

Unit : MOW Week 3  
 Service Date : Monday, September 6, 2021  
 Meal Period : LUNCH  
 Customer Count : 360

**908 Total Calories**  
**26.0 % Calories from Protein**  
**52.7 % Calories from Carbohydrates**  
**21.7 % Calories from Fat**  
**4.0 ( %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							
BUN WHEAT 4"	Each	145	7	1	28	152			0	0	5	3.9							
** 360	% of Goal :	14500	700	100	2800	15200			*	*	500	394							
Sw Roll Hawaiia	Svg (1.4 Oz)	130	4	3	22	190			5	1	1	4							
** 360	% of Goal :	13000	400	300	2200	19000			500	100	100	400							
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							
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							
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0								
** 360	% of Goal :	2000	*	250	*	3000	190		*	50	*								
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							
** 360	% of Goal :	15355	2033	656	331	24020	21055	737	4237	77	44	62							
ROAST TURKEY V	Svg (5 oz)	141	19.6	2.9	5	334.7	85.8	2.91	56.1	0.9	0	0							
** 360	% of Goal :	14054	1963	286	491	33475	8578	291	5614	85	5	*							
CLEMENTINE FRE	Each	50	0.7	0.2	13	1.1	178	11.34	0	0	2.6								
** 360	% of Goal :	4990	71	22	1269	113	17803	1134	*	2	261								
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							
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	*							

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

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

Courses selected: Selected All

Unit : MOW Week 3  
 Service Date : Monday, September 6, 2021  
 Meal Period : LUNCH  
 Customer Count : 360

**908 Total Calories**  
**26.0 % Calories from Protein**  
**52.7 % Calories from Carbohydrates**  
**21.7 % Calories from Fat**  
**4.0 ( %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							
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								
CALIF MIX MM	1/2 Cup (3 OZ)	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							
<b>Meal Total:</b>	Amount:	908	59	21.9	120	1392.8	1555.8	149.74	103.8	4	17.7	25.5							
	% of Goal:	90800	5900	2190	12000	139280	155580	14974	10380	400	1770	2550							

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Courses selected: Selected All

Unit : MOW Week 3  
 Service Date : Monday, September 6, 2021  
 Meal Period : VEGETARIAN  
 Customer Count : 20

**845 Total Calories**  
**26.5 % Calories from Protein**  
**50.2 % Calories from Carbohydrates**  
**26.8 % Calories from Fat**  
**8.4 ( %Saturated Fat )**

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

Service Item	Serving Size	KCAL	PRO	FAT	CHO	NA	K	P	CHOL	SFA	TDFB	SUGR							
Portion Count		KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram							
		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							
** 40	% of Goal :	14500	700	100	2800	15200			*	*	500	394							
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							
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							
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							
** 20	% of Goal :	15355	2033	656	331	24020	21055	737	4237	77	44	62							
CLEMENTINE FRE	Each	50	0.7	0.2	13	1.1	178	11.34	0	0	2.6								
** 20	% of Goal :	4990	71	22	1269	113	17803	1134	*	2	261								
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							
PLANT BURGER V	Svg (5.8 Oz)	359	23.7	15.1	35	477.5	509.2	0.06	0	6.7	8.7	4.9							
** 20	% of Goal :	35896	2374	1509	3453	47750	50923	6	*	669	873	487							
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								
CALIF MIX MM	1/2 Cup (3 Oz)	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							
<b>Meal Total:</b>	Amount:	845	56.1	25.1	106	1188.9	1567.9	69.03	42.7	7.8	22.4	26.3							
	% of Goal:	84500	5610	2510	10600	118890	156790	6903	4270	780	2240	2630							

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Courses selected: Selected All

Unit : MOW Week 3  
 Service Date : Tuesday, September 7, 2021  
 Meal Period : LUNCH  
 Customer Count : 360

**908 Total Calories**  
**26.0 % Calories from Protein**  
**52.7 % Calories from Carbohydrates**  
**21.7 % Calories from Fat**  
**4.0 ( %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								
BUN WHEAT 4"	Each	145	7	1	28	152			0	0	5	3.9								
** 20	% of Goal :	14500	700	100	2800	15200			*	*	500	394								
Sw Roll Hawaiia	Svg (1.4 Oz)	130	4	3	22	190			5	1	1	4								
** 360	% of Goal :	13000	400	300	2200	19000			500	100	100	400								
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								
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								
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0									
** 360	% of Goal :	2000	*	250	*	3000	190		*	50	*									
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								
** 360	% of Goal :	15355	2033	656	331	24020	21055	737	4237	77	44	62								
ROAST TURKEY V	Svg (5 oz)	141	19.6	2.9	5	334.7	85.8	2.91	56.1	0.9	0	0								
** 360	% of Goal :	14054	1963	286	491	33475	8578	291	5614	85	5	*								
CLEMENTINE FRE	Each	50	0.7	0.2	13	1.1	178	11.34	0	0	2.6									
** 360	% of Goal :	4990	71	22	1269	113	17803	1134	*	2	261									
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								
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	*								

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**908 Total Calories**  
**26.0 % Calories from Protein**  
**52.7 % Calories from Carbohydrates**  
**21.7 % Calories from Fat**  
**4.0 ( %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								
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									
CALIF MIX MM	1/2 Cup (3 OZ)	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								
<b>Meal Total:</b>	Amount:	908	59	21.9	120	1392.8	1555.8	149.74	103.8	4	17.7	25.5								
	% of Goal:	90800	5900	2190	12000	139280	155580	14974	10380	400	1770	2550								

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

Courses selected: Selected All

Unit : MOW Week 3  
 Service Date : Tuesday, September 7, 2021  
 Meal Period : VEGETARIAN  
 Customer Count : 20

**995 Total Calories**  
**25.4 % Calories from Protein**  
**51.5 % Calories from Carbohydrates**  
**26.8 % 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								
		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								
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								
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								
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								
** 20	% of Goal :	15355	2033	656	331	24020	21055	737	4237	77	44	62								
GARDEN BURGER	Svg (3.4 Oz)	150	7	4.5	22	550	160		10	2	3	1								
** 20	% of Goal :	15000	700	450	2200	55000	16000		1000	200	300	100								
CLEMENTINE FRE	Each	50	0.7	0.2	13	1.1	178	11.34	0	0	2.6									
** 20	% of Goal :	4990	71	22	1269	113	17803	1134	*	2	261									
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								
PLANT BURGER	Svg (5.8 Oz)	359	23.7	15.1	35	477.5	509.2	0.06	0	6.7	8.7	4.9								
** 20	% of Goal :	35896	2374	1509	3453	47750	50923	6	*	669	873	487								
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									

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

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

Courses selected: Selected All

Unit : MOW Week 3  
 Service Date : Tuesday, September 7, 2021  
 Meal Period : VEGETARIAN  
 Customer Count : 20

**995 Total Calories**  
**25.4 % Calories from Protein**  
**51.5 % Calories from Carbohydrates**  
**26.8 % 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	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							
<b>Meal Total:</b>	Amount:	995	63.1	29.6	128	1738.9	1727.9	69.03	52.7	9.8	25.4	27.3							
	% of Goal:	99500	6310	2960	12800	173890	172790	6903	5270	980	2540	2730							

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

Courses selected: Selected All

Unit : MOW Week 3  
 Service Date : Wednesday, September 8, 2021  
 Meal Period : LUNCH  
 Customer Count : 360

**1039 Total Calories**  
**16.1 % Calories from Protein**  
**55.2 % Calories from Carbohydrates**  
**32.1 % 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							
		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							
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							
** 360	% of Goal :	10732	171	534	1299	15902	20859	3441	*	73	182	794							
COUSCOUS VEG	Svg (3.8 Oz)	154	4.8	8	17	113.5	178.9	40.2	0	0.6	2.8	1.5							
** 360	% of Goal :	15403	484	797	1731	11345	17886	4020	*	58	276	154							
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	*	*	*							
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							
** 360	% of Goal :	25956	827	1467	2347	76364	17346	17103	1795	632	250	54							
GRAPES FR MM	Svg (4 Oz)	72	0.9	0	20	0	216	11.34	0	0	0.9	18							
** 360	% of Goal :	7200	90	*	1980	*	21600	1134	*	*	90	1800							
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							
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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Unit : MOW Week 3  
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 Meal Period : LUNCH  
 Customer Count : 360

**1039 Total Calories**  
**16.1 % Calories from Protein**  
**55.2 % Calories from Carbohydrates**  
**32.1 % 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							
	1	1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0							
PEAS MM	1/2 Cup (3 c	67	4.8	0	11	95.6	143.3	76.54	0	0	3.8	3.8							
** 360	% of Goal :	6689	478	*	1147	9556	14334	7654	*	*	382	382							
<b>Meal Total:</b>	Amount:	1039	41.7	37	143	1533.3	1299	353.19	53	8.6	22.7	58							
	% of Goal:	103900	4170	3700	14300	153330	129900	35319	5300	860	2270	5800							

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

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

Courses selected: Selected All

Unit : MOW Week 3  
 Service Date : Wednesday, September 8, 2021  
 Meal Period : VEGETARIAN  
 Customer Count : 20

**1238 Total Calories**  
**18.7 % Calories from Protein**  
**53.9 % Calories from Carbohydrates**  
**31.1 % Calories from Fat**  
**7.1 ( %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							
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							
** 20	% of Goal :	10732	171	534	1299	15902	20859	3441	*	73	182	794							
COUSCOUS VEG	Svg (3.8 Oz)	154	4.8	8	17	113.5	178.9	40.2	0	0.6	2.8	1.5							
** 20	% of Goal :	15403	484	797	1731	11345	17886	4020	*	58	276	154							
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	*	*	*							
GRAPES FR MM	Svg (4 Oz)	72	0.9	0	20	0	216	11.34	0	0	0.9	18							
** 20	% of Goal :	7200	90	*	1980	*	21600	1134	*	*	90	1800							
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							
PLANT BURGER	Svg (5.8 Oz)	359	23.7	15.1	35	477.5	509.2	0.06	0	6.7	8.7	4.9							
** 20	% of Goal :	35896	2374	1509	3453	47750	50923	6	*	669	873	487							
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							
TATER TOTS MM	Svg (7 ea)	100	0.8	5.4	12	275.9	183.9	29.61	0	0.8	0.8	0.8							
** 20	% of Goal :	9963	77	536	1226	27591	18394	2961	*	77	77	77							

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

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

Courses selected: Selected All

Unit : MOW Week 3  
 Service Date : Wednesday, September 8, 2021  
 Meal Period : VEGETARIAN  
 Customer Count : 20

**1238 Total Calories**  
**18.7 % Calories from Protein**  
**53.9 % Calories from Carbohydrates**  
**31.1 % Calories from Fat**  
**7.1 ( %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							
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 MM	1/2 Cup (3 c)	67	4.8	0	11	95.6	143.3	76.54	0	0	3.8	3.8							
** 20	% of Goal :	6689	478	*	1147	9556	14334	7654	*	*	382	382							
<b>Meal Total:</b>	Amount:	1238	58	42.8	167	1523.1	1818.7	211.82	35	9.8	29.7	63.1							
	% of Goal:	123800	5800	4280	16700	152310	181870	21182	3500	980	2970	6310							

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

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

Courses selected: Selected All

Unit : MOW Week 3  
 Service Date : Thursday, September 9, 2021  
 Meal Period : LUNCH  
 Customer Count : 360

**1039 Total Calories**  
**16.1 % Calories from Protein**  
**55.2 % Calories from Carbohydrates**  
**32.1 % 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							
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							
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							
** 360	% of Goal :	10732	171	534	1299	15902	20859	3441	*	73	182	794							
COUSCOUS VEG	Svg (3.8 Oz)	154	4.8	8	17	113.5	178.9	40.2	0	0.6	2.8	1.5							
** 360	% of Goal :	15403	484	797	1731	11345	17886	4020	*	58	276	154							
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	*	*	*							
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							
** 360	% of Goal :	25956	827	1467	2347	76364	17346	17103	1795	632	250	54							
GRAPES FR MM	Svg (4 Oz)	72	0.9	0	20	0	216	11.34	0	0	0.9	18							
** 360	% of Goal :	7200	90	*	1980	*	21600	1134	*	*	90	1800							
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							
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

Unit : MOW Week 3  
 Service Date : Thursday, September 9, 2021  
 Meal Period : LUNCH  
 Customer Count : 360

**1039 Total Calories**  
**16.1 % Calories from Protein**  
**55.2 % Calories from Carbohydrates**  
**32.1 % 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								
	1	1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0								
PEAS MM	1/2 Cup (3 c	67	4.8	0	11	95.6	143.3	76.54	0	0	3.8	3.8								
** 360	% of Goal :	6689	478	*	1147	9556	14334	7654	*	*	382	382								
<b>Meal Total:</b>	Amount:	1039	41.7	37	143	1533.3	1299	353.19	53	8.6	22.7	58								
	% of Goal:	103900	4170	3700	14300	153330	129900	35319	5300	860	2270	5800								

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

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

Courses selected: Selected All

Unit : MOW Week 3  
 Service Date : Thursday, September 9, 2021  
 Meal Period : VEGETARIAN  
 Customer Count : 20

**1079 Total Calories**  
**16.9 % Calories from Protein**  
**52.0 % Calories from Carbohydrates**  
**32.8 % Calories from Fat**  
**6.4 ( %Saturated Fat )**

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

Service Item	Serving Size	KCAL	PRO	FAT	CHO	NA	K	P	CHOL	SFA	TDFB	SUGR							
Portion Count		KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram							
		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							
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							
** 20	% of Goal :	10732	171	534	1299	15902	20859	3441	*	73	182	794							
COUSCOUS VEG	Svg (3.8 Oz)	154	4.8	8	17	113.5	178.9	40.2	0	0.6	2.8	1.5							
** 20	% of Goal :	15403	484	797	1731	11345	17886	4020	*	58	276	154							
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	*	*	*							
FRITTATA MM	Svg (5.3 Oz)	201	11.3	11.6	8	305	376.2	219.83	404.4	4.6	1.3	1.9							
** 20	% of Goal :	20054	1134	1164	825	30495	37618	21983	40442	461	135	195							
GRAPES FR MM	Svg (4 Oz)	72	0.9	0	20	0	216	11.34	0	0	0.9	18							
** 20	% of Goal :	7200	90	*	1980	*	21600	1134	*	*	90	1800							
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							
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							
TATER TOTS MM	Svg (7 ea)	100	0.8	5.4	12	275.9	183.9	29.61	0	0.8	0.8	0.8							
** 20	% of Goal :	9963	77	536	1226	27591	18394	2961	*	77	77	77							

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

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

Courses selected: Selected All

Unit : MOW Week 3  
 Service Date : Thursday, September 9, 2021  
 Meal Period : VEGETARIAN  
 Customer Count : 20

**1079 Total Calories**  
**16.9 % Calories from Protein**  
**52.0 % Calories from Carbohydrates**  
**32.8 % Calories from Fat**  
**6.4 ( %Saturated Fat )**

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

Service Item	Serving Size	KCAL	PRO	FAT	CHO	NA	K	P	CHOL	SFA	TDFB	SUGR								
Portion Count		KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram								
		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									
** 20	% of Goal :	327	24	5	64	163	4790	454	*	*	34									
PEAS MM	1/2 Cup (3 c)	67	4.8	0	11	95.6	143.3	76.54	0	0	3.8	3.8								
** 20	% of Goal :	6689	478	*	1147	9556	14334	7654	*	*	382	382								
<b>Meal Total:</b>	Amount:	1079	45.6	39.4	141	1350.5	1685.6	431.59	439.4	7.7	22.3	60.2								
	% of Goal:	107900	4560	3940	14100	135050	168560	43159	43940	770	2230	6020								

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

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

Courses selected: Selected All

Unit : MOW Week 3  
 Service Date : Friday, September 10, 2021  
 Meal Period : LUNCH  
 Customer Count : 360

**1284 Total Calories**  
**9.4 % Calories from Protein**  
**53.2 % Calories from Carbohydrates**  
**41.7 % Calories from Fat**  
**14.9 ( %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							
GREEK BROCCOLI	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							
VEGS FR CUT	Svg (3.2 Oz)	21	0.4	0	5	64.9	222.1	25.89	0	0	1.9	2.7							
** 360	% of Goal :	2095	39	2	510	6492	22211	2589	*	*	192	265							
CHEESECAKE W/	Svg (4.2 Oz)	284	6.3	16.1	31	238.6	151.1	98.76	89.1	9.7	1.1	20.9							
** 360	% of Goal :	28391	629	1606	3060	23859	15111	9876	8908	972	110	2086							
DRESSING RANC	Pkt	30	0	2.5	2	55	50		5	0	0	1							
** 360	% of Goal :	3000	*	250	200	5500	5000		500	*	*	100							
CHICKPEA KORM	Svg (8.5 Oz)	272	9	7.8	42	89.4	271.7	77.59	6.9	6.2	3.6	3.3							
** 360	% of Goal :	27201	903	782	4207	8940	27169	7759	695	618	356	331							
HUMMUS WRAP	Svg (4.9 Oz)	246	6.7	10.3	34	514.5	194.4	14.63	0	2.3	5.1	4.4							
** 360	% of Goal :	24579	670	1029	3356	51446	19435	1463	*	231	507	436							
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							
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							
CARROT SL MM	Svg (2.8 Oz)	29	0.9	0.1	7	46.8	125.4	20.64	0	0	2.8								
** 360	% of Goal :	2858	94	9	655	4683	12542	2064	*	2	278								
<b>Meal Total:</b>	Amount:	1284	30	59.5	171	1318.5	1704.8	354.97	105.7	21.2	21.1	54.1							
	% of Goal:	128400	3000	5950	17100	131850	170480	35497	10570	2120	2110	5410							

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

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

Courses selected: Selected All



Unit : MOW Week 3  
 Service Date : Friday, September 10, 2021  
 Meal Period : VEGETARIAN  
 Customer Count : 20

**1305 Total Calories**  
**10.5 % Calories from Protein**  
**48.1 % Calories from Carbohydrates**  
**43.8 % Calories from Fat**  
**13.6 ( %Saturated Fat )**

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

Service Item	Serving Size	KCAL	PRO	FAT	CHO	NA	K	P	CHOL	SFA	TDFB	SUGR								
Portion Count	Size	KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram								
		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								
GREEK BROCCOLI	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								
VEGS FR CUT	Svg (3.2 Oz)	21	0.4	0	5	64.9	222.1	25.89	0	0	1.9	2.7								
** 20	% of Goal :	2095	39	2	510	6492	22211	2589	*	*	192	265								
CHEESECAKE W/	Svg (4.2 Oz)	284	6.3	16.1	31	238.6	151.1	98.76	89.1	9.7	1.1	20.9								
** 20	% of Goal :	28391	629	1606	3060	23859	15111	9876	8908	972	110	2086								
DRESSING RANC	Pkt	30	0	2.5	2	55	50		5	0	0	1								
** 20	% of Goal :	3000	*	250	200	5500	5000		500	*	*	100								
FRITTATA MM	Svg (5.3 Oz)	201	11.3	11.6	8	305	376.2	219.83	404.4	4.6	1.3	1.9								
** 20	% of Goal :	20054	1134	1164	825	30495	37618	21983	40442	461	135	195								
HUMMUS WRAP	Svg (4.9 Oz)	246	6.7	10.3	34	514.5	194.4	14.63	0	2.3	5.1	4.4								
** 20	% of Goal :	24579	670	1029	3356	51446	19435	1463	*	231	507	436								
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								
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								
RICE MM	Svg (2.85 O)	92	1.9	0.2	20	2.4	30	34.01	0	0.1	0.3	0								
** 20	% of Goal :	9232	185	22	2003	243	2996	3401	*	6	32	*								

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

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

Courses selected: Selected All

Unit : MOW Week 3  
 Service Date : Friday, September 10, 2021  
 Meal Period : VEGETARIAN  
 Customer Count : 20

**1305 Total Calories**  
**10.5 % Calories from Protein**  
**48.1 % Calories from Carbohydrates**  
**43.8 % Calories from Fat**  
**13.6 ( %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							
CARROT SL MM	Svg (2.8 Oz)	29	0.9	0.1	7	46.8	125.4	20.64	0	0	2.8								
** 20	% of Goal :	2858	94	9	655	4683	12542	2064	*	2	278								
<b>Meal Total:</b>	Amount:	1305	34.2	63.5	157	1536.5	1839.3	531.22	503.2	19.7	19.2	52.7							
	% of Goal:	130500	3420	6350	15700	153650	183930	53122	50320	1970	1920	5270							

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

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

Courses selected: Selected All

Unit : MOW Week 3  
 Service Date : Saturday, September 11, 2021  
 Meal Period : LUNCH  
 Customer Count : 320

**1284 Total Calories**  
**9.4 % Calories from Protein**  
**53.2 % Calories from Carbohydrates**  
**41.7 % Calories from Fat**  
**14.9 ( %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							
** 320	% of Goal :	6000	160	140	1040	15200			*	40	80	80							
GREEK BROCCOLI	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							
VEGS FR CUT	Svg (3.2 Oz)	21	0.4	0	5	64.9	222.1	25.89	0	0	1.9	2.7							
** 320	% of Goal :	2095	39	2	510	6492	22211	2589	*	*	192	265							
CHEESECAKE W/	Svg (4.2 Oz)	284	6.3	16.1	31	238.6	151.1	98.76	89.1	9.7	1.1	20.9							
** 320	% of Goal :	28391	629	1606	3060	23859	15111	9876	8908	972	110	2086							
DRESSING RANC	Pkt	30	0	2.5	2	55	50		5	0	0	1							
** 320	% of Goal :	3000	*	250	200	5500	5000		500	*	*	100							
CHICKPEA KORM	Svg (8.5 Oz)	272	9	7.8	42	89.4	271.7	77.59	6.9	6.2	3.6	3.3							
** 320	% of Goal :	27201	903	782	4207	8940	27169	7759	695	618	356	331							
HUMMUS WRAP	Svg (4.9 Oz)	246	6.7	10.3	34	514.5	194.4	14.63	0	2.3	5.1	4.4							
** 320	% of Goal :	24579	670	1029	3356	51446	19435	1463	*	231	507	436							
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							
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							
CARROT SL MM	Svg (2.8 Oz)	29	0.9	0.1	7	46.8	125.4	20.64	0	0	2.8								
** 360	% of Goal :	2858	94	9	655	4683	12542	2064	*	2	278								
<b>Meal Total:</b>	Amount:	1284	30	59.5	171	1318.5	1704.8	354.97	105.7	21.2	21.1	54.1							
	% of Goal:	128400	3000	5950	17100	131850	170480	35497	10570	2120	2110	5410							

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

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

Courses selected: Selected All

Unit : MOW Week 3  
 Service Date : Saturday, September 11, 2021  
 Meal Period : VEGETARIAN  
 Customer Count : 20

**1305 Total Calories**  
**10.5 % Calories from Protein**  
**48.1 % Calories from Carbohydrates**  
**43.8 % Calories from Fat**  
**13.6 ( %Saturated Fat )**

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

Service Item	Serving Size	KCAL	PRO	FAT	CHO	NA	K	P	CHOL	SFA	TDFB	SUGR							
Portion Count	Size	KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram							
		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							
GREEK BROCCOLI	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							
VEGS FR CUT	Svg (3.2 Oz)	21	0.4	0	5	64.9	222.1	25.89	0	0	1.9	2.7							
** 20	% of Goal :	2095	39	2	510	6492	22211	2589	*	*	192	265							
CHEESECAKE W/	Svg (4.2 Oz)	284	6.3	16.1	31	238.6	151.1	98.76	89.1	9.7	1.1	20.9							
** 20	% of Goal :	28391	629	1606	3060	23859	15111	9876	8908	972	110	2086							
DRESSING RANC	Pkt	30	0	2.5	2	55	50		5	0	0	1							
** 20	% of Goal :	3000	*	250	200	5500	5000		500	*	*	100							
FRITTATA MM	Svg (5.3 Oz)	201	11.3	11.6	8	305	376.2	219.83	404.4	4.6	1.3	1.9							
** 20	% of Goal :	20054	1134	1164	825	30495	37618	21983	40442	461	135	195							
HUMMUS WRAP	Svg (4.9 Oz)	246	6.7	10.3	34	514.5	194.4	14.63	0	2.3	5.1	4.4							
** 20	% of Goal :	24579	670	1029	3356	51446	19435	1463	*	231	507	436							
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							
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							
RICE MM	Svg (2.85 O)	92	1.9	0.2	20	2.4	30	34.01	0	0.1	0.3	0							
** 20	% of Goal :	9232	185	22	2003	243	2996	3401	*	6	32	*							

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

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

Courses selected: Selected All

Unit : MOW Week 3  
 Service Date : Saturday, September 11, 2021  
 Meal Period : VEGETARIAN  
 Customer Count : 20

**1305 Total Calories**  
**10.5 % Calories from Protein**  
**48.1 % Calories from Carbohydrates**  
**43.8 % Calories from Fat**  
**13.6 ( %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								
CARROT SL MM	Svg (2.8 Oz)	29	0.9	0.1	7	46.8	125.4	20.64	0	0	2.8									
** 20	% of Goal :	2858	94	9	655	4683	12542	2064	*	2	278									
<b>Meal Total:</b>	Amount:	1305	34.2	63.5	157	1536.5	1839.3	531.22	503.2	19.7	19.2	52.7								
	% of Goal:	130500	3420	6350	15700	153650	183930	53122	50320	1970	1920	5270								

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

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

Courses selected: Selected All

Unit : MOW Week 3  
 Service Date : Sunday, September 12, 2021  
 Meal Period : LUNCH  
 Customer Count : 140

**633 Total Calories**  
**20.0 % Calories from Protein**  
**31.7 % Calories from Carbohydrates**  
**53.6 % Calories from Fat**  
**9.9 ( %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							
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							
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0								
** 140	% of Goal :	2000	*	250	*	3000	190		*	50	*								
CHICKEN CAESAR	Svg (6.5 Oz)	421	26.7	33.2	7	578.3	343.2	267.93	100.8	6.4	0.8	1.4							
** 140	% of Goal :	42066	2669	3322	740	57826	34321	26793	10080	645	80	143							
GRAPES FR MM	Svg (4 Oz)	72	0.9	0	20	0	216	11.34	0	0	0.9	18							
** 140	% of Goal :	7200	90	*	1980	*	21600	1134	*	*	90	1800							
JUICE V8 100%	Can	30	1	0	6	95	600		0	0	1	5							
** 140	% of Goal :	3000	100	*	600	9500	60000		*	*	100	500							
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							
<b>Meal Total:</b>	Amount:	633	31.6	37.7	50	828.3	1197.1	303.61	100.8	7	2.7	27.4							
	% of Goal:	63300	3160	3770	5000	82830	119710	30361	10080	700	270	2740							

\*\* 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