4									
** 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 :																				
MASHED POTATC	Svg (4.4 Oz)	132	3	3.5	21	126.6	409.4	77.86	0	0.5	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 :																				
PEAS AND CARR	Svg (3.1 oz)	59	2	0	9	29.6	172.1	53.24	0	0	3	3.9									
** 400	% of Goal :																				
HONEY WHEAT R	Svg (1.25 O)	80	3	1.5	14	70			0	0	2	2									
** 400	% of Goal :																				
BANANA	Whole	108	1.3	0.4	28	1.2	433	26.61	0	0.1	3.1	14.8									
** 400	% of Goal :																				
PEACHES DICED	Svg (4.3 Oz)	49	1	0	12	0	202.5		0	0	1	9.8									
** 400	% of Goal :																				
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11									
** 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 2  
 Service Date : Thursday, January 7, 2021  
 Meal Period : LUNCH  
 Customer Count : 400

**1200 Total Calories**  
**18.4 % Calories from Protein**  
**51.9 % Calories from Carbohydrates**  
**29.2 % Calories from Fat**  
**10.4 ( %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											
** 400	% of Goal :																					
<b>Meal Total:</b>	Amount:	1200	55.1	39	156	1702.4	2620.2	792.19	195.6	13.9	17.2	59.1										
	% 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 2  
 Service Date : Thursday, January 7, 2021  
 Meal Period : VEGETARIAN  
 Customer Count : 40

**1059 Total Calories**  
**17.7 % Calories from Protein**  
**56.1 % Calories from Carbohydrates**  
**26.6 % Calories from Fat**  
**11.2 ( %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									
CUCUMBER TOM	Svg (2.2 Oz)	18	0.4	0.1	4	56.9	152.6	10.78	0	0	0.5	3.1									
** 40	% of Goal :																				
FRESH VEG SLD	Svg (3.2 Oz)	44	0.9	1.6	7	176.2	210	32.14	0	0.2	1.6	3.9									
** 40	% of Goal :																				
GREEK CHIX WR	Svg (6.4 Oz)	277	18.7	9.8	29	640.2	284.9	175.74	39.8	3.2	2.2	3.4									
** 40	% 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									
** 40	% of Goal :																				
PEAS AND CARR	Svg (3.1 oz)	59	2	0	9	29.6	172.1	53.24	0	0	3	3.9									
** 40	% of Goal :																				
HONEY WHEAT R	Svg (1.25 O)	80	3	1.5	14	70			0	0	2	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 :																				
PEACHES DICED	Svg (4.3 Oz)	49	1	0	12	0	202.5		0	0	1	9.8									
** 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 :																				
<b>Meal Total:</b>	Amount:	1059	47	31.3	148	1463.5	1886.7	664.17	89.7	13.2	14.8	54.2									
	% 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 2  
 Service Date : Friday, January 8, 2021  
 Meal Period : LUNCH  
 Customer Count : 380

**1445 Total Calories**  
**17.3 % Calories from Protein**  
**39.6 % Calories from Carbohydrates**  
**44.5 % Calories from Fat**  
**11.8 ( %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		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 :																			
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								
** 380	% of Goal :																			
CAESAR DRESS	Pkt	230	1	25	1	270			40	4	0	0								
** 380	% of Goal :																			
TUNA SLD MIX M	Svg (3.36 O	111	18.1	4	1	330.1	166.5	2.29	30.1	0.5	0.1	0.2								
** 360	% of Goal :																			
BROC FLORETS	Svgs (2.1 O	17	1.8	0.1	3	14.2	106.1	32.43	0	0	1.8									
** 380	% of Goal :																			
CELERY STICKS	Svg (2.1 Oz)	8	0	0	2	61	151.6	14	0	0	1.1	1.1								
** 380	% of Goal :																			
BUN WHEAT 4"	Each	145	7	1	28	152			0	0	5	3.9								
** 380	% of Goal :																			
WHOLE WHEAT R	Roll (1.5 oz)	100	4	1.5	18	170			0	0	1	2								
** 380	% of Goal :																			
Stby Applesauce	Ind (4.5 Oz)	60	0	0	15	10	70		0	0	2	12								
** 380	% of Goal :																			
PEARS DICED M	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 :																			
CROUTONS IND F	Pkt (.25 oz)	30	1	1	5	95	12.7	9.8	0	0	0	1								
** 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 2  
 Service Date : Friday, January 8, 2021  
 Meal Period : LUNCH  
 Customer Count : 380

**1445 Total Calories**  
**17.3 % Calories from Protein**  
**39.6 % Calories from Carbohydrates**  
**44.5 % Calories from Fat**  
**11.8 ( %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		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 :																				
PEANUT BUTTER	Pkt	140	5	11	4	105	120	0	0	2	1	2									
** 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 :																				
MAYONNAISE	Pkt	60	0	6	1	60			0	1	0	1									
** 380	% of Goal :																				
<b>Meal Total:</b>	Amount:	1445	62.4	71.5	143	1890.8	1373.9	514.83	129.2	19	17.1	48									
	% 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 2  
 Service Date : Friday, January 8, 2021  
 Meal Period : VEGETARIAN  
 Customer Count : 10

**1445 Total Calories**  
**17.3 % Calories from Protein**  
**39.6 % Calories from Carbohydrates**  
**44.5 % Calories from Fat**  
**11.8 ( %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								
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 :																			
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								
** 10	% of Goal :																			
CAESAR DRESS	Pkt	230	1	25	1	270			40	4	0	0								
** 10	% of Goal :																			
TUNA SLD MIX M	Svg (3.36 O	111	18.1	4	1	330.1	166.5	2.29	30.1	0.5	0.1	0.2								
** 10	% of Goal :																			
BROC FLORETS	Svgs (2.1 O	17	1.8	0.1	3	14.2	106.1	32.43	0	0	1.8									
** 10	% of Goal :																			
CELERY STICKS	Svg (2.1 Oz)	8	0	0	2	61	151.6	14	0	0	1.1	1.1								
** 10	% of Goal :																			
BUN WHEAT 4"	Each	145	7	1	28	152			0	0	5	3.9								
** 10	% of Goal :																			
WHOLE WHEAT R	Roll (1.5 oz)	100	4	1.5	18	170			0	0	1	2								
** 10	% of Goal :																			
Stby Applesauce	Ind (4.5 Oz)	60	0	0	15	10	70		0	0	2	12								
** 10	% of Goal :																			
PEARS DICED M	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 :																			
CROUTONS IND F	Pkt (.25 oz)	30	1	1	5	95	12.7	9.8	0	0	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 2  
 Service Date : Friday, January 8, 2021  
 Meal Period : VEGETARIAN  
 Customer Count : 10

**1445 Total Calories**  
**17.3 % Calories from Protein**  
**39.6 % Calories from Carbohydrates**  
**44.5 % Calories from Fat**  
**11.8 ( %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		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										
** 10	% of Goal :																				
PEANUT BUTTER	Pkt	140	5	11	4	105	120	0	0	2	1	2									
** 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 :																				
MAYONNAISE	Pkt	60	0	6	1	60			0	1	0	1									
** 10	% of Goal :																				
<b>Meal Total:</b>	Amount:	1445	62.4	71.5	143	1890.8	1373.9	514.83	129.2	19	17.1	48									
	% 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 2  
 Service Date : Saturday, January 9, 2021  
 Meal Period : LUNCH  
 Customer Count : 350

**1445 Total Calories**  
**17.3 % Calories from Protein**  
**39.6 % Calories from Carbohydrates**  
**44.5 % Calories from Fat**  
**11.8 ( %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									
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									
** 350	% 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									
** 350	% of Goal :																				
CAESAR DRESS	Pkt	230	1	25	1	270			40	4	0	0									
** 350	% of Goal :																				
TUNA SLD MIX M	Svg (3.36 O	111	18.1	4	1	330.1	166.5	2.29	30.1	0.5	0.1	0.2									
** 350	% of Goal :																				
BROC FLORETS	Svgs (2.1 O	17	1.8	0.1	3	14.2	106.1	32.43	0	0	1.8										
** 350	% of Goal :																				
CELERY STICKS	Svg (2.1 Oz)	8	0	0	2	61	151.6	14	0	0	1.1	1.1									
** 350	% of Goal :																				
BUN WHEAT 4"	Each	145	7	1	28	152			0	0	5	3.9									
** 350	% of Goal :																				
WHOLE WHEAT R	Roll (1.5 oz)	100	4	1.5	18	170			0	0	1	2									
** 350	% of Goal :																				
Stby Applesauce	Ind (4.5 Oz)	60	0	0	15	10	70		0	0	2	12									
** 350	% of Goal :																				
PEARS DICED M	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 :																				
CROUTONS IND F	Pkt (.25 oz)	30	1	1	5	95	12.7	9.8	0	0	0	1									
** 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 2  
 Service Date : Saturday, January 9, 2021  
 Meal Period : LUNCH  
 Customer Count : 350

**1445 Total Calories**  
**17.3 % Calories from Protein**  
**39.6 % Calories from Carbohydrates**  
**44.5 % Calories from Fat**  
**11.8 ( %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		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 :																				
PEANUT BUTTER	Pkt	140	5	11	4	105	120	0	0	2	1	2									
** 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 :																				
MAYONNAISE	Pkt	60	0	6	1	60			0	1	0	1									
** 350	% of Goal :																				
<b>Meal Total:</b>	Amount:	1445	62.4	71.5	143	1890.8	1373.9	514.83	129.2	19	17.1	48									
	% 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 2  
 Service Date : Saturday, January 9, 2021  
 Meal Period : VEGETARIAN  
 Customer Count : 40

**1445 Total Calories**  
**17.3 % Calories from Protein**  
**39.6 % Calories from Carbohydrates**  
**44.5 % Calories from Fat**  
**11.8 ( %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								
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 :																			
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								
** 40	% of Goal :																			
CAESAR DRESS	Pkt	230	1	25	1	270			40	4	0	0								
** 40	% of Goal :																			
TUNA SLD MIX M	Svg (3.36 O	111	18.1	4	1	330.1	166.5	2.29	30.1	0.5	0.1	0.2								
** 40	% of Goal :																			
BROC FLORETS	Svgs (2.1 O	17	1.8	0.1	3	14.2	106.1	32.43	0	0	1.8									
** 40	% of Goal :																			
CELERY STICKS	Svg (2.1 Oz)	8	0	0	2	61	151.6	14	0	0	1.1	1.1								
** 40	% of Goal :																			
BUN WHEAT 4"	Each	145	7	1	28	152			0	0	5	3.9								
** 40	% of Goal :																			
WHOLE WHEAT R	Roll (1.5 oz)	100	4	1.5	18	170			0	0	1	2								
** 40	% of Goal :																			
Stby Applesauce	Ind (4.5 Oz)	60	0	0	15	10	70		0	0	2	12								
** 40	% of Goal :																			
PEARS DICED M	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 :																			
CROUTONS IND F	Pkt (.25 oz)	30	1	1	5	95	12.7	9.8	0	0	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 2  
 Service Date : Saturday, January 9, 2021  
 Meal Period : VEGETARIAN  
 Customer Count : 40

**1445 Total Calories**  
**17.3 % Calories from Protein**  
**39.6 % Calories from Carbohydrates**  
**44.5 % Calories from Fat**  
**11.8 ( %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		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										
** 40	% of Goal :																				
PEANUT BUTTER	Pkt	140	5	11	4	105	120	0	0	2	1	2									
** 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 :																				
MAYONNAISE	Pkt	60	0	6	1	60			0	1	0	1									
** 40	% of Goal :																				
<b>Meal Total:</b>	Amount:	1445	62.4	71.5	143	1890.8	1373.9	514.83	129.2	19	17.1	48									
	% 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 2  
 Service Date : Sunday, January 10, 2021  
 Meal Period : LUNCH  
 Customer Count : 150

**575 Total Calories**  
**14.8 % Calories from Protein**  
**54.6 % Calories from Carbohydrates**  
**36.2 % 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							
Quinoa Sld P MM	Plate (8.3 O	355	10.8	18.1	41	732.1	192.7	53.77	5	2.9	6.7	4.8							
** 150	% of Goal :																		
ORANGES FR MM	Each	100	2.5	0	26	0	337.4	47.48	0	0	5	17.5							
** 150	% of Goal :																		
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11							
** 150	% of Goal :																		
<b>Meal Total:</b>	Amount:	575	21.3	23.1	78	852.1	879.1	316.93	30	6.4	11.7	33.3							
	% 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