

Unit : MOW Week 2
 Service Date : Monday, September 11, 2023
 Meal Period : LUNCH
 Customer Count : 400

844 Total Calories
19.0 % Calories from Protein
71.6 % Calories from Carbohydrates
10.6 % Calories from Fat
2.2 (%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 | | | | | | | |
| 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 | | | | | | | |
| TOSSED GREE | 1/2 Cup (2.3 | 12 | 0.8 | 0 | 2 | 9.8 | 126 | 1.83 | 0 | 0 | 0.9 | 0.9 | | | | | | | |
| ** 400 | % of Goal : | 1211 | 84 | * | 244 | 979 | 12601 | 183 | * | * | 85 | 90 | | | | | | | |
| 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 | * | | | | | | | | |
| 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 | * | * | * | | | | | | | |
| ITAL DRESS IND | Pkt | 10 | 0 | 0 | 2 | 55 | 60 | | 0 | 0 | 0 | 2 | | | | | | | |
| ** 400 | % of Goal : | 1000 | * | * | 200 | 5500 | 6000 | | * | * | * | 200 | | | | | | | |
| DRESSING RANC | Pkt | 30 | 0 | 2.5 | 2 | 55 | 50 | | 5 | 0 | 0 | 1 | | | | | | | |
| ** 400 | % of Goal : | 3000 | * | 250 | 200 | 5500 | 5000 | | 500 | * | * | 100 | | | | | | | |
| 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 | | | | | | | |
| ** 400 | % 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 | | | | | | | |
| ** 400 | % of Goal : | 10765 | 132 | 40 | 2763 | 121 | 43302 | 2661 | * | 14 | 314 | 1479 | | | | | | | |
| FRUIT COCKTAIL | Svg (4 Oz) | 55 | 0.9 | 0 | 15 | 0 | 154.6 | | 0 | 0 | 1.8 | 11 | | | | | | | |
| ** 400 | % of Goal : | 5488 | 91 | * | 1463 | * | 15457 | | * | * | 183 | 1098 | | | | | | | |
| 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 2
 Service Date : Monday, September 11, 2023
 Meal Period : LUNCH
 Customer Count : 400

844 Total Calories
19.0 % Calories from Protein
71.6 % Calories from Carbohydrates
10.6 % Calories from Fat
2.2 (%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 | | | | | | | |
| 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 | | | | | | | | |
| CARROT BABY M | Svg (2.7 oz) | 30 | 0.6 | 0 | 7 | 53.4 | 212 | 28.87 | 0 | 0 | 2.4 | 3.6 | | | | | | | |
| ** 400 | % of Goal : | 2968 | 59 | * | 712 | 5342 | 21197 | 2887 | * | * | 237 | 356 | | | | | | | |
| 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: | 844 | 40 | 9.9 | 151 | 1187.5 | 1929.6 | 163.94 | 61.2 | 2 | 20.5 | 53.4 | | | | | | | |
| | % of Goal: | 84400 | 4000 | 990 | 15100 | 118750 | 192960 | 16394 | 6120 | 200 | 2050 | 5340 | | | | | | | |

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

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

Courses selected: Selected All

Unit : MOW Week 2
 Service Date : Monday, September 11, 2023
 Meal Period : VEGETARIAN
 Customer Count : 25

897 Total Calories
19.5 % Calories from Protein
54.8 % Calories from Carbohydrates
24.8 % Calories from Fat
6.4 (%Saturated Fat)

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

| Service Item | Serving Size | KCAL | PRO | FAT | CHO | NA | K | P | CHOL | SFA | TDFB | SUGR | | | | | | | |
|----------------|---------------|-------|------|------|------|-------|-------|--------|-------|------|------|------|--|--|--|--|--|--|--|
| Portion Count | | KCAL | Gram | Gram | Gram | MG | MG | MG | MG | Gram | Gram | Gram | | | | | | | |
| 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 | | | | | | | |
| TOSSED GREE | 1/2 Cup (2.3 | 12 | 0.8 | 0 | 2 | 9.8 | 126 | 1.83 | 0 | 0 | 0.9 | 0.9 | | | | | | | |
| ** 25 | % of Goal : | 1211 | 84 | * | 244 | 979 | 12601 | 183 | * | * | 85 | 90 | | | | | | | |
| 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 | * | | | | | | | | |
| 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 | * | * | * | | | | | | | |
| ITAL DRESS IND | Pkt | 10 | 0 | 0 | 2 | 55 | 60 | | 0 | 0 | 0 | 2 | | | | | | | |
| ** 25 | % of Goal : | 1000 | * | * | 200 | 5500 | 6000 | | * | * | * | 200 | | | | | | | |
| DRESSING RANC | Pkt | 30 | 0 | 2.5 | 2 | 55 | 50 | | 5 | 0 | 0 | 1 | | | | | | | |
| ** 25 | % of Goal : | 3000 | * | 250 | 200 | 5500 | 5000 | | 500 | * | * | 100 | | | | | | | |
| TATER TOT SCRA | Svg (5.3 Oz) | 282 | 12 | 18.7 | 13 | 490.7 | 297.3 | 246.36 | 319.6 | 6.3 | 0.8 | 0.8 | | | | | | | |
| ** 25 | % of Goal : | 28200 | 1199 | 1875 | 1288 | 49073 | 29734 | 24636 | 31958 | 628 | 77 | 77 | | | | | | | |
| 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 | | | | | | | |
| FRUIT COCKTAIL | Svg (4 Oz) | 55 | 0.9 | 0 | 15 | 0 | 154.6 | | 0 | 0 | 1.8 | 11 | | | | | | | |
| ** 25 | % of Goal : | 5488 | 91 | * | 1463 | * | 15457 | | * | * | 183 | 1098 | | | | | | | |
| 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 2
 Service Date : Monday, September 11, 2023
 Meal Period : VEGETARIAN
 Customer Count : 25

897 Total Calories
19.5 % Calories from Protein
54.8 % Calories from Carbohydrates
24.8 % Calories from Fat
6.4 (%Saturated Fat)

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

| Service Item | Serving Size | KCAL | PRO | FAT | CHO | NA | K | P | CHOL | SFA | TDFB | SUGR | | | | | | | |
|--------------------|---------------|-------|------|------|-------|--------|--------|--------|-------|------|------|------|--|--|--|--|--|--|--|
| Portion Count | | KCAL | Gram | Gram | Gram | MG | MG | MG | MG | Gram | Gram | Gram | | | | | | | |
| | | 1 | 1.0 | 1.0 | 1 | 1.0 | 1.0 | 1.00 | 1.0 | 1.0 | 1.0 | 1.0 | | | | | | | |
| 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 | | | | | | | | |
| CARROT BABY M | Svg (2.7 oz) | 30 | 0.6 | 0 | 7 | 53.4 | 212 | 28.87 | 0 | 0 | 2.4 | 3.6 | | | | | | | |
| ** 25 | % of Goal : | 2968 | 59 | * | 712 | 5342 | 21197 | 2887 | * | * | 237 | 356 | | | | | | | |
| 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: | 897 | 43.7 | 24.7 | 123 | 1292.3 | 1824.6 | 384.75 | 359.6 | 6.4 | 18.1 | 42.8 | | | | | | | |
| | % of Goal: | 89700 | 4370 | 2470 | 12300 | 129230 | 182460 | 38475 | 35960 | 640 | 1810 | 4280 | | | | | | | |

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

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

Courses selected: Selected All

Unit : MOW Week 2
 Service Date : Tuesday, September 12, 2023
 Meal Period : LUNCH
 Customer Count : 400

996 Total Calories
20.9 % Calories from Protein
48.7 % Calories from Carbohydrates
33.1 % 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 | | | | | | | |
| 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 | | | | | | | |
| CHICKEN CAE | Wrap (6.4 C) | 314 | 23.4 | 15.8 | 25 | 608.2 | 341.5 | 232.76 | 50.5 | 5.9 | 2.2 | 1 | | | | | | | |
| ** 400 | % of Goal : | 31400 | 2336 | 1576 | 2473 | 60822 | 34150 | 23276 | 5045 | 588 | 223 | 104 | | | | | | | |
| 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 | | | | | | | |
| 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 | | | | | | | |
| RICE MM | Svg (2.8 Oz) | 92 | 1.9 | 0.2 | 20 | 2.4 | 30 | 34.01 | 0 | 0.1 | 0.3 | 0 | | | | | | | |
| ** 400 | % of Goal : | 9232 | 185 | 22 | 2003 | 243 | 2996 | 3401 | * | 6 | 32 | * | | | | | | | |
| TURKEY TACO MI | Svg (5.7 Oz) | 387 | 22.9 | 19.4 | 30 | 549.6 | 381.6 | 318.98 | 77.4 | 6.9 | 1.6 | 0.9 | | | | | | | |
| ** 400 | % of Goal : | 38714 | 2292 | 1937 | 3004 | 54965 | 38155 | 31898 | 7739 | 690 | 161 | 90 | | | | | | | |
| CORN MM | 1/2 Cup (2.6) | 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: | 996 | 52 | 36.6 | 121 | 1243.9 | 1160.7 | 639.96 | 127.8 | 13 | 11.3 | 25.1 | | | | | | | |
| | % of Goal: | 99600 | 5200 | 3660 | 12100 | 124390 | 116070 | 63996 | 12780 | 1300 | 1130 | 2510 | | | | | | | |

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

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

Courses selected: Selected All

Unit : MOW Week 2
 Service Date : Tuesday, September 12, 2023
 Meal Period : VEGETARIAN
 Customer Count : 25

966 Total Calories
17.8 % Calories from Protein
48.7 % Calories from Carbohydrates
35.2 % Calories from Fat
12.0 (%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 | | | | | | | |
| TORTILLA FLOUR | Tortilla (.9 oz) | 75 | 2 | 1.8 | 14 | 160 | 34.6 | 55.38 | 0 | 0.5 | 0.5 | 0 | | | | | | | |
| ** 25 | % of Goal : | 7500 | 200 | 175 | 1350 | 16000 | 3458 | 5538 | * | 50 | 50 | * | | | | | | | |
| 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 | | | | | | | |
| CHICKEN CAE | Wrap (6.4 Oz) | 314 | 23.4 | 15.8 | 25 | 608.2 | 341.5 | 232.76 | 50.5 | 5.9 | 2.2 | 1 | | | | | | | |
| ** 25 | % of Goal : | 31400 | 2336 | 1576 | 2473 | 60822 | 34150 | 23276 | 5045 | 588 | 223 | 104 | | | | | | | |
| TATER TOT SCRA | Svg (5.3 Oz) | 282 | 12 | 18.7 | 13 | 490.7 | 297.3 | 246.36 | 319.6 | 6.3 | 0.8 | 0.8 | | | | | | | |
| ** 25 | % of Goal : | 28200 | 1199 | 1875 | 1288 | 49073 | 29734 | 24636 | 31958 | 628 | 77 | 77 | | | | | | | |
| 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 | | | | | | | |
| TROPICAL FRUIT | Svg (3.36 Oz) | 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 | | | | | | | |
| RICE MM | Svg (2.8 Oz) | 92 | 1.9 | 0.2 | 20 | 2.4 | 30 | 34.01 | 0 | 0.1 | 0.3 | 0 | | | | | | | |
| ** 25 | % of Goal : | 9232 | 185 | 22 | 2003 | 243 | 2996 | 3401 | * | 6 | 32 | * | | | | | | | |
| CORN MM | 1/2 Cup (2.6 Oz) | 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: | 966 | 43.1 | 37.8 | 118 | 1345 | 1111 | 622.72 | 370 | 12.8 | 11 | 25 | | | | | | | |
| | % of Goal: | 96600 | 4310 | 3780 | 11800 | 134500 | 111100 | 62272 | 37000 | 1280 | 1100 | 2500 | | | | | | | |

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

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

Courses selected: Selected All

Unit : MOW Week 2
 Service Date : Wednesday, September 13, 2023
 Meal Period : LUNCH
 Customer Count : 400

914 Total Calories
22.3 % Calories from Protein
52.5 % Calories from Carbohydrates
27.3 % Calories from Fat
9.1 (%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 | | | | | | | | |
| ** 400 | % 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 | | | | | | | | |
| ** 400 | % of Goal : | 9000 | 300 | 100 | 1600 | 15000 | 4300 | | * | * | 100 | 200 | | | | | | | | |
| 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 | | | | | | | | |
| 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 | | | | | | | | |
| 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 | * | | | | | | | | | |
| MUSTARD | Pkt | 5 | 0 | 0 | 0 | 85 | 10 | 5 | 0 | 0 | 0 | 0 | | | | | | | | |
| 400 | % of Goal : | 500 | * | * | * | 8500 | 1000 | 500 | * | * | * | * | | | | | | | | |
| SLIVERED HAM M | Svg (2 Oz) | 60 | 9 | 1.5 | 2 | 390 | | | 30 | 0.5 | 0 | 2 | | | | | | | | |
| ** 400 | % of Goal : | 6000 | 900 | 150 | 200 | 39000 | | | 3000 | 50 | * | 200 | | | | | | | | |
| APPLE CRISP MM | Svg (3 Oz) | 146 | 1.7 | 5.2 | 24 | 59.1 | 74.8 | 47.75 | 12.7 | 3.1 | 1.6 | 21.8 | | | | | | | | |
| ** 400 | % of Goal : | 14625 | 174 | 520 | 2364 | 5909 | 7483 | 4775 | 1268 | 307 | 160 | 2184 | | | | | | | | |
| ROAST TURKEY V | Svg (5 oz) | 141 | 19.6 | 2.9 | 5 | 334.8 | 330.9 | 2.91 | 56.1 | 0.9 | 0 | 0 | | | | | | | | |
| ** 400 | % of Goal : | 14054 | 1963 | 286 | 491 | 33481 | 33095 | 291 | 5614 | 85 | 5 | * | | | | | | | | |
| 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 | | | | | | | | | |
| 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 2
 Service Date : Wednesday, September 13, 2023
 Meal Period : LUNCH
 Customer Count : 400

914 Total Calories
22.3 % Calories from Protein
52.5 % Calories from Carbohydrates
27.3 % Calories from Fat
9.1 (%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 | | | | | | | |
| 400 | % 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 | | | | | | | |
| ** 400 | % 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 | | | | | | | |
| ** 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 | | | | | | | | |
| CARROT SL MM | Svg (2.8 Oz) | 29 | 0.9 | 0.1 | 7 | 46.8 | 125.4 | 20.64 | 0 | 0 | 2.8 | | | | | | | | |
| ** 400 | % of Goal : | 2858 | 94 | 9 | 655 | 4683 | 12542 | 2064 | * | 2 | 278 | | | | | | | | |
| Meal Total: | Amount: | 914 | 51 | 27.8 | 120 | 1623.4 | 1128.2 | 241.78 | 124.4 | 9.3 | 16.9 | 37.8 | | | | | | | |
| | % of Goal: | 91400 | 5100 | 2780 | 12000 | 162340 | 112820 | 24178 | 12440 | 930 | 1690 | 3780 | | | | | | | |

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

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

Courses selected: Selected All

Unit : MOW Week 2
 Service Date : Wednesday, September 13, 2023
 Meal Period : VEGETARIAN
 Customer Count : 25

895 Total Calories
17.4 % Calories from Protein
44.0 % Calories from Carbohydrates
41.6 % Calories from Fat
14.7 (%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 | | | | | | | |
| ** 25 | % of Goal : | 14000 | 800 | 200 | 2800 | 15000 | 10400 | | * | * | 600 | 400 | | | | | | | |
| COLESLAW MM | Svg (2.5 Oz) | 55 | 0.8 | 2.2 | 9 | 142.9 | 51.9 | 13.58 | 0.3 | 0.3 | 1.2 | 6.3 | | | | | | | |
| ** 25 | % of Goal : | 5459 | 76 | 216 | 907 | 14287 | 5194 | 1358 | 31 | 35 | 122 | 629 | | | | | | | |
| 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 | | | | | | | |
| MAYONNAISE | Pkt | 60 | 0 | 6 | 1 | 60 | 1.5 | | 0 | 1 | 0 | 1 | | | | | | | |
| 25 | % of Goal : | 6000 | * | 600 | 100 | 6000 | 150 | | * | 100 | * | 100 | | | | | | | |
| MUSTARD | Pkt | 5 | 0 | 0 | 0 | 85 | 10 | 5 | 0 | 0 | 0 | 0 | | | | | | | |
| 25 | % of Goal : | 500 | * | * | * | 8500 | 1000 | 500 | * | * | * | * | | | | | | | |
| SLIVERED HAM M | Svg (2 Oz) | 60 | 9 | 1.5 | 2 | 390 | | | 30 | 0.5 | 0 | 2 | | | | | | | |
| ** 25 | % of Goal : | 6000 | 900 | 150 | 200 | 39000 | | | 3000 | 50 | * | 200 | | | | | | | |
| APPLE CRISP MM | Svg (3 Oz) | 146 | 1.7 | 5.2 | 24 | 59.1 | 74.8 | 47.75 | 12.7 | 3.1 | 1.6 | 21.8 | | | | | | | |
| ** 25 | % of Goal : | 14625 | 174 | 520 | 2364 | 5909 | 7483 | 4775 | 1268 | 307 | 160 | 2184 | | | | | | | |
| TATER TOT SCRA | Svg (5.3 Oz) | 282 | 12 | 18.7 | 13 | 490.7 | 297.3 | 246.36 | 319.6 | 6.3 | 0.8 | 0.8 | | | | | | | |
| ** 25 | % of Goal : | 28200 | 1199 | 1875 | 1288 | 49073 | 29734 | 24636 | 31958 | 628 | 77 | 77 | | | | | | | |
| 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 | | | | | | | | |
| 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 Oz) | 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 2
 Service Date : Wednesday, September 13, 2023
 Meal Period : VEGETARIAN
 Customer Count : 25

895 Total Calories
 17.4 % Calories from Protein
 44.0 % Calories from Carbohydrates
 41.6 % Calories from Fat
 14.7 (%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 | | | | | | | |
| 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 | | | | | | | | |
| CARROT SL MM | Svg (2.8 Oz) | 29 | 0.9 | 0.1 | 7 | 46.8 | 125.4 | 20.64 | 0 | 0 | 2.8 | | | | | | | | |
| ** 25 | % of Goal : | 2858 | 94 | 9 | 655 | 4683 | 12542 | 2064 | * | 2 | 278 | | | | | | | | |
| Meal Total: | Amount: | 895 | 38.9 | 41.3 | 98 | 1509 | 996.6 | 452.78 | 387.9 | 14.6 | 15.9 | 36.2 | | | | | | | |
| | % of Goal: | 89500 | 3890 | 4130 | 9800 | 150900 | 99660 | 45278 | 38790 | 1460 | 1590 | 3620 | | | | | | | |

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

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

Courses selected: Selected All

Unit : MOW Week 2
 Service Date : Thursday, September 14, 2023
 Meal Period : LUNCH
 Customer Count : 400

1038 Total Calories
17.0 % Calories from Protein
55.9 % Calories from Carbohydrates
25.1 % Calories from Fat
6.7 (%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 | | | | | | | |
| 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 | | | | | | | |
| 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 | | | | | | | |
| 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 | | | | | | | |
| DRESSING RANC | Pkt | 30 | 0 | 2.5 | 2 | 55 | 50 | | 5 | 0 | 0 | 1 | | | | | | | |
| ** 400 | % of Goal : | 3000 | * | 250 | 200 | 5500 | 5000 | | 500 | * | * | 100 | | | | | | | |
| MEATLOAF WITH | Svg (6.6 Oz) | 251 | 14.1 | 12.5 | 18 | 414.8 | 341.1 | 167.29 | 109 | 5 | 0.7 | 6 | | | | | | | |
| ** 400 | % of Goal : | 25092 | 1405 | 1250 | 1833 | 41483 | 34114 | 16729 | 10904 | 500 | 68 | 605 | | | | | | | |
| 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 | | | | | | | |
| SEASONAL FRES | Each | 84 | 0.4 | 0 | 21 | 0.9 | | | 0 | 0 | | | | | | | | | |
| ** 400 | % of Goal : | 8363 | 43 | * | 2126 | 85 | | | * | * | | | | | | | | | |
| 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 2
 Service Date : Thursday, September 14, 2023
 Meal Period : LUNCH
 Customer Count : 400

1038 Total Calories
17.0 % Calories from Protein
55.9 % Calories from Carbohydrates
25.1 % Calories from Fat
6.7 (%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 | | | | | | | |
| POTATO MASHED | Svg (4.4 Oz) | 132 | 3 | 3.5 | 21 | 126.6 | 409.4 | 77.86 | 0 | 0.5 | 3 | 0 | | | | | | | |
| ** 400 | % of Goal : | 13167 | 304 | 354 | 2127 | 12659 | 40942 | 7786 | * | 50 | 304 | * | | | | | | | |
| LEAF LETTUCE | Svg (.64 Oz) | 3 | 0.2 | 0.1 | 1 | 1.6 | 47.9 | 4.54 | 0 | 0 | 0.3 | | | | | | | | |
| ** 400 | % of Goal : | 327 | 24 | 5 | 64 | 163 | 4790 | 454 | * | * | 34 | | | | | | | | |
| PEAS AND CARR | Svg (3.1 oz) | 59 | 2 | 0 | 9 | 29.6 | 172.1 | 53.24 | 0 | 0 | 3 | 3.9 | | | | | | | |
| ** 400 | % of Goal : | 5916 | 197 | * | 887 | 2958 | 17214 | 5324 | * | * | 296 | 394 | | | | | | | |
| Meal Total: | Amount: | 1038 | 44.1 | 29 | 145 | 1238.9 | 1878 | 480.67 | 345.7 | 7.7 | 16 | 40.9 | | | | | | | |
| | % of Goal: | 103800 | 4410 | 2900 | 14500 | 123890 | 187800 | 48067 | 34570 | 770 | 1600 | 4090 | | | | | | | |

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

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

Courses selected: Selected All

Unit : MOW Week 2
 Service Date : Thursday, September 14, 2023
 Meal Period : VEGETARIAN
 Customer Count : 25

1020 Total Calories
16.2 % Calories from Protein
65.2 % Calories from Carbohydrates
16.5 % Calories from Fat
2.6 (%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 | | | | | | | | |
| 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 | | | | | | | | |
| 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 | | | | | | | | |
| DRESSING RANC | Pkt | 30 | 0 | 2.5 | 2 | 55 | 50 | | 5 | 0 | 0 | 1 | | | | | | | | |
| ** 25 | % of Goal : | 3000 | * | 250 | 200 | 5500 | 5000 | | 500 | * | * | 100 | | | | | | | | |
| STIR FRY V | Svg (12.8 O | 364 | 14.4 | 5.7 | 61 | 615 | 699.5 | 222.78 | 0 | 0.8 | 6.8 | 24.6 | | | | | | | | |
| ** 25 | % of Goal : | 36401 | 1443 | 570 | 6069 | 61501 | 69947 | 22278 | * | 77 | 679 | 2460 | | | | | | | | |
| 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 | | | | | | | | |
| SEASONAL FRES | Each | 84 | 0.4 | 0 | 21 | 0.9 | | | 0 | 0 | | | | | | | | | | |
| ** 25 | % of Goal : | 8363 | 43 | * | 2126 | 85 | | | * | * | | | | | | | | | | |
| 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 2
 Service Date : Thursday, September 14, 2023
 Meal Period : VEGETARIAN
 Customer Count : 25

1020 Total Calories
16.2 % Calories from Protein
65.2 % Calories from Carbohydrates
16.5 % Calories from Fat
2.6 (%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 | | | | | | | | | |
| ** 25 | % of Goal : | 327 | 24 | 5 | 64 | 163 | 4790 | 454 | * | * | 34 | | | | | | | | | |
| PEAS AND CARR | Svg (3.1 oz) | 59 | 2 | 0 | 9 | 29.6 | 172.1 | 53.24 | 0 | 0 | 3 | 3.9 | | | | | | | | |
| ** 25 | % of Goal : | 5916 | 197 | * | 887 | 2958 | 17214 | 5324 | * | * | 296 | 394 | | | | | | | | |
| Meal Total: | Amount: | 1020 | 41.4 | 18.6 | 166 | 1312.5 | 1826.9 | 458.29 | 236.7 | 3 | 19.1 | 59.4 | | | | | | | | |
| | % of Goal: | 102000 | 4140 | 1860 | 16600 | 131250 | 182690 | 45829 | 23670 | 300 | 1910 | 5940 | | | | | | | | |

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

** Indicates the selected items used in nutritional totals.

Courses selected: Selected All

Unit : MOW Week 2
 Service Date : Friday, September 15, 2023
 Meal Period : LUNCH
 Customer Count : 400

1096 Total Calories
22.5 % Calories from Protein
46.7 % Calories from Carbohydrates
33.1 % Calories from Fat
9.0 (%Saturated Fat)

Report for Nutritional Goal: Basic Nutrition Information

| Service Item | Serving Size | KCAL | PRO | FAT | CHO | NA | K | P | CHOL | SFA | TDFB | SUGR | | | | | | | | |
|-----------------|---------------|-------|------|------|------|-------|-------|--------|-------|------|------|------|--|--|--|--|--|--|--|--|
| Portion Count | | KCAL | Gram | Gram | Gram | MG | MG | MG | MG | Gram | Gram | Gram | | | | | | | | |
| | | 1 | 1.0 | 1.0 | 1 | 1.0 | 1.0 | 1.00 | 1.0 | 1.0 | 1.0 | 1.0 | | | | | | | | |
| 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 | | | | | | | | |
| 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 | | | | | | | | |
| 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 | | | | | | | | |
| MARGARINE | Pkt | 20 | 0 | 2.5 | 0 | 30 | 1.9 | | 0 | 0.5 | 0 | | | | | | | | | |
| 400 | % of Goal : | 2000 | * | 250 | * | 3000 | 190 | | * | 50 | * | | | | | | | | | |
| 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 | * | * | * | | | | | | | | |
| BKD HERB CHIC I | Svg (3.9 Oz) | 308 | 19 | 21.8 | 8 | 371.7 | 63.4 | 23.12 | 100.1 | 5.4 | 0.5 | 0.3 | | | | | | | | |
| ** 400 | % of Goal : | 30831 | 1903 | 2181 | 800 | 37168 | 6344 | 2312 | 10007 | 536 | 52 | 30 | | | | | | | | |
| 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 | | | | | | | | |
| 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 | | | | | | | | |

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

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

Courses selected: Selected All

Unit : MOW Week 2
 Service Date : Friday, September 15, 2023
 Meal Period : LUNCH
 Customer Count : 400

1096 Total Calories
22.5 % Calories from Protein
46.7 % Calories from Carbohydrates
33.1 % Calories from Fat
9.0 (%Saturated Fat)

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

| Service Item | Serving Size | KCAL | PRO | FAT | CHO | NA | K | P | CHOL | SFA | TDFB | SUGR | | | | | | | |
|--------------------|--------------|--------|------|------|-------|--------|--------|-------|-------|------|------|------|--|--|--|--|--|--|--|
| Portion Count | | KCAL | Gram | Gram | Gram | MG | MG | MG | MG | Gram | Gram | Gram | | | | | | | |
| | | 1 | 1.0 | 1.0 | 1 | 1.0 | 1.0 | 1.00 | 1.0 | 1.0 | 1.0 | 1.0 | | | | | | | |
| POTATO WEDGES | 1/2 Cup (3.8 | 139 | 1.7 | 4.2 | 22 | 30.1 | 412.3 | 0.07 | 0 | 0.7 | 1.7 | 1.7 | | | | | | | |
| ** 400 | % of Goal : | 13906 | 172 | 416 | 2238 | 3007 | 41233 | 7 | * | 69 | 173 | 172 | | | | | | | |
| 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 | * | * | | | | | | | |
| GR BEANS MM | 1/2 Cup (2.4 | 19 | 1 | 0.1 | 4 | 6.1 | 85.8 | 21.1 | 0 | 0 | 2 | | | | | | | | |
| ** 400 | % of Goal : | 1906 | 101 | 12 | 439 | 613 | 8575 | 2110 | * | 3 | 204 | | | | | | | | |
| Meal Total: | Amount: | 1096 | 61.6 | 40.3 | 128 | 1397.7 | 1634.3 | 96.66 | 162.9 | 10.9 | 17.9 | 34.4 | | | | | | | |
| | % of Goal: | 109600 | 6160 | 4030 | 12800 | 139770 | 163430 | 9666 | 16290 | 1090 | 1790 | 3440 | | | | | | | |

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

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

Courses selected: Selected All

Unit : MOW Week 2
 Service Date : Friday, September 15, 2023
 Meal Period : VEGETARIAN
 Customer Count : 25

1013 Total Calories
21.8 % Calories from Protein
62.5 % Calories from Carbohydrates
17.8 % Calories from Fat
5.0 (%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 | | | | | | | |
| 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 | | | | | | | |
| 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 | | | | | | | |
| MARGARINE | Pkt | 20 | 0 | 2.5 | 0 | 30 | 1.9 | | 0 | 0.5 | 0 | | | | | | | | |
| 25 | % of Goal : | 2000 | * | 250 | * | 3000 | 190 | | * | 50 | * | | | | | | | | |
| 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 | * | * | * | | | | | | | |
| STIR FRY V | Svg (12.8 O | 364 | 14.4 | 5.7 | 61 | 615 | 699.5 | 222.78 | 0 | 0.8 | 6.8 | 24.6 | | | | | | | |
| ** 25 | % of Goal : | 36401 | 1443 | 570 | 6069 | 61501 | 69947 | 22278 | * | 77 | 679 | 2460 | | | | | | | |
| 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 | | | | | | | |
| 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 | | | | | | | |

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

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

Courses selected: Selected All

Unit : MOW Week 2
 Service Date : Friday, September 15, 2023
 Meal Period : VEGETARIAN
 Customer Count : 25

1013 Total Calories
21.8 % Calories from Protein
62.5 % Calories from Carbohydrates
17.8 % Calories from Fat
5.0 (%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 | | | | | | | |
| 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 | * | * | | | | | | | |
| GR BEANS MM | 1/2 Cup (2.4 | 19 | 1 | 0.1 | 4 | 6.1 | 85.8 | 21.1 | 0 | 0 | 2 | | | | | | | | |
| ** 25 | % of Goal : | 1906 | 101 | 12 | 439 | 613 | 8575 | 2110 | * | 3 | 204 | | | | | | | | |
| Meal Total: | Amount: | 1013 | 55.3 | 20.1 | 158 | 1611 | 1858 | 296.25 | 62.8 | 5.7 | 22.4 | 56.9 | | | | | | | |
| | % of Goal: | 101300 | 5530 | 2010 | 15800 | 161100 | 185800 | 29625 | 6280 | 570 | 2240 | 5690 | | | | | | | |

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

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

Courses selected: Selected All

Unit : MOW Week 2
 Service Date : Saturday, September 16, 2023
 Meal Period : LUNCH
 Customer Count : 130

943 Total Calories
24.4 % Calories from Protein
52.9 % Calories from Carbohydrates
23.5 % Calories from Fat
3.0 (%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 | | | | | | | |
| BUN WHEAT 4" | Each | 140 | 7 | 1 | 26 | 190 | 94 | | 0 | 0 | 4 | 3 | | | | | | | |
| ** 130 | % 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 | | | | | | | |
| ** 130 | % 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 | | | | | | | |
| ** 130 | % of Goal : | 2618 | 85 | 5 | 596 | 14151 | 20722 | 3214 | * | * | 157 | 274 | | | | | | | |
| 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 | | | | | | | |
| ** 130 | % 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 | | | | | | | | |
| 130 | % 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 | | | | | | | |
| ** 130 | % of Goal : | 11124 | 1812 | 404 | 138 | 33013 | 16652 | 229 | 3014 | 45 | 15 | 24 | | | | | | | |
| STIR FRY C | Svg (10.2 oz) | 308 | 25.1 | 5 | 38 | 363 | 150.2 | 53.48 | 0 | 1.1 | 2.7 | 10.9 | | | | | | | |
| ** 130 | % of Goal : | 30790 | 2512 | 503 | 3784 | 36298 | 15024 | 5348 | * | 108 | 273 | 1090 | | | | | | | |
| APPLESAUCE UN | Svg (4.3 Oz) | 55 | 0 | 0 | 14 | 0 | 93.8 | 8.57 | 0 | 0 | 1.1 | 12.1 | | | | | | | |
| ** 130 | % of Goal : | 5517 | * | * | 1434 | * | 9378 | 857 | * | * | 110 | 1214 | | | | | | | |
| Orange Jce Box | Ctn | 60 | 1 | 0 | 15 | 15 | 200 | 14 | 0 | 0 | 0 | 14 | | | | | | | |
| ** 130 | % of Goal : | 6000 | 100 | * | 1500 | 1500 | 20000 | 1400 | * | * | * | 1400 | | | | | | | |
| 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 | | | | | | | |
| 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 | | | | | | | |
| Meal Total: | Amount: | 943 | 57.5 | 24.7 | 125 | 1290.5 | 1120.4 | 169.04 | 33.2 | 3.1 | 12.3 | 49.1 | | | | | | | |
| | % of Goal: | 94300 | 5750 | 2470 | 12500 | 129050 | 112040 | 16904 | 3320 | 310 | 1230 | 4910 | | | | | | | |

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

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

Courses selected: Selected All

Unit : MOW Week 2
 Service Date : Saturday, September 16, 2023
 Meal Period : VEGETARIAN
 Customer Count : 20

999 Total Calories
18.7 % Calories from Protein
59.1 % Calories from Carbohydrates
22.8 % Calories from Fat
2.5 (%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 | | | | | | | |
| BUN WHEAT 4" | Each | 140 | 7 | 1 | 26 | 190 | 94 | | 0 | 0 | 4 | 3 | | | | | | | |
| ** 20 | % 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 | | | | | | | |
| ** 20 | % 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 | | | | | | | |
| ** 20 | % of Goal : | 2618 | 85 | 5 | 596 | 14151 | 20722 | 3214 | * | * | 157 | 274 | | | | | | | |
| 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 | | | | | | | |
| ** 20 | % 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 | | | | | | | | |
| 20 | % of Goal : | 2000 | * | 250 | * | 3000 | 190 | | * | 50 | * | | | | | | | | |
| TUNA SLD MIX M | Svg (3.36 O | 111 | 18.1 | 4 | 1 | 330.1 | 166.5 | 2.29 | 30.1 | 0.5 | 0.1 | 0.2 | | | | | | | |
| ** 20 | % of Goal : | 11124 | 1812 | 404 | 138 | 33013 | 16652 | 229 | 3014 | 45 | 15 | 24 | | | | | | | |
| STIR FRY V | Svg (12.8 O | 364 | 14.4 | 5.7 | 61 | 615 | 699.5 | 222.78 | 0 | 0.8 | 6.8 | 24.6 | | | | | | | |
| ** 20 | % of Goal : | 36401 | 1443 | 570 | 6069 | 61501 | 69947 | 22278 | * | 77 | 679 | 2460 | | | | | | | |
| 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 | | | | | | | |
| Orange Jce Box | Ctn | 60 | 1 | 0 | 15 | 15 | 200 | 14 | 0 | 0 | 0 | 14 | | | | | | | |
| ** 20 | % of Goal : | 6000 | 100 | * | 1500 | 1500 | 20000 | 1400 | * | * | * | 1400 | | | | | | | |
| 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 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 | | | | | | | |
| Meal Total: | Amount: | 999 | 46.8 | 25.3 | 148 | 1542.5 | 1669.6 | 338.33 | 33.2 | 2.8 | 16.4 | 62.8 | | | | | | | |
| | % of Goal: | 99900 | 4680 | 2530 | 14800 | 154250 | 166960 | 33833 | 3320 | 280 | 1640 | 6280 | | | | | | | |

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

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

Courses selected: Selected All

Unit : MOW Week 2
 Service Date : Sunday, September 17, 2023
 Meal Period : LUNCH
 Customer Count : 100

499 Total Calories
10.1 % Calories from Protein
60.6 % Calories from Carbohydrates
34.4 % Calories from Fat
5.3 (%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 | | | | | | | |
| LF GAR/CU MM | Svg (2.8 Oz) | 43 | 1.8 | 1 | 7 | 70 | 141.8 | 12.19 | 0 | 0.1 | 2 | 1.7 | | | | | | | |
| ** 100 | % of Goal : | 4286 | 182 | 96 | 697 | 6995 | 14176 | 1219 | * | 6 | 202 | 170 | | | | | | | |
| Quinoa Sld P MM | Plate (8.3 O | 351 | 10.8 | 18.1 | 40 | 720.1 | 200.7 | 53.77 | 5 | 2.9 | 6.7 | 4.8 | | | | | | | |
| ** 100 | % of Goal : | 35069 | 1082 | 1812 | 3994 | 72013 | 20068 | 5377 | 504 | 285 | 667 | 476 | | | | | | | |
| SEASONAL APPLI | Each | 106 | 0 | 0 | 29 | 0 | 226.8 | 15.12 | 0 | 0 | 4.5 | 21.2 | | | | | | | |
| ** 100 | % 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 | | | | | | | |
| 100 | % of Goal : | 12000 | 800 | 500 | 1100 | 12000 | 34900 | 21568 | 2500 | 350 | * | 1100 | | | | | | | |
| Meal Total: | Amount: | 499 | 12.6 | 19.1 | 76 | 790.1 | 569.2 | 81.08 | 5 | 2.9 | 13.2 | 27.6 | | | | | | | |
| | % of Goal: | 49900 | 1260 | 1910 | 7600 | 79010 | 56920 | 8108 | 500 | 290 | 1320 | 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