

Unit : MOW Week 1
 Service Date : Monday, September 6, 2021
 Meal Period : LUNCH
 Customer Count : 360

908 Total Calories
19.4 % Calories from Protein
50.7 % Calories from Carbohydrates
31.9 % 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								
		1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0								
BUNS HAMBURGI	Each	110	3	2	21	175	72.6	45.36	0	0	0.5	3								
** 360	% of Goal :	11000	300	200	2100	17500	7258	4536	*	*	50	303								
WHOLE WHEAT R	Roll (1.5 oz)	100	4	1.5	18	170			0	0	1	2								
** 360	% of Goal :	10000	400	150	1800	17000			*	*	100	200								
CUKE SLD MM	Svg (2.3 Oz)	49	0.4	4.3	3	90	100.9	13.96	0	0.3	0.5	1.3								
** 360	% of Goal :	4907	43	427	286	9001	10095	1396	*	32	55	127								
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0									
** 360	% of Goal :	2000	*	250	*	3000	190		*	50	*									
US EGG SALAD M	Svg (3 Oz)	143	12.4	8.2	6	134	133.6	118.66	231.7	2.1	0.2	1.6								
** 360	% of Goal :	14290	1239	820	594	13398	13364	11866	23170	214	20	158								
LASAGNA MM	Svg (6 Oz)	293	20.5	13.7	20	395.6	401.6	246.39	73.7	6.7	0.8	4.3								
** 360	% of Goal :	29317	2053	1366	2009	39565	40162	24639	7375	666	83	426								
PEACHES DICED	Svg (3.9 Oz)	30	0.6	0	7	0	124.7		0	0	0.6	6.1								
** 360	% of Goal :	3027	61	*	726	*	12471		*	*	61	605								
SEASONAL APPLI	Each	106	0	0	29	0	226.8	15.12	0	0	4.5	21.2								
** 360	% of Goal :	10584	*	*	2873	*	22680	1512	*	*	454	2117								
JUICE V8 100%	Can	30	1	0	6	95	600		0	0	1	5								
** 360	% of Goal :	3000	100	*	600	9500	60000		*	*	100	500								
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11								
360	% of Goal :	12000	800	500	1100	12000	34900	21568	2500	350	*	1100								
MILK SKIM	Ctn (8 Oz)	80	8	0	11	120	376.5	228.84	5	0	0	11								
360	% of Goal :	8000	800	*	1100	12000	37648	22884	500	*	*	1100								
LEAF LETTUCE	Svg (.64 Oz)	3	0.2	0.1	1	1.6	47.9	4.54	0	0	0.3									
** 360	% of Goal :	327	24	5	64	163	4790	454	*	*	34									

** 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

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908 Total Calories
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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							
	1	1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0							
CALIF MIX MM	1/2 Cup (3 O	23	1.8	0	5	32.1	238.3		0	0	1.8	1.8							
** 360	% of Goal :	2292	183	*	458	3208	23832		*	*	183	183							
Meal Total:	Amount:	908	44	32.2	115	1123.4	1948.4	444.02	305.5	9.6	11.4	46.2							
	% of Goal:	90800	4400	3220	11500	112340	194840	44402	30550	960	1140	4620							

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

Courses selected: Selected All

Unit : MOW Week 1
 Service Date : Monday, September 6, 2021
 Meal Period : VEGETARIAN
 Customer Count : 20

988 Total Calories
14.3 % Calories from Protein
56.6 % Calories from Carbohydrates
32.2 % Calories from Fat
3.9 (%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								
		1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0								
BUNS HAMBURGI	Each	110	3	2	21	175	72.6	45.36	0	0	0.5	3								
** 20	% of Goal :	11000	300	200	2100	17500	7258	4536	*	*	50	303								
WHOLE WHEAT R	Roll (1.5 oz)	100	4	1.5	18	170			0	0	1	2								
** 20	% of Goal :	10000	400	150	1800	17000			*	*	100	200								
CUKE SLD MM	Svg (2.3 Oz)	49	0.4	4.3	3	90	100.9	13.96	0	0.3	0.5	1.3								
** 20	% of Goal :	4907	43	427	286	9001	10095	1396	*	32	55	127								
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0									
** 20	% of Goal :	2000	*	250	*	3000	190		*	50	*									
US EGG SALAD M	Svg (3 Oz)	143	12.4	8.2	6	134	133.6	118.66	231.7	2.1	0.2	1.6								
** 20	% of Goal :	14290	1239	820	594	13398	13364	11866	23170	214	20	158								
PENNE PASTA/ LE	Svg (8.4 Oz)	373	11.8	16.8	45	311.3	431.6	137.07	0	1.3	5.7	4.3								
** 20	% of Goal :	37323	1178	1678	4477	31127	43165	13707	*	133	567	435								
PEACHES DICED	Svg (3.9 Oz)	30	0.6	0	7	0	124.7		0	0	0.6	6.1								
** 20	% of Goal :	3027	61	*	726	*	12471		*	*	61	605								
SEASONAL APPLI	Each	106	0	0	29	0	226.8	15.12	0	0	4.5	21.2								
** 20	% of Goal :	10584	*	*	2873	*	22680	1512	*	*	454	2117								
JUICE V8 100%	Can	30	1	0	6	95	600		0	0	1	5								
** 20	% of Goal :	3000	100	*	600	9500	60000		*	*	100	500								
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11								
20	% of Goal :	12000	800	500	1100	12000	34900	21568	2500	350	*	1100								
MILK SKIM	Ctn (8 Oz)	80	8	0	11	120	376.5	228.84	5	0	0	11								
20	% of Goal :	8000	800	*	1100	12000	37648	22884	500	*	*	1100								
LEAF LETTUCE	Svg (.64 Oz)	3	0.2	0.1	1	1.6	47.9	4.54	0	0	0.3									
** 20	% of Goal :	327	24	5	64	163	4790	454	*	*	34									

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3.9 (%Saturated Fat)

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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							
	1	1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0							
CALIF MIX MM	1/2 Cup (3 O	23	1.8	0	5	32.1	238.3		0	0	1.8	1.8							
** 20	% of Goal :	2292	183	*	458	3208	23832		*	*	183	183							
Meal Total:	Amount:	988	35.3	35.3	140	1039	1978.5	334.7	231.7	4.3	16.2	46.3							
	% of Goal:	98800	3530	3530	14000	103900	197850	33470	23170	430	1620	4630							

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Courses selected: Selected All

Unit : MOW Week 1
 Service Date : Tuesday, September 7, 2021
 Meal Period : LUNCH
 Customer Count : 360

908 Total Calories
19.4 % Calories from Protein
50.7 % Calories from Carbohydrates
31.9 % 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							
		1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0							
BUNS HAMBURGI	Each	110	3	2	21	175	72.6	45.36	0	0	0.5	3							
** 360	% of Goal :	11000	300	200	2100	17500	7258	4536	*	*	50	303							
WHOLE WHEAT R	Roll (1.5 oz)	100	4	1.5	18	170			0	0	1	2							
** 360	% of Goal :	10000	400	150	1800	17000			*	*	100	200							
CUKE SLD MM	Svg (2.3 Oz)	49	0.4	4.3	3	90	100.9	13.96	0	0.3	0.5	1.3							
** 360	% of Goal :	4907	43	427	286	9001	10095	1396	*	32	55	127							
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0								
** 360	% of Goal :	2000	*	250	*	3000	190		*	50	*								
US EGG SALAD M	Svg (3 Oz)	143	12.4	8.2	6	134	133.6	118.66	231.7	2.1	0.2	1.6							
** 360	% of Goal :	14290	1239	820	594	13398	13364	11866	23170	214	20	158							
LASAGNA MM	Svg (6 Oz)	293	20.5	13.7	20	395.6	401.6	246.39	73.7	6.7	0.8	4.3							
** 360	% of Goal :	29317	2053	1366	2009	39565	40162	24639	7375	666	83	426							
PEACHES DICED	Svg (3.9 Oz)	30	0.6	0	7	0	124.7		0	0	0.6	6.1							
** 360	% of Goal :	3027	61	*	726	*	12471		*	*	61	605							
SEASONAL APPLI	Each	106	0	0	29	0	226.8	15.12	0	0	4.5	21.2							
** 360	% of Goal :	10584	*	*	2873	*	22680	1512	*	*	454	2117							
JUICE V8 100%	Can	30	1	0	6	95	600		0	0	1	5							
** 360	% of Goal :	3000	100	*	600	9500	60000		*	*	100	500							
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11							
360	% of Goal :	12000	800	500	1100	12000	34900	21568	2500	350	*	1100							
MILK SKIM	Ctn (8 Oz)	80	8	0	11	120	376.5	228.84	5	0	0	11							
360	% of Goal :	8000	800	*	1100	12000	37648	22884	500	*	*	1100							
LEAF LETTUCE	Svg (.64 Oz)	3	0.2	0.1	1	1.6	47.9	4.54	0	0	0.3								
** 360	% of Goal :	327	24	5	64	163	4790	454	*	*	34								

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Portion Count		KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram							
	1	1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0							
CALIF MIX MM	1/2 Cup (3 O	23	1.8	0	5	32.1	238.3		0	0	1.8	1.8							
** 360	% of Goal :	2292	183	*	458	3208	23832		*	*	183	183							
Meal Total:	Amount:	908	44	32.2	115	1123.4	1948.4	444.02	305.5	9.6	11.4	46.2							
	% of Goal:	90800	4400	3220	11500	112340	194840	44402	30550	960	1140	4620							

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3.9 (%Saturated Fat)

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Portion Count		KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram							
		1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0							
BUNS HAMBURGI	Each	110	3	2	21	175	72.6	45.36	0	0	0.5	3							
** 20	% of Goal :	11000	300	200	2100	17500	7258	4536	*	*	50	303							
WHOLE WHEAT R	Roll (1.5 oz)	100	4	1.5	18	170			0	0	1	2							
** 20	% of Goal :	10000	400	150	1800	17000			*	*	100	200							
CUKE SLD MM	Svg (2.3 Oz)	49	0.4	4.3	3	90	100.9	13.96	0	0.3	0.5	1.3							
** 20	% of Goal :	4907	43	427	286	9001	10095	1396	*	32	55	127							
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0								
** 20	% of Goal :	2000	*	250	*	3000	190		*	50	*								
US EGG SALAD M	Svg (3 Oz)	143	12.4	8.2	6	134	133.6	118.66	231.7	2.1	0.2	1.6							
** 20	% of Goal :	14290	1239	820	594	13398	13364	11866	23170	214	20	158							
PENNE PASTA/ LE	Svg (8.4 Oz)	373	11.8	16.8	45	311.3	431.6	137.07	0	1.3	5.7	4.3							
** 20	% of Goal :	37323	1178	1678	4477	31127	43165	13707	*	133	567	435							
PEACHES DICED	Svg (3.9 Oz)	30	0.6	0	7	0	124.7		0	0	0.6	6.1							
** 20	% of Goal :	3027	61	*	726	*	12471		*	*	61	605							
SEASONAL APPLI	Each	106	0	0	29	0	226.8	15.12	0	0	4.5	21.2							
** 20	% of Goal :	10584	*	*	2873	*	22680	1512	*	*	454	2117							
JUICE V8 100%	Can	30	1	0	6	95	600		0	0	1	5							
** 20	% of Goal :	3000	100	*	600	9500	60000		*	*	100	500							
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11							
20	% of Goal :	12000	800	500	1100	12000	34900	21568	2500	350	*	1100							
MILK SKIM	Ctn (8 Oz)	80	8	0	11	120	376.5	228.84	5	0	0	11							
20	% of Goal :	8000	800	*	1100	12000	37648	22884	500	*	*	1100							
LEAF LETTUCE	Svg (.64 Oz)	3	0.2	0.1	1	1.6	47.9	4.54	0	0	0.3								
** 20	% of Goal :	327	24	5	64	163	4790	454	*	*	34								

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Portion Count		KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram							
	1	1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0							
CALIF MIX MM	1/2 Cup (3 O	23	1.8	0	5	32.1	238.3		0	0	1.8	1.8							
** 20	% of Goal :	2292	183	*	458	3208	23832		*	*	183	183							
Meal Total:	Amount:	988	35.3	35.3	140	1039	1978.5	334.7	231.7	4.3	16.2	46.3							
	% of Goal:	98800	3530	3530	14000	103900	197850	33470	23170	430	1620	4630							

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Courses selected: Selected All

Unit : MOW Week 1
 Service Date : Wednesday, September 8, 2021
 Meal Period : LUNCH
 Customer Count : 360

946 Total Calories
20.3 % Calories from Protein
57.2 % Calories from Carbohydrates
25.1 % Calories from Fat
3.8 (%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								
		1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0								
MUFFIN BLUEBEF	Svg (2.2 Oz)	210	3	9	30	240	47.8		25	2	1	17								
** 360	% of Goal :	21000	300	900	3000	24000	4781		2500	200	100	1700								
COLESLAW MM	Svg (2.5 Oz)	55	0.8	2.2	9	142.9	51.9	13.58	0.3	0.3	1.2	6.3								
** 360	% of Goal :	5459	76	216	907	14287	5194	1358	31	35	122	629								
MAYONNAISE	Pkt	60	0	6	1	60			0	1	0	1								
** 360	% of Goal :	6000	*	600	100	6000			*	100	*	100								
LEMON JUICE PC	Pkt	1	0	0	0	0.8	4.1	0.36	0	0	0									
** 360	% of Goal :	84	2	*	26	84	408	36	*	*	2									
CHIX BREAST WF	Svg (6.8 Oz)	238	23.5	5.2	25	249.4	449.5	232.56	49.7	0.5	1.4	4.6								
** 360	% of Goal :	23766	2348	521	2473	24944	44951	23256	4969	45	142	455								
COD POTATO CR	Svg (4 Oz)	117	15.3	2.2	9	423.4	328.5		40.2	0	0	0								
** 360	% of Goal :	11680	1533	219	876	42340	32850		4015	*	*	*								
BANANA	Whole	108	1.3	0.4	28	1.2	433	26.61	0	0.1	3.1	14.8								
** 360	% of Goal :	10765	132	40	2763	121	43302	2661	*	14	314	1479								
MAN ORANGES M	Svg (3.5 Oz)	59	0.7	0	14	11	78.8	10.1	0	0	0.7	16.1								
** 360	% of Goal :	5858	73	*	1391	1098	7879	1010	*	*	73	1611								
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11								
360	% of Goal :	12000	800	500	1100	12000	34900	21568	2500	350	*	1100								
MILK SKIM	Ctn (8 Oz)	80	8	0	11	120	376.5	228.84	5	0	0	11								
360	% of Goal :	8000	800	*	1100	12000	37648	22884	500	*	*	1100								
WILD AND BROW	Svg (2.5 Oz)	70	1.5	1.3	14	120.3	55	32.45	0	0.1	0.7	0.4								
** 360	% of Goal :	7044	150	131	1352	12033	5503	3245	*	7	71	35								

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20.3 % Calories from Protein
57.2 % Calories from Carbohydrates
25.1 % Calories from Fat
3.8 (%Saturated Fat)

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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							
	1	1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0							
BROCCOLI & CAR	Svg (3.2 Oz)	29	1.9	0.1	6	39.1	152.4	35.55	0	0	3								
** 360	% of Goal :	2936	187	10	629	3909	15241	3555	*	2	297								
Meal Total:	Amount:	946	48	26.4	135	1288.2	1601.1	351.21	115.2	4	11.2	60.1							
	% of Goal:	94600	4800	2640	13500	128820	160110	35121	11520	400	1120	6010							

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

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

Courses selected: Selected All

Unit : MOW Week 1
 Service Date : Wednesday, September 8, 2021
 Meal Period : VEGETARIAN
 Customer Count : 20

1131 Total Calories
15.2 % Calories from Protein
55.7 % Calories from Carbohydrates
31.5 % Calories from Fat
4.2 (%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							
		1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0							
MUFFIN BLUEBEF	Svg (2.2 Oz)	210	3	9	30	240	47.8		25	2	1	17							
** 20	% of Goal :	21000	300	900	3000	24000	4781		2500	200	100	1700							
COLESLAW MM	Svg (2.5 Oz)	55	0.8	2.2	9	142.9	51.9	13.58	0.3	0.3	1.2	6.3							
** 20	% of Goal :	5459	76	216	907	14287	5194	1358	31	35	122	629							
MAYONNAISE	Pkt	60	0	6	1	60			0	1	0	1							
** 20	% of Goal :	6000	*	600	100	6000			*	100	*	100							
CHIX BREAST WH	Svg (6.8 Oz)	238	23.5	5.2	25	249.4	449.5	232.56	49.7	0.5	1.4	4.6							
** 20	% of Goal :	23766	2348	521	2473	24944	44951	23256	4969	45	142	455							
PENNE PASTA/ LE	Svg (8.4 Oz)	373	11.8	16.8	45	311.3	431.6	137.07	0	1.3	5.7	4.3							
** 20	% of Goal :	37323	1178	1678	4477	31127	43165	13707	*	133	567	435							
BANANA	Whole	108	1.3	0.4	28	1.2	433	26.61	0	0.1	3.1	14.8							
** 20	% of Goal :	10765	132	40	2763	121	43302	2661	*	14	314	1479							
MAN ORANGES M	Svg (3.5 Oz)	59	0.7	0	14	11	78.8	10.1	0	0	0.7	16.1							
** 20	% of Goal :	5858	73	*	1391	1098	7879	1010	*	*	73	1611							
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11							
20	% of Goal :	12000	800	500	1100	12000	34900	21568	2500	350	*	1100							
MILK SKIM	Ctn (8 Oz)	80	8	0	11	120	376.5	228.84	5	0	0	11							
20	% of Goal :	8000	800	*	1100	12000	37648	22884	500	*	*	1100							
BROCCOLI & CAR	Svg (3.2 Oz)	29	1.9	0.1	6	39.1	152.4	35.55	0	0	3								
** 20	% of Goal :	2936	187	10	629	3909	15241	3555	*	2	297								
Meal Total:	Amount:	1131	42.9	39.7	157	1054.9	1645.1	455.46	75	5.3	16.2	64.1							
	% of Goal:	113100	4290	3970	15700	105490	164510	45546	7500	530	1620	6410							

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

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

Courses selected: Selected All

Unit : MOW Week 1
 Service Date : Thursday, September 9, 2021
 Meal Period : LUNCH
 Customer Count : 360

946 Total Calories
20.3 % Calories from Protein
57.2 % Calories from Carbohydrates
25.1 % Calories from Fat
3.8 (%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							
		1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0							
MUFFIN BLUEBEF	Svg (2.2 Oz)	210	3	9	30	240	47.8		25	2	1	17							
** 360	% of Goal :	21000	300	900	3000	24000	4781		2500	200	100	1700							
COLESLAW MM	Svg (2.5 Oz)	55	0.8	2.2	9	142.9	51.9	13.58	0.3	0.3	1.2	6.3							
** 360	% of Goal :	5459	76	216	907	14287	5194	1358	31	35	122	629							
MAYONNAISE	Pkt	60	0	6	1	60			0	1	0	1							
** 360	% of Goal :	6000	*	600	100	6000			*	100	*	100							
LEMON JUICE PC	Pkt	1	0	0	0	0.8	4.1	0.36	0	0	0								
** 360	% of Goal :	84	2	*	26	84	408	36	*	*	2								
CHIX BREAST WF	Svg (6.8 Oz)	238	23.5	5.2	25	249.4	449.5	232.56	49.7	0.5	1.4	4.6							
** 360	% of Goal :	23766	2348	521	2473	24944	44951	23256	4969	45	142	455							
COD POTATO CR	Svg (4 Oz)	117	15.3	2.2	9	423.4	328.5		40.2	0	0	0							
** 360	% of Goal :	11680	1533	219	876	42340	32850		4015	*	*	*							
BANANA	Whole	108	1.3	0.4	28	1.2	433	26.61	0	0.1	3.1	14.8							
** 360	% of Goal :	10765	132	40	2763	121	43302	2661	*	14	314	1479							
MAN ORANGES M	Svg (3.5 Oz)	59	0.7	0	14	11	78.8	10.1	0	0	0.7	16.1							
** 360	% of Goal :	5858	73	*	1391	1098	7879	1010	*	*	73	1611							
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11							
360	% of Goal :	12000	800	500	1100	12000	34900	21568	2500	350	*	1100							
MILK SKIM	Ctn (8 Oz)	80	8	0	11	120	376.5	228.84	5	0	0	11							
360	% of Goal :	8000	800	*	1100	12000	37648	22884	500	*	*	1100							
WILD AND BROW	Svg (2.5 Oz)	70	1.5	1.3	14	120.3	55	32.45	0	0.1	0.7	0.4							
** 360	% of Goal :	7044	150	131	1352	12033	5503	3245	*	7	71	35							

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

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

Courses selected: Selected All

Unit : MOW Week 1
 Service Date : Thursday, September 9, 2021
 Meal Period : LUNCH
 Customer Count : 360

946 Total Calories
20.3 % Calories from Protein
57.2 % Calories from Carbohydrates
25.1 % Calories from Fat
3.8 (%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							
	1	1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0							
BROCCOLI & CAR	Svg (3.2 Oz)	29	1.9	0.1	6	39.1	152.4	35.55	0	0	3								
** 360	% of Goal :	2936	187	10	629	3909	15241	3555	*	2	297								
Meal Total:	Amount:	946	48	26.4	135	1288.2	1601.1	351.21	115.2	4	11.2	60.1							
	% of Goal:	94600	4800	2640	13500	128820	160110	35121	11520	400	1120	6010							

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

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

Courses selected: Selected All

Unit : MOW Week 1
 Service Date : Thursday, September 9, 2021
 Meal Period : VEGETARIAN
 Customer Count : 20

1043 Total Calories
16.5 % Calories from Protein
56.7 % Calories from Carbohydrates
28.8 % 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		KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram							
		1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0							
MUFFIN BLUEBEF	Svg (2.2 Oz)	210	3	9	30	240	47.8		25	2	1	17							
** 20	% of Goal :	21000	300	900	3000	24000	4781		2500	200	100	1700							
COLESLAW MM	Svg (2.5 Oz)	55	0.8	2.2	9	142.9	51.9	13.58	0.3	0.3	1.2	6.3							
** 20	% of Goal :	5459	76	216	907	14287	5194	1358	31	35	122	629							
MAYONNAISE	Pkt	60	0	6	1	60			0	1	0	1							
** 20	% of Goal :	6000	*	600	100	6000			*	100	*	100							
CHIX BREAST WH	Svg (6.8 Oz)	238	23.5	5.2	25	249.4	449.5	232.56	49.7	0.5	1.4	4.6							
** 20	% of Goal :	23766	2348	521	2473	24944	44951	23256	4969	45	142	455							
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							
** 20	% of Goal :	28487	1180	1049	3509	33940	8063	14999	2495	569	142	226							
BANANA	Whole	108	1.3	0.4	28	1.2	433	26.61	0	0.1	3.1	14.8							
** 20	% of Goal :	10765	132	40	2763	121	43302	2661	*	14	314	1479							
MAN ORANGES M	Svg (3.5 Oz)	59	0.7	0	14	11	78.8	10.1	0	0	0.7	16.1							
** 20	% of Goal :	5858	73	*	1391	1098	7879	1010	*	*	73	1611							
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11							
20	% of Goal :	12000	800	500	1100	12000	34900	21568	2500	350	*	1100							
MILK SKIM	Ctn (8 Oz)	80	8	0	11	120	376.5	228.84	5	0	0	11							
20	% of Goal :	8000	800	*	1100	12000	37648	22884	500	*	*	1100							
BROCCOLI & CAR	Svg (3.2 Oz)	29	1.9	0.1	6	39.1	152.4	35.55	0	0	3								
** 20	% of Goal :	2936	187	10	629	3909	15241	3555	*	2	297								
Meal Total:	Amount:	1043	43	33.4	148	1083	1294.1	468.38	100	9.7	11.9	62							
	% of Goal:	104300	4300	3340	14800	108300	129410	46838	10000	970	1190	6200							

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

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

Courses selected: Selected All

Unit : MOW Week 1
 Service Date : Friday, September 10, 2021
 Meal Period : LUNCH
 Customer Count : 360

1231 Total Calories
14.5 % Calories from Protein
49.1 % Calories from Carbohydrates
37.0 % Calories from Fat
7.3 (%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		KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram							
		1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0							
WHEAT BREAD	Slice	70	4	1	14	75	52		0	0	3	2							
** 360	% of Goal :	7000	400	100	1400	7500	5200		*	*	300	200							
WHEAT BREAD	Slice	70	4	1	14	75	52		0	0	3	2							
** 360	% of Goal :	7000	400	100	1400	7500	5200		*	*	300	200							
WHOLE WHEAT R	Roll (1.5 oz)	100	4	1.5	18	170			0	0	1	2							
** 360	% of Goal :	10000	400	150	1800	17000			*	*	100	200							
CUCUMBER TOM	Svg (2.2 Oz)	18	0.4	0.1	4	56.9	152.6	10.78	0	0	0.5	3.1							
** 360	% of Goal :	1754	39	8	363	5688	15255	1078	*	*	48	312							
GREEK BROCCOL	Svg (4 Oz)	235	3.7	20.9	13	156.1	257.1	90.85	4.7	2.4	2.7	6.3							
** 360	% of Goal :	23492	373	2088	1275	15606	25714	9085	468	244	270	630							
MAYONNAISE	Pkt	60	0	6	1	60			0	1	0	1							
** 360	% of Goal :	6000	*	600	100	6000			*	100	*	100							
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0								
** 360	% of Goal :	2000	*	250	*	3000	190		*	50	*								
MUSTARD	Pkt	0	0	0	0	85	5	5	0	0	0	0							
** 360	% of Goal :	*	*	*	*	8500	500	500	*	*	*	*							
SLIVERED HAM M	Svg (2 Oz)	60	9	1.5	2	390			30	0.5	0	2							
** 360	% of Goal :	6000	900	150	200	39000			3000	50	*	200							
FRUIT COMPOTE	Svg (4 Oz)	85	0.2	0.1	21	11.1	57.1	2.98	0	0	1.9	16.8							
** 360	% of Goal :	8527	17	7	2110	1112	5711	298	*	*	188	1675							
MEATLOAF WITH	Svg (6.6 Oz)	251	14.1	12.5	18	414.8	341.1	167.29	109	5	0.7	6							
** 360	% of Goal :	25092	1405	1250	1832	41477	34111	16729	10904	500	68	605							
PEARS DICED MM	Svg (4.3 Oz)	68	0	0	16	0	97.5		0	0	2	10.7							
** 369	% of Goal :	6827	*	*	1560	*	9752		*	*	195	1073							

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

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

Courses selected: Selected All

Unit : MOW Week 1
 Service Date : Friday, September 10, 2021
 Meal Period : LUNCH
 Customer Count : 360

1231 Total Calories
14.5 % Calories from Protein
49.1 % Calories from Carbohydrates
37.0 % Calories from Fat
7.3 (%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		KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram							
		1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0							
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11							
360	% of Goal :	12000	800	500	1100	12000	34900	21568	2500	350	*	1100							
MILK SKIM	Ctn (8 Oz)	80	8	0	11	120	376.5	228.84	5	0	0	11							
360	% of Goal :	8000	800	*	1100	12000	37648	22884	500	*	*	1100							
MASHED POTATC	Svg (4.4 Oz)	132	3	3.5	21	126.6	409.4	77.86	0	0.5	3	0							
** 360	% of Goal :	13167	304	354	2127	12659	40942	7786	*	50	304	*							
LEAF LETTUCE	Svg (.64 Oz)	3	0.2	0.1	1	1.6	47.9	4.54	0	0	0.3								
** 360	% of Goal :	327	24	5	64	163	4790	454	*	*	34								
PEAS AND CARR	Svg (3.1 oz)	59	2	0	9	29.6	172.1	53.24	0	0	3	3.9							
** 360	% of Goal :	5916	197	*	887	2958	17214	5324	*	*	296	394							
Meal Total:	Amount:	1231	44.6	50.6	151	1681.6	1645.8	412.54	143.7	10	21	55.9							
	% of Goal:	123100	4460	5060	15100	168160	164580	41254	14370	1000	2100	5590							

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

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

Courses selected: Selected All

Unit : MOW Week 1
 Service Date : Friday, September 10, 2021
 Meal Period : VEGETARIAN
 Customer Count : 20

1133 Total Calories
13.9 % Calories from Protein
51.8 % Calories from Carbohydrates
35.8 % Calories from Fat
8.1 (%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							
		1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0							
WHEAT BREAD	Slice	70	4	1	14	75	52		0	0	3	2							
** 20	% of Goal :	7000	400	100	1400	7500	5200		*	*	300	200							
WHEAT BREAD	Slice	70	4	1	14	75	52		0	0	3	2							
** 20	% of Goal :	7000	400	100	1400	7500	5200		*	*	300	200							
WHOLE WHEAT R	Roll (1.5 oz)	100	4	1.5	18	170			0	0	1	2							
** 20	% of Goal :	10000	400	150	1800	17000			*	*	100	200							
CUCUMBER TOM	Svg (2.2 Oz)	18	0.4	0.1	4	56.9	152.6	10.78	0	0	0.5	3.1							
** 20	% of Goal :	1754	39	8	363	5688	15255	1078	*	*	48	312							
GREEK BROCCOL	Svg (4 Oz)	235	3.7	20.9	13	156.1	257.1	90.85	4.7	2.4	2.7	6.3							
** 20	% of Goal :	23492	373	2088	1275	15606	25714	9085	468	244	270	630							
MAYONNAISE	Pkt	60	0	6	1	60			0	1	0	1							
** 20	% of Goal :	6000	*	600	100	6000			*	100	*	100							
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0								
** 20	% of Goal :	2000	*	250	*	3000	190		*	50	*								
MUSTARD	Pkt	0	0	0	0	85	5	5	0	0	0	0							
** 20	% of Goal :	*	*	*	*	8500	500	500	*	*	*	*							
SLIVERED HAM M	Svg (2 Oz)	60	9	1.5	2	390			30	0.5	0	2							
** 20	% of Goal :	6000	900	150	200	39000			3000	50	*	200							
FRUIT COMPOTE	Svg (4 Oz)	85	0.2	0.1	21	11.1	57.1	2.98	0	0	1.9	16.8							
** 20	% of Goal :	8527	17	7	2110	1112	5711	298	*	*	188	1675							
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							
** 20	% of Goal :	28487	1180	1049	3509	33940	8063	14999	2495	569	142	226							
PEARS DICED M	Svg (4.3 Oz)	68	0	0	16	0	97.5		0	0	2	10.7							
** 20	% of Goal :	6827	*	*	1560	*	9752		*	*	195	1073							

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

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

Courses selected: Selected All

Unit : MOW Week 1
 Service Date : Friday, September 10, 2021
 Meal Period : VEGETARIAN
 Customer Count : 20

1133 Total Calories
13.9 % Calories from Protein
51.8 % Calories from Carbohydrates
35.8 % Calories from Fat
8.1 (%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							
		1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0							
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11							
20	% of Goal :	12000	800	500	1100	12000	34900	21568	2500	350	*	1100							
MILK SKIM	Ctn (8 Oz)	80	8	0	11	120	376.5	228.84	5	0	0	11							
20	% of Goal :	8000	800	*	1100	12000	37648	22884	500	*	*	1100							
LEAF LETTUCE	Svg (.64 Oz)	3	0.2	0.1	1	1.6	47.9	4.54	0	0	0.3								
** 20	% of Goal :	327	24	5	64	163	4790	454	*	*	34								
PEAS AND CARR	Svg (3.1 oz)	59	2	0	9	29.6	172.1	53.24	0	0	3	3.9							
** 20	% of Goal :	5916	197	*	887	2958	17214	5324	*	*	296	394							
Meal Total:	Amount:	1133	39.3	45.1	147	1479.7	975.9	317.37	59.6	10.2	18.7	52.1							
	% of Goal:	113300	3930	4510	14700	147970	97590	31737	5960	1020	1870	5210							

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

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

Courses selected: Selected All

Unit : MOW Week 1
 Service Date : Saturday, September 11, 2021
 Meal Period : LUNCH
 Customer Count : 320

1231 Total Calories
14.5 % Calories from Protein
49.1 % Calories from Carbohydrates
37.0 % Calories from Fat
7.3 (%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		KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram							
		1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0							
WHEAT BREAD	Slice	70	4	1	14	75	52		0	0	3	2							
** 320	% of Goal :	7000	400	100	1400	7500	5200		*	*	300	200							
WHEAT BREAD	Slice	70	4	1	14	75	52		0	0	3	2							
** 320	% of Goal :	7000	400	100	1400	7500	5200		*	*	300	200							
WHOLE WHEAT R	Roll (1.5 oz)	100	4	1.5	18	170			0	0	1	2							
** 320	% of Goal :	10000	400	150	1800	17000			*	*	100	200							
CUCUMBER TOM	Svg (2.2 Oz)	18	0.4	0.1	4	56.9	152.6	10.78	0	0	0.5	3.1							
** 320	% of Goal :	1754	39	8	363	5688	15255	1078	*	*	48	312							
GREEK BROCCOL	Svg (4 Oz)	235	3.7	20.9	13	156.1	257.1	90.85	4.7	2.4	2.7	6.3							
** 320	% of Goal :	23492	373	2088	1275	15606	25714	9085	468	244	270	630							
MAYONNAISE	Pkt	60	0	6	1	60			0	1	0	1							
** 320	% of Goal :	6000	*	600	100	6000			*	100	*	100							
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0								
** 320	% of Goal :	2000	*	250	*	3000	190		*	50	*								
MUSTARD	Pkt	0	0	0	0	85	5	5	0	0	0	0							
** 320	% of Goal :	*	*	*	*	8500	500	500	*	*	*	*							
SLIVERED HAM M	Svg (2 Oz)	60	9	1.5	2	390			30	0.5	0	2							
** 320	% of Goal :	6000	900	150	200	39000			3000	50	*	200							
FRUIT COMPOTE	Svg (4 Oz)	85	0.2	0.1	21	11.1	57.1	2.98	0	0	1.9	16.8							
** 320	% of Goal :	8527	17	7	2110	1112	5711	298	*	*	188	1675							
MEATLOAF WITH	Svg (6.6 Oz)	251	14.1	12.5	18	414.8	341.1	167.29	109	5	0.7	6							
** 320	% of Goal :	25092	1405	1250	1832	41477	34111	16729	10904	500	68	605							
PEARS DICED MM	Svg (4.3 Oz)	68	0	0	16	0	97.5		0	0	2	10.7							
** 320	% of Goal :	6827	*	*	1560	*	9752		*	*	195	1073							

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

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

Courses selected: Selected All

Unit : MOW Week 1
 Service Date : Saturday, September 11, 2021
 Meal Period : LUNCH
 Customer Count : 320

1231 Total Calories
14.5 % Calories from Protein
49.1 % Calories from Carbohydrates
37.0 % Calories from Fat
7.3 (%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		KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram							
		1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0							
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11							
320	% of Goal :	12000	800	500	1100	12000	34900	21568	2500	350	*	1100							
MILK SKIM	Ctn (8 Oz)	80	8	0	11	120	376.5	228.84	5	0	0	11							
320	% of Goal :	8000	800	*	1100	12000	37648	22884	500	*	*	1100							
MASHED POTATC	Svg (4.4 Oz)	132	3	3.5	21	126.6	409.4	77.86	0	0.5	3	0							
** 320	% of Goal :	13167	304	354	2127	12659	40942	7786	*	50	304	*							
LEAF LETTUCE	Svg (.64 Oz)	3	0.2	0.1	1	1.6	47.9	4.54	0	0	0.3								
** 320	% of Goal :	327	24	5	64	163	4790	454	*	*	34								
PEAS AND CARR	Svg (3.1 oz)	59	2	0	9	29.6	172.1	53.24	0	0	3	3.9							
** 320	% of Goal :	5916	197	*	887	2958	17214	5324	*	*	296	394							
Meal Total:	Amount:	1231	44.6	50.6	151	1681.6	1645.8	412.54	143.7	10	21	55.9							
	% of Goal:	123100	4460	5060	15100	168160	164580	41254	14370	1000	2100	5590							

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

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

Courses selected: Selected All

Unit : MOW Week 1
 Service Date : Saturday, September 11, 2021
 Meal Period : VEGETARIAN
 Customer Count : 20

1133 Total Calories
13.9 % Calories from Protein
51.8 % Calories from Carbohydrates
35.8 % Calories from Fat
8.1 (%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								
		1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0								
WHEAT BREAD	Slice	70	4	1	14	75	52		0	0	3	2								
** 20	% of Goal :	7000	400	100	1400	7500	5200		*	*	300	200								
WHEAT BREAD	Slice	70	4	1	14	75	52		0	0	3	2								
** 20	% of Goal :	7000	400	100	1400	7500	5200		*	*	300	200								
WHOLE WHEAT R	Roll (1.5 oz)	100	4	1.5	18	170			0	0	1	2								
** 20	% of Goal :	10000	400	150	1800	17000			*	*	100	200								
CUCUMBER TOM	Svg (2.2 Oz)	18	0.4	0.1	4	56.9	152.6	10.78	0	0	0.5	3.1								
** 20	% of Goal :	1754	39	8	363	5688	15255	1078	*	*	48	312								
GREEK BROCCOL	Svg (4 Oz)	235	3.7	20.9	13	156.1	257.1	90.85	4.7	2.4	2.7	6.3								
** 20	% of Goal :	23492	373	2088	1275	15606	25714	9085	468	244	270	630								
MAYONNAISE	Pkt	60	0	6	1	60			0	1	0	1								
** 20	% of Goal :	6000	*	600	100	6000			*	100	*	100								
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0									
** 20	% of Goal :	2000	*	250	*	3000	190		*	50	*									
MUSTARD	Pkt	0	0	0	0	85	5	5	0	0	0	0								
** 20	% of Goal :	*	*	*	*	8500	500	500	*	*	*	*								
SLIVERED HAM M	Svg (2 Oz)	60	9	1.5	2	390			30	0.5	0	2								
** 20	% of Goal :	6000	900	150	200	39000			3000	50	*	200								
FRUIT COMPOTE	Svg (4 Oz)	85	0.2	0.1	21	11.1	57.1	2.98	0	0	1.9	16.8								
** 20	% of Goal :	8527	17	7	2110	1112	5711	298	*	*	188	1675								
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								
** 20	% of Goal :	28487	1180	1049	3509	33940	8063	14999	2495	569	142	226								
PEARS DICED M	Svg (4.3 Oz)	68	0	0	16	0	97.5		0	0	2	10.7								
** 20	% of Goal :	6827	*	*	1560	*	9752		*	*	195	1073								

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

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

Courses selected: Selected All

Unit : MOW Week 1
 Service Date : Saturday, September 11, 2021
 Meal Period : VEGETARIAN
 Customer Count : 20

1133 Total Calories
13.9 % Calories from Protein
51.8 % Calories from Carbohydrates
35.8 % Calories from Fat
8.1 (%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							
		1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0							
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11							
20	% of Goal :	12000	800	500	1100	12000	34900	21568	2500	350	*	1100							
MILK SKIM	Ctn (8 Oz)	80	8	0	11	120	376.5	228.84	5	0	0	11							
20	% of Goal :	8000	800	*	1100	12000	37648	22884	500	*	*	1100							
LEAF LETTUCE	Svg (.64 Oz)	3	0.2	0.1	1	1.6	47.9	4.54	0	0	0.3								
** 20	% of Goal :	327	24	5	64	163	4790	454	*	*	34								
PEAS AND CARR	Svg (3.1 oz)	59	2	0	9	29.6	172.1	53.24	0	0	3	3.9							
** 20	% of Goal :	5916	197	*	887	2958	17214	5324	*	*	296	394							
Meal Total:	Amount:	1133	39.3	45.1	147	1479.7	975.9	317.37	59.6	10.2	18.7	52.1							
	% of Goal:	113300	3930	4510	14700	147970	97590	31737	5960	1020	1870	5210							

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

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

Courses selected: Selected All

Unit : MOW Week 1
 Service Date : Sunday, September 12, 2021
 Meal Period : LUNCH
 Customer Count : 140

768 Total Calories
17.1 % Calories from Protein
47.6 % Calories from Carbohydrates
39.2 % Calories from Fat
8.2 (%Saturated Fat)

Report for Nutritional Goal: **Basic Nutrition Information**

Service Item	Serving Size	KCAL	PRO	FAT	CHO	NA	K	P	CHOL	SFA	TDFB	SUGR							
Portion Count		KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram							
		1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0							
ROLL POTATO	Svg (1 oz)	90	3	2	17	125	36	24.34	0	0	0	3							
** 140	% of Goal :	9000	300	200	1700	12500	3600	2434	*	*	*	300							
BEET AND CHICK	Svg (3.9 Oz)	107	1.7	5.3	13	159	208.6	34.41	0	0.7	1.8	7.9							
** 140	% of Goal :	10732	171	534	1299	15902	20859	3441	*	73	182	794							
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0								
** 140	% of Goal :	2000	*	250	*	3000	190		*	50	*								
MI CHIX CHERRY	Svg (8.7 Oz)	450	25.6	23.6	35	538	517.2	194.22	63.6	5.7	2	27							
** 140	% of Goal :	45020	2558	2360	3506	53797	51724	19422	6362	574	201	2703							
ORANGES FR MM	Each	100	2.5	0	26	0	337.4	47.48	0	0	5	17.5							
** 140	% of Goal :	9997	250	*	2624	*	33739	4748	*	*	500	1749							
MILK SKIM	Ctn (8 Oz)	80	8	0	11	120	376.5	228.84	5	0	0	11							
140	% of Goal :	8000	800	*	1100	12000	37648	22884	500	*	*	1100							
Meal Total:	Amount:	768	32.8	33.4	91	852	1101.1	300.45	63.6	7	8.8	55.5							
	% of Goal:	76800	3280	3340	9100	85200	110110	30045	6360	700	880	5550							

** 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