

Unit : MOW Week 4
 Service Date : Monday, September 6, 2021
 Meal Period : LUNCH
 Customer Count : 360

1141 Total Calories
15.8 % Calories from Protein
56.9 % Calories from Carbohydrates
29.7 % Calories from Fat
9.7 (%Saturated Fat)

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

Service Item	Serving Size	KCAL	PRO	FAT	CHO	NA	K	P	CHOL	SFA	TDFB	SUGR							
Portion Count		KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram							
		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							
Sw Roll Hawaiiia	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							
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							
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	*								
SLIVERED TURKE	Svg (2 Oz)	70	13	1	0	190			35	0	0	0							
** 360	% of Goal :	7000	1300	100	*	19000			3500	*	*	*							
CHERRY CRISP M	Svg (4.4 oz)	216	2.8	6.2	39	40.5	173.4	63.31	14.1	3.5	2.6	21.1							
** 360	% of Goal :	21559	284	620	3874	4055	17336	6331	1409	350	262	2106							
BEEF/MUSHROM	Svg (5.6 Oz)	305	15.7	16.8	21	201.9	434.3	217.81	55.3	6.3	1.3	1.3							
** 360	% of Goal :	30486	1570	1678	2101	20190	43426	21781	5532	627	131	134							
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 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							

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

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

Courses selected: Selected All

Unit : MOW Week 4
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29.7 % Calories from Fat
9.7 (%Saturated Fat)

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

Service Item	Serving Size	KCAL	PRO	FAT	CHO	NA	K	P	CHOL	SFA	TDFB	SUGR							
Portion Count		KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram							
		1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0							
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								
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								
Meal Total:	Amount:	1141	45.2	37.7	162	927.1	1320.3	341.22	109.4	12.3	19.4	67.8							
	% of Goal:	114100	4520	3770	16200	92710	132030	34122	10940	1230	1940	6780							

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

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

Courses selected: Selected All

Unit : MOW Week 4
 Service Date : Monday, September 6, 2021
 Meal Period : VEGETARIAN
 Customer Count : 20

1096 Total Calories
13.8 % Calories from Protein
60.2 % Calories from Carbohydrates
29.2 % Calories from Fat
10.2 (%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								
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								
Sw Roll Hawaiiia	Svg (1.4 Oz)	130	4	3	22	190			5	1	1	4								
** 20	% of Goal :	13000	400	300	2200	19000			500	100	100	400								
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								
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	*									
SLIVERED TURKE	Svg (2 Oz)	70	13	1	0	190			35	0	0	0								
** 20	% of Goal :	7000	1300	100	*	19000			3500	*	*	*								
CHERRY CRISP M	Svg (4.4 oz)	216	2.8	6.2	39	40.5	173.4	63.31	14.1	3.5	2.6	21.1								
** 20	% of Goal :	21559	284	620	3874	4055	17336	6331	1409	350	262	2106								
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								
** 20	% of Goal :	25956	827	1467	2347	76364	17346	17103	1795	632	250	54								
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 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								

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Courses selected: Selected All

Unit : MOW Week 4
 Service Date : Monday, September 6, 2021
 Meal Period : VEGETARIAN
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1096 Total Calories
13.8 % Calories from Protein
60.2 % Calories from Carbohydrates
29.2 % Calories from Fat
10.2 (%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							
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								
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:	1096	37.8	35.6	165	1488.8	1059.5	294.45	72	12.4	20.6	67							
	% of Goal:	109600	3780	3560	16500	148880	105950	29445	7200	1240	2060	6700							

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

Courses selected: Selected All

Unit : MOW Week 4
 Service Date : Tuesday, September 7, 2021
 Meal Period : LUNCH
 Customer Count : 360

1141 Total Calories
15.8 % Calories from Protein
56.9 % Calories from Carbohydrates
29.7 % Calories from Fat
9.7 (%Saturated Fat)

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

Service Item	Serving Size	KCAL	PRO	FAT	CHO	NA	K	P	CHOL	SFA	TDFB	SUGR							
Portion Count		KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram							
		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							
Sw Roll Hawaii	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							
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							
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	*								
SLIVERED TURKE	Svg (2 Oz)	70	13	1	0	190			35	0	0	0							
** 360	% of Goal :	7000	1300	100	*	19000			3500	*	*	*							
CHERRY CRISP M	Svg (4.4 oz)	216	2.8	6.2	39	40.5	173.4	63.31	14.1	3.5	2.6	21.1							
** 360	% of Goal :	21559	284	620	3874	4055	17336	6331	1409	350	262	2106							
BEEF/MUSHROM	Svg (5.6 Oz)	305	15.7	16.8	21	201.9	434.3	217.81	55.3	6.3	1.3	1.3							
** 360	% of Goal :	30486	1570	1678	2101	20190	43426	21781	5532	627	131	134							
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 APPL	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							

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9.7 (%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							
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								
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								
Meal Total:	Amount:	1141	45.2	37.7	162	927.1	1320.3	341.22	109.4	12.3	19.4	67.8							
	% of Goal:	114100	4520	3770	16200	92710	132030	34122	10940	1230	1940	6780							

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 Service Date : Tuesday, September 7, 2021
 Meal Period : VEGETARIAN
 Customer Count : 20

1096 Total Calories
13.8 % Calories from Protein
60.2 % Calories from Carbohydrates
29.2 % Calories from Fat
10.2 (%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								
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								
Sw Roll Hawaii	Svg (1.4 Oz)	130	4	3	22	190			5	1	1	4								
** 20	% of Goal :	13000	400	300	2200	19000			500	100	100	400								
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								
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	*									
SLIVERED TURKE	Svg (2 Oz)	70	13	1	0	190			35	0	0	0								
** 20	% of Goal :	7000	1300	100	*	19000			3500	*	*	*								
CHERRY CRISP M	Svg (4.4 oz)	216	2.8	6.2	39	40.5	173.4	63.31	14.1	3.5	2.6	21.1								
** 20	% of Goal :	21559	284	620	3874	4055	17336	6331	1409	350	262	2106								
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								
** 20	% of Goal :	25956	827	1467	2347	76364	17346	17103	1795	632	250	54								
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 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								

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10.2 (%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							
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								
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:	1096	37.8	35.6	165	1488.8	1059.5	294.45	72	12.4	20.6	67							
	% of Goal:	109600	3780	3560	16500	148880	105950	29445	7200	1240	2060	6700							

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Courses selected: Selected All

Unit : MOW Week 4
 Service Date : Wednesday, September 8, 2021
 Meal Period : LUNCH
 Customer Count : 360

1124 Total Calories
15.9 % Calories from Protein
44.6 % Calories from Carbohydrates
42.5 % Calories from Fat
11.7 (%Saturated Fat)

Report for Nutritional Goal: Basic Nutrition Information

Service Item	Serving Size	KCAL	PRO	FAT	CHO	NA	K	P	CHOL	SFA	TDFB	SUGR							
Portion Count		KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram							
		1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0							
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							
SIDE CAESAR SA	Svg (2.6 Oz)	47	4.4	3.8	2	132.5	170	86.11	9.1	1.8	1.4	0.8							
** 360	% of Goal :	4739	443	382	215	13252	16996	8611	907	184	139	78							
CROUTONS IND F	Pkt (.25 oz)	30	1	1	5	95	12.7	9.8	0	0	0	1							
** 360	% of Goal :	3000	100	100	500	9500	1267	980	*	*	*	100							
CAESAR DRESS	Pkt	230	1	25	1	270			40	4	0	0							
** 360	% of Goal :	23000	100	2500	100	27000			4000	400	*	*							
PENNE PASTA/ME	Svg (7 Oz)	297	14.9	7.7	41	118.6	451	95.45	31.6	2.4	1.9	6.1							
** 360	% of Goal :	29709	1491	773	4091	11861	45101	9545	3156	237	194	606							
BEEF WRAP MM	Wrap (5.8 Oz)	296	20.8	13.3	25	583.1	156.5	11	42.7	6	1.5	2.1							
** 360	% of Goal :	29610	2081	1327	2529	58309	15646	1100	4266	602	154	209							
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							
PEARS DICED MM	Svg (4.3 Oz)	68	0	0	16	0	97.5		0	0	2	10.7							
** 360	% of Goal :	6827	*	*	1560	*	9752		*	*	195	1073							
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								
Meal Total:	Amount:	1124	44.8	53.1	125	1388.9	1281	247.92	123.6	14.6	11.7	45							
	% of Goal:	112400	4480	5310	12500	138890	128100	24792	12360	1460	1170	4500							

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

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

Courses selected: Selected All

Unit : MOW Week 4
 Service Date : Wednesday, September 8, 2021
 Meal Period : VEGETARIAN
 Customer Count : 20

1087 Total Calories
14.0 % Calories from Protein
39.7 % Calories from Carbohydrates
49.7 % Calories from Fat
15.4 (%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							
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							
SIDE CAESAR SA	Svg (2.6 Oz)	47	4.4	3.8	2	132.5	170	86.11	9.1	1.8	1.4	0.8							
** 20	% of Goal :	4739	443	382	215	13252	16996	8611	907	184	139	78							
CROUTONS IND F	Pkt (.25 oz)	30	1	1	5	95	12.7	9.8	0	0	0	1							
** 20	% of Goal :	3000	100	100	500	9500	1267	980	*	*	*	100							
CAESAR DRESS	Pkt	230	1	25	1	270			40	4	0	0							
** 20	% of Goal :	23000	100	2500	100	27000			4000	400	*	*							
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							
** 20	% of Goal :	25956	827	1467	2347	76364	17346	17103	1795	632	250	54							
BEEF WRAP MM	Wrap (5.8 Oz)	296	20.8	13.3	25	583.1	156.5	11	42.7	6	1.5	2.1							
** 20	% of Goal :	29610	2081	1327	2529	58309	15646	1100	4266	602	154	209							
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							
PEARS DICED MM	Svg (4.3 Oz)	68	0	0	16	0	97.5		0	0	2	10.7							
** 20	% of Goal :	6827	*	*	1560	*	9752		*	*	195	1073							
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							
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								
Meal Total:	Amount:	1087	38.1	60	108	2034	1003.4	323.5	110	18.6	12.3	39.4							
	% of Goal:	108700	3810	6000	10800	203400	100340	32350	11000	1860	1230	3940							

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

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

Courses selected: Selected All

Unit : MOW Week 4
 Service Date : Thursday, September 9, 2021
 Meal Period : LUNCH
 Customer Count : 360

1124 Total Calories
15.9 % Calories from Protein
44.6 % Calories from Carbohydrates
42.5 % Calories from Fat
11.7 (%Saturated Fat)

Report for Nutritional Goal: Basic Nutrition Information

Service Item	Serving Size	KCAL	PRO	FAT	CHO	NA	K	P	CHOL	SFA	TDFB	SUGR							
Portion Count		KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram							
		1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0							
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							
SIDE CAESAR SA	Svg (2.6 Oz)	47	4.4	3.8	2	132.5	170	86.11	9.1	1.8	1.4	0.8							
** 360	% of Goal :	4739	443	382	215	13252	16996	8611	907	184	139	78							
CROUTONS IND F	Pkt (.25 oz)	30	1	1	5	95	12.7	9.8	0	0	0	1							
** 360	% of Goal :	3000	100	100	500	9500	1267	980	*	*	*	100							
CAESAR DRESS	Pkt	230	1	25	1	270			40	4	0	0							
** 360	% of Goal :	23000	100	2500	100	27000			4000	400	*	*							
PENNE PASTA/ME	Svg (7 Oz)	297	14.9	7.7	41	118.6	451	95.45	31.6	2.4	1.9	6.1							
** 360	% of Goal :	29709	1491	773	4091	11861	45101	9545	3156	237	194	606							
BEEF WRAP MM	Wrap (5.8 Oz)	296	20.8	13.3	25	583.1	156.5	11	42.7	6	1.5	2.1							
** 360	% of Goal :	29610	2081	1327	2529	58309	15646	1100	4266	602	154	209							
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							
PEARS DICED MM	Svg (4.3 Oz)	68	0	0	16	0	97.5		0	0	2	10.7							
** 360	% of Goal :	6827	*	*	1560	*	9752		*	*	195	1073							
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								
Meal Total:	Amount:	1124	44.8	53.1	125	1388.9	1281	247.92	123.6	14.6	11.7	45							
	% of Goal:	112400	4480	5310	12500	138890	128100	24792	12360	1460	1170	4500							

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

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

Courses selected: Selected All

Unit : MOW Week 4
 Service Date : Thursday, September 9, 2021
 Meal Period : VEGETARIAN
 Customer Count : 20

1109 Total Calories
15.1 % Calories from Protein
35.1 % Calories from Carbohydrates
52.0 % Calories from Fat
15.0 (%Saturated Fat)

Report for Nutritional Goal: Basic Nutrition Information

Service Item	Serving Size	KCAL	PRO	FAT	CHO	NA	K	P	CHOL	SFA	TDFB	SUGR							
Portion Count	Size	KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram							
		1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0							
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							
SIDE CAESAR SA	Svg (2.6 Oz)	47	4.4	3.8	2	132.5	170	86.11	9.1	1.8	1.4	0.8							
** 20	% of Goal :	4739	443	382	215	13252	16996	8611	907	184	139	78							
CROUTONS IND F	Pkt (.25 oz)	30	1	1	5	95	12.7	9.8	0	0	0	1							
** 20	% of Goal :	3000	100	100	500	9500	1267	980	*	*	*	100							
CAESAR DRESS	Pkt	230	1	25	1	270			40	4	0	0							
** 20	% of Goal :	23000	100	2500	100	27000			4000	400	*	*							
BEEF WRAP MM	Wrap (5.8 Oz)	296	20.8	13.3	25	583.1	156.5	11	42.7	6	1.5	2.1							
** 20	% of Goal :	29610	2081	1327	2529	58309	15646	1100	4266	602	154	209							
TATER TOT SCRA	Svg (5.3 Oz)	282	12	18.7	13	490.6	297.2	246.14	319.1	6.3	0.8	0.8							
** 20	% of Goal :	28183	1198	1874	1288	49057	29718	24614	31909	628	77	77							
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							
PEARS DICED MM	Svg (4.3 Oz)	68	0	0	16	0	97.5		0	0	2	10.7							
** 20	% of Goal :	6827	*	*	1560	*	9752		*	*	195	1073							
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							
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								
Meal Total:	Amount:	1109	41.8	64.1	97	1760.9	1127.2	398.6	411.1	18.5	10.6	39.7							
	% of Goal:	110900	4180	6410	9700	176090	112720	39860	41110	1850	1060	3970							

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

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

Courses selected: Selected All

Unit : MOW Week 4
 Service Date : Friday, September 10, 2021
 Meal Period : LUNCH
 Customer Count : 360

930 Total Calories
25.2 % Calories from Protein
50.7 % Calories from Carbohydrates
24.8 % Calories from Fat
4.1 (%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							
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							
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							
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	*								
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							
PINEAPPLE CHUN	Svg (3 OZ)	55	0	0	12	6.8			0	0	1.4	12.3							
** 360	% of Goal :	5475	*	*	1232	684			*	*	137	1232							
TENDER CHICKEI	Svg (3 Oz)	112	19.8	3	0	69.2	226.2	170.11	49.7	0.4	0	0							
** 360	% of Goal :	11185	1980	303	20	6924	22618	17011	4969	42	3	*							
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							

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

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

Courses selected: Selected All

Unit : MOW Week 4
 Service Date : Friday, September 10, 2021
 Meal Period : LUNCH
 Customer Count : 360

930 Total Calories
25.2 % Calories from Protein
50.7 % Calories from Carbohydrates
24.8 % Calories from Fat
4.1 (%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	1.0							
POTATOES O'BRIE	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							
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								
BROC FLORETS	Svgs (2.1 Oz)	17	1.8	0.1	3	14.2	106.1	32.43	0	0	1.8								
** 360	% of Goal :	1651	183	7	315	1415	10614	3243	*	*	177								
Meal Total:	Amount:	930	58.7	25.6	118	1285.6	1460.6	294.56	88.7	4.3	18.1	28.2							
	% of Goal:	93000	5870	2560	11800	128560	146060	29456	8870	430	1810	2820							

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

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

Courses selected: Selected All

Unit : MOW Week 4
 Service Date : Friday, September 10, 2021
 Meal Period : VEGETARIAN
 Customer Count : 20

973 Total Calories
20.1 % Calories from Protein
45.5 % Calories from Carbohydrates
34.6 % 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							
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							
** 20	% of Goal :	13000	400	300	2200	19000			500	100	100	400							
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							
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							
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							
PINEAPPLE CHUN	Svg (3 OZ)	55	0	0	12	6.8			0	0	1.4	12.3							
** 20	% of Goal :	5475	*	*	1232	684			*	*	137	1232							
TATER TOT SCRA	Svg (5.3 Oz)	282	12	18.7	13	490.6	297.2	246.14	319.1	6.3	0.8	0.8							
** 20	% of Goal :	28183	1198	1874	1288	49057	29718	24614	31909	628	77	77							
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								

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

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

Courses selected: Selected All

Unit : MOW Week 4
 Service Date : Friday, September 10, 2021
 Meal Period : VEGETARIAN
 Customer Count : 20

973 Total Calories
20.1 % Calories from Protein
45.5 % Calories from Carbohydrates
34.6 % 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								
BROC FLORETS	Svgs (2.1 O	17	1.8	0.1	3	14.2	106.1	32.43	0	0	1.8									
** 20	% of Goal :	1651	183	7	315	1415	10614	3243	*	*	177									
Meal Total:	Amount:	973	48.9	37.4	111	1470.3	1066.4	363.98	354.2	8.8	16.7	27.6								
	% of Goal:	97300	4890	3740	11100	147030	106640	36398	35420	880	1670	2760								

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

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

Courses selected: Selected All

Unit : MOW Week 4
 Service Date : Saturday, September 11, 2021
 Meal Period : LUNCH
 Customer Count : 320

930 Total Calories
25.2 % Calories from Protein
50.7 % Calories from Carbohydrates
24.8 % Calories from Fat
4.1 (%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							
BUN WHEAT 4"	Each	145	7	1	28	152			0	0	5	3.9							
** 320	% 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							
** 320	% of Goal :	13000	400	300	2200	19000			500	100	100	400							
COUSCOUS VEG	Svg (3.8 Oz)	154	4.8	8	17	113.5	178.9	40.2	0	0.6	2.8	1.5							
** 320	% of Goal :	15403	484	797	1731	11345	17886	4020	*	58	276	154							
FRESH VEG SLD	Svg (3.2 Oz)	26	0.9	0	6	141.5	207.2	32.14	0	0	1.6	2.7							
** 320	% 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								
** 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							
PINEAPPLE CHUN	Svg (3 OZ)	55	0	0	12	6.8			0	0	1.4	12.3							
** 320	% of Goal :	5475	*	*	1232	684			*	*	137	1232							
TENDER CHICKEI	Svg (3 Oz)	112	19.8	3	0	69.2	226.2	170.11	49.7	0.4	0	0							
** 320	% of Goal :	11185	1980	303	20	6924	22618	17011	4969	42	3	*							
Apple Slices	Bag (2 oz)	30	0	0	7	0	60.7	6.24	0	0	2	2							
** 320	% 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							
** 320	% 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							
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							

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

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

Courses selected: Selected All

Unit : MOW Week 4
 Service Date : Saturday, September 11, 2021
 Meal Period : LUNCH
 Customer Count : 320

930 Total Calories
25.2 % Calories from Protein
50.7 % Calories from Carbohydrates
24.8 % Calories from Fat
4.1 (%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	1.0	1.00	1.0	1.0	1.0	1.0								
POTATOES O'BRIE	Svg (2 Oz)	90	1.9	2.5	15	184.2	374.7	3.54	0	0.4	2	1.4								
** 320	% of Goal :	9001	189	248	1469	18418	37474	354	*	41	201	139								
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									
BROC FLORETS	Svgs (2.1 Oz)	17	1.8	0.1	3	14.2	106.1	32.43	0	0	1.8									
** 320	% of Goal :	1651	183	7	315	1415	10614	3243	*	*	177									
Meal Total:	Amount:	930	58.7	25.6	118	1285.6	1460.6	294.56	88.7	4.3	18.1	28.2								
	% of Goal:	93000	5870	2560	11800	128560	146060	29456	8870	430	1810	2820								

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

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

Courses selected: Selected All

Unit : MOW Week 4
 Service Date : Saturday, September 11, 2021
 Meal Period : VEGETARIAN
 Customer Count : 20

973 Total Calories
20.1 % Calories from Protein
45.5 % Calories from Carbohydrates
34.6 % 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							
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							
** 20	% of Goal :	13000	400	300	2200	19000			500	100	100	400							
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							
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							
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							
PINEAPPLE CHUN	Svg (3 OZ)	55	0	0	12	6.8			0	0	1.4	12.3							
** 20	% of Goal :	5475	*	*	1232	684			*	*	137	1232							
TATER TOT SCRA	Svg (5.3 Oz)	282	12	18.7	13	490.6	297.2	246.14	319.1	6.3	0.8	0.8							
** 20	% of Goal :	28183	1198	1874	1288	49057	29718	24614	31909	628	77	77							
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								

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

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

Courses selected: Selected All

Unit : MOW Week 4
 Service Date : Saturday, September 11, 2021
 Meal Period : VEGETARIAN
 Customer Count : 20

973 Total Calories
20.1 % Calories from Protein
45.5 % Calories from Carbohydrates
34.6 % 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								
BROC FLORETS	Svgs (2.1 O	17	1.8	0.1	3	14.2	106.1	32.43	0	0	1.8									
** 20	% of Goal :	1651	183	7	315	1415	10614	3243	*	*	177									
Meal Total:	Amount:	973	48.9	37.4	111	1470.3	1066.4	363.98	354.2	8.8	16.7	27.6								
	% of Goal:	97300	4890	3740	11100	147030	106640	36398	35420	880	1670	2760								

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

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

Courses selected: Selected All

Unit : MOW Week 4
 Service Date : Sunday, September 12, 2021
 Meal Period : LUNCH
 Customer Count : 140

451 Total Calories
11.4 % Calories from Protein
68.9 % Calories from Carbohydrates
23.3 % Calories from Fat
5.9 (%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							
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							
Stby Applesauce	Ind (4.5 Oz)	60	0	0	15	10	70		0	0	2	12							
** 140	% of Goal :	6000	*	*	1500	1000	7000		*	*	200	1200							
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							
STRAW YOGURT	Ctn (5.3 Oz)	130	5	1.5	25	90	260		5	1	0	21							
** 140	% of Goal :	13000	500	150	2500	9000	26000		500	100	*	2100							
CARROT BABY M	Svg (2.7 oz)	30	0.6	0	7	53.4	212	28.87	0	0	2.4	3.6							
** 140	% of Goal :	2968	59	*	712	5342	21197	2887	*	*	237	356							
Meal Total:	Amount:	451	12.9	11.7	78	648	710	82.64	10	3	7.5	39.6							
	% of Goal:	45100	1290	1170	7800	64800	71000	8264	1000	300	750	3960							

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

Courses selected: Selected All