

Unit : MOW Week 3
 Service Date : Monday, January 4, 2021
 Meal Period : LUNCH
 Customer Count : 380

1165 Total Calories
21.1 % Calories from Protein
40.1 % Calories from Carbohydrates
39.3 % 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									
TOSSED GREE	1/2 Cup (2.3	12	0.8	0	2	11.9	117.2	0.52	0	0	0.7	0.8									
** 380	% of Goal :																				
BEEF/MUSHROM	Svg (5.6 Oz)	305	15.7	16.8	21	201.9	434.3	217.81	55.3	6.3	1.3	1.3									
** 380	% of Goal :																				
DRESSING BALS	Pkt	150	0	16	3	350	8		0	2.5	0	3									
** 380	% of Goal :																				
Chicken Salad	Svg (4 Oz)	154	20.3	6.6	3	240.2	210.5	7.37	42.4	0.8	0.4	0.6									
** 380	% of Goal :																				
CARROT BABY MI	Svg (2.7 oz)	30	0.6	0	7	53.4	212	28.87	0	0	2.4	3.6									
** 380	% 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									
** 380	% of Goal :																				
BUN WHEAT 4"	Each	145	7	1	28	152			0	0	5	3.9									
** 380	% of Goal :																				
Sw Roll Hawaiia	Svg (1.4 Oz)	130	4	3	22	190			5	1	1	4									
** 380	% of Goal :																				
Apple Slices	Bag (2 oz)	30	0	0	7	0	60.7	6.24	0	0	2	2									
** 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 :																				

** 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 3
 Service Date : Monday, January 4, 2021
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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								
** 380	% of Goal :																		
Meal Total:	Amount:	1165	61.4	50.9	117	1446.6	1584.8	557.56	127.7	14.6	17	34.1							
	% 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 3
 Service Date : Monday, January 4, 2021
 Meal Period : VEGETARIAN
 Customer Count : 10

1178 Total Calories
19.9 % Calories from Protein
40.3 % Calories from Carbohydrates
39.4 % Calories from Fat
10.7 (%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									
TOSSED GREE	1/2 Cup (2.3	12	0.8	0	2	11.9	117.2	0.52	0	0	0.7	0.8									
** 10	% of Goal :																				
FRITTATA MM	Svg (5.3 Oz)	201	11.3	11.6	8	305	376.2	219.83	404.4	4.6	1.3	1.9									
** 10	% of Goal :																				
DRESSING BALS	Pkt	150	0	16	3	350	8		0	2.5	0	3									
** 10	% of Goal :																				
Chicken Salad	Svg (4 Oz)	154	20.3	6.6	3	240.2	210.5	7.37	42.4	0.8	0.4	0.6									
** 10	% of Goal :																				
TATER TOTS MM	Svg (7 ea)	117	1.5	5.9	15	307.7	183.1	29.61	0	1.1	1.5	0.7									
** 10	% of Goal :																				
CARROT BABY M	Svg (2.7 oz)	30	0.6	0	7	53.4	212	28.87	0	0	2.4	3.6									
** 10	% 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									
** 10	% of Goal :																				
BUN WHEAT 4"	Each	145	7	1	28	152			0	0	5	3.9									
** 10	% of Goal :																				
Sw Roll Hawaiia	Svg (1.4 Oz)	130	4	3	22	190			5	1	1	4									
** 10	% of Goal :																				
Apple Slices	Bag (2 oz)	30	0	0	7	0	60.7	6.24	0	0	2	2									
** 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 3
 Service Date : Monday, January 4, 2021
 Meal Period : VEGETARIAN
 Customer Count : 10

1178 Total Calories
19.9 % Calories from Protein
40.3 % Calories from Carbohydrates
39.4 % Calories from Fat
10.7 (%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							
LEAF LETTUCE	Svg (.64 Oz)	3	0.2	0.1	1	1.6	47.9	4.54	0	0	0.3								
** 10	% of Goal :																		
Meal Total:	Amount:	1178	58.5	51.6	119	1857.4	1709.9	589.19	476.8	14	18.5	35.4							
	% 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 3
 Service Date : Tuesday, January 5, 2021
 Meal Period : LUNCH
 Customer Count : 400

1165 Total Calories
21.1 % Calories from Protein
40.1 % Calories from Carbohydrates
39.3 % 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									
TOSSED GREE	1/2 Cup (2.3	12	0.8	0	2	11.9	117.2	0.52	0	0	0.7	0.8									
** 400	% of Goal :																				
BEEF/MUSHROM	Svg (5.6 Oz)	305	15.7	16.8	21	201.9	434.3	217.81	55.3	6.3	1.3	1.3									
** 400	% of Goal :																				
DRESSING BALS	Pkt	150	0	16	3	350	8		0	2.5	0	3									
** 400	% of Goal :																				
Chicken Salad	Svg (4 Oz)	154	20.3	6.6	3	240.2	210.5	7.37	42.4	0.8	0.4	0.6									
** 400	% of Goal :																				
CARROT BABY M	Svg (2.7 oz)	30	0.6	0	7	53.4	212	28.87	0	0	2.4	3.6									
** 400	% 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									
** 400	% of Goal :																				
BUN WHEAT 4"	Each	145	7	1	28	152			0	0	5	3.9									
** 400	% of Goal :																				
Sw Roll Hawaiia	Svg (1.4 Oz)	130	4	3	22	190			5	1	1	4									
** 400	% of Goal :																				
Apple Slices	Bag (2 oz)	30	0	0	7	0	60.7	6.24	0	0	2	2									
** 400	% of Goal :																				
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11									
** 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 3
 Service Date : Tuesday, January 5, 2021
 Meal Period : LUNCH
 Customer Count : 400

1165 Total Calories
 21.1 % Calories from Protein
 40.1 % Calories from Carbohydrates
 39.3 % 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		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								
** 400	% of Goal :																		
Meal Total:	Amount:	1165	61.4	50.9	117	1446.6	1584.8	557.56	127.7	14.6	17	34.1							
	% 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 3
 Service Date : Tuesday, January 5, 2021
 Meal Period : VEGETARIAN
 Customer Count : 40

1178 Total Calories
19.9 % Calories from Protein
40.3 % Calories from Carbohydrates
39.4 % Calories from Fat
10.7 (%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									
TOSSED GREE	1/2 Cup (2.3	12	0.8	0	2	11.9	117.2	0.52	0	0	0.7	0.8									
** 40	% of Goal :																				
FRITTATA MM	Svg (5.3 Oz)	201	11.3	11.6	8	305	376.2	219.83	404.4	4.6	1.3	1.9									
** 40	% of Goal :																				
DRESSING BALS	Pkt	150	0	16	3	350	8		0	2.5	0	3									
** 40	% of Goal :																				
Chicken Salad	Svg (4 Oz)	154	20.3	6.6	3	240.2	210.5	7.37	42.4	0.8	0.4	0.6									
** 40	% of Goal :																				
TATER TOTS MM	Svg (7 ea)	117	1.5	5.9	15	307.7	183.1	29.61	0	1.1	1.5	0.7									
** 40	% of Goal :																				
CARROT BABY M	Svg (2.7 oz)	30	0.6	0	7	53.4	212	28.87	0	0	2.4	3.6									
** 40	% 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									
** 40	% of Goal :																				
BUN WHEAT 4"	Each	145	7	1	28	152			0	0	5	3.9									
** 40	% of Goal :																				
Sw Roll Hawaiia	Svg (1.4 Oz)	130	4	3	22	190			5	1	1	4									
** 40	% of Goal :																				
Apple Slices	Bag (2 oz)	30	0	0	7	0	60.7	6.24	0	0	2	2									
** 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 :																				

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Courses selected:Selected All

Unit : MOW Week 3
 Service Date : Tuesday, January 5, 2021
 Meal Period : VEGETARIAN
 Customer Count : 40

1178 Total Calories
19.9 % Calories from Protein
40.3 % Calories from Carbohydrates
39.4 % Calories from Fat
10.7 (%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								
LEAF LETTUCE	Svg (.64 Oz)	3	0.2	0.1	1	1.6	47.9	4.54	0	0	0.3									
** 40	% of Goal :																			
Meal Total:	Amount:	1178	58.5	51.6	119	1857.4	1709.9	589.19	476.8	14	18.5	35.4								
	% 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 3
 Service Date : Wednesday, January 6, 2021
 Meal Period : LUNCH
 Customer Count : 380

1388 Total Calories
18.6 % Calories from Protein
46.0 % Calories from Carbohydrates
37.8 % 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												
CUCUMBER TOM	Svg (2.4 Oz)	63	0.4	4.2	6	62.3	114.7	11.19	0	0.6	0.5	5.1												
** 380	% of Goal :																							
COD POTATO CRI	Svg (4 Oz)	117	15.3	2.2	9	423.4	328.5		40.2	0	0	0												
** 380	% of Goal :																							
SLIVERED TURKE	Svg (2 Oz)	70	13	1	0	190			35	0	0	0												
** 380	% of Goal :																							
POTATOES O'BRI	Svg (2 Oz)	90	1.9	2.5	15	184.2	374.7	3.54	0	0.4	2	1.4												
** 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 :																							
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 :																							
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 :																							
BANANA	Whole	108	1.3	0.4	28	1.2	433	26.61	0	0.1	3.1	14.8												
** 380	% of Goal :																							
CHEESECAKE W/	Svg (4.2 Oz)	285	6.4	16.3	30	218.8	141.2	98.76	89.1	9.6	1.5	20.4												
** 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 3
 Service Date : Wednesday, January 6, 2021
 Meal Period : LUNCH
 Customer Count : 380

1388 Total Calories
18.6 % Calories from Protein
46.0 % Calories from Carbohydrates
37.8 % 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									
TARTAR SAUCE	Pkg (12 Gm)	45	0	3.5	3	100	0		5	0.5	0	2									
** 380	% of Goal :																				
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 :																				
Meal Total:	Amount:	1388	64.5	58.3	160	1883.6	2252.4	395.4	194.2	18.3	18.6	64.8									
	% of Goal:																				

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

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Courses selected: Selected All

Unit : MOW Week 3
 Service Date : Wednesday, January 6, 2021
 Meal Period : VEGETARIAN
 Customer Count : 10

1427 Total Calories
17.0 % Calories from Protein
43.8 % Calories from Carbohydrates
40.5 % Calories from Fat
14.1 (%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									
CUCUMBER TOM	Svg (2.4 Oz)	63	0.4	4.2	6	62.3	114.7	11.19	0	0.6	0.5	5.1									
** 10	% of Goal :																				
FRITTATA MM	Svg (5.3 Oz)	201	11.3	11.6	8	305	376.2	219.83	404.4	4.6	1.3	1.9									
** 10	% of Goal :																				
SLIVERED TURKE	Svg (2 Oz)	70	13	1	0	190			35	0	0	0									
** 10	% of Goal :																				
POTATOES O'BRI	Svg (2 Oz)	90	1.9	2.5	15	184.2	374.7	3.54	0	0.4	2	1.4									
** 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 :																				
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 :																				
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 :																				
BANANA	Whole	108	1.3	0.4	28	1.2	433	26.61	0	0.1	3.1	14.8									
** 10	% of Goal :																				
CHEESECAKE W/	Svg (4.2 Oz)	285	6.4	16.3	30	218.8	141.2	98.76	89.1	9.6	1.5	20.4									
** 10	% of Goal :																				
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11									
** 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 3
 Service Date : Wednesday, January 6, 2021
 Meal Period : VEGETARIAN
 Customer Count : 10

1427 Total Calories
17.0 % Calories from Protein
43.8 % Calories from Carbohydrates
40.5 % Calories from Fat
14.1 (%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									
** 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 :																			
Meal Total:	Amount:	1427	60.6	64.2	156	1665.2	2300.1	615.23	553.5	22.4	19.9	64.7								
	% 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 3
 Service Date : Thursday, January 7, 2021
 Meal Period : LUNCH
 Customer Count : 400

1388 Total Calories
18.6 % Calories from Protein
46.0 % Calories from Carbohydrates
37.8 % 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										
CUCUMBER TOM	Svg (2.4 Oz)	63	0.4	4.2	6	62.3	114.7	11.19	0	0.6	0.5	5.1										
** 400	% of Goal :																					
COD POTATO CRI	Svg (4 Oz)	117	15.3	2.2	9	423.4	328.5		40.2	0	0	0										
** 400	% of Goal :																					
SLIVERED TURKE	Svg (2 Oz)	70	13	1	0	190			35	0	0	0										
** 400	% of Goal :																					
POTATOES O'BRI	Svg (2 Oz)	90	1.9	2.5	15	184.2	374.7	3.54	0	0.4	2	1.4										
** 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 :																					
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 :																					
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 :																					
BANANA	Whole	108	1.3	0.4	28	1.2	433	26.61	0	0.1	3.1	14.8										
** 400	% of Goal :																					
CHEESECAKE W/	Svg (4.2 Oz)	285	6.4	16.3	30	218.8	141.2	98.76	89.1	9.6	1.5	20.4										
** 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 3
 Service Date : Thursday, January 7, 2021
 Meal Period : LUNCH
 Customer Count : 400

1388 Total Calories
18.6 % Calories from Protein
46.0 % Calories from Carbohydrates
37.8 % 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									
TARTAR SAUCE	Pkg (12 Gm)	45	0	3.5	3	100	0		5	0.5	0	2									
** 400	% of Goal :																				
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0										
** 400	% of Goal :																				
PEANUT BUTTER	Pkt	140	5	11	4	105	120	0	0	2	1	2									
** 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 :																				
MAYONNAISE	Pkt	60	0	6	1	60			0	1	0	1									
** 400	% of Goal :																				
Meal Total:	Amount:	1388	64.5	58.3	160	1883.6	2252.4	395.4	194.2	18.3	18.6	64.8									
	% 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 3
 Service Date : Thursday, January 7, 2021
 Meal Period : VEGETARIAN
 Customer Count : 40

1417 Total Calories
15.5 % Calories from Protein
48.5 % Calories from Carbohydrates
38.9 % Calories from Fat
12.0 (%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													
CUCUMBER TOM	Svg (2.4 Oz)	63	0.4	4.2	6	62.3	114.7	11.19	0	0.6	0.5	5.1													
** 40	% of Goal :																								
HUNGARIAN GOL	Svg (11.5 O	281	7.7	11.2	38	247.6	847.6	197.05	0	1.6	7.2	5.1													
** 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 :																								
GR BEANS MM	1/2 Cup (2.4	19	1	0.1	4	6.1	85.8	21.1	0	0	2														
** 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 :																								
BANANA	Whole	108	1.3	0.4	28	1.2	433	26.61	0	0.1	3.1	14.8													
** 40	% of Goal :																								
CHEESECAKE W/	Svg (4.2 Oz)	285	6.4	16.3	30	218.8	141.2	98.76	89.1	9.6	1.5	20.4													
** 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 3
 Service Date : Thursday, January 7, 2021
 Meal Period : VEGETARIAN
 Customer Count : 40

1417 Total Calories
15.5 % Calories from Protein
48.5 % Calories from Carbohydrates
38.9 % Calories from Fat
12.0 (%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								
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 :																			
Meal Total:	Amount:	1417	55	61.3	172	1423.6	2396.7	588.92	149.1	19	23.8	66.5								
	% 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 3
 Service Date : Friday, January 8, 2021
 Meal Period : LUNCH
 Customer Count : 380

1195 Total Calories
21.9 % Calories from Protein
55.2 % Calories from Carbohydrates
24.4 % Calories from Fat
7.6 (%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									
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 :																				
LETTUCE/TOMAT	Svg (2.2 Oz)	15	0.6	0.2	3	4.7	135.3	15.57	0	0	0.8	1.5									
** 380	% of Goal :																				
CHICKEN PARME	Svg (4.94 oz)	214	21.9	6.8	15	201.2	362.5	229.71	49.6	1.7	1	3.2									
** 380	% 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									
** 380	% of Goal :																				
PENNE PASTA	Svg (2.9 Oz)	144	5	0.7	29	0	0	0	0	0	0.7	0.7									
** 380	% of Goal :																				
CARROT SL MM	1/2 Cup (2.1 Oz)	21	0.7	0.1	5	35.1	94.1	15.48	0	0	2.1										
** 380	% of Goal :																				
BUN WHEAT 4"	Each	145	7	1	28	152			0	0	5	3.9									
** 380	% of Goal :																				
Sw Roll Hawaiia	Svg (1.4 Oz)	130	4	3	22	190			5	1	1	4									
** 380	% of Goal :																				
PEACHES DICED	Svg (4.3 Oz)	49	1	0	12	0	202.5		0	0	1	9.8									
** 380	% of Goal :																				
SEASONAL FRES	Each	84	0.4	0	21	0.9			0	0											
** 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 :																				

**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 3
 Service Date : Friday, January 8, 2021
 Meal Period : LUNCH
 Customer Count : 380

1195 Total Calories
21.9 % Calories from Protein
55.2 % Calories from Carbohydrates
24.4 % Calories from Fat
7.6 (%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							
ITAL SCE CM	Svg (4 Oz)	52	1.2	0.8	11	117.2	402.3	25.55	0	0.1	1.7	9.9							
** 380	% of Goal :																		
Meal Total:	Amount:	1195	65.3	32.4	165	1370.7	1866.3	665.61	346.8	10.1	14.9	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 3
 Service Date : Friday, January 8, 2021
 Meal Period : VEGETARIAN
 Customer Count : 10

1066 Total Calories
16.8 % Calories from Protein
55.9 % Calories from Carbohydrates
29.9 % Calories from Fat
8.3 (%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									
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 :																				
LETTUCE/TOMAT	Svg (2.2 Oz)	15	0.6	0.2	3	4.7	135.3	15.57	0	0	0.8	1.5									
** 10	% of Goal :																				
HUNGARIAN GOL	Svg (11.5 O	281	7.7	11.2	38	247.6	847.6	197.05	0	1.6	7.2	5.1									
** 10	% 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									
** 10	% of Goal :																				
CARROT SL MM	1/2 Cup (2.1	21	0.7	0.1	5	35.1	94.1	15.48	0	0	2.1										
** 10	% of Goal :																				
BUN WHEAT 4"	Each	145	7	1	28	152			0	0	5	3.9									
** 10	% of Goal :																				
Sw Roll Hawaii	Svg (1.4 Oz)	130	4	3	22	190			5	1	1	4									
** 10	% of Goal :																				
PEACHES DICED	Svg (4.3 Oz)	49	1	0	12	0	202.5		0	0	1	9.8									
** 10	% of Goal :																				
SEASONAL FRES	Each	84	0.4	0	21	0.9			0	0											
** 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 :																				
Meal Total:	Amount:	1066	44.9	35.4	149	1299.8	1949.1	607.39	297.2	9.9	18.7	39.3									
	% 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

Unit : MOW Week 3
 Service Date : Saturday, January 9, 2021
 Meal Period : LUNCH
 Customer Count : 350

1195 Total Calories
21.9 % Calories from Protein
55.2 % Calories from Carbohydrates
24.4 % Calories from Fat
7.6 (%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									
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									
** 350	% of Goal :																				
LETTUCE/TOMAT	Svg (2.2 Oz)	15	0.6	0.2	3	4.7	135.3	15.57	0	0	0.8	1.5									
** 350	% of Goal :																				
CHICKEN PARME	Svg (4.94 oz)	214	21.9	6.8	15	201.2	362.5	229.71	49.6	1.7	1	3.2									
** 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 :																				
PENNE PASTA	Svg (2.9 Oz)	144	5	0.7	29	0	0	0	0	0	0.7	0.7									
** 350	% of Goal :																				
CARROT SL MM	1/2 Cup (2.1 Oz)	21	0.7	0.1	5	35.1	94.1	15.48	0	0	2.1										
** 350	% of Goal :																				
BUN WHEAT 4"	Each	145	7	1	28	152			0	0	5	3.9									
** 350	% of Goal :																				
Sw Roll Hawaiia	Svg (1.4 Oz)	130	4	3	22	190			5	1	1	4									
** 350	% of Goal :																				
PEACHES DICED	Svg (4.3 Oz)	49	1	0	12	0	202.5		0	0	1	9.8									
** 350	% of Goal :																				
SEASONAL FRES	Each	84	0.4	0	21	0.9			0	0											
** 350	% of Goal :																				
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11									
** 350	% of Goal :																				
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0										
** 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 3
 Service Date : Saturday, January 9, 2021
 Meal Period : LUNCH
 Customer Count : 350

1195 Total Calories
21.9 % Calories from Protein
55.2 % Calories from Carbohydrates
24.4 % 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							
ITAL SCE CM	Svg (4 Oz)	52	1.2	0.8	11	117.2	402.3	25.55	0	0.1	1.7	9.9							
** 350	% of Goal :																		
Meal Total:	Amount:	1195	65.3	32.4	165	1370.7	1866.3	665.61	346.8	10.1	14.9	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 3
 Service Date : Saturday, January 9, 2021
 Meal Period : VEGETARIAN
 Customer Count : 40

1066 Total Calories
16.8 % Calories from Protein
55.9 % Calories from Carbohydrates
29.9 % Calories from Fat
8.3 (%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									
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 :																				
LETTUCE/TOMAT	Svg (2.2 Oz)	15	0.6	0.2	3	4.7	135.3	15.57	0	0	0.8	1.5									
** 40	% of Goal :																				
HUNGARIAN GOL	Svg (11.5 O)	281	7.7	11.2	38	247.6	847.6	197.05	0	1.6	7.2	5.1									
** 40	% 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									
** 40	% of Goal :																				
CARROT SL MM	1/2 Cup (2.1	21	0.7	0.1	5	35.1	94.1	15.48	0	0	2.1										
** 40	% of Goal :																				
BUN WHEAT 4"	Each	145	7	1	28	152			0	0	5	3.9									
** 40	% of Goal :																				
Sw Roll Hawaii	Svg (1.4 Oz)	130	4	3	22	190			5	1	1	4									
** 40	% of Goal :																				
PEACHES DICED	Svg (4.3 Oz)	49	1	0	12	0	202.5		0	0	1	9.8									
** 40	% of Goal :																				
SEASONAL FRES	Each	84	0.4	0	21	0.9			0	0											
** 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 :																				
Meal Total:	Amount:	1066	44.9	35.4	149	1299.8	1949.1	607.39	297.2	9.9	18.7	39.3									
	% 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

Unit : MOW Week 3
 Service Date : Sunday, January 10, 2021
 Meal Period : LUNCH
 Customer Count : 150

769 Total Calories
20.6 % Calories from Protein
32.3 % Calories from Carbohydrates
51.1 % Calories from Fat
12.2 (%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								
JUICE V8 100%	Can	29	1	0	7	430.5	306.1		0	0	1	4.8								
** 150	% of Goal :																			
CHICKEN CAESAR	Svg (6.5 Oz)	421	26.7	33.2	7	578.3	343.2	267.93	100.8	6.4	0.8	1.4								
** 150	% of Goal :																			
ROLL POTATO	Svg (1 oz)	90	3	2	17	125	36	24.34	0	0	0	3								
** 150	% of Goal :																			
Stby Applesauce	Ind (4.5 Oz)	60	0	0	15	10	70		0	0	2	12								
** 150	% of Goal :																			
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11								
** 150	% of Goal :																			
CROUTONS IND F	Pkt (.25 oz)	30	1	1	5	95	12.7	9.8	0	0	0	1								
** 150	% of Goal :																			
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0									
** 150	% of Goal :																			
Meal Total:	Amount:	769	39.7	43.7	62	1388.7	1118.9	517.75	125.8	10.5	3.8	33.2								
	% 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