

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

1363 Total Calories
16.9 % Calories from Protein
41.6 % Calories from Carbohydrates
44.0 % Calories from Fat
13.2 (%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									
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 :																				
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 :																				
BROC/CHE CAS	Svg (6.3 Oz)	260	8.3	14.7	23	763.6	173.5	171.03	18	6.3	2.5	0.5									
** 380	% of Goal :																				
CAESAR DRESS	Pkt	230	1	25	1	270			40	4	0	0									
** 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 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 :																				
WHOLE WHEAT R	Roll (1.5 oz)	100	4	1.5	18	170			0	0	1	2									
** 380	% of Goal :																				
APPLE GOLDEN [Each	75	0.4	0.2	18	2.6	131.5	13.15	0	0	3.2	13.2									
** 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 :																				
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 4
 Service Date : Monday, January 4, 2021
 Meal Period : LUNCH
 Customer Count : 380

1363 Total Calories
16.9 % Calories from Protein
41.6 % Calories from Carbohydrates
44.0 % Calories from Fat
13.2 (%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								
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0									
** 380	% of Goal :																			
Meal Total:	Amount:	1363	57.5	66.7	142	2074.7	1353.1	581.95	147.1	20	18	56.4								
	% of Goal:																			

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Courses selected:Selected All

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

1363 Total Calories
16.9 % Calories from Protein
41.6 % Calories from Carbohydrates
44.0 % Calories from Fat
13.2 (%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																
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 :																											
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 :																											
BROC/CHE CAS	Svg (6.3 Oz)	260	8.3	14.7	23	763.6	173.5	171.03	18	6.3	2.5	0.5																
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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 :																											
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																	
** 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																
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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 :																											
CROUTONS IND F	Pkt (.25 oz)	30	1	1	5	95	12.7	9.8	0	0	0	1																
** 10	% of Goal :																											

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

Courses selected: Selected All

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

1363 Total Calories
16.9 % Calories from Protein
41.6 % Calories from Carbohydrates
44.0 % Calories from Fat
13.2 (%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									
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0										
** 10	% of Goal :																				
Meal Total:	Amount:	1363	57.5	66.7	142	2074.7	1353.1	581.95	147.1	20	18	56.4									
	% of Goal:																				

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

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

Courses selected: Selected All

Unit : MOW Week 4
 Service Date : Tuesday, January 5, 2021
 Meal Period : LUNCH
 Customer Count : 400

1363 Total Calories
16.9 % Calories from Protein
41.6 % Calories from Carbohydrates
44.0 % Calories from Fat
13.2 (%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									
LETTUCE/TOMAT	Svg (2.2 Oz)	15	0.6	0.2	3	4.7	135.3	15.57	0	0	0.8	1.5									
** 400	% of Goal :																				
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 :																				
BROC/CHE CAS	Svg (6.3 Oz)	260	8.3	14.7	23	763.6	173.5	171.03	18	6.3	2.5	0.5									
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CAESAR DRESS	Pkt	230	1	25	1	270			40	4	0	0									
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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 SL MM	1/2 Cup (2.1 Oz)	21	0.7	0.1	5	35.1	94.1	15.48	0	0	2.1										
** 400	% of Goal :																				
BUN WHEAT 4"	Each	145	7	1	28	152			0	0	5	3.9									
** 400	% of Goal :																				
WHOLE WHEAT R	Roll (1.5 oz)	100	4	1.5	18	170			0	0	1	2									
** 400	% of Goal :																				
APPLE GOLDEN [Each	75	0.4	0.2	18	2.6	131.5	13.15	0	0	3.2	13.2									
** 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 :																				
CROUTONS IND F	Pkt (.25 oz)	30	1	1	5	95	12.7	9.8	0	0	0	1									
** 400	% 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 4
 Service Date : Tuesday, January 5, 2021
 Meal Period : LUNCH
 Customer Count : 400

1363 Total Calories
16.9 % Calories from Protein
41.6 % Calories from Carbohydrates
44.0 % Calories from Fat
13.2 (%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								
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0									
** 400	% of Goal :																			
Meal Total:	Amount:	1363	57.5	66.7	142	2074.7	1353.1	581.95	147.1	20	18	56.4								
	% of Goal:																			

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Courses selected: Selected All

Unit : MOW Week 4
 Service Date : Tuesday, January 5, 2021
 Meal Period : VEGETARIAN
 Customer Count : 40

1363 Total Calories
16.9 % Calories from Protein
41.6 % Calories from Carbohydrates
44.0 % Calories from Fat
13.2 (%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													
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 :																								
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 :																								
BROC/CHE CAS	Svg (6.3 Oz)	260	8.3	14.7	23	763.6	173.5	171.03	18	6.3	2.5	0.5													
** 40	% of Goal :																								
CAESAR DRESS	Pkt	230	1	25	1	270			40	4	0	0													
** 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 :																								
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														
** 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 :																								
APPLE GOLDEN [Each	75	0.4	0.2	18	2.6	131.5	13.15	0	0	3.2	13.2													
** 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 :																								
CROUTONS IND F	Pkt (.25 oz)	30	1	1	5	95	12.7	9.8	0	0	0	1													
** 40	% of Goal :																								

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

Courses selected: Selected All

Unit : MOW Week 4
 Service Date : Tuesday, January 5, 2021
 Meal Period : VEGETARIAN
 Customer Count : 40

1363 Total Calories
16.9 % Calories from Protein
41.6 % Calories from Carbohydrates
44.0 % Calories from Fat
13.2 (%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								
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0									
** 40	% of Goal :																			
Meal Total:	Amount:	1363	57.5	66.7	142	2074.7	1353.1	581.95	147.1	20	18	56.4								
	% of Goal:																			

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

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

Courses selected: Selected All

Unit : MOW Week 4
 Service Date : Wednesday, January 6, 2021
 Meal Period : LUNCH
 Customer Count : 380

1192 Total Calories
19.8 % Calories from Protein
53.9 % Calories from Carbohydrates
28.5 % Calories from Fat
8.9 (%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		KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram								
SALAD THREE BE	1/2 Cup (3 Oz)	64	1.4	0.7	12	148.8	90.1		0	0	1.4	7.8								
** 380	% of Goal :																			
VEGS FR CUT	Svg (3.2 Oz)	21	0.4	0	5	64.9	222.1	25.89	0	0	1.9	2.7								
** 380	% of Goal :																			
ROAST TURKEY M	Svg (3 oz)	105	19.5	1.5	0	285			52.5	0	0	0								
** 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 :																			
MASHED POTATC	Svg (4.4 Oz)	132	3	3.5	21	126.6	409.4	77.86	0	0.5	3	0								
** 380	% of Goal :																			
LS CHIX GRAVY	Svg (2 Oz)	34	0.1	1.3	5	47.2	81.5	2.76	3.5	0.8	0	0								
** 380	% 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									
** 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 :																			
HONEY WHEAT R	Svg (1.25 Oz)	80	3	1.5	14	70			0	0	2	2								
** 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 :																			

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

Courses selected: Selected All

Unit : MOW Week 4
 Service Date : Wednesday, January 6, 2021
 Meal Period : LUNCH
 Customer Count : 380

1192 Total Calories
19.8 % Calories from Protein
53.9 % Calories from Carbohydrates
28.5 % Calories from Fat
8.9 (%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		KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram							
LEMON BAR MM	Svg (1.6 Oz)	164	1.6	8.8	19	52			54.7	4.9	0	13.1							
** 380	% of Goal :																		
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 :																		
MUSTARD	Pkt	0	0	0	0	85	5	5	0	0	0	0							
** 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 :																		
Meal Total:	Amount:	1192	59	37.7	161	1877	1806.6	421.22	166	11.8	21.5	60.1							
	% of Goal:																		

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Courses selected: Selected All

Unit : MOW Week 4
 Service Date : Wednesday, January 6, 2021
 Meal Period : VEGETARIAN
 Customer Count : 10

1182 Total Calories
15.1 % Calories from Protein
53.5 % Calories from Carbohydrates
35.1 % Calories from Fat
12.8 (%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								
SALAD THREE BE	1/2 Cup (3 Oz)	64	1.4	0.7	12	148.8	90.1		0	0	1.4	7.8								
** 10	% of Goal :																			
VEGS FR CUT	Svg (3.2 Oz)	21	0.4	0	5	64.9	222.1	25.89	0	0	1.9	2.7								
** 10	% of Goal :																			
BROC/CHE CAS	Svg (6.3 Oz)	260	8.3	14.7	23	763.6	173.5	171.03	18	6.3	2.5	0.5								
** 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 :																			
CORN MM	1/2 Cup (2.6 Oz)	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 :																			
HONEY WHEAT R	Svg (1.25 Oz)	80	3	1.5	14	70			0	0	2	2								
** 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 :																			
LEMON BAR MM	Svg (1.6 Oz)	164	1.6	8.8	19	52			54.7	4.9	0	13.1								
** 10	% of Goal :																			
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11								
** 10	% of Goal :																			

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1182 Total Calories
15.1 % Calories from Protein
53.5 % Calories from Carbohydrates
35.1 % Calories from Fat
12.8 (%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								
MAYONNAISE	Pkt	60	0	6	1	60			0	1	0	1								
** 10	% of Goal :																			
MUSTARD	Pkt	0	0	0	0	85	5	5	0	0	0	0								
** 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 :																			
Meal Total:	Amount:	1182	44.6	46.1	158	2181.8	1489.2	511.63	128	16.8	21	60.6								
	% 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 4
 Service Date : Thursday, January 7, 2021
 Meal Period : LUNCH
 Customer Count : 400

1192 Total Calories
19.8 % Calories from Protein
53.9 % Calories from Carbohydrates
28.5 % Calories from Fat
8.9 (%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		KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram								
SALAD THREE BE	1/2 Cup (3 Oz)	64	1.4	0.7	12	148.8	90.1		0	0	1.4	7.8								
** 400	% of Goal :																			
VEGS FR CUT	Svg (3.2 Oz)	21	0.4	0	5	64.9	222.1	25.89	0	0	1.9	2.7								
** 400	% of Goal :																			
ROAST TURKEY M	Svg (3 oz)	105	19.5	1.5	0	285			52.5	0	0	0								
** 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 :																			
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 :																			
LS CHIX GRAVY	Svg (2 Oz)	34	0.1	1.3	5	47.2	81.5	2.76	3.5	0.8	0	0								
** 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 :																			
HONEY WHEAT R	Svg (1.25 Oz)	80	3	1.5	14	70			0	0	2	2								
** 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 :																			

**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 4
 Service Date : Thursday, January 7, 2021
 Meal Period : LUNCH
 Customer Count : 400

1192 Total Calories
19.8 % Calories from Protein
53.9 % Calories from Carbohydrates
28.5 % Calories from Fat
8.9 (%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							
LEMON BAR MM	Svg (1.6 Oz)	164	1.6	8.8	19	52			54.7	4.9	0	13.1							
** 400	% of Goal :																		
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 :																		
MUSTARD	Pkt	0	0	0	0	85	5	5	0	0	0	0							
** 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 :																		
Meal Total:	Amount:	1192	59	37.7	161	1877	1806.6	421.22	166	11.8	21.5	60.1							
	% of Goal:																		

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

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

Courses selected: Selected All

Unit : MOW Week 4
 Service Date : Thursday, January 7, 2021
 Meal Period : VEGETARIAN
 Customer Count : 40

1092 Total Calories
14.8 % Calories from Protein
57.0 % Calories from Carbohydrates
33.3 % Calories from Fat
9.5 (%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									
SALAD THREE BE	1/2 Cup (3 Oz)	64	1.4	0.7	12	148.8	90.1		0	0	1.4	7.8									
** 40	% of Goal :																				
VEGS FR CUT	Svg (3.2 Oz)	21	0.4	0	5	64.9	222.1	25.89	0	0	1.9	2.7									
** 40	% of Goal :																				
VEG BURGER	1 Pattie (3.2 Oz)	170	4	9	21	440	280	114.31	0	1	4	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 :																				
CORN MM	1/2 Cup (2.6 Oz)	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 :																				
HONEY WHEAT R	Svg (1.25 Oz)	80	3	1.5	14	70			0	0	2	2									
** 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 :																				
LEMON BAR MM	Svg (1.6 Oz)	164	1.6	8.8	19	52			54.7	4.9	0	13.1									
** 40	% of Goal :																				
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11									
** 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 4
 Service Date : Thursday, January 7, 2021
 Meal Period : VEGETARIAN
 Customer Count : 40

1092 Total Calories
14.8 % Calories from Protein
57.0 % Calories from Carbohydrates
33.3 % Calories from Fat
9.5 (%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								
** 40	% of Goal :																			
MUSTARD	Pkt	0	0	0	0	85	5	5	0	0	0	0								
** 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 :																			
Meal Total:	Amount:	1092	40.3	40.4	156	1858.2	1595.7	454.9	110.1	11.5	22.5	62.1								
	% of Goal:																			

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

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

Courses selected: Selected All

Unit : MOW Week 4
 Service Date : Friday, January 8, 2021
 Meal Period : LUNCH
 Customer Count : 380

1145 Total Calories
19.0 % Calories from Protein
47.8 % Calories from Carbohydrates
34.6 % Calories from Fat
11.0 (%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									
DILL PICKLES MM	Svg (.5 oz)	3	0	0	1	136.7	0		0	0	0	0									
** 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 :																				
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 :																				
Hamburg NoBun	Svg (2.4 oz)	180	13	13.6	0	40.3	224.5	134.83	46.5	5.6	0	0									
** 380	% of Goal :																				
GR BEANS MM	1/2 Cup (2.4	19	1	0.1	4	6.1	85.8	21.1	0	0	2										
** 380	% of Goal :																				
BUN WHEAT 4"	Each	145	7	1	28	152			0	0	5	3.9									
** 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 :																				
PINEAPPLE CHUN	Svg (3 OZ)	55	0	0	12	6.8			0	0	1.4	12.3									
** 380	% of Goal :																				
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11									
** 380	% of Goal :																				
LS KETCHUP	Pkt	10	0	0	2	25	30		0	0	0	2									
** 380	% of Goal :																				
COUSCOUS VEG	Svg (3.8 Oz)	154	4.8	8	17	113.5	178.9	40.2	0	0.6	2.8	1.5									
** 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 4
 Service Date : Friday, January 8, 2021
 Meal Period : LUNCH
 Customer Count : 380

1145 Total Calories
19.0 % Calories from Protein
47.8 % Calories from Carbohydrates
34.6 % Calories from Fat
11.0 (%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									
MAYONNAISE	Pkt	60	0	6	1	60			0	1	0	1									
** 380	% of Goal :																				
Meal Total:	Amount:	1145	54.5	44.1	137	1306.5	1721.4	629.73	111.3	14.1	17.3	51.4									
	% of Goal:																				

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

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

Courses selected: Selected All

Unit : MOW Week 4
 Service Date : Friday, January 8, 2021
 Meal Period : VEGETARIAN
 Customer Count : 10

1135 Total Calories
16.0 % Calories from Protein
55.6 % Calories from Carbohydrates
31.3 % 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									
DILL PICKLES MM	Svg (.5 oz)	3	0	0	1	136.7	0		0	0	0	0									
** 10	% of Goal :																				
LETTUCE/TOMATO	Svg (2.2 Oz)	15	0.6	0.2	3	4.7	135.3	15.57	0	0	0.8	1.5									
** 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 :																				
VEG BURGER	1 Pattie (3.2 Oz)	170	4	9	21	440	280	114.31	0	1	4	2									
** 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 :																				
BUN WHEAT 4"	Each	145	7	1	28	152			0	0	5	3.9									
** 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 :																				
PINEAPPLE CHUN	Svg (3 OZ)	55	0	0	12	6.8			0	0	1.4	12.3									
** 10	% of Goal :																				
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11									
** 10	% of Goal :																				
LS KETCHUP	Pkt	10	0	0	2	25	30		0	0	0	2									
** 10	% of Goal :																				
COUSCOUS VEG	Svg (3.8 Oz)	154	4.8	8	17	113.5	178.9	40.2	0	0.6	2.8	1.5									
** 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 4
 Service Date : Friday, January 8, 2021
 Meal Period : VEGETARIAN
 Customer Count : 10

1135 Total Calories
16.0 % Calories from Protein
55.6 % Calories from Carbohydrates
31.3 % 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							
MAYONNAISE	Pkt	60	0	6	1	60			0	1	0	1							
** 10	% of Goal :																		
Meal Total:	Amount:	1135	45.5	39.4	158	1706.2	1776.8	609.2	64.8	9.5	21.3	53.4							
	% of Goal:																		

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

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

Courses selected: Selected All

Unit : MOW Week 4
 Service Date : Saturday, January 9, 2021
 Meal Period : LUNCH
 Customer Count : 350

1145 Total Calories
19.0 % Calories from Protein
47.8 % Calories from Carbohydrates
34.6 % Calories from Fat
11.0 (%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									
DILL PICKLES MM	Svg (.5 oz)	3	0	0	1	136.7	0		0	0	0	0									
** 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 :																				
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									
** 350	% of Goal :																				
Hamburg NoBun	Svg (2.4 oz)	180	13	13.6	0	40.3	224.5	134.83	46.5	5.6	0	0									
** 350	% of Goal :																				
GR BEANS MM	1/2 Cup (2.4	19	1	0.1	4	6.1	85.8	21.1	0	0	2										
** 350	% of Goal :																				
BUN WHEAT 4"	Each	145	7	1	28	152			0	0	5	3.9									
** 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 :																				
PINEAPPLE CHUN	Svg (3 OZ)	55	0	0	12	6.8			0	0	1.4	12.3									
** 350	% of Goal :																				
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11									
** 350	% of Goal :																				
LS KETCHUP	Pkt	10	0	0	2	25	30		0	0	0	2									
** 350	% of Goal :																				
COUSCOUS VEG	Svg (3.8 Oz)	154	4.8	8	17	113.5	178.9	40.2	0	0.6	2.8	1.5									
** 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 4
 Service Date : Saturday, January 9, 2021
 Meal Period : LUNCH
 Customer Count : 350

1145 Total Calories
19.0 % Calories from Protein
47.8 % Calories from Carbohydrates
34.6 % Calories from Fat
11.0 (%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								
** 350	% of Goal :																			
Meal Total:	Amount:	1145	54.5	44.1	137	1306.5	1721.4	629.73	111.3	14.1	17.3	51.4								
	% of Goal:																			

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

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

Courses selected: Selected All

Unit : MOW Week 4
 Service Date : Saturday, January 9, 2021
 Meal Period : VEGETARIAN
 Customer Count : 40

1135 Total Calories
16.0 % Calories from Protein
55.6 % Calories from Carbohydrates
31.3 % 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									
DILL PICKLES MM	Svg (.5 oz)	3	0	0	1	136.7	0		0	0	0	0									
** 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 :																				
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 :																				
VEG BURGER	1 Pattie (3.2	170	4	9	21	440	280	114.31	0	1	4	2									
** 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 :																				
BUN WHEAT 4"	Each	145	7	1	28	152			0	0	5	3.9									
** 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 :																				
PINEAPPLE CHUN	Svg (3 OZ)	55	0	0	12	6.8			0	0	1.4	12.3									
** 40	% of Goal :																				
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11									
** 40	% of Goal :																				
LS KETCHUP	Pkt	10	0	0	2	25	30		0	0	0	2									
** 40	% of Goal :																				
COUSCOUS VEG	Svg (3.8 Oz)	154	4.8	8	17	113.5	178.9	40.2	0	0.6	2.8	1.5									
** 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 4
 Service Date : Saturday, January 9, 2021
 Meal Period : VEGETARIAN
 Customer Count : 40

1135 Total Calories
16.0 % Calories from Protein
55.6 % Calories from Carbohydrates
31.3 % 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								
MAYONNAISE	Pkt	60	0	6	1	60			0	1	0	1								
** 40	% of Goal :																			
Meal Total:	Amount:	1135	45.5	39.4	158	1706.2	1776.8	609.2	64.8	9.5	21.3	53.4								
	% of Goal:																			

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

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

Courses selected: Selected All

Unit : MOW Week 4
 Service Date : Sunday, January 10, 2021
 Meal Period : LUNCH
 Customer Count : 150

583 Total Calories
25.2 % Calories from Protein
51.7 % Calories from Carbohydrates
27.3 % Calories from Fat
8.0 (%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													
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													
** 150	% 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													
** 150	% of Goal :																								
BUN WHEAT 4"	Each	145	7	1	28	152			0	0	5	3.9													
** 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 :																								
MAYONNAISE	Pkt	60	0	6	1	60			0	1	0	1													
** 150	% of Goal :																								
LEAF LETTUCE	Svg (.64 Oz)	3	0.2	0.1	1	1.6	47.9	4.54	0	0	0.3														
** 150	% of Goal :																								
Meal Total:	Amount:	583	36.7	17.7	75	840	1110.8	302.13	55.1	5.2	12.1	37.6													
	% 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