

Unit : MOW Week 2
 Service Date : Monday, September 6, 2021
 Meal Period : LUNCH
 Customer Count : 360

996 Total Calories
22.7 % Calories from Protein
54.2 % Calories from Carbohydrates
22.3 % 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								
		1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0								
BUN WHEAT 4"	Each	145	7	1	28	152			0	0	5	3.9								
** 360	% of Goal :	14500	700	100	2800	15200			*	*	500	394								
TOSSED GREE	1/2 Cup (2.3	12	0.8	0	2	11.9	117.2	0.52	0	0	0.7	0.8								
** 360	% of Goal :	1187	76	*	233	1192	11722	52	*	*	72	82								
MAYONNAISE	Pkt	60	0	6	1	60			0	1	0	1								
** 360	% of Goal :	6000	*	600	100	6000			*	100	*	100								
SLIVERED TURKE	Svg (2 Oz)	70	13	1	0	190			35	0	0	0								
** 360	% of Goal :	7000	1300	100	*	19000			3500	*	*	*								
BERRY CRISP MM	Svg (3.6 Oz)	233	3.2	7.2	40	47.1	84.6	61.73	16.8	4.1	4.1	19.1								
** 360	% of Goal :	23300	323	716	4039	4710	8463	6173	1682	407	408	1907								
ITAL DRESS IND	Pkt	10	0	0	2	55	60		0	0	0	2								
** 360	% of Goal :	1000	*	*	200	5500	6000		*	*	*	200								
STUFF CHIX MM	Svg (4.7 Oz)	217	27.7	5.2	12	149.7	369	245.45	73.2	2	0.7	2.3								
** 360	% of Goal :	21675	2769	525	1226	14973	36904	24545	7318	198	72	228								
Apple Slices	Bag (2 oz)	30	0	0	7	0	60.7	6.24	0	0	2	2								
** 360	% of Goal :	3000	*	*	700	*	6067	624	*	*	200	200								
LS CHIX GRAVY	Svg (2 Oz)	37	0.1	1.4	5	52.5	90.5	3.07	3.8	0.9	0.1	0								
** 360	% of Goal :	3749	13	144	518	5248	9050	307	384	90	5	*								
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								
POTATOES O'BRII	Svg (2 Oz)	90	1.9	2.5	15	184.2	374.7	3.54	0	0.4	2	1.4								
** 360	% of Goal :	9001	189	248	1469	18418	37474	354	*	41	201	139								

** 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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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							
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								
CARROT BABY M	Svg (2.7 oz)	30	0.6	0	7	53.4	212	28.87	0	0	2.4	3.6							
** 360	% of Goal :	2968	59	*	712	5342	21197	2887	*	*	237	356							
CORN MM	1/2 Cup (2.6)	59	2	0.3	14	3.7	108.3	42.01	0	0.1	1.8								
** 360	% of Goal :	5896	203	32	1442	369	10834	4201	*	5	177								
Meal Total:	Amount:	996	56.6	24.7	135	961.2	1525	395.95	128.8	8.4	19.1	36.1							
	% of Goal:	99600	5660	2470	13500	96120	152500	39595	12880	840	1910	3610							

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Courses selected: Selected All

Unit : MOW Week 2
 Service Date : Monday, September 6, 2021
 Meal Period : VEGETARIAN
 Customer Count : 20

1020 Total Calories
15.4 % Calories from Protein
62.6 % Calories from Carbohydrates
21.8 % Calories from Fat
6.5 (%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							
BUN WHEAT 4"	Each	145	7	1	28	152			0	0	5	3.9							
** 20	% of Goal :	14500	700	100	2800	15200			*	*	500	394							
TOSSED GREE	1/2 Cup (2.3	12	0.8	0	2	11.9	117.2	0.52	0	0	0.7	0.8							
** 20	% of Goal :	1187	76	*	233	1192	11722	52	*	*	72	82							
MAYONNAISE	Pkt	60	0	6	1	60			0	1	0	1							
** 20	% of Goal :	6000	*	600	100	6000			*	100	*	100							
SLIVERED TURKE	Svg (2 Oz)	70	13	1	0	190			35	0	0	0							
** 20	% of Goal :	7000	1300	100	*	19000			3500	*	*	*							
BERRY CRISP MM	Svg (3.6 Oz)	233	3.2	7.2	40	47.1	84.6	61.73	16.8	4.1	4.1	19.1							
** 20	% of Goal :	23300	323	716	4039	4710	8463	6173	1682	407	408	1907							
ITAL DRESS IND	Pkt	10	0	0	2	55	60		0	0	0	2							
** 20	% of Goal :	1000	*	*	200	5500	6000		*	*	*	200							
TWO BEAN TAMA	Svg (8.2 Oz)	368	12.5	9.2	57	801.8	367.9	138.84	10.9	2.2	6.8	15.5							
** 20	% of Goal :	36768	1253	918	5662	80176	36791	13884	1089	218	676	1549							
Apple Slices	Bag (2 oz)	30	0	0	7	0	60.7	6.24	0	0	2	2							
** 20	% of Goal :	3000	*	*	700	*	6067	624	*	*	200	200							
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								
CARROT BABY M	Svg (2.7 oz)	30	0.6	0	7	53.4	212	28.87	0	0	2.4	3.6							
** 20	% of Goal :	2968	59	*	712	5342	21197	2887	*	*	237	356							

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6.5 (%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	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0								
CORN MM	1/2 Cup (2.6	59	2	0.3	14	3.7	108.3	42.01	0	0.1	1.8									
** 20	% of Goal :	5896	203	32	1442	369	10834	4201	*	5	177									
Meal Total:	Amount:	1020	39.4	24.7	159	1376.5	1058.6	282.75	62.7	7.3	23	47.9								
	% of Goal:	102000	3940	2470	15900	137650	105860	28275	6270	730	2300	4790								

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Courses selected: Selected All

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22.7 % Calories from Protein
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7.6 (%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	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0								
BUN WHEAT 4"	Each	145	7	1	28	152			0	0	5	3.9								
** 360	% of Goal :	14500	700	100	2800	15200			*	*	500	394								
TOSSED GREE	1/2 Cup (2.3	12	0.8	0	2	11.9	117.2	0.52	0	0	0.7	0.8								
** 360	% of Goal :	1187	76	*	233	1192	11722	52	*	*	72	82								
MAYONNAISE	Pkt	60	0	6	1	60			0	1	0	1								
** 360	% of Goal :	6000	*	600	100	6000			*	100	*	100								
SLIVERED TURKE	Svg (2 Oz)	70	13	1	0	190			35	0	0	0								
** 360	% of Goal :	7000	1300	100	*	19000			3500	*	*	*								
BERRY CRISP MM	Svg (3.6 Oz)	233	3.2	7.2	40	47.1	84.6	61.73	16.8	4.1	4.1	19.1								
** 360	% of Goal :	23300	323	716	4039	4710	8463	6173	1682	407	408	1907								
ITAL DRESS IND	Pkt	10	0	0	2	55	60		0	0	0	2								
** 360	% of Goal :	1000	*	*	200	5500	6000		*	*	*	200								
STUFF CHIX MM	Svg (4.7 Oz)	217	27.7	5.2	12	149.7	369	245.45	73.2	2	0.7	2.3								
** 360	% of Goal :	21675	2769	525	1226	14973	36904	24545	7318	198	72	228								
Apple Slices	Bag (2 oz)	30	0	0	7	0	60.7	6.24	0	0	2	2								
** 360	% of Goal :	3000	*	*	700	*	6067	624	*	*	200	200								
LS CHIX GRAVY	Svg (2 Oz)	37	0.1	1.4	5	52.5	90.5	3.07	3.8	0.9	0.1	0								
** 360	% of Goal :	3749	13	144	518	5248	9050	307	384	90	5	*								
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								
POTATOES O'BRII	Svg (2 Oz)	90	1.9	2.5	15	184.2	374.7	3.54	0	0.4	2	1.4								
** 360	% of Goal :	9001	189	248	1469	18418	37474	354	*	41	201	139								

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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							
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								
CARROT BABY M	Svg (2.7 oz)	30	0.6	0	7	53.4	212	28.87	0	0	2.4	3.6							
** 360	% of Goal :	2968	59	*	712	5342	21197	2887	*	*	237	356							
CORN MM	1/2 Cup (2.6)	59	2	0.3	14	3.7	108.3	42.01	0	0.1	1.8								
** 360	% of Goal :	5896	203	32	1442	369	10834	4201	*	5	177								
Meal Total:	Amount:	996	56.6	24.7	135	961.2	1525	395.95	128.8	8.4	19.1	36.1							
	% of Goal:	99600	5660	2470	13500	96120	152500	39595	12880	840	1910	3610							

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6.5 (%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	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0								
BUN WHEAT 4"	Each	145	7	1	28	152			0	0	5	3.9								
** 20	% of Goal :	14500	700	100	2800	15200			*	*	500	394								
TOSSED GREE	1/2 Cup (2.3	12	0.8	0	2	11.9	117.2	0.52	0	0	0.7	0.8								
** 20	% of Goal :	1187	76	*	233	1192	11722	52	*	*	72	82								
MAYONNAISE	Pkt	60	0	6	1	60			0	1	0	1								
** 20	% of Goal :	6000	*	600	100	6000			*	100	*	100								
SLIVERED TURKE	Svg (2 Oz)	70	13	1	0	190			35	0	0	0								
** 20	% of Goal :	7000	1300	100	*	19000			3500	*	*	*								
BERRY CRISP MM	Svg (3.6 Oz)	233	3.2	7.2	40	47.1	84.6	61.73	16.8	4.1	4.1	19.1								
** 20	% of Goal :	23300	323	716	4039	4710	8463	6173	1682	407	408	1907								
ITAL DRESS IND	Pkt	10	0	0	2	55	60		0	0	0	2								
** 20	% of Goal :	1000	*	*	200	5500	6000		*	*	*	200								
TWO BEAN TAMA	Svg (8.2 Oz)	368	12.5	9.2	57	801.8	367.9	138.84	10.9	2.2	6.8	15.5								
** 20	% of Goal :	36768	1253	918	5662	80176	36791	13884	1089	218	676	1549								
Apple Slices	Bag (2 oz)	30	0	0	7	0	60.7	6.24	0	0	2	2								
** 20	% of Goal :	3000	*	*	700	*	6067	624	*	*	200	200								
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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6.5 (%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	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0								
CORN MM	1/2 Cup (2.6	59	2	0.3	14	3.7	108.3	42.01	0	0.1	1.8									
** 20	% of Goal :	5896	203	32	1442	369	10834	4201	*	5	177									
Meal Total:	Amount:	1020	39.4	24.7	159	1376.5	1058.6	282.75	62.7	7.3	23	47.9								
	% of Goal:	102000	3940	2470	15900	137650	105860	28275	6270	730	2300	4790								

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 Customer Count : 360

1060 Total Calories
22.5 % Calories from Protein
47.6 % Calories from Carbohydrates
31.4 % Calories from Fat
8.9 (%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	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0							
BREAD NAAN MIN	Svg (2 ea)	60	1.6	1.4	10	152			0	0.4	0.8	0.8							
** 360	% of Goal :	6000	160	140	1040	15200			*	40	80	80							
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							
FRESH VEG SLD	Svg (3.2 Oz)	26	0.9	0	6	141.5	207.2	32.14	0	0	1.6	2.7							
** 360	% of Goal :	2618	85	5	596	14151	20722	3214	*	*	157	274							
MAYONNAISE	Pkt	60	0	6	1	60			0	1	0	1							
** 360	% of Goal :	6000	*	600	100	6000			*	100	*	100							
PEANUT BUTTER	Pkt	140	5	11	4	105	120	0	0	2	1	2							
** 360	% of Goal :	14000	500	1100	400	10500	12000	*	*	200	100	200							
ROAST BEEF SLI	Svg (2 Oz)	93	13.3	4	1	253.3			30	1.7	0	0							
** 360	% of Goal :	9333	1333	400	67	25333			3000	167	*	*							
STIR FRY C	Svg (10.2 oz)	307	25.1	5	38	362.6	150	53.48	0	1.1	2.7	10.9							
** 360	% of Goal :	30748	2511	502	3832	36259	15001	5348	*	108	271	1090							
APPLESAUCE UN	Svg (4.3 Oz)	55	0	0	14	0	93.8	8.57	0	0	1.1	12.1							
** 360	% of Goal :	5517	*	*	1434	*	9378	857	*	*	110	1214							
SEASONAL FRES	Each	84	0.4	0	21	0.9			0	0									
** 360	% of Goal :	8363	43	*	2126	85			*	*									
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							

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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							
	1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0	1.0							
CHEESE CHEDDAR	Svg (.8 Oz)	86	5.4	7.6	0	145.8	17.2	100.92	27	4.3	0	0							
** 360	% of Goal :	8640	540	756	*	14580	1724	10092	2700	432	*	*							
CELERY STICKS	Svg (2.1 Oz)	8	0	0	2	61	151.6	14	0	0	1.1	1.1							
** 360	% of Goal :	795	*	*	212	6097	15163	1400	*	*	106	106							
Meal Total:	Amount:	1060	59.7	37	126	1432.1	843.9	209.11	57	10.5	14.2	34.6							
	% of Goal:	106000	5970	3700	12600	143210	84390	20911	5700	1050	1420	3460							

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

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

Courses selected: Selected All

Unit : MOW Week 2
 Service Date : Wednesday, September 8, 2021
 Meal Period : VEGETARIAN
 Customer Count : 20

1155 Total Calories
17.0 % Calories from Protein
51.8 % Calories from Carbohydrates
32.1 % Calories from Fat
9.0 (%Saturated Fat)

Report for Nutritional Goal: Basic Nutrition Information

Service Item	Serving Size	KCAL	PRO	FAT	CHO	NA	K	P	CHOL	SFA	TDFB	SUGR								
Portion Count		KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram								
		1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0								
BREAD NAAN MIN	Svg (2 ea)	60	1.6	1.4	10	152			0	0.4	0.8	0.8								
** 20	% of Goal :	6000	160	140	1040	15200			*	40	80	80								
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								
FRESH VEG SLD	Svg (3.2 Oz)	26	0.9	0	6	141.5	207.2	32.14	0	0	1.6	2.7								
** 20	% of Goal :	2618	85	5	596	14151	20722	3214	*	*	157	274								
MAYONNAISE	Pkt	60	0	6	1	60			0	1	0	1								
** 20	% of Goal :	6000	*	600	100	6000			*	100	*	100								
PEANUT BUTTER	Pkt	140	5	11	4	105	120	0	0	2	1	2								
** 20	% of Goal :	14000	500	1100	400	10500	12000	*	*	200	100	200								
ROAST BEEF SLI	Svg (2 Oz)	93	13.3	4	1	253.3			30	1.7	0	0								
** 20	% of Goal :	9333	1333	400	67	25333			3000	167	*	*								
TWO BEAN TAMA	Svg (8.2 Oz)	368	12.5	9.2	57	801.8	367.9	138.84	10.9	2.2	6.8	15.5								
** 20	% of Goal :	36768	1253	918	5662	80176	36791	13884	1089	218	676	1549								
APPLESAUCE UN	Svg (4.3 Oz)	55	0	0	14	0	93.8	8.57	0	0	1.1	12.1								
** 20	% of Goal :	5517	*	*	1434	*	9378	857	*	*	110	1214								
SEASONAL FRES	Each	84	0.4	0	21	0.9			0	0										
** 20	% of Goal :	8363	43	*	2126	85			*	*										
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								

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

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

Courses selected: Selected All

Unit : MOW Week 2
 Service Date : Wednesday, September 8, 2021
 Meal Period : VEGETARIAN
 Customer Count : 20

1155 Total Calories
17.0 % Calories from Protein
51.8 % Calories from Carbohydrates
32.1 % Calories from Fat
9.0 (%Saturated Fat)

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

Service Item	Serving Size	KCAL	PRO	FAT	CHO	NA	K	P	CHOL	SFA	TDFB	SUGR							
Portion Count		KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram							
		1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0							
CHEESE CHEDDAR	Svg (.8 Oz)	86	5.4	7.6	0	145.8	17.2	100.92	27	4.3	0	0							
** 20	% of Goal :	8640	540	756	*	14580	1724	10092	2700	432	*	*							
CELERY STICKS	Svg (2.1 Oz)	8	0	0	2	61	151.6	14	0	0	1.1	1.1							
** 20	% of Goal :	795	*	*	212	6097	15163	1400	*	*	106	106							
STIR FRY VEGETABLE	Svg (3 Oz)	35	1.9	0	5	23.2	19.2	2.61	0	0	2	2.2							
** 20	% of Goal :	3486	194	*	519	2318	1917	261	*	*	201	224							
Meal Total:	Amount:	1155	49.1	41.2	150	1894.4	1081	297.09	67.9	11.6	20.3	41.5							
	% of Goal:	115500	4910	4120	15000	189440	108100	29709	6790	1160	2030	4150							

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

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

Courses selected: Selected All

Unit : MOW Week 2
 Service Date : Thursday, September 9, 2021
 Meal Period : LUNCH
 Customer Count : 360

1060 Total Calories
22.5 % Calories from Protein
47.6 % Calories from Carbohydrates
31.4 % 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								
		1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0								
BREAD NAAN MIN	Svg (2 ea)	60	1.6	1.4	10	152			0	0.4	0.8	0.8								
** 360	% of Goal :	6000	160	140	1040	15200			*	40	80	80								
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								
FRESH VEG SLD	Svg (3.2 Oz)	26	0.9	0	6	141.5	207.2	32.14	0	0	1.6	2.7								
** 360	% of Goal :	2618	85	5	596	14151	20722	3214	*	*	157	274								
MAYONNAISE	Pkt	60	0	6	1	60			0	1	0	1								
** 360	% of Goal :	6000	*	600	100	6000			*	100	*	100								
PEANUT BUTTER	Pkt	140	5	11	4	105	120	0	0	2	1	2								
** 360	% of Goal :	14000	500	1100	400	10500	12000	*	*	200	100	200								
ROAST BEEF SLI	Svg (2 Oz)	93	13.3	4	1	253.3			30	1.7	0	0								
** 360	% of Goal :	9333	1333	400	67	25333			3000	167	*	*								
STIR FRY C	Svg (10.2 oz)	307	25.1	5	38	362.6	150	53.48	0	1.1	2.7	10.9								
** 360	% of Goal :	30748	2511	502	3832	36259	15001	5348	*	108	271	1090								
APPLESAUCE UN	Svg (4.3 Oz)	55	0	0	14	0	93.8	8.57	0	0	1.1	12.1								
** 360	% of Goal :	5517	*	*	1434	*	9378	857	*	*	110	1214								
SEASONAL FRES	Each	84	0.4	0	21	0.9			0	0										
** 360	% of Goal :	8363	43	*	2126	85			*	*										
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								

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

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

Courses selected: Selected All

Unit : MOW Week 2
 Service Date : Thursday, September 9, 2021
 Meal Period : LUNCH
 Customer Count : 360

1060 Total Calories
22.5 % Calories from Protein
47.6 % Calories from Carbohydrates
31.4 % 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							
		1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0							
CHEESE CHEDDAR	Svg (.8 Oz)	86	5.4	7.6	0	145.8	17.2	100.92	27	4.3	0	0							
** 360	% of Goal :	8640	540	756	*	14580	1724	10092	2700	432	*	*							
CELERY STICKS	Svg (2.1 Oz)	8	0	0	2	61	151.6	14	0	0	1.1	1.1							
** 360	% of Goal :	795	*	*	212	6097	15163	1400	*	*	106	106							
Meal Total:	Amount:	1060	59.7	37	126	1432.1	843.9	209.11	57	10.5	14.2	34.6							
	% of Goal:	106000	5970	3700	12600	143210	84390	20911	5700	1050	1420	3460							

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

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

Courses selected: Selected All

Unit : MOW Week 2
 Service Date : Thursday, September 9, 2021
 Meal Period : VEGETARIAN
 Customer Count : 20

1136 Total Calories
18.0 % Calories from Protein
53.8 % Calories from Carbohydrates
31.5 % 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		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							
BREAD NAAN MIN	Svg (2 ea)	60	1.6	1.4	10	152			0	0.4	0.8	0.8							
** 20	% of Goal :	6000	160	140	1040	15200			*	40	80	80							
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							
FRESH VEG SLD	Svg (3.2 Oz)	26	0.9	0	6	141.5	207.2	32.14	0	0	1.6	2.7							
** 20	% of Goal :	2618	85	5	596	14151	20722	3214	*	*	157	274							
MAYONNAISE	Pkt	60	0	6	1	60			0	1	0	1							
** 20	% of Goal :	6000	*	600	100	6000			*	100	*	100							
PEANUT BUTTER	Pkt	140	5	11	4	105	120	0	0	2	1	2							
** 20	% of Goal :	14000	500	1100	400	10500	12000	*	*	200	100	200							
ROAST BEEF SLI	Svg (2 Oz)	93	13.3	4	1	253.3			30	1.7	0	0							
** 20	% of Goal :	9333	1333	400	67	25333			3000	167	*	*							
STIR FRY V	Svg (12.8 O	383	16.4	7.7	65	624.2	664	222.78	0	0.8	6.8	25.6							
** 20	% of Goal :	38319	1644	772	6489	62421	66404	22278	*	77	676	2562							
APPLESAUCE UN	Svg (4.3 Oz)	55	0	0	14	0	93.8	8.57	0	0	1.1	12.1							
** 20	% of Goal :	5517	*	*	1434	*	9378	857	*	*	110	1214							
SEASONAL FRES	Each	84	0.4	0	21	0.9			0	0									
** 20	% of Goal :	8363	43	*	2126	85			*	*									
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							

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

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

Courses selected: Selected All

Unit : MOW Week 2
 Service Date : Thursday, September 9, 2021
 Meal Period : VEGETARIAN
 Customer Count : 20

1136 Total Calories
18.0 % Calories from Protein
53.8 % Calories from Carbohydrates
31.5 % 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		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	1.0							
CHEESE CHEDDAR	Svg (.8 Oz)	86	5.4	7.6	0	145.8	17.2	100.92	27	4.3	0	0							
** 20	% of Goal :	8640	540	756	*	14580	1724	10092	2700	432	*	*							
CELERY STICKS	Svg (2.1 Oz)	8	0	0	2	61	151.6	14	0	0	1.1	1.1							
** 20	% of Goal :	795	*	*	212	6097	15163	1400	*	*	106	106							
Meal Total:	Amount:	1136	51.1	39.7	153	1693.7	1357.9	378.41	57	10.2	18.3	49.4							
	% of Goal:	113600	5110	3970	15300	169370	135790	37841	5700	1020	1830	4940							

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

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

Courses selected: Selected All

Unit : MOW Week 2
 Service Date : Friday, September 10, 2021
 Meal Period : LUNCH
 Customer Count : 360

871 Total Calories
25.2 % Calories from Protein
55.6 % Calories from Carbohydrates
22.9 % Calories from Fat
4.8 (%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							
BUN WHEAT 4"	Each	145	7	1	28	152			0	0	5	3.9							
** 360	% of Goal :	14500	700	100	2800	15200			*	*	500	394							
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 (2.4 Oz)	63	0.4	4.2	6	69.2	114.7	11.19	0	0.6	0.5	5.1							
** 360	% of Goal :	6312	39	421	615	6922	11474	1119	*	61	49	513							
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0								
** 360	% of Goal :	2000	*	250	*	3000	190		*	50	*								
TUNA SLD MIX M	Svg (3.36 O	111	18.1	4	1	330.1	166.5	2.29	30.1	0.5	0.1	0.2							
** 360	% of Goal :	11124	1812	404	138	33013	16652	229	3014	45	15	24							
BEEF BRISKET P	Svg (6.9 Oz)	208	21.3	6.6	15	499.7	300.8	40.46	45	2.7	1.7	3.1							
** 360	% of Goal :	20839	2127	662	1534	49967	30081	4046	4500	273	166	310							
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							
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							
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							
LETTUCE/TOMAT	Svg (2.2 Oz)	15	0.6	0.2	3	4.7	135.3	15.57	0	0	0.8	1.5							
** 360	% of Goal :	1467	61	17	330	465	13526	1557	*	2	78	148							
GR BEANS MM	1/2 Cup (2.4	19	1	0.1	4	6.1	85.8	21.1	0	0	2								
** 360	% of Goal :	1906	101	12	439	613	8575	2110	*	3	204								

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

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

Courses selected: Selected All

Unit : MOW Week 2
 Service Date : Friday, September 10, 2021
 Meal Period : LUNCH
 Customer Count : 360

871 Total Calories
25.2 % Calories from Protein
55.6 % Calories from Carbohydrates
22.9 % Calories from Fat
4.8 (%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								
ROASTED BUTTE	Svg (3 Oz)	52	0.6	1.7	10	135.7	293.1	27.52	0	0.1	1.8	1.8								
** 360	% of Goal :	5170	60	165	954	13571	29313	2752	*	12	180	183								
Meal Total:	Amount:	871	54.9	22.2	121	1398.7	1655.8	144.74	75.1	4.6	16.7	38.6								
	% of Goal:	87100	5490	2220	12100	139870	165580	14474	7510	460	1670	3860								

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

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

Courses selected: Selected All

Unit : MOW Week 2
 Service Date : Friday, September 10, 2021
 Meal Period : VEGETARIAN
 Customer Count : 20

994 Total Calories
19.9 % Calories from Protein
64.8 % Calories from Carbohydrates
19.6 % Calories from Fat
2.3 (%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								
BUN WHEAT 4"	Each	145	7	1	28	152			0	0	5	3.9								
** 20	% of Goal :	14500	700	100	2800	15200			*	*	500	394								
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 (2.4 Oz)	63	0.4	4.2	6	69.2	114.7	11.19	0	0.6	0.5	5.1								
** 20	% of Goal :	6312	39	421	615	6922	11474	1119	*	61	49	513								
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0									
** 20	% of Goal :	2000	*	250	*	3000	190		*	50	*									
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								
** 20	% of Goal :	11124	1812	404	138	33013	16652	229	3014	45	15	24								
STIR FRY V	Svg (12.8 O	383	16.4	7.7	65	624.2	664	222.78	0	0.8	6.8	25.6								
** 20	% of Goal :	38319	1644	772	6489	62421	66404	22278	*	77	676	2562								
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								
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								
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								
LETTUCE/TOMAT	Svg (2.2 Oz)	15	0.6	0.2	3	4.7	135.3	15.57	0	0	0.8	1.5								
** 20	% of Goal :	1467	61	17	330	465	13526	1557	*	2	78	148								

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

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

Courses selected: Selected All

Unit : MOW Week 2
 Service Date : Friday, September 10, 2021
 Meal Period : VEGETARIAN
 Customer Count : 20

994 Total Calories
19.9 % Calories from Protein
64.8 % Calories from Carbohydrates
19.6 % Calories from Fat
2.3 (%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								
GR BEANS MM	1/2 Cup (2.4	19	1	0.1	4	6.1	85.8	21.1	0	0	2									
** 20	% of Goal :	1906	101	12	439	613	8575	2110	*	3	204									
Meal Total:	Amount:	994	49.5	21.7	161	1387.6	1725.9	299.53	30.1	2.5	20	59.3								
	% of Goal:	99400	4950	2170	16100	138760	172590	29953	3010	250	2000	5930								

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

！** indicates the selected items used in nutritional totals.

Courses selected: Selected All

Unit : MOW Week 2
 Service Date : Saturday, September 11, 2021
 Meal Period : LUNCH
 Customer Count : 320

871 Total Calories
25.2 % Calories from Protein
55.6 % Calories from Carbohydrates
22.9 % Calories from Fat
4.8 (%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								
BUN WHEAT 4"	Each	145	7	1	28	152			0	0	5	3.9								
** 320	% of Goal :	14500	700	100	2800	15200			*	*	500	394								
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 (2.4 Oz)	63	0.4	4.2	6	69.2	114.7	11.19	0	0.6	0.5	5.1								
** 320	% of Goal :	6312	39	421	615	6922	11474	1119	*	61	49	513								
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0									
** 320	% of Goal :	2000	*	250	*	3000	190		*	50	*									
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								
** 320	% of Goal :	11124	1812	404	138	33013	16652	229	3014	45	15	24								
BEEF BRISKET P	Svg (6.9 Oz)	208	21.3	6.6	15	499.7	300.8	40.46	45	2.7	1.7	3.1								
** 320	% of Goal :	20839	2127	662	1534	49967	30081	4046	4500	273	166	310								
BANANA	Whole	108	1.3	0.4	28	1.2	433	26.61	0	0.1	3.1	14.8								
** 320	% of Goal :	10765	132	40	2763	121	43302	2661	*	14	314	1479								
PEACHES DICED	Svg (3.9 Oz)	30	0.6	0	7	0	124.7		0	0	0.6	6.1								
** 320	% of Goal :	3027	61	*	726	*	12471		*	*	61	605								
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								
LETTUCE/TOMAT	Svg (2.2 Oz)	15	0.6	0.2	3	4.7	135.3	15.57	0	0	0.8	1.5								
** 320	% of Goal :	1467	61	17	330	465	13526	1557	*	2	78	148								
GR BEANS MM	1/2 Cup (2.4	19	1	0.1	4	6.1	85.8	21.1	0	0	2									
** 320	% of Goal :	1906	101	12	439	613	8575	2110	*	3	204									

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

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

Courses selected: Selected All

Unit : MOW Week 2
 Service Date : Saturday, September 11, 2021
 Meal Period : LUNCH
 Customer Count : 320

871 Total Calories
25.2 % Calories from Protein
55.6 % Calories from Carbohydrates
22.9 % Calories from Fat
4.8 (%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								
ROASTED BUTTE	Svg (3 Oz)	52	0.6	1.7	10	135.7	293.1	27.52	0	0.1	1.8	1.8								
** 320	% of Goal :	5170	60	165	954	13571	29313	2752	*	12	180	183								
Meal Total:	Amount:	871	54.9	22.2	121	1398.7	1655.8	144.74	75.1	4.6	16.7	38.6								
	% of Goal:	87100	5490	2220	12100	139870	165580	14474	7510	460	1670	3860								

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

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

Courses selected: Selected All

Unit : MOW Week 2
 Service Date : Saturday, September 11, 2021
 Meal Period : VEGETARIAN
 Customer Count : 20

994 Total Calories
19.9 % Calories from Protein
64.8 % Calories from Carbohydrates
19.6 % Calories from Fat
2.3 (%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								
BUN WHEAT 4"	Each	145	7	1	28	152			0	0	5	3.9								
** 20	% of Goal :	14500	700	100	2800	15200			*	*	500	394								
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 (2.4 Oz)	63	0.4	4.2	6	69.2	114.7	11.19	0	0.6	0.5	5.1								
** 20	% of Goal :	6312	39	421	615	6922	11474	1119	*	61	49	513								
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0									
** 20	% of Goal :	2000	*	250	*	3000	190		*	50	*									
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								
** 20	% of Goal :	11124	1812	404	138	33013	16652	229	3014	45	15	24								
STIR FRY V	Svg (12.8 O)	383	16.4	7.7	65	624.2	664	222.78	0	0.8	6.8	25.6								
** 20	% of Goal :	38319	1644	772	6489	62421	66404	22278	*	77	676	2562								
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								
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								
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								
LETTUCE/TOMAT	Svg (2.2 Oz)	15	0.6	0.2	3	4.7	135.3	15.57	0	0	0.8	1.5								
** 20	% of Goal :	1467	61	17	330	465	13526	1557	*	2	78	148								

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

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

Courses selected: Selected All

Unit : MOW Week 2
 Service Date : Saturday, September 11, 2021
 Meal Period : VEGETARIAN
 Customer Count : 20

994 Total Calories
19.9 % Calories from Protein
64.8 % Calories from Carbohydrates
19.6 % Calories from Fat
2.3 (%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							
GR BEANS MM	1/2 Cup (2.4	19	1	0.1	4	6.1	85.8	21.1	0	0	2								
** 20	% of Goal :	1906	101	12	439	613	8575	2110	*	3	204								
Meal Total:	Amount:	994	49.5	21.7	161	1387.6	1725.9	299.53	30.1	2.5	20	59.3							
	% of Goal:	99400	4950	2170	16100	138760	172590	29953	3010	250	2000	5930							

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

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

Courses selected: Selected All

Unit : MOW Week 2
 Service Date : Sunday, September 12, 2021
 Meal Period : LUNCH
 Customer Count : 140

374 Total Calories
12.4 % Calories from Protein
68.2 % Calories from Carbohydrates
26.8 % Calories from Fat
4.9 (%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	1.0	1.00	1.0	1.0	1.0	1.0							
LF GAR/CU MM	Svg (2.8 Oz)	43	1.8	1	7	70	141.8	12.19	0	0.1	2	1.7							
** 140	% of Goal :	4286	182	96	697	6995	14176	1219	*	6	202	170							
new QUINOA SAL	Plate (6.5 O	231	7.3	10.2	31	494.5	168	53.77	5	2	3.2	3							
** 140	% of Goal :	23149	730	1020	3058	49453	16804	5377	504	197	315	300							
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:	374	11.6	11.2	64	564.5	647.2	113.44	5	2	10.2	22.2							
	% of Goal:	37400	1160	1120	6400	56450	64720	11344	500	200	1020	2220							

** 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