

Unit : MOW Week 1
 Service Date : Monday, September 11, 2023
 Meal Period : LUNCH
 Customer Count : 400

951 Total Calories
17.0 % Calories from Protein
52.6 % Calories from Carbohydrates
30.5 % Calories from Fat
8.5 (%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 | | | | | | | | |
| BUNS HAMBURGI | Each | 110 | 3 | 2 | 21 | 175 | 72.6 | 45.36 | 0 | 0 | 0.5 | 3 | | | | | | | | |
| ** 400 | % of Goal : | 11000 | 300 | 200 | 2100 | 17500 | 7258 | 4536 | * | * | 50 | 303 | | | | | | | | |
| WHOLE WHEAT R | Roll (1.5 oz) | 90 | 3 | 1 | 16 | 150 | 43 | | 0 | 0 | 1 | 2 | | | | | | | | |
| ** 400 | % of Goal : | 9000 | 300 | 100 | 1600 | 15000 | 4300 | | * | * | 100 | 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 | | | | | | | | |
| ** 400 | % of Goal : | 10732 | 171 | 534 | 1299 | 15902 | 20859 | 3441 | * | 73 | 182 | 794 | | | | | | | | |
| CUKE SLD MM | Svg (2.3 Oz) | 49 | 0.4 | 4.3 | 3 | 90 | 100.9 | 13.96 | 0 | 0.3 | 0.5 | 1.3 | | | | | | | | |
| ** 400 | % of Goal : | 4907 | 43 | 427 | 286 | 9001 | 10095 | 1396 | * | 32 | 55 | 127 | | | | | | | | |
| MARGARINE | Pkt | 20 | 0 | 2.5 | 0 | 30 | 1.9 | | 0 | 0.5 | 0 | | | | | | | | | |
| 400 | % of Goal : | 2000 | * | 250 | * | 3000 | 190 | | * | 50 | * | | | | | | | | | |
| US EGG SALAD M | Svg (3 Oz) | 143 | 12.4 | 8.2 | 6 | 134 | 133.6 | 118.66 | 231.7 | 2.1 | 0.2 | 1.6 | | | | | | | | |
| ** 400 | % of Goal : | 14290 | 1239 | 820 | 594 | 13398 | 13364 | 11866 | 23170 | 214 | 20 | 158 | | | | | | | | |
| LASAGNA MM | Svg (4.5 Oz) | 234 | 16.9 | 11.1 | 15 | 351.7 | 230.2 | 210.59 | 59.7 | 5.8 | 0.6 | 2.3 | | | | | | | | |
| ** 400 | % of Goal : | 23351 | 1690 | 1110 | 1535 | 35169 | 23020 | 21059 | 5966 | 577 | 58 | 227 | | | | | | | | |
| CLEMENTINE FRE | Each | 50 | 0.7 | 0.2 | 13 | 1.1 | 178 | 11.34 | 0 | 0 | 2.6 | | | | | | | | | |
| ** 400 | % of Goal : | 4990 | 71 | 22 | 1269 | 113 | 17803 | 1134 | * | 2 | 261 | | | | | | | | | |
| SEASONAL APPLI | Each | 106 | 0 | 0 | 29 | 0 | 226.8 | 15.12 | 0 | 0 | 4.5 | 21.2 | | | | | | | | |
| ** 400 | % 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 | | | | | | | | |
| 400 | % of Goal : | 12000 | 800 | 500 | 1100 | 12000 | 34900 | 21568 | 2500 | 350 | * | 1100 | | | | | | | | |
| MILK 2% | Ctn (8 Oz) | 120 | 8 | 5 | 11 | 120 | 349 | 215.68 | 25 | 3.5 | 0 | 11 | | | | | | | | |
| 400 | % of Goal : | 12000 | 800 | 500 | 1100 | 12000 | 34900 | 21568 | 2500 | 350 | * | 1100 | | | | | | | | |
| LEAF LETTUCE | Svg (.64 Oz) | 3 | 0.2 | 0.1 | 1 | 1.6 | 47.9 | 4.54 | 0 | 0 | 0.3 | | | | | | | | | |
| ** 400 | % 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 1
 Service Date : Monday, September 11, 2023
 Meal Period : LUNCH
 Customer Count : 400

951 Total Calories
17.0 % Calories from Protein
52.6 % Calories from Carbohydrates
30.5 % Calories from Fat
8.5 (%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 | | | | | | | | |
| PEAS AND CARR | Svg (3.1 oz) | 59 | 2 | 0 | 9 | 29.6 | 172.1 | 53.24 | 0 | 0 | 3 | 3.9 | | | | | | | | |
| ** 400 | % of Goal : | 5916 | 197 | * | 887 | 2958 | 17214 | 5324 | * | * | 296 | 394 | | | | | | | | |
| Meal Total: | Amount: | 951 | 40.4 | 32.2 | 125 | 1092 | 1413.8 | 507.2 | 291.4 | 9 | 15.1 | 43.2 | | | | | | | | |
| | % of Goal: | 95100 | 4040 | 3220 | 12500 | 109200 | 141380 | 50720 | 29140 | 900 | 1510 | 4320 | | | | | | | | |

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

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

Courses selected: Selected All

Unit : MOW Week 1
 Service Date : Monday, September 11, 2023
 Meal Period : VEGETARIAN
 Customer Count : 25

947 Total Calories
13.4 % Calories from Protein
63.7 % Calories from Carbohydrates
23.8 % 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 | | | | | | | | |
| BUNS HAMBURGI | Each | 110 | 3 | 2 | 21 | 175 | 72.6 | 45.36 | 0 | 0 | 0.5 | 3 | | | | | | | | |
| ** 25 | % of Goal : | 11000 | 300 | 200 | 2100 | 17500 | 7258 | 4536 | * | * | 50 | 303 | | | | | | | | |
| WHOLE WHEAT R | Roll (1.5 oz) | 90 | 3 | 1 | 16 | 150 | 43 | | 0 | 0 | 1 | 2 | | | | | | | | |
| ** 25 | % of Goal : | 9000 | 300 | 100 | 1600 | 15000 | 4300 | | * | * | 100 | 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 | | | | | | | | |
| ** 25 | % of Goal : | 10732 | 171 | 534 | 1299 | 15902 | 20859 | 3441 | * | 73 | 182 | 794 | | | | | | | | |
| CUKE SLD MM | Svg (2.3 Oz) | 49 | 0.4 | 4.3 | 3 | 90 | 100.9 | 13.96 | 0 | 0.3 | 0.5 | 1.3 | | | | | | | | |
| ** 25 | % of Goal : | 4907 | 43 | 427 | 286 | 9001 | 10095 | 1396 | * | 32 | 55 | 127 | | | | | | | | |
| MARGARINE | Pkt | 20 | 0 | 2.5 | 0 | 30 | 1.9 | | 0 | 0.5 | 0 | | | | | | | | | |
| 25 | % of Goal : | 2000 | * | 250 | * | 3000 | 190 | | * | 50 | * | | | | | | | | | |
| US EGG SALAD M | Svg (3 Oz) | 143 | 12.4 | 8.2 | 6 | 134 | 133.6 | 118.66 | 231.7 | 2.1 | 0.2 | 1.6 | | | | | | | | |
| ** 25 | % of Goal : | 14290 | 1239 | 820 | 594 | 13398 | 13364 | 11866 | 23170 | 214 | 20 | 158 | | | | | | | | |
| MUSHROOM RAV | Svg (7.6 Oz) | 229 | 8.3 | 3.9 | 41 | 385.9 | 402.3 | 25.54 | 21.2 | 1.9 | 3.1 | 11.3 | | | | | | | | |
| ** 25 | % of Goal : | 22910 | 832 | 395 | 4109 | 38587 | 40231 | 2554 | 2121 | 188 | 313 | 1131 | | | | | | | | |
| CLEMENTINE FRE | Each | 50 | 0.7 | 0.2 | 13 | 1.1 | 178 | 11.34 | 0 | 0 | 2.6 | | | | | | | | | |
| ** 25 | % of Goal : | 4990 | 71 | 22 | 1269 | 113 | 17803 | 1134 | * | 2 | 261 | | | | | | | | | |
| SEASONAL APPLI | Each | 106 | 0 | 0 | 29 | 0 | 226.8 | 15.12 | 0 | 0 | 4.5 | 21.2 | | | | | | | | |
| ** 25 | % 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 | | | | | | | | |
| 25 | % of Goal : | 12000 | 800 | 500 | 1100 | 12000 | 34900 | 21568 | 2500 | 350 | * | 1100 | | | | | | | | |
| MILK 2% | Ctn (8 Oz) | 120 | 8 | 5 | 11 | 120 | 349 | 215.68 | 25 | 3.5 | 0 | 11 | | | | | | | | |
| 25 | % of Goal : | 12000 | 800 | 500 | 1100 | 12000 | 34900 | 21568 | 2500 | 350 | * | 1100 | | | | | | | | |
| LEAF LETTUCE | Svg (.64 Oz) | 3 | 0.2 | 0.1 | 1 | 1.6 | 47.9 | 4.54 | 0 | 0 | 0.3 | | | | | | | | | |
| ** 25 | % 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 1
 Service Date : Monday, September 11, 2023
 Meal Period : VEGETARIAN
 Customer Count : 25

947 Total Calories
13.4 % Calories from Protein
63.7 % Calories from Carbohydrates
23.8 % 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 | 1.0 | 1.0 | 1 | 1.0 | 1.0 | 1.00 | 1.0 | 1.0 | 1.0 | 1.0 | | | | | | | |
| PEAS AND CARR | Svg (3.1 oz) | 59 | 2 | 0 | 9 | 29.6 | 172.1 | 53.24 | 0 | 0 | 3 | 3.9 | | | | | | | |
| ** 25 | % of Goal : | 5916 | 197 | * | 887 | 2958 | 17214 | 5324 | * | * | 296 | 394 | | | | | | | |
| Meal Total: | Amount: | 947 | 31.8 | 25 | 151 | 1126.2 | 1585.9 | 322.16 | 252.9 | 5.1 | 17.7 | 52.2 | | | | | | | |
| | % of Goal: | 94700 | 3180 | 2500 | 15100 | 112620 | 158590 | 32216 | 25290 | 510 | 1770 | 5220 | | | | | | | |

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

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

Courses selected: Selected All

Unit : MOW Week 1
 Service Date : Tuesday, September 12, 2023
 Meal Period : LUNCH
 Customer Count : 400

894 Total Calories
23.3 % Calories from Protein
51.4 % Calories from Carbohydrates
28.6 % 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 | | | | | | | | |
| WHOLE WHEAT | 2 Slices | 140 | 8 | 2 | 28 | 150 | 104 | | 0 | 0 | 6 | 4 | | | | | | | | |
| ** 400 | % of Goal : | 14000 | 800 | 200 | 2800 | 15000 | 10400 | | * | * | 600 | 400 | | | | | | | | |
| BUN WHEAT 4" | Each | 140 | 7 | 1 | 26 | 190 | 94 | | 0 | 0 | 4 | 3 | | | | | | | | |
| ** 400 | % of Goal : | 14000 | 700 | 100 | 2600 | 19000 | 9400 | | * | * | 400 | 300 | | | | | | | | |
| 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 | | | | | | | | |
| ** 400 | % of Goal : | 5459 | 76 | 216 | 907 | 14287 | 5194 | 1358 | 31 | 35 | 122 | 629 | | | | | | | | |
| LF GAR/CU MM | Svg (2.8 Oz) | 43 | 1.8 | 1 | 7 | 70 | 141.8 | 12.19 | 0 | 0.1 | 2 | 1.7 | | | | | | | | |
| ** 400 | % of Goal : | 4286 | 182 | 96 | 697 | 6995 | 14176 | 1219 | * | 6 | 202 | 170 | | | | | | | | |
| MAYONNAISE | Pkt | 60 | 0 | 6 | 1 | 60 | 1.5 | | 0 | 1 | 0 | 1 | | | | | | | | |
| 400 | % of Goal : | 6000 | * | 600 | 100 | 6000 | 150 | | * | 100 | * | 100 | | | | | | | | |
| MAYONNAISE | Pkt | 60 | 0 | 6 | 1 | 60 | 1.5 | | 0 | 1 | 0 | 1 | | | | | | | | |
| 400 | % of Goal : | 6000 | * | 600 | 100 | 6000 | 150 | | * | 100 | * | 100 | | | | | | | | |
| LS KETCHUP | Pkt | 10 | 0 | 0 | 2 | 25 | 21 | | 0 | 0 | 0 | 1 | | | | | | | | |
| ** 400 | % of Goal : | 1000 | * | * | 200 | 2500 | 2100 | | * | * | * | 100 | | | | | | | | |
| SLIVERED TURKE | Svg (2 Oz) | 70 | 13 | 1 | 0 | 190 | 163.4 | | 35 | 0 | 0 | 0 | | | | | | | | |
| ** 400 | % of Goal : | 7000 | 1300 | 100 | * | 19000 | 16343 | | 3500 | * | * | * | | | | | | | | |
| GRAPES FR MM | Svg (2.45 O) | 44 | 0.6 | 0 | 12 | 0 | 132.5 | 6.96 | 0 | 0 | 0.6 | 11 | | | | | | | | |
| ** 400 | % of Goal : | 4417 | 55 | * | 1215 | * | 13251 | 696 | * | * | 55 | 1104 | | | | | | | | |
| PINEAPPLE CHUN | Svg (3 OZ) | 55 | 0 | 0 | 12 | 6.8 | | | 0 | 0 | 1.4 | 12.3 | | | | | | | | |
| ** 400 | % of Goal : | 5475 | * | * | 1232 | 684 | | | * | * | 137 | 1232 | | | | | | | | |
| Hamburg NoBun | Svg (2.4 oz) | 180 | 13 | 13.6 | 0 | 40.3 | 224.5 | 134.83 | 46.5 | 5.6 | 0 | 0 | | | | | | | | |
| ** 400 | % of Goal : | 17990 | 1302 | 1364 | 2 | 4030 | 22452 | 13483 | 4650 | 558 | * | * | | | | | | | | |
| MILK 2% | Ctn (8 Oz) | 120 | 8 | 5 | 11 | 120 | 349 | 215.68 | 25 | 3.5 | 0 | 11 | | | | | | | | |
| 400 | % 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 1
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 Customer Count : 400

894 Total Calories
23.3 % Calories from Protein
51.4 % Calories from Carbohydrates
28.6 % 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 2% | Ctn (8 Oz) | 120 | 8 | 5 | 11 | 120 | 349 | 215.68 | 25 | 3.5 | 0 | 11 | | | | | | | |
| 400 | % of Goal : | 12000 | 800 | 500 | 1100 | 12000 | 34900 | 21568 | 2500 | 350 | * | 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 | | | | | | | |
| ** 400 | % of Goal : | 1467 | 61 | 17 | 330 | 465 | 13526 | 1557 | * | 2 | 78 | 148 | | | | | | | |
| CHEESE CHED S | Slice (0.75 Oz) | 81 | 5.1 | 7.1 | 0 | 136.7 | 16.2 | 94.62 | 25.3 | 4 | 0 | 0 | | | | | | | |
| ** 400 | % of Goal : | 8100 | 506 | 709 | * | 13669 | 1616 | 9462 | 2531 | 405 | * | * | | | | | | | |
| LEAF LETTUCE | Svg (.64 Oz) | 3 | 0.2 | 0.1 | 1 | 1.6 | 47.9 | 4.54 | 0 | 0 | 0.3 | | | | | | | | |
| ** 400 | % of Goal : | 327 | 24 | 5 | 64 | 163 | 4790 | 454 | * | * | 34 | | | | | | | | |
| CORN MM | 1/2 Cup (2.6 Oz) | 59 | 2 | 0.3 | 14 | 3.7 | 108.3 | 42.01 | 0 | 0.1 | 1.8 | | | | | | | | |
| ** 400 | % of Goal : | 5896 | 203 | 32 | 1442 | 369 | 10834 | 4201 | * | 5 | 177 | | | | | | | | |
| Meal Total: | Amount: | 894 | 52.1 | 28.4 | 115 | 961.6 | 1240.8 | 324.29 | 107.1 | 10.1 | 18.1 | 40.8 | | | | | | | |
| | % of Goal: | 89400 | 5210 | 2840 | 11500 | 96160 | 124080 | 32429 | 10710 | 1010 | 1810 | 4080 | | | | | | | |

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

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

Courses selected: Selected All

Unit : MOW Week 1
 Service Date : Tuesday, September 12, 2023
 Meal Period : VEGETARIAN
 Customer Count : 25

919 Total Calories
20.4 % Calories from Protein
65.6 % Calories from Carbohydrates
18.1 % Calories from Fat
6.3 (%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 | | | | | | | | |
| WHOLE WHEAT | 2 Slices | 140 | 8 | 2 | 28 | 150 | 104 | | 0 | 0 | 6 | 4 | | | | | | | | |
| ** 25 | % of Goal : | 14000 | 800 | 200 | 2800 | 15000 | 10400 | | * | * | 600 | 400 | | | | | | | | |
| BUN WHEAT 4" | Each | 140 | 7 | 1 | 26 | 190 | 94 | | 0 | 0 | 4 | 3 | | | | | | | | |
| ** 25 | % of Goal : | 14000 | 700 | 100 | 2600 | 19000 | 9400 | | * | * | 400 | 300 | | | | | | | | |
| 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 | | | | | | | | |
| ** 25 | % of Goal : | 5459 | 76 | 216 | 907 | 14287 | 5194 | 1358 | 31 | 35 | 122 | 629 | | | | | | | | |
| LF GAR/CU MM | Svg (2.8 Oz) | 43 | 1.8 | 1 | 7 | 70 | 141.8 | 12.19 | 0 | 0.1 | 2 | 1.7 | | | | | | | | |
| ** 25 | % of Goal : | 4286 | 182 | 96 | 697 | 6995 | 14176 | 1219 | * | 6 | 202 | 170 | | | | | | | | |
| MAYONNAISE | Pkt | 60 | 0 | 6 | 1 | 60 | 1.5 | | 0 | 1 | 0 | 1 | | | | | | | | |
| 25 | % of Goal : | 6000 | * | 600 | 100 | 6000 | 150 | | * | 100 | * | 100 | | | | | | | | |
| SLIVERED TURKE | Svg (2 Oz) | 70 | 13 | 1 | 0 | 190 | 163.4 | | 35 | 0 | 0 | 0 | | | | | | | | |
| ** 25 | % of Goal : | 7000 | 1300 | 100 | * | 19000 | 16343 | | 3500 | * | * | * | | | | | | | | |
| MUSHROOM RAV | Svg (7.6 Oz) | 229 | 8.3 | 3.9 | 41 | 385.9 | 402.3 | 25.54 | 21.2 | 1.9 | 3.1 | 11.3 | | | | | | | | |
| ** 25 | % of Goal : | 22910 | 832 | 395 | 4109 | 38587 | 40231 | 2554 | 2121 | 188 | 313 | 1131 | | | | | | | | |
| GRAPES FR MM | Svg (2.45 O) | 44 | 0.6 | 0 | 12 | 0 | 132.5 | 6.96 | 0 | 0 | 0.6 | 11 | | | | | | | | |
| ** 25 | % of Goal : | 4417 | 55 | * | 1215 | * | 13251 | 696 | * | * | 55 | 1104 | | | | | | | | |
| PINEAPPLE CHUN | Svg (3 OZ) | 55 | 0 | 0 | 12 | 6.8 | | | 0 | 0 | 1.4 | 12.3 | | | | | | | | |
| ** 25 | % of Goal : | 5475 | * | * | 1232 | 684 | | | * | * | 137 | 1232 | | | | | | | | |
| MILK 2% | Ctn (8 Oz) | 120 | 8 | 5 | 11 | 120 | 349 | 215.68 | 25 | 3.5 | 0 | 11 | | | | | | | | |
| 25 | % of Goal : | 12000 | 800 | 500 | 1100 | 12000 | 34900 | 21568 | 2500 | 350 | * | 1100 | | | | | | | | |
| MILK 2% | Ctn (8 Oz) | 120 | 8 | 5 | 11 | 120 | 349 | 215.68 | 25 | 3.5 | 0 | 11 | | | | | | | | |
| 25 | % of Goal : | 12000 | 800 | 500 | 1100 | 12000 | 34900 | 21568 | 2500 | 350 | * | 1100 | | | | | | | | |
| CHEESE CHED SI | Slice (0.75 O) | 81 | 5.1 | 7.1 | 0 | 136.7 | 16.2 | 94.62 | 25.3 | 4 | 0 | 0 | | | | | | | | |
| ** 25 | % of Goal : | 8100 | 506 | 709 | * | 13669 | 1616 | 9462 | 2531 | 405 | * | * | | | | | | | | |

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

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

Courses selected: Selected All

Unit : MOW Week 1
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 Customer Count : 25

919 Total Calories
20.4 % Calories from Protein
65.6 % Calories from Carbohydrates
18.1 % Calories from Fat
6.3 (%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 | | | | | | | | |
| LEAF LETTUCE | Svg (.64 Oz) | 3 | 0.2 | 0.1 | 1 | 1.6 | 47.9 | 4.54 | 0 | 0 | 0.3 | | | | | | | | | |
| ** 25 | % of Goal : | 327 | 24 | 5 | 64 | 163 | 4790 | 454 | * | * | 34 | | | | | | | | | |
| CORN MM | 1/2 Cup (2.6) | 59 | 2 | 0.3 | 14 | 3.7 | 108.3 | 42.01 | 0 | 0.1 | 1.8 | | | | | | | | | |
| ** 25 | % of Goal : | 5896 | 203 | 32 | 1442 | 369 | 10834 | 4201 | * | 5 | 177 | | | | | | | | | |
| Meal Total: | Amount: | 919 | 46.8 | 18.5 | 151 | 1277.5 | 1262.4 | 199.43 | 81.8 | 6.4 | 20.4 | 49.7 | | | | | | | | |
| | % of Goal: | 91900 | 4680 | 1850 | 15100 | 127750 | 126240 | 19943 | 8180 | 640 | 2040 | 4970 | | | | | | | | |

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

** Indicates the selected items used in nutritional totals.

Courses selected: Selected All

Unit : MOW Week 1
 Service Date : Wednesday, September 13, 2023
 Meal Period : LUNCH
 Customer Count : 400

875 Total Calories
19.6 % Calories from Protein
61.8 % Calories from Carbohydrates
20.4 % 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 | | | | | | | |
| WHOLE WHEAT R | Roll (1.5 oz) | 90 | 3 | 1 | 16 | 150 | 43 | | 0 | 0 | 1 | 2 | | | | | | | |
| ** 400 | % of Goal : | 9000 | 300 | 100 | 1600 | 15000 | 4300 | | * | * | 100 | 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 | | | | | | | |
| ** 400 | % of Goal : | 2618 | 85 | 5 | 596 | 14151 | 20722 | 3214 | * | * | 157 | 274 | | | | | | | |
| VEGS FR CUT | Svg (4 Oz) | 24 | 0.5 | 0.1 | 6 | 66.3 | 266.4 | 29.3 | 0 | 0 | 2.1 | 3.1 | | | | | | | |
| ** 400 | % of Goal : | 2387 | 53 | 5 | 576 | 6632 | 26641 | 2930 | * | * | 212 | 309 | | | | | | | |
| MAYONNAISE | Pkt | 60 | 0 | 6 | 1 | 60 | 1.5 | | 0 | 1 | 0 | 1 | | | | | | | |
| 400 | % of Goal : | 6000 | * | 600 | 100 | 6000 | 150 | | * | 100 | * | 100 | | | | | | | |
| MARGARINE | Pkt | 20 | 0 | 2.5 | 0 | 30 | 1.9 | | 0 | 0.5 | 0 | | | | | | | | |
| 400 | % of Goal : | 2000 | * | 250 | * | 3000 | 190 | | * | 50 | * | | | | | | | | |
| DRESSING RANC | Pkt | 30 | 0 | 2.5 | 2 | 55 | 50 | | 5 | 0 | 0 | 1 | | | | | | | |
| ** 400 | % of Goal : | 3000 | * | 250 | 200 | 5500 | 5000 | | 500 | * | * | 100 | | | | | | | |
| CHIX BREAST WF | Svg (6.8 Oz) | 238 | 23.5 | 5.2 | 25 | 249.4 | 449.5 | 232.56 | 49.7 | 0.5 | 1.4 | 4.6 | | | | | | | |
| ** 400 | % of Goal : | 23766 | 2348 | 521 | 2473 | 24944 | 44951 | 23256 | 4969 | 45 | 142 | 455 | | | | | | | |
| MAC AND CHE | Svg (6.7 Oz) | 270 | 11.3 | 10.4 | 32 | 339.9 | 146.9 | 217.05 | 25 | 5.7 | 1.3 | 2 | | | | | | | |
| ** 400 | % of Goal : | 26987 | 1130 | 1041 | 3209 | 33994 | 14690 | 21705 | 2495 | 569 | 128 | 205 | | | | | | | |
| BANANA | Whole | 108 | 1.3 | 0.4 | 28 | 1.2 | 433 | 26.61 | 0 | 0.1 | 3.1 | 14.8 | | | | | | | |
| ** 400 | % of Goal : | 10765 | 132 | 40 | 2763 | 121 | 43302 | 2661 | * | 14 | 314 | 1479 | | | | | | | |
| MAN ORANGES M | Svg (3.5 Oz) | 59 | 0.7 | 0 | 14 | 11 | 78.8 | 10.1 | 0 | 0 | 0.7 | 16.1 | | | | | | | |
| ** 400 | % of Goal : | 5858 | 73 | * | 1391 | 1098 | 7879 | 1010 | * | * | 73 | 1611 | | | | | | | |
| MILK 2% | Ctn (8 Oz) | 120 | 8 | 5 | 11 | 120 | 349 | 215.68 | 25 | 3.5 | 0 | 11 | | | | | | | |
| 400 | % of Goal : | 12000 | 800 | 500 | 1100 | 12000 | 34900 | 21568 | 2500 | 350 | * | 1100 | | | | | | | |
| MILK 2% | Ctn (8 Oz) | 120 | 8 | 5 | 11 | 120 | 349 | 215.68 | 25 | 3.5 | 0 | 11 | | | | | | | |
| 400 | % 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 1
 Service Date : Wednesday, September 13, 2023
 Meal Period : LUNCH
 Customer Count : 400

875 Total Calories
19.6 % Calories from Protein
61.8 % Calories from Carbohydrates
20.4 % 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 | | | | | | | | |
| BROCCOLI & CAR | Svg (3.2 Oz) | 31 | 1.6 | 0.2 | 7 | 46.4 | 199.8 | 40.49 | 0 | 0 | 3.1 | | | | | | | | | |
| ** 400 | % of Goal : | 3103 | 165 | 19 | 699 | 4638 | 19978 | 4049 | * | * | 305 | | | | | | | | | |
| Meal Total: | Amount: | 875 | 42.9 | 19.8 | 135 | 1060.8 | 1874.6 | 588.26 | 79.6 | 6.3 | 14.3 | 46.3 | | | | | | | | |
| | % of Goal: | 87500 | 4290 | 1980 | 13500 | 106080 | 187460 | 58826 | 7960 | 630 | 1430 | 4630 | | | | | | | | |

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

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

Courses selected: Selected All

Unit : MOW Week 1
 Service Date : Wednesday, September 13, 2023
 Meal Period : VEGETARIAN
 Customer Count : 25

834 Total Calories
19.1 % Calories from Protein
69.1 % Calories from Carbohydrates
14.4 % Calories from Fat
2.7 (%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 | | | | | | | |
| WHOLE WHEAT R | Roll (1.5 oz) | 90 | 3 | 1 | 16 | 150 | 43 | | 0 | 0 | 1 | 2 | | | | | | | |
| ** 25 | % of Goal : | 9000 | 300 | 100 | 1600 | 15000 | 4300 | | * | * | 100 | 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 | | | | | | | |
| ** 25 | % of Goal : | 2618 | 85 | 5 | 596 | 14151 | 20722 | 3214 | * | * | 157 | 274 | | | | | | | |
| VEGS FR CUT | Svg (4 Oz) | 24 | 0.5 | 0.1 | 6 | 66.3 | 266.4 | 29.3 | 0 | 0 | 2.1 | 3.1 | | | | | | | |
| ** 25 | % of Goal : | 2387 | 53 | 5 | 576 | 6632 | 26641 | 2930 | * | * | 212 | 309 | | | | | | | |
| MAYONNAISE | Pkt | 60 | 0 | 6 | 1 | 60 | 1.5 | | 0 | 1 | 0 | 1 | | | | | | | |
| 25 | % of Goal : | 6000 | * | 600 | 100 | 6000 | 150 | | * | 100 | * | 100 | | | | | | | |
| MARGARINE | Pkt | 20 | 0 | 2.5 | 0 | 30 | 1.9 | | 0 | 0.5 | 0 | | | | | | | | |
| 25 | % of Goal : | 2000 | * | 250 | * | 3000 | 190 | | * | 50 | * | | | | | | | | |
| DRESSING RANC | Pkt | 30 | 0 | 2.5 | 2 | 55 | 50 | | 5 | 0 | 0 | 1 | | | | | | | |
| ** 25 | % of Goal : | 3000 | * | 250 | 200 | 5500 | 5000 | | 500 | * | * | 100 | | | | | | | |
| CHIX BREAST WF | Svg (6.8 Oz) | 238 | 23.5 | 5.2 | 25 | 249.4 | 449.5 | 232.56 | 49.7 | 0.5 | 1.4 | 4.6 | | | | | | | |
| ** 25 | % of Goal : | 23766 | 2348 | 521 | 2473 | 24944 | 44951 | 23256 | 4969 | 45 | 142 | 455 | | | | | | | |
| MUSHROOM RAV | Svg (7.6 Oz) | 229 | 8.3 | 3.9 | 41 | 385.9 | 402.3 | 25.54 | 21.2 | 1.9 | 3.1 | 11.3 | | | | | | | |
| ** 25 | % of Goal : | 22910 | 832 | 395 | 4109 | 38587 | 40231 | 2554 | 2121 | 188 | 313 | 1131 | | | | | | | |
| BANANA | Whole | 108 | 1.3 | 0.4 | 28 | 1.2 | 433 | 26.61 | 0 | 0.1 | 3.1 | 14.8 | | | | | | | |
| ** 25 | % of Goal : | 10765 | 132 | 40 | 2763 | 121 | 43302 | 2661 | * | 14 | 314 | 1479 | | | | | | | |
| MAN ORANGES M | Svg (3.5 Oz) | 59 | 0.7 | 0 | 14 | 11 | 78.8 | 10.1 | 0 | 0 | 0.7 | 16.1 | | | | | | | |
| ** 25 | % of Goal : | 5858 | 73 | * | 1391 | 1098 | 7879 | 1010 | * | * | 73 | 1611 | | | | | | | |
| MILK 2% | Ctn (8 Oz) | 120 | 8 | 5 | 11 | 120 | 349 | 215.68 | 25 | 3.5 | 0 | 11 | | | | | | | |
| 25 | % of Goal : | 12000 | 800 | 500 | 1100 | 12000 | 34900 | 21568 | 2500 | 350 | * | 1100 | | | | | | | |
| MILK 2% | Ctn (8 Oz) | 120 | 8 | 5 | 11 | 120 | 349 | 215.68 | 25 | 3.5 | 0 | 11 | | | | | | | |
| 25 | % 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 1
 Service Date : Wednesday, September 13, 2023
 Meal Period : VEGETARIAN
 Customer Count : 25

834 Total Calories
19.1 % Calories from Protein
69.1 % Calories from Carbohydrates
14.4 % Calories from Fat
2.7 (%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 | | | | | | | | |
| BROCCOLI & CAR | Svg (3.2 Oz) | 31 | 1.6 | 0.2 | 7 | 46.4 | 199.8 | 40.49 | 0 | 0 | 3.1 | | | | | | | | | |
| ** 25 | % of Goal : | 3103 | 165 | 19 | 699 | 4638 | 19978 | 4049 | * | * | 305 | | | | | | | | | |
| Meal Total: | Amount: | 834 | 39.9 | 13.4 | 144 | 1106.7 | 2130 | 396.75 | 75.9 | 2.5 | 16.2 | 55.6 | | | | | | | | |
| | % of Goal: | 83400 | 3990 | 1340 | 14400 | 110670 | 213000 | 39675 | 7590 | 250 | 1620 | 5560 | | | | | | | | |

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

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

Courses selected: Selected All

Unit : MOW Week 1
 Service Date : Thursday, September 14, 2023
 Meal Period : LUNCH
 Customer Count : 400

1034 Total Calories
31.7 % Calories from Protein
45.6 % Calories from Carbohydrates
23.0 % Calories from Fat
7.7 (%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 | | | | | | | | |
| WHOLE WHEAT | 2 Slices | 140 | 8 | 2 | 28 | 150 | 104 | | 0 | 0 | 6 | 4 | | | | | | | | |
| ** 400 | % of Goal : | 14000 | 800 | 200 | 2800 | 15000 | 10400 | | * | * | 600 | 400 | | | | | | | | |
| CUKE SLD MM | Svg (2.3 Oz) | 49 | 0.4 | 4.3 | 3 | 90 | 100.9 | 13.96 | 0 | 0.3 | 0.5 | 1.3 | | | | | | | | |
| ** 400 | % of Goal : | 4907 | 43 | 427 | 286 | 9001 | 10095 | 1396 | * | 32 | 55 | 127 | | | | | | | | |
| SALAD THREE BE | 1/2 Cup (3 OZ) | 64 | 1.4 | 0.7 | 12 | 148.8 | 90 | | 0 | 0 | 1.4 | 7.8 | | | | | | | | |
| ** 400 | % of Goal : | 6377 | 142 | 71 | 1204 | 14879 | 9002 | | * | * | 142 | 779 | | | | | | | | |
| MAYONNAISE | Pkt | 60 | 0 | 6 | 1 | 60 | 1.5 | | 0 | 1 | 0 | 1 | | | | | | | | |
| 400 | % of Goal : | 6000 | * | 600 | 100 | 6000 | 150 | | * | 100 | * | 100 | | | | | | | | |
| SLIVERED TURKE | Svg (2 Oz) | 70 | 13 | 1 | 0 | 190 | 163.4 | | 35 | 0 | 0 | 0 | | | | | | | | |
| ** 400 | % of Goal : | 7000 | 1300 | 100 | * | 19000 | 16343 | | 3500 | * | * | * | | | | | | | | |
| CHICKEN PARME | Svg (10.8 Oz) | 460 | 42.4 | 11.8 | 43 | 429 | 859.6 | 441.84 | 88.3 | 4.3 | 3.2 | 11.4 | | | | | | | | |
| ** 400 | % of Goal : | 45983 | 4237 | 1178 | 4286 | 42896 | 85965 | 44184 | 8827 | 428 | 323 | 1137 | | | | | | | | |
| Stby Applesauce | Ind (4.5 Oz) | 60 | 0 | 0 | 15 | 10 | 70 | | 0 | 0 | 2 | 12 | | | | | | | | |
| ** 400 | % of Goal : | 6000 | * | * | 1500 | 1000 | 7000 | | * | * | 200 | 1200 | | | | | | | | |
| COTTAGE CHEES | Svg (3.5 Oz) | 74 | 7.9 | 2.7 | 5 | 255.5 | 125.5 | | 14.9 | 1.8 | 0.2 | 3.5 | | | | | | | | |
| ** 400 | % of Goal : | 7417 | 790 | 267 | 509 | 25546 | 12546 | | 1485 | 178 | 18 | 355 | | | | | | | | |
| MILK 2% | Ctn (8 Oz) | 120 | 8 | 5 | 11 | 120 | 349 | 215.68 | 25 | 3.5 | 0 | 11 | | | | | | | | |
| 400 | % of Goal : | 12000 | 800 | 500 | 1100 | 12000 | 34900 | 21568 | 2500 | 350 | * | 1100 | | | | | | | | |
| MILK 2% | Ctn (8 Oz) | 120 | 8 | 5 | 11 | 120 | 349 | 215.68 | 25 | 3.5 | 0 | 11 | | | | | | | | |
| 400 | % of Goal : | 12000 | 800 | 500 | 1100 | 12000 | 34900 | 21568 | 2500 | 350 | * | 1100 | | | | | | | | |
| SWISS CHEESE | Svg (.5 Oz) | 51 | 4 | 4 | 1 | 30.4 | 10.1 | | 12.7 | 2.5 | 0 | 0 | | | | | | | | |
| ** 400 | % of Goal : | 5062 | 405 | 405 | 51 | 3037 | 1012 | | 1266 | 253 | * | * | | | | | | | | |

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

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

Courses selected: Selected All

Unit : MOW Week 1
 Service Date : Thursday, September 14, 2023
 Meal Period : LUNCH
 Customer Count : 400

1034 Total Calories
31.7 % Calories from Protein
45.6 % Calories from Carbohydrates
23.0 % Calories from Fat
7.7 (%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 | 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 | | | | | | | |
| ** 400 | % of Goal : | 6689 | 478 | * | 1147 | 9556 | 14334 | 7654 | * | * | 382 | 382 | | | | | | | |
| Meal Total: | Amount: | 1034 | 82 | 26.5 | 118 | 1399.2 | 1667 | 532.34 | 150.8 | 8.9 | 17.2 | 43.8 | | | | | | | |
| | % of Goal: | 103400 | 8200 | 2650 | 11800 | 139920 | 166700 | 53234 | 15080 | 890 | 1720 | 4380 | | | | | | | |

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

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

Courses selected: Selected All

Unit : MOW Week 1
 Service Date : Thursday, September 14, 2023
 Meal Period : VEGETARIAN
 Customer Count : 25

845 Total Calories
24.1 % Calories from Protein
50.7 % Calories from Carbohydrates
26.8 % Calories from Fat
11.0 (%Saturated Fat)

Report for Nutritional Goal: Basic Nutrition Information

| Service Item | Serving Size | KCAL | PRO | FAT | CHO | NA | K | P | CHOL | SFA | TDFB | SUGR | | | | | | | | |
|-----------------|----------------|-------|------|------|------|-------|-------|--------|------|------|------|------|--|--|--|--|--|--|--|--|
| Portion Count | | KCAL | Gram | Gram | Gram | MG | MG | MG | MG | Gram | Gram | Gram | | | | | | | | |
| | | 1 | 1.0 | 1.0 | 1 | 1.0 | 1.0 | 1.00 | 1.0 | 1.0 | 1.0 | 1.0 | | | | | | | | |
| WHOLE WHEAT | 2 Slices | 140 | 8 | 2 | 28 | 150 | 104 | | 0 | 0 | 6 | 4 | | | | | | | | |
| ** 25 | % of Goal : | 14000 | 800 | 200 | 2800 | 15000 | 10400 | | * | * | 600 | 400 | | | | | | | | |
| CUKE SLD MM | Svg (2.3 Oz) | 49 | 0.4 | 4.3 | 3 | 90 | 100.9 | 13.96 | 0 | 0.3 | 0.5 | 1.3 | | | | | | | | |
| ** 25 | % of Goal : | 4907 | 43 | 427 | 286 | 9001 | 10095 | 1396 | * | 32 | 55 | 127 | | | | | | | | |
| SALAD THREE BE | 1/2 Cup (3 Oz) | 64 | 1.4 | 0.7 | 12 | 148.8 | 90 | | 0 | 0 | 1.4 | 7.8 | | | | | | | | |
| ** 25 | % of Goal : | 6377 | 142 | 71 | 1204 | 14879 | 9002 | | * | * | 142 | 779 | | | | | | | | |
| MAYONNAISE | Pkt | 60 | 0 | 6 | 1 | 60 | 1.5 | | 0 | 1 | 0 | 1 | | | | | | | | |
| 25 | % of Goal : | 6000 | * | 600 | 100 | 6000 | 150 | | * | 100 | * | 100 | | | | | | | | |
| SLIVERED TURKE | Svg (2 Oz) | 70 | 13 | 1 | 0 | 190 | 163.4 | | 35 | 0 | 0 | 0 | | | | | | | | |
| ** 25 | % of Goal : | 7000 | 1300 | 100 | * | 19000 | 16343 | | 3500 | * | * | * | | | | | | | | |
| MAC AND CHE | Svg (6.7 Oz) | 270 | 11.3 | 10.4 | 32 | 339.9 | 146.9 | 217.05 | 25 | 5.7 | 1.3 | 2 | | | | | | | | |
| ** 25 | % of Goal : | 26987 | 1130 | 1041 | 3209 | 33994 | 14690 | 21705 | 2495 | 569 | 128 | 205 | | | | | | | | |
| Stby Applesauce | Ind (4.5 Oz) | 60 | 0 | 0 | 15 | 10 | 70 | | 0 | 0 | 2 | 12 | | | | | | | | |
| ** 25 | % of Goal : | 6000 | * | * | 1500 | 1000 | 7000 | | * | * | 200 | 1200 | | | | | | | | |
| COTTAGE CHEES | Svg (3.5 Oz) | 74 | 7.9 | 2.7 | 5 | 255.5 | 125.5 | | 14.9 | 1.8 | 0.2 | 3.5 | | | | | | | | |
| ** 25 | % of Goal : | 7417 | 790 | 267 | 509 | 25546 | 12546 | | 1485 | 178 | 18 | 355 | | | | | | | | |
| MILK 2% | Ctn (8 Oz) | 120 | 8 | 5 | 11 | 120 | 349 | 215.68 | 25 | 3.5 | 0 | 11 | | | | | | | | |
| 25 | % of Goal : | 12000 | 800 | 500 | 1100 | 12000 | 34900 | 21568 | 2500 | 350 | * | 1100 | | | | | | | | |
| MILK 2% | Ctn (8 Oz) | 120 | 8 | 5 | 11 | 120 | 349 | 215.68 | 25 | 3.5 | 0 | 11 | | | | | | | | |
| 25 | % of Goal : | 12000 | 800 | 500 | 1100 | 12000 | 34900 | 21568 | 2500 | 350 | * | 1100 | | | | | | | | |
| SWISS CHEESE | Svg (.5 Oz) | 51 | 4 | 4 | 1 | 30.4 | 10.1 | | 12.7 | 2.5 | 0 | 0 | | | | | | | | |
| ** 25 | % of Goal : | 5062 | 405 | 405 | 51 | 3037 | 1012 | | 1266 | 253 | * | * | | | | | | | | |

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

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

Courses selected: Selected All

Unit : MOW Week 1
 Service Date : Thursday, September 14, 2023
 Meal Period : VEGETARIAN
 Customer Count : 25

845 Total Calories
24.1 % Calories from Protein
50.7 % Calories from Carbohydrates
26.8 % Calories from Fat
11.0 (%Saturated Fat)

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

| Service Item | Serving Size | KCAL | PRO | FAT | CHO | NA | K | P | CHOL | SFA | TDFB | SUGR | | | | | | | |
|--------------------|--------------|-------|------|------|-------|--------|-------|--------|------|------|------|------|--|--|--|--|--|--|--|
| Portion Count | | KCAL | Gram | Gram | Gram | MG | MG | MG | MG | Gram | Gram | Gram | | | | | | | |
| | 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 | | | | | | | |
| ** 25 | % of Goal : | 6689 | 478 | * | 1147 | 9556 | 14334 | 7654 | * | * | 382 | 382 | | | | | | | |
| Meal Total: | Amount: | 845 | 50.9 | 25.1 | 107 | 1310.1 | 954.2 | 307.55 | 87.5 | 10.3 | 15.3 | 34.5 | | | | | | | |
| | % of Goal: | 84500 | 5090 | 2510 | 10700 | 131010 | 95420 | 30755 | 8750 | 1030 | 1530 | 3450 | | | | | | | |

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

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

Courses selected: Selected All

Unit : MOW Week 1
 Service Date : Friday, September 15, 2023
 Meal Period : LUNCH
 Customer Count : 400

874 Total Calories
 21.7 % Calories from Protein
 48.4 % Calories from Carbohydrates
 30.7 % Calories from Fat
 3.6 (%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 | | | | | | | |
| BUN WHEAT 4" | Each | 140 | 7 | 1 | 26 | 190 | 94 | | 0 | 0 | 4 | 3 | | | | | | | |
| ** 400 | % of Goal : | 14000 | 700 | 100 | 2600 | 19000 | 9400 | | * | * | 400 | 300 | | | | | | | |
| WHOLE WHEAT R | Roll (1.5 oz) | 90 | 3 | 1 | 16 | 150 | 43 | | 0 | 0 | 1 | 2 | | | | | | | |
| ** 400 | % of Goal : | 9000 | 300 | 100 | 1600 | 15000 | 4300 | | * | * | 100 | 200 | | | | | | | |
| CUCUMBER TOM | Svg (3.5 Oz) | 24 | 0.7 | 0.1 | 5 | 59.1 | 241.5 | 19.68 | 0 | 0 | 0.9 | 4.1 | | | | | | | |
| ** 400 | % of Goal : | 2421 | 72 | 14 | 510 | 5910 | 24151 | 1968 | * | 3 | 93 | 412 | | | | | | | |
| GREEK BROCCOLI | Svg (2.5 Oz) | 152 | 2.4 | 13.5 | 8 | 100.8 | 165.6 | 58.55 | 3 | 1.6 | 1.7 | 4.1 | | | | | | | |
| ** 400 | % of Goal : | 15231 | 240 | 1355 | 821 | 10083 | 16560 | 5855 | 302 | 157 | 174 | 406 | | | | | | | |
| MARGARINE | Pkt | 20 | 0 | 2.5 | 0 | 30 | 1.9 | | 0 | 0.5 | 0 | | | | | | | | |
| 400 | % of Goal : | 2000 | * | 250 | * | 3000 | 190 | | * | 50 | * | | | | | | | | |
| TARTAR SAUCE | Pkg (12 Gm) | 45 | 0 | 3.5 | 3 | 100 | 4 | | 5 | 0.5 | 0 | 2 | | | | | | | |
| 400 | % of Goal : | 4500 | * | 350 | 300 | 10000 | 400 | | 500 | 50 | * | 200 | | | | | | | |
| Chicken Salad | Svg (4 Oz) | 154 | 20.3 | 6.6 | 3 | 240.2 | 210.5 | 7.37 | 42.4 | 0.8 | 0.4 | 0.6 | | | | | | | |
| ** 400 | % of Goal : | 15355 | 2033 | 656 | 331 | 24020 | 21055 | 737 | 4237 | 77 | 44 | 62 | | | | | | | |
| BREADED POLLO | Svg (3.6 Oz) | 183 | 11.9 | 7.5 | 17 | 247.9 | 183.2 | | 37.7 | 1.1 | 1.1 | 0 | | | | | | | |
| ** 400 | % of Goal : | 18323 | 1186 | 754 | 1725 | 24790 | 18323 | | 3772 | 108 | 108 | * | | | | | | | |
| PEARS DICED MN | Svg (4 Oz) | 64 | 0 | 0 | 15 | 0 | 90.7 | | 0 | 0 | 1.8 | 10 | | | | | | | |
| ** 400 | % of Goal : | 6350 | * | * | 1452 | * | 9072 | | * | * | 181 | 998 | | | | | | | |
| TROPICAL FRUIT | Svg (3.36 O) | 41 | 0 | 0 | 10 | 0 | 87.6 | | 0 | 0 | 1.4 | 9.5 | | | | | | | |
| ** 400 | % of Goal : | 4072 | * | * | 1018 | * | 8756 | | * | * | 136 | 950 | | | | | | | |
| MILK 2% | Ctn (8 Oz) | 120 | 8 | 5 | 11 | 120 | 349 | 215.68 | 25 | 3.5 | 0 | 11 | | | | | | | |
| 400 | % of Goal : | 12000 | 800 | 500 | 1100 | 12000 | 34900 | 21568 | 2500 | 350 | * | 1100 | | | | | | | |
| MILK 2% | Ctn (8 Oz) | 120 | 8 | 5 | 11 | 120 | 349 | 215.68 | 25 | 3.5 | 0 | 11 | | | | | | | |
| 400 | % 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 1
 Service Date : Friday, September 15, 2023
 Meal Period : LUNCH
 Customer Count : 400

874 Total Calories
 21.7 % Calories from Protein
 48.4 % Calories from Carbohydrates
 30.7 % Calories from Fat
 3.6 (%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 | | | | | | | | |
| LEAF LETTUCE | Svg (.64 Oz) | 3 | 0.2 | 0.1 | 1 | 1.6 | 47.9 | 4.54 | 0 | 0 | 0.3 | | | | | | | | | |
| ** 400 | % 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 | | | | | | | | |
| ** 400 | % of Goal : | 2292 | 183 | * | 458 | 3208 | 23832 | | * | * | 183 | 183 | | | | | | | | |
| Meal Total: | Amount: | 874 | 47.4 | 29.8 | 106 | 1021.7 | 1402.4 | 90.13 | 83.1 | 3.5 | 14.5 | 35.1 | | | | | | | | |
| | % of Goal: | 87400 | 4740 | 2980 | 10600 | 102170 | 140240 | 9013 | 8310 | 350 | 1450 | 3510 | | | | | | | | |

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

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

Courses selected: Selected All

Unit : MOW Week 1
 Service Date : Friday, September 15, 2023
 Meal Period : VEGETARIAN
 Customer Count : 25

960 Total Calories
19.5 % Calories from Protein
50.2 % Calories from Carbohydrates
30.7 % 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 | | | | | | | |
| BUN WHEAT 4" | Each | 140 | 7 | 1 | 26 | 190 | 94 | | 0 | 0 | 4 | 3 | | | | | | | |
| ** 25 | % of Goal : | 14000 | 700 | 100 | 2600 | 19000 | 9400 | | * | * | 400 | 300 | | | | | | | |
| WHOLE WHEAT R | Roll (1.5 oz) | 90 | 3 | 1 | 16 | 150 | 43 | | 0 | 0 | 1 | 2 | | | | | | | |
| ** 25 | % of Goal : | 9000 | 300 | 100 | 1600 | 15000 | 4300 | | * | * | 100 | 200 | | | | | | | |
| CUCUMBER TOM | Svg (3.5 Oz) | 24 | 0.7 | 0.1 | 5 | 59.1 | 241.5 | 19.68 | 0 | 0 | 0.9 | 4.1 | | | | | | | |
| ** 25 | % of Goal : | 2421 | 72 | 14 | 510 | 5910 | 24151 | 1968 | * | 3 | 93 | 412 | | | | | | | |
| GREEK BROCCOL | Svg (2.5 Oz) | 152 | 2.4 | 13.5 | 8 | 100.8 | 165.6 | 58.55 | 3 | 1.6 | 1.7 | 4.1 | | | | | | | |
| ** 25 | % of Goal : | 15231 | 240 | 1355 | 821 | 10083 | 16560 | 5855 | 302 | 157 | 174 | 406 | | | | | | | |
| MARGARINE | Pkt | 20 | 0 | 2.5 | 0 | 30 | 1.9 | | 0 | 0.5 | 0 | | | | | | | | |
| 25 | % 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 | | | | | | | |
| ** 25 | % of Goal : | 15355 | 2033 | 656 | 331 | 24020 | 21055 | 737 | 4237 | 77 | 44 | 62 | | | | | | | |
| MAC AND CHE | Svg (6.7 Oz) | 270 | 11.3 | 10.4 | 32 | 339.9 | 146.9 | 217.05 | 25 | 5.7 | 1.3 | 2 | | | | | | | |
| ** 25 | % of Goal : | 26987 | 1130 | 1041 | 3209 | 33994 | 14690 | 21705 | 2495 | 569 | 128 | 205 | | | | | | | |
| PEARS DICED M | Svg (4 Oz) | 64 | 0 | 0 | 15 | 0 | 90.7 | | 0 | 0 | 1.8 | 10 | | | | | | | |
| ** 25 | % of Goal : | 6350 | * | * | 1452 | * | 9072 | | * | * | 181 | 998 | | | | | | | |
| TROPICAL FRUIT | Svg (3.36 O | 41 | 0 | 0 | 10 | 0 | 87.6 | | 0 | 0 | 1.4 | 9.5 | | | | | | | |
| ** 25 | % of Goal : | 4072 | * | * | 1018 | * | 8756 | | * | * | 136 | 950 | | | | | | | |
| MILK 2% | Ctn (8 Oz) | 120 | 8 | 5 | 11 | 120 | 349 | 215.68 | 25 | 3.5 | 0 | 11 | | | | | | | |
| 25 | % of Goal : | 12000 | 800 | 500 | 1100 | 12000 | 34900 | 21568 | 2500 | 350 | * | 1100 | | | | | | | |
| MILK 2% | Ctn (8 Oz) | 120 | 8 | 5 | 11 | 120 | 349 | 215.68 | 25 | 3.5 | 0 | 11 | | | | | | | |
| 25 | % of Goal : | 12000 | 800 | 500 | 1100 | 12000 | 34900 | 21568 | 2500 | 350 | * | 1100 | | | | | | | |
| LEAF LETTUCE | Svg (.64 Oz) | 3 | 0.2 | 0.1 | 1 | 1.6 | 47.9 | 4.54 | 0 | 0 | 0.3 | | | | | | | | |
| ** 25 | % of Goal : | 327 | 24 | 5 | 64 | 163 | 4790 | 454 | * | * | 34 | | | | | | | | |

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

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

Courses selected:Selected All

Unit : MOW Week 1
 Service Date : Friday, September 15, 2023
 Meal Period : VEGETARIAN
 Customer Count : 25

960 Total Calories
19.5 % Calories from Protein
50.2 % Calories from Carbohydrates
30.7 % 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 | 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 | | | | | | | |
| ** 25 | % of Goal : | 2292 | 183 | * | 458 | 3208 | 23832 | | * | * | 183 | 183 | | | | | | | |
| Meal Total: | Amount: | 960 | 46.8 | 32.7 | 121 | 1113.8 | 1366.1 | 307.19 | 70.3 | 8.1 | 14.7 | 37.2 | | | | | | | |
| | % of Goal: | 96000 | 4680 | 3270 | 12100 | 111380 | 136610 | 30719 | 7030 | 810 | 1470 | 3720 | | | | | | | |

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

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

Courses selected: Selected All

Unit : MOW Week 1
 Service Date : Saturday, September 16, 2023
 Meal Period : LUNCH
 Customer Count : 130

924 Total Calories
26.6 % Calories from Protein
49.0 % Calories from Carbohydrates
27.4 % Calories from Fat
8.1 (%Saturated Fat)

Report for Nutritional Goal: Basic Nutrition Information

| Service Item | Serving Size | KCAL | PRO | FAT | CHO | NA | K | P | CHOL | SFA | TDFB | SUGR | | | | | | | |
|----------------|---------------|-------|------|------|------|-------|-------|--------|------|------|------|------|--|--|--|--|--|--|--|
| Portion Count | | KCAL | Gram | Gram | Gram | MG | MG | MG | MG | Gram | Gram | Gram | | | | | | | |
| | | 1 | 1.0 | 1.0 | 1 | 1.0 | 1.0 | 1.00 | 1.0 | 1.0 | 1.0 | 1.0 | | | | | | | |
| WHOLE WHEAT | 2 Slices | 140 | 8 | 2 | 28 | 150 | 104 | | 0 | 0 | 6 | 4 | | | | | | | |
| ** 130 | % of Goal : | 14000 | 800 | 200 | 2800 | 15000 | 10400 | | * | * | 600 | 400 | | | | | | | |
| WHOLE WHEAT R | Roll (1.5 oz) | 90 | 3 | 1 | 16 | 150 | 43 | | 0 | 0 | 1 | 2 | | | | | | | |
| ** 130 | % of Goal : | 9000 | 300 | 100 | 1600 | 15000 | 4300 | | * | * | 100 | 200 | | | | | | | |
| COUSCOUS VEG | Svg (3.8 Oz) | 151 | 4.5 | 7.6 | 17 | 111.8 | 184.5 | 40.2 | 0 | 0.6 | 2.8 | 1.4 | | | | | | | |
| ** 130 | % of Goal : | 15074 | 451 | 764 | 1681 | 11180 | 18455 | 4020 | * | 58 | 276 | 138 | | | | | | | |
| FRESH VEG SLD | Svg (3.2 Oz) | 26 | 0.9 | 0 | 6 | 141.5 | 207.2 | 32.14 | 0 | 0 | 1.6 | 2.7 | | | | | | | |
| ** 130 | % of Goal : | 2618 | 85 | 5 | 596 | 14151 | 20722 | 3214 | * | * | 157 | 274 | | | | | | | |
| MAYONNAISE | Pkt | 60 | 0 | 6 | 1 | 60 | 1.5 | | 0 | 1 | 0 | 1 | | | | | | | |
| 130 | % of Goal : | 6000 | * | 600 | 100 | 6000 | 150 | | * | 100 | * | 100 | | | | | | | |
| MARGARINE | Pkt | 20 | 0 | 2.5 | 0 | 30 | 1.9 | | 0 | 0.5 | 0 | | | | | | | | |
| 130 | % of Goal : | 2000 | * | 250 | * | 3000 | 190 | | * | 50 | * | | | | | | | | |
| MUSTARD | Pkt | 5 | 0 | 0 | 0 | 85 | 10 | 5 | 0 | 0 | 0 | 0 | | | | | | | |
| 130 | % of Goal : | 500 | * | * | * | 8500 | 1000 | 500 | * | * | * | * | | | | | | | |
| SLIVERED HAM M | Svg (2 Oz) | 60 | 9 | 1.5 | 2 | 390 | | | 30 | 0.5 | 0 | 2 | | | | | | | |
| ** 130 | % of Goal : | 6000 | 900 | 150 | 200 | 39000 | | | 3000 | 50 | * | 200 | | | | | | | |
| TENDER CHICKEI | Svg (3 Oz) | 112 | 19.8 | 3 | 0 | 69.2 | 226.2 | 170.11 | 49.7 | 0.4 | 0 | 0 | | | | | | | |
| ** 130 | % of Goal : | 11185 | 1980 | 303 | 20 | 6924 | 22618 | 17011 | 4969 | 42 | 3 | * | | | | | | | |
| CLEMENTINE FRE | Each | 50 | 0.7 | 0.2 | 13 | 1.1 | 178 | 11.34 | 0 | 0 | 2.6 | | | | | | | | |
| ** 130 | % of Goal : | 4990 | 71 | 22 | 1269 | 113 | 17803 | 1134 | * | 2 | 261 | | | | | | | | |
| COTTAGE CHEES | Svg (3.5 Oz) | 84 | 7.7 | 2.7 | 8 | 255.5 | 89.1 | | 14.9 | 1.8 | 0.3 | 5.7 | | | | | | | |
| ** 130 | % of Goal : | 8364 | 772 | 267 | 767 | 25546 | 8911 | | 1485 | 178 | 26 | 570 | | | | | | | |
| MILK 2% | Ctn (8 Oz) | 120 | 8 | 5 | 11 | 120 | 349 | 215.68 | 25 | 3.5 | 0 | 11 | | | | | | | |
| 130 | % 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 1
 Service Date : Saturday, September 16, 2023
 Meal Period : LUNCH
 Customer Count : 130

924 Total Calories
26.6 % Calories from Protein
49.0 % Calories from Carbohydrates
27.4 % Calories from Fat
8.1 (%Saturated Fat)

Report for Nutritional Goal: Basic Nutrition Information

| Service Item | Serving Size | KCAL | PRO | FAT | CHO | NA | K | P | CHOL | SFA | TDFB | SUGR | | | | | | | |
|--------------------|------------------|-------|------|------|-------|--------|--------|--------|-------|------|------|------|--|--|--|--|--|--|--|
| Portion Count | | KCAL | Gram | Gram | Gram | MG | MG | MG | MG | Gram | Gram | Gram | | | | | | | |
| | | 1 | 1.0 | 1.0 | 1 | 1.0 | 1.0 | 1.00 | 1.0 | 1.0 | 1.0 | 1.0 | | | | | | | |
| MILK 2% | Ctn (8 Oz) | 120 | 8 | 5 | 11 | 120 | 349 | 215.68 | 25 | 3.5 | 0 | 11 | | | | | | | |
| 130 | % of Goal : | 12000 | 800 | 500 | 1100 | 12000 | 34900 | 21568 | 2500 | 350 | * | 1100 | | | | | | | |
| 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 | | | | | | | |
| ** 130 | % of Goal : | 3749 | 13 | 143 | 518 | 5255 | 9053 | 307 | 384 | 90 | 5 | * | | | | | | | |
| WILD AND BROW | Svg (2.5 Oz) | 70 | 1.5 | 1.3 | 14 | 120.3 | 55 | 32.45 | 0 | 0.1 | 0.7 | 0.4 | | | | | | | |
| ** 130 | % of Goal : | 7044 | 150 | 131 | 1352 | 12033 | 5503 | 3245 | * | 7 | 71 | 35 | | | | | | | |
| CHEESE CHED SI | Slice (0.75 Oz) | 81 | 5.1 | 7.1 | 0 | 136.7 | 16.2 | 94.62 | 25.3 | 4 | 0 | 0 | | | | | | | |
| ** 130 | % of Goal : | 8100 | 506 | 709 | * | 13669 | 1616 | 9462 | 2531 | 405 | * | * | | | | | | | |
| LEAF LETTUCE | Svg (.64 Oz) | 3 | 0.2 | 0.1 | 1 | 1.6 | 47.9 | 4.54 | 0 | 0 | 0.3 | | | | | | | | |
| ** 130 | % of Goal : | 327 | 24 | 5 | 64 | 163 | 4790 | 454 | * | * | 34 | | | | | | | | |
| GR BEANS MM | 1/2 Cup (2.4 Oz) | 19 | 1 | 0.1 | 4 | 6.1 | 85.8 | 21.1 | 0 | 0 | 2 | | | | | | | | |
| ** 130 | % of Goal : | 1906 | 101 | 12 | 439 | 613 | 8575 | 2110 | * | 3 | 204 | | | | | | | | |
| Meal Total: | Amount: | 924 | 61.5 | 28.1 | 113 | 1586.5 | 1327.5 | 409.56 | 123.7 | 8.4 | 17.4 | 18.2 | | | | | | | |
| | % of Goal: | 92400 | 6150 | 2810 | 11300 | 158650 | 132750 | 40956 | 12370 | 840 | 1740 | 1820 | | | | | | | |

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

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

Courses selected: Selected All

Unit : MOW Week 1
 Service Date : Saturday, September 16, 2023
 Meal Period : VEGETARIAN
 Customer Count : 20

1044 Total Calories
20.3 % Calories from Protein
53.5 % Calories from Carbohydrates
29.4 % Calories from Fat
11.0 (%Saturated Fat)

Report for Nutritional Goal: Basic Nutrition Information

| Service Item | Serving Size | KCAL | PRO | FAT | CHO | NA | K | P | CHOL | SFA | TDFB | SUGR | | | | | | | | |
|----------------|---------------|-------|------|------|------|-------|-------|--------|------|------|------|------|--|--|--|--|--|--|--|--|
| Portion Count | | KCAL | Gram | Gram | Gram | MG | MG | MG | MG | Gram | Gram | Gram | | | | | | | | |
| | | 1 | 1.0 | 1.0 | 1 | 1.0 | 1.0 | 1.00 | 1.0 | 1.0 | 1.0 | 1.0 | | | | | | | | |
| WHOLE WHEAT | 2 Slices | 140 | 8 | 2 | 28 | 150 | 104 | | 0 | 0 | 6 | 4 | | | | | | | | |
| ** 20 | % of Goal : | 14000 | 800 | 200 | 2800 | 15000 | 10400 | | * | * | 600 | 400 | | | | | | | | |
| WHOLE WHEAT R | Roll (1.5 oz) | 90 | 3 | 1 | 16 | 150 | 43 | | 0 | 0 | 1 | 2 | | | | | | | | |
| ** 20 | % of Goal : | 9000 | 300 | 100 | 1600 | 15000 | 4300 | | * | * | 100 | 200 | | | | | | | | |
| COUSCOUS VEG | Svg (3.8 Oz) | 151 | 4.5 | 7.6 | 17 | 111.8 | 184.5 | 40.2 | 0 | 0.6 | 2.8 | 1.4 | | | | | | | | |
| ** 20 | % of Goal : | 15074 | 451 | 764 | 1681 | 11180 | 18455 | 4020 | * | 58 | 276 | 138 | | | | | | | | |
| 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 | 1.5 | | 0 | 1 | 0 | 1 | | | | | | | | |
| 20 | % of Goal : | 6000 | * | 600 | 100 | 6000 | 150 | | * | 100 | * | 100 | | | | | | | | |
| MARGARINE | Pkt | 20 | 0 | 2.5 | 0 | 30 | 1.9 | | 0 | 0.5 | 0 | | | | | | | | | |
| 20 | % of Goal : | 2000 | * | 250 | * | 3000 | 190 | | * | 50 | * | | | | | | | | | |
| MUSTARD | Pkt | 5 | 0 | 0 | 0 | 85 | 10 | 5 | 0 | 0 | 0 | 0 | | | | | | | | |
| 20 | % of Goal : | 500 | * | * | * | 8500 | 1000 | 500 | * | * | * | * | | | | | | | | |
| SLIVERED HAM M | Svg (2 Oz) | 60 | 9 | 1.5 | 2 | 390 | | | 30 | 0.5 | 0 | 2 | | | | | | | | |
| ** 20 | % of Goal : | 6000 | 900 | 150 | 200 | 39000 | | | 3000 | 50 | * | 200 | | | | | | | | |
| MAC AND CHE | Svg (6.7 Oz) | 270 | 11.3 | 10.4 | 32 | 339.9 | 146.9 | 217.05 | 25 | 5.7 | 1.3 | 2 | | | | | | | | |
| ** 20 | % of Goal : | 26987 | 1130 | 1041 | 3209 | 33994 | 14690 | 21705 | 2495 | 569 | 128 | 205 | | | | | | | | |
| 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 | | | | | | | | | |
| COTTAGE CHEES | Svg (3.5 Oz) | 84 | 7.7 | 2.7 | 8 | 255.5 | 89.1 | | 14.9 | 1.8 | 0.3 | 5.7 | | | | | | | | |
| ** 20 | % of Goal : | 8364 | 772 | 267 | 767 | 25546 | 8911 | | 1485 | 178 | 26 | 570 | | | | | | | | |
| 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 | | | | | | | | |

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

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

Courses selected: Selected All

Unit : MOW Week 1
 Service Date : Saturday, September 16, 2023
 Meal Period : VEGETARIAN
 Customer Count : 20

1044 Total Calories
20.3 % Calories from Protein
53.5 % Calories from Carbohydrates
29.4 % Calories from Fat
11.0 (%Saturated Fat)

Report for Nutritional Goal: Basic Nutrition Information

| Service Item | Serving Size | KCAL | PRO | FAT | CHO | NA | K | P | CHOL | SFA | TDFB | SUGR | | | | | | | |
|--------------------|------------------|--------|------|------|-------|--------|--------|--------|------|------|------|------|--|--|--|--|--|--|--|
| Portion Count | | KCAL | Gram | Gram | Gram | MG | MG | MG | MG | Gram | Gram | Gram | | | | | | | |
| | | 1 | 1.0 | 1.0 | 1 | 1.0 | 1.0 | 1.00 | 1.0 | 1.0 | 1.0 | 1.0 | | | | | | | |
| MILK 2% | Ctn (8 Oz) | 120 | 8 | 5 | 11 | 120 | 349 | 215.68 | 25 | 3.5 | 0 | 11 | | | | | | | |
| 20 | % of Goal : | 12000 | 800 | 500 | 1100 | 12000 | 34900 | 21568 | 2500 | 350 | * | 1100 | | | | | | | |
| WILD AND BROW | Svg (2.5 Oz) | 70 | 1.5 | 1.3 | 14 | 120.3 | 55 | 32.45 | 0 | 0.1 | 0.7 | 0.4 | | | | | | | |
| ** 20 | % of Goal : | 7044 | 150 | 131 | 1352 | 12033 | 5503 | 3245 | * | 7 | 71 | 35 | | | | | | | |
| CHEESE CHED S | Slice (0.75 Oz) | 81 | 5.1 | 7.1 | 0 | 136.7 | 16.2 | 94.62 | 25.3 | 4 | 0 | 0 | | | | | | | |
| ** 20 | % of Goal : | 8100 | 506 | 709 | * | 13669 | 1616 | 9462 | 2531 | 405 | * | * | | | | | | | |
| 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 Oz) | 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: | 1044 | 52.9 | 34.1 | 140 | 1804.6 | 1157.7 | 453.44 | 95.1 | 12.7 | 18.6 | 20.2 | | | | | | | |
| | % of Goal: | 104400 | 5290 | 3410 | 14000 | 180460 | 115770 | 45344 | 9510 | 1270 | 1860 | 2020 | | | | | | | |

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

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

Courses selected: Selected All

Unit : MOW Week 1
 Service Date : Sunday, September 17, 2023
 Meal Period : LUNCH
 Customer Count : 100

750 Total Calories
18.1 % Calories from Protein
44.0 % Calories from Carbohydrates
39.8 % 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 | 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 | | | | | | | |
| WHOLE WHEAT R | Roll (1.5 oz) | 90 | 3 | 1 | 16 | 150 | 43 | | 0 | 0 | 1 | 2 | | | | | | | |
| ** 100 | % of Goal : | 9000 | 300 | 100 | 1600 | 15000 | 4300 | | * | * | 100 | 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 | | | | | | | |
| ** 100 | % of Goal : | 10732 | 171 | 534 | 1299 | 15902 | 20859 | 3441 | * | 73 | 182 | 794 | | | | | | | |
| CROUTONS IND F | Pkt (.25 oz) | 30 | 1 | 1 | 5 | 95 | 12.7 | 9.8 | 0 | 0 | 0 | 1 | | | | | | | |
| ** 100 | % of Goal : | 3000 | 100 | 100 | 500 | 9500 | 1267 | 980 | * | * | * | 100 | | | | | | | |
| MARGARINE | Pkt | 20 | 0 | 2.5 | 0 | 30 | 1.9 | | 0 | 0.5 | 0 | | | | | | | | |
| 100 | % of Goal : | 2000 | * | 250 | * | 3000 | 190 | | * | 50 | * | | | | | | | | |
| MI CHICKEN CHE | Svg (8.7 Oz) | 422 | 25.7 | 25.8 | 22 | 675.9 | 522.5 | 195.8 | 63.6 | 6.2 | 2.2 | 15.1 | | | | | | | |
| ** 100 | % of Goal : | 42222 | 2567 | 2577 | 2218 | 67589 | 52254 | 19580 | 6362 | 623 | 216 | 1512 | | | | | | | |
| ORANGES FR MM | Each | 100 | 2.5 | 0 | 26 | 0 | 337.4 | 47.48 | 0 | 0 | 5 | 17.5 | | | | | | | |
| ** 100 | % of Goal : | 9997 | 250 | * | 2624 | * | 33739 | 4748 | * | * | 500 | 1749 | | | | | | | |
| MILK 2% | Ctn (8 Oz) | 120 | 8 | 5 | 11 | 120 | 349 | 215.68 | 25 | 3.5 | 0 | 11 | | | | | | | |
| 100 | % of Goal : | 12000 | 800 | 500 | 1100 | 12000 | 34900 | 21568 | 2500 | 350 | * | 1100 | | | | | | | |
| Meal Total: | Amount: | 750 | 33.9 | 33.1 | 82 | 1079.9 | 1124.2 | 287.49 | 63.6 | 7 | 10 | 43.6 | | | | | | | |
| | % of Goal: | 75000 | 3390 | 3310 | 8200 | 107990 | 112420 | 28749 | 6360 | 700 | 1000 | 4360 | | | | | | | |

** 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