

Unit : MOW Week 3  
 Service Date : Monday, September 11, 2023  
 Meal Period : LUNCH  
 Customer Count : 400

**979 Total Calories**  
**20.0 % Calories from Protein**  
**53.5 % Calories from Carbohydrates**  
**30.3 % Calories from Fat**  
**7.8 ( %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	Size	KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram								
		1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0								
BREAD NAAN MIN	Svg (2 ea)	56	1.6	1.4	9	140	8		0	0.4	0.8	0.8								
** 400	% of Goal :	5600	160	140	920	14000	800		*	40	80	80								
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								
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								
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								
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								
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								
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								
ORANGES FR MM	Each	100	2.5	0	26	0	337.4	47.48	0	0	5	17.5								
** 400	% 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								
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

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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							
** 400	% of Goal :	2292	183	*	458	3208	23832		*	*	183	183							
<b>Meal Total:</b>	Amount:	979	49	33	131	1186.2	1610.5	367.14	70.3	8.4	18.8	43.6							
	% of Goal:	97900	4900	3300	13100	118620	161050	36714	7030	840	1880	4360							

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Courses selected: Selected All

Unit : MOW Week 3  
 Service Date : Monday, September 11, 2023  
 Meal Period : VEGETARIAN  
 Customer Count : 25

**1029 Total Calories**  
**18.9 % Calories from Protein**  
**57.5 % Calories from Carbohydrates**  
**28.6 % Calories from Fat**  
**3.5 ( %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							
BREAD NAAN MIN	Svg (2 ea)	56	1.6	1.4	9	140	8		0	0.4	0.8	0.8							
** 25	% of Goal :	5600	160	140	920	14000	800		*	40	80	80							
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							
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							
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							
** 25	% of Goal :	15231	240	1355	821	10083	16560	5855	302	157	174	406							
MAYONNAISE	Pkt	60	0	6	1	60	1.5		0	1	0	1							
25	% of Goal :	6000	*	600	100	6000	150		*	100	*	100							
LS KETCHUP	Pkt	10	0	0	2	25	21		0	0	0	1							
** 25	% of Goal :	1000	*	*	200	2500	2100		*	*	*	100							
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							
GARDEN BURGER	Svg (5.2 Oz)	309	11	10.1	47	630	364	114.31	0	1.2	7	5							
** 25	% of Goal :	30927	1100	1007	4700	63000	36400	11431	*	118	700	500							
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							
ORANGES FR MV	Each	100	2.5	0	26	0	337.4	47.48	0	0	5	17.5							
** 25	% 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							
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.

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**1029 Total Calories**  
**18.9 % Calories from Protein**  
**57.5 % Calories from Carbohydrates**  
**28.6 % Calories from Fat**  
**3.5 ( %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							
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								
CALIF MIX MM	1/2 Cup (3 OZ)	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							
<b>Meal Total:</b>	Amount:	1029	48.7	32.7	148	1501.3	1848.6	264.39	45.4	3.9	24.6	47.5							
	% of Goal:	102900	4870	3270	14800	150130	184860	26439	4540	390	2460	4750							

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Courses selected: Selected All

Unit : MOW Week 3  
 Service Date : Tuesday, September 12, 2023  
 Meal Period : LUNCH  
 Customer Count : 400

**938 Total Calories**  
**22.8 % Calories from Protein**  
**54.7 % Calories from Carbohydrates**  
**24.0 % 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							
** 400	% of Goal :	14000	800	200	2800	15000	10400		*	*	600	400							
Sw Roll Hawaiia	Svg (1.4 Oz)	130	4	3	22	190			5	1	1	4							
** 400	% of Goal :	13000	400	300	2200	19000			500	100	100	400							
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							
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							
CROUTONS IND F	Pkt (.25 oz)	30	1	1	5	95	12.7	9.8	0	0	0	1							
** 400	% of Goal :	3000	100	100	500	9500	1267	980	*	*	*	100							
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 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							
ITAL DRESS IND	Pkt	10	0	0	2	55	60		0	0	0	2							
** 400	% of Goal :	1000	*	*	200	5500	6000		*	*	*	200							
TENDER CHICKE	Svg (3 Oz)	112	19.8	3	0	69.2	226.2	170.11	49.7	0.4	0	0							
** 400	% of Goal :	11185	1980	303	20	6924	22618	17011	4969	42	3	*							
PEACHES DICED	Svg (3.9 Oz)	30	0.6	0	7	0	124.7		0	0	0.6	6.1							
** 400	% of Goal :	3027	61	*	726	*	12471		*	*	61	605							
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							

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Service Item	Serving Size	KCAL	PRO	FAT	CHO	NA	K	P	CHOL	SFA	TDFB	SUGR							
Portion Count		KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram							
		1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0							
MILK 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							
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							
** 400	% of Goal :	3749	13	143	518	5255	9053	307	384	90	5	*							
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	*							
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	*	*							
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								
<b>Meal Total:</b>	Amount:	938	53.4	25	128	1382.9	1545.6	322.26	101.2	6.6	17.9	40.2							
	% of Goal:	93800	5340	2500	12800	138290	154560	32226	10120	660	1790	4020							

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Unit : MOW Week 3  
 Service Date : Tuesday, September 12, 2023  
 Meal Period : VEGETARIAN  
 Customer Count : 25

**976 Total Calories**  
**17.0 % Calories from Protein**  
**61.7 % Calories from Carbohydrates**  
**25.0 % Calories from Fat**  
**5.5 ( %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	2 Slices	140	8	2	28	150	104		0	0	6	4							
** 25	% of Goal :	14000	800	200	2800	15000	10400		*	*	600	400							
Sw Roll Hawaiia	Svg (1.4 Oz)	130	4	3	22	190			5	1	1	4							
** 25	% of Goal :	13000	400	300	2200	19000			500	100	100	400							
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							
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							
CROUTONS IND F	Pkt (.25 oz)	30	1	1	5	95	12.7	9.8	0	0	0	1							
** 25	% of Goal :	3000	100	100	500	9500	1267	980	*	*	*	100							
MAYONNAISE	Pkt	60	0	6	1	60	1.5		0	1	0	1							
25	% of Goal :	6000	*	600	100	6000	150		*	100	*	100							
MAYONNAISE	Pkt	60	0	6	1	60	1.5		0	1	0	1							
25	% of Goal :	6000	*	600	100	6000	150		*	100	*	100							
LS KETCHUP	Pkt	10	0	0	2	25	21		0	0	0	1							
** 25	% of Goal :	1000	*	*	200	2500	2100		*	*	*	100							
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0								
25	% of Goal :	2000	*	250	*	3000	190		*	50	*								
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							
ITAL DRESS IND	Pkt	10	0	0	2	55	60		0	0	0	2							
** 25	% of Goal :	1000	*	*	200	5500	6000		*	*	*	200							
GARDEN BURGER	Svg (5.2 Oz)	309	11	10.1	47	630	364	114.31	0	1.2	7	5							
** 25	% of Goal :	30927	1100	1007	4700	63000	36400	11431	*	118	700	500							

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**5.5 ( %Saturated Fat )**

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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	1.0	1.00	1.0	1.0	1.0	1.0							
PEACHES DICED	Svg (3.9 Oz)	30	0.6	0	7	0	124.7		0	0	0.6	6.1							
** 25	% of Goal :	3027	61	*	726	*	12471		*	*	61	605							
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							
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	*	*							
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								
<b>Meal Total:</b>	Amount:	976	41.4	27.1	151	1789.5	1204.4	185.52	47.7	6	21.8	46.2							
	% of Goal:	97600	4140	2710	15100	178950	120440	18552	4770	600	2180	4620							

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

Courses selected: Selected All



Unit : MOW Week 3  
 Service Date : Wednesday, September 13, 2023  
 Meal Period : LUNCH  
 Customer Count : 400

**1037 Total Calories**  
**14.4 % Calories from Protein**  
**57.4 % Calories from Carbohydrates**  
**30.1 % Calories from Fat**  
**7.2 ( %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	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							
** 400	% of Goal :	9000	300	100	1600	15000	4300		*	*	100	200							
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							
SALAD THREE BE	1/2 Cup (3 O	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							
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0								
400	% of Goal :	2000	*	250	*	3000	190		*	50	*								
MEATLOAF G MM	Svg (5 Oz)	256	16.6	12.7	17	368.5	381	197.07	130.9	5.1	0.7	6.4							
** 400	% of Goal :	25567	1663	1267	1670	36852	38105	19707	13085	506	71	638							
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							
** 400	% of Goal :	35069	1082	1812	3994	72013	20068	5377	504	285	667	476							
APPLESAUCE UN	Svg (4.3 Oz)	55	0	0	14	0	93.8	8.57	0	0	1.1	12.1							
** 400	% of Goal :	5517	*	*	1434	*	9378	857	*	*	110	1214							
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							
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							
ITAL SCE CM	Svg (4 Oz)	52	1.2	0.8	11	117.2	402.3	25.55	0	0.1	1.7	9.9							
** 400	% of Goal :	5224	125	75	1069	11722	40232	2555	*	11	172	990							

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

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

Courses selected: Selected All

Unit : MOW Week 3  
 Service Date : Wednesday, September 13, 2023  
 Meal Period : LUNCH  
 Customer Count : 400

**1037 Total Calories**  
**14.4 % Calories from Protein**  
**57.4 % Calories from Carbohydrates**  
**30.1 % Calories from Fat**  
**7.2 ( %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								
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									
<b>Meal Total:</b>	Amount:	1037	37.3	34.7	149	1582	1871.4	344.86	135.9	8.3	19.8	59.5								
	% of Goal:	103700	3730	3470	14900	158200	187140	34486	13590	830	1980	5950								

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

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

Courses selected: Selected All

Unit : MOW Week 3  
 Service Date : Wednesday, September 13, 2023  
 Meal Period : VEGETARIAN  
 Customer Count : 25

**1049 Total Calories**  
**11.6 % Calories from Protein**  
**65.0 % Calories from Carbohydrates**  
**26.9 % Calories from Fat**  
**3.7 ( %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								
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								
SALAD THREE BE	1/2 Cup (3 O	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								
LS KETCHUP	Pkt	10	0	0	2	25	21		0	0	0	1								
** 25	% of Goal :	1000	*	*	200	2500	2100		*	*	*	100								
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0									
25	% of Goal :	2000	*	250	*	3000	190		*	50	*									
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								
** 25	% of Goal :	35069	1082	1812	3994	72013	20068	5377	504	285	667	476								
GARDEN BURGER	Svg (5.2 Oz)	309	11	10.1	47	630	364	114.31	0	1.2	7	5								
** 25	% of Goal :	30927	1100	1007	4700	63000	36400	11431	*	118	700	500								
APPLESAUCE UN	Svg (4.3 Oz)	55	0	0	14	0	93.8	8.57	0	0	1.1	12.1								
** 25	% of Goal :	5517	*	*	1434	*	9378	857	*	*	110	1214								
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								
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 3  
 Service Date : Wednesday, September 13, 2023  
 Meal Period : VEGETARIAN  
 Customer Count : 25

**1049 Total Calories**  
**11.6 % Calories from Protein**  
**65.0 % Calories from Carbohydrates**  
**26.9 % Calories from Fat**  
**3.7 ( %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							
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								
<b>Meal Total:</b>	Amount:	1049	30.4	31.4	170	1751.2	1473	236.54	5	4.3	24.4	49.2							
	% of Goal:	104900	3040	3140	17000	175120	147300	23654	500	430	2440	4920							

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

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

Courses selected: Selected All

Unit : MOW Week 3  
 Service Date : Thursday, September 14, 2023  
 Meal Period : LUNCH  
 Customer Count : 400

**963 Total Calories**  
**16.0 % Calories from Protein**  
**64.2 % Calories from Carbohydrates**  
**22.2 % 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							
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							
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							
** 400	% of Goal :	15231	240	1355	821	10083	16560	5855	302	157	174	406							
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	*	*	*							
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							
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 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							

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

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

Courses selected: Selected All

Unit : MOW Week 3  
 Service Date : Thursday, September 14, 2023  
 Meal Period : LUNCH  
 Customer Count : 400

**963 Total Calories**  
**16.0 % Calories from Protein**  
**64.2 % Calories from Carbohydrates**  
**22.2 % 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	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								
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							
<b>Meal Total:</b>	Amount:	963	38.4	23.7	155	1161.8	1455.9	180.68	59.5	3.8	21.7	68.9							
	% of Goal:	96300	3840	2370	15500	116180	145590	18068	5950	380	2170	6890							

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

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

Courses selected: Selected All

Unit : MOW Week 3  
 Service Date : Thursday, September 14, 2023  
 Meal Period : VEGETARIAN  
 Customer Count : 25

**1055 Total Calories**  
**16.7 % Calories from Protein**  
**57.1 % Calories from Carbohydrates**  
**28.5 % Calories from Fat**  
**5.6 ( %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							
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							
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							
** 25	% of Goal :	15231	240	1355	821	10083	16560	5855	302	157	174	406							
MAYONNAISE	Pkt	60	0	6	1	60	1.5		0	1	0	1							
25	% of Goal :	6000	*	600	100	6000	150		*	100	*	100							
SLIVERED TURKEY	Svg (2 Oz)	70	13	1	0	190	163.4		35	0	0	0							
** 25	% of Goal :	7000	1300	100	*	19000	16343		3500	*	*	*							
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 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							
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	*							
TOFU TACOS MM	Svg (6.5 Oz)	319	15.2	14.4	33	585.9	229.2	191.31	15.6	4.5	1.5	1.5							
** 25	% of Goal :	31919	1524	1439	3313	58589	22917	19131	1555	453	153	153							
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 3  
 Service Date : Thursday, September 14, 2023  
 Meal Period : VEGETARIAN  
 Customer Count : 25

**1055 Total Calories**  
**16.7 % Calories from Protein**  
**57.1 % Calories from Carbohydrates**  
**28.5 % Calories from Fat**  
**5.6 ( %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							
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							
<b>Meal Total:</b>	Amount:	1055	44.2	33.4	151	1214.2	1269.7	380.45	53.9	6.5	19.4	57.1							
	% of Goal:	105500	4420	3340	15100	121420	126970	38045	5390	650	1940	5710							

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

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

Courses selected: Selected All



Unit : MOW Week 3  
 Service Date : Friday, September 15, 2023  
 Meal Period : LUNCH  
 Customer Count : 400

**949 Total Calories**  
**22.0 % Calories from Protein**  
**47.8 % Calories from Carbohydrates**  
**32.0 % Calories from Fat**  
**4.1 ( %Saturated Fat )**

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

Service Item	Serving Size	KCAL	PRO	FAT	CHO	NA	K	P	CHOL	SFA	TDFB	SUGR								
Portion Count		KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram								
		1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0								
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								
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								
** 400	% of Goal :	15074	451	764	1681	11180	18455	4020	*	58	276	138								
CUCUM TOMATO	Svg (3.5 Oz)	44	0.7	2.6	5	59.1	231.5	19.68	5	0	0.9	3.1								
** 400	% of Goal :	4421	72	264	510	5910	23151	1968	500	3	93	312								
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	*									
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								
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	*								
CHICKEN BREAS	Svg (7.5 Oz)	268	27.5	4.2	30	264.4	470.9	187.2	49.7	0.5	4.9	4.5								
** 400	% of Goal :	26766	2748	421	2973	26444	47094	18720	4969	45	492	452								
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								
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 3  
 Service Date : Friday, September 15, 2023  
 Meal Period : LUNCH  
 Customer Count : 400

**949 Total Calories**  
**22.0 % Calories from Protein**  
**47.8 % Calories from Carbohydrates**  
**32.0 % Calories from Fat**  
**4.1 ( %Saturated Fat )**

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

Service Item	Serving Size	KCAL	PRO	FAT	CHO	NA	K	P	CHOL	SFA	TDFB	SUGR							
Portion Count		KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram							
		1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0							
ZUCCHINI MM	Svg (4.7 Oz)	128	4.1	10.7	6	121.3	346.4	120.46	8.1	2.2	1.9	1							
** 400	% of Goal :	12834	412	1066	613	12132	34639	12046	814	223	191	104							
<b>Meal Total:</b>	Amount:	949	52.2	33.7	113	954.6	1679.7	374.5	100.6	4.4	14.5	32.6							
	% of Goal:	94900	5220	3370	11300	95460	167970	37450	10060	440	1450	3260							

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

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

Courses selected: Selected All

Unit : MOW Week 3  
 Service Date : Friday, September 15, 2023  
 Meal Period : VEGETARIAN  
 Customer Count : 25

**1087 Total Calories**  
**20.0 % Calories from Protein**  
**49.0 % Calories from Carbohydrates**  
**32.9 % 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							
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							
** 25	% of Goal :	15074	451	764	1681	11180	18455	4020	*	58	276	138							
CUCUM TOMATO	Svg (3.5 Oz)	44	0.7	2.6	5	59.1	231.5	19.68	5	0	0.9	3.1							
** 25	% of Goal :	4421	72	264	510	5910	23151	1968	500	3	93	312							
MAYONNAISE	Pkt	60	0	6	1	60	1.5		0	1	0	1							
25	% of Goal :	6000	*	600	100	6000	150		*	100	*	100							
CHICKEN BREAS	Svg (7.5 Oz)	268	27.5	4.2	30	264.4	470.9	187.2	49.7	0.5	4.9	4.5							
** 25	% of Goal :	26766	2748	421	2973	26444	47094	18720	4969	45	492	452							
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							
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							
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	*							
TOFU TACOS MM	Svg (6.5 Oz)	319	15.2	14.4	33	585.9	229.2	191.31	15.6	4.5	1.5	1.5							
** 25	% of Goal :	31919	1524	1439	3313	58589	22917	19131	1555	453	153	153							
ZUCCHINI MM	Svg (4.7 Oz)	128	4.1	10.7	6	121.3	346.4	120.46	8.1	2.2	1.9	1							
** 25	% of Goal :	12834	412	1066	613	12132	34639	12046	814	223	191	104							
<b>Meal Total:</b>	Amount:	1087	54.5	39.8	133	1145	1712.6	599.81	78.4	7.9	14.3	32.1							
	% of Goal:	108700	5450	3980	13300	114500	171260	59981	7840	790	1430	3210							

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

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

Courses selected: Selected All

Unit : MOW Week 3  
 Service Date : Saturday, September 16, 2023  
 Meal Period : LUNCH  
 Customer Count : 130

**937 Total Calories**  
**22.2 % Calories from Protein**  
**51.5 % Calories from Carbohydrates**  
**28.9 % Calories from Fat**  
**9.5 ( %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							
** 130	% of Goal :	14000	700	100	2600	19000	9400		*	*	400	300							
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							
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							
** 130	% 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							
** 130	% 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							
130	% of Goal :	6000	*	600	100	6000	150		*	100	*	100							
LS KETCHUP	Pkt	10	0	0	2	25	21		0	0	0	1							
** 130	% of Goal :	1000	*	*	200	2500	2100		*	*	*	100							
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							
** 130	% of Goal :	14290	1239	820	594	13398	13364	11866	23170	214	20	158							
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							
SEASONAL APPLI	Each	106	0	0	29	0	226.8	15.12	0	0	4.5	21.2							
** 130	% of Goal :	10584	*	*	2873	*	22680	1512	*	*	454	2117							
Hamburg NoBun	Svg (2.4 oz)	180	13	13.6	0	40.3	224.5	134.83	46.5	5.6	0	0							
** 130	% 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							
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							

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

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

Courses selected: Selected All

Unit : MOW Week 3  
 Service Date : Saturday, September 16, 2023  
 Meal Period : LUNCH  
 Customer Count : 130

**937 Total Calories**  
**22.2 % Calories from Protein**  
**51.5 % Calories from Carbohydrates**  
**28.9 % Calories from Fat**  
**9.5 ( %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							
LETTUCE/TOMAT	Svg (2.2 Oz)	15	0.6	0.2	3	4.7	135.3	15.57	0	0	0.8	1.5							
** 130	% of Goal :	1467	61	17	330	465	13526	1557	*	2	78	148							
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								
BROC FLORETS	Svg (2.1 Oz)	19	1.5	0.2	4	24.6	173.9	39.5	0	0	1.9								
** 130	% of Goal :	1890	151	19	416	2457	17388	3950	*	*	189								
<b>Meal Total:</b>	Amount:	937	52.1	30	121	1078.4	1433.8	353.98	293.4	9.9	19.3	44.9							
	% of Goal:	93700	5210	3000	12100	107840	143380	35398	29340	990	1930	4490							

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

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

Courses selected: Selected All

Unit : MOW Week 3  
 Service Date : Saturday, September 16, 2023  
 Meal Period : VEGETARIAN  
 Customer Count : 20

**1004 Total Calories**  
**19.3 % Calories from Protein**  
**56.7 % Calories from Carbohydrates**  
**26.8 % Calories from Fat**  
**8.0 ( %Saturated Fat )**

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

Service Item	Serving Size	KCAL	PRO	FAT	CHO	NA	K	P	CHOL	SFA	TDFB	SUGR							
Portion Count		KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram							
		1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0							
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							
COLESLAW MM	Svg (2.5 Oz)	55	0.8	2.2	9	142.9	51.9	13.58	0.3	0.3	1.2	6.3							
** 20	% of Goal :	5459	76	216	907	14287	5194	1358	31	35	122	629							
LF GAR/CU MM	Svg (2.8 Oz)	43	1.8	1	7	70	141.8	12.19	0	0.1	2	1.7							
** 20	% of Goal :	4286	182	96	697	6995	14176	1219	*	6	202	170							
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							
** 20	% of Goal :	14290	1239	820	594	13398	13364	11866	23170	214	20	158							
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							
SEASONAL APPLI	Each	106	0	0	29	0	226.8	15.12	0	0	4.5	21.2							
** 20	% of Goal :	10584	*	*	2873	*	22680	1512	*	*	454	2117							
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11							
20	% of Goal :	12000	800	500	1100	12000	34900	21568	2500	350	*	1100							
MILK 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							
RICE MM	Svg (2.8 Oz)	92	1.9	0.2	20	2.4	30	34.01	0	0.1	0.3	0							
** 20	% of Goal :	9232	185	22	2003	243	2996	3401	*	6	32	*							
TOFU TACOS MM	Svg (6.5 Oz)	319	15.2	14.4	33	585.9	229.2	191.31	15.6	4.5	1.5	1.5							
** 20	% of Goal :	31919	1524	1439	3313	58589	22917	19131	1555	453	153	153							
LEAF LETTUCE	Svg (.64 Oz)	3	0.2	0.1	1	1.6	47.9	4.54	0	0	0.3								
** 20	% of Goal :	327	24	5	64	163	4790	454	*	*	34								

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

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

Courses selected: Selected All

Unit : MOW Week 3  
 Service Date : Saturday, September 16, 2023  
 Meal Period : VEGETARIAN  
 Customer Count : 20

**1004 Total Calories**  
**19.3 % Calories from Protein**  
**56.7 % Calories from Carbohydrates**  
**26.8 % Calories from Fat**  
**8.0 ( %Saturated Fat )**

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

Service Item	Serving Size	KCAL	PRO	FAT	CHO	NA	K	P	CHOL	SFA	TDFB	SUGR								
Portion Count		KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram								
		1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0								
BROC FLORETS	Svg (2.1 Oz)	19	1.5	0.2	4	24.6	173.9	39.5	0	0	1.9									
** 20	% of Goal :	1890	151	19	416	2457	17388	3950	*	*	189									
<b>Meal Total:</b>	Amount:	1004	48.5	29.8	142	1406.8	1218.2	428.9	262.4	8.9	16.3	41								
	% of Goal:	100400	4850	2980	14200	140680	121820	42890	26240	890	1630	4100								

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

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

Courses selected: Selected All

Unit : MOW Week 3  
 Service Date : Sunday, September 17, 2023  
 Meal Period : LUNCH  
 Customer Count : 100

**600 Total Calories**  
**20.2 % Calories from Protein**  
**30.3 % Calories from Carbohydrates**  
**51.3 % Calories from Fat**  
**9.7 ( %Saturated Fat )**

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

Service Item	Serving Size	KCAL	PRO	FAT	CHO	NA	K	P	CHOL	SFA	TDFB	SUGR							
Portion Count		KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram							
		1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0							
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							
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0								
100	% of Goal :	2000	*	250	*	3000	190		*	50	*								
CHICKEN CAESA	Svg (6.5 Oz)	421	26.7	33.2	7	578.3	356.2	267.93	100.8	6.4	0.8	1.4							
** 100	% of Goal :	42066	2669	3322	740	57826	35621	26793	10080	645	80	143							
Stby Applesauce	Ind (4.5 Oz)	60	0	0	15	10	70		0	0	2	12							
** 100	% of Goal :	6000	*	*	1500	1000	7000		*	*	200	1200							
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							
CARROT BABY M	Svg (2.7 oz)	30	0.6	0	7	53.4	212	28.87	0	0	2.4	3.6							
** 100	% of Goal :	2968	59	*	712	5342	21197	2887	*	*	237	356							
<b>Meal Total:</b>	Amount:	600	30.3	34.2	46	791.7	681.2	296.8	100.8	6.5	6.2	19							
	% of Goal:	60000	3030	3420	4600	79170	68120	29680	10080	650	620	1900							

\*\* 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