

Unit : MOW Week 4  
 Service Date : Monday, September 11, 2023  
 Meal Period : LUNCH  
 Customer Count : 400

**1038 Total Calories**  
**16.8 % Calories from Protein**  
**45.0 % Calories from Carbohydrates**  
**41.2 % Calories from Fat**  
**10.7 ( %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							
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							
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							
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							
** 400	% of Goal :	11124	1812	404	138	33013	16652	229	3014	45	15	24							
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							
BROC/CHE CAS	Svg (6.3 Oz)	265	7.7	15.7	23	763.6	176.2	171.03	15.1	6.6	1.4	0							
** 400	% of Goal :	26494	773	1575	2294	76364	17615	17103	1510	659	142	*							
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							
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								
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:	1038	43.5	47.6	117	1564.4	1173.3	356.81	60.9	12.3	16.7	30.5							
	% of Goal:	103800	4350	4760	11700	156440	117330	35681	6090	1230	1670	3050							

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

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

Courses selected: Selected All

Unit : MOW Week 4  
 Service Date : Monday, September 11, 2023  
 Meal Period : VEGETARIAN  
 Customer Count : 25

**973 Total Calories**  
**19.3 % Calories from Protein**  
**41.9 % Calories from Carbohydrates**  
**40.2 % Calories from Fat**  
**9.6 ( %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							
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							
GREEK BROCCOL	Svg (2.5 Oz)	152	2.4	13.5	8	100.8	165.6	58.55	3	1.6	1.7	4.1							
** 25	% of Goal :	15231	240	1355	821	10083	16560	5855	302	157	174	406							
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							
** 25	% of Goal :	11124	1812	404	138	33013	16652	229	3014	45	15	24							
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							
FRITTATA MM	Svg (5.3 Oz)	201	11.3	11.6	8	305	376.2	219.83	404.4	4.6	1.3	1.9							
** 25	% of Goal :	20054	1134	1164	825	30495	37618	21983	40442	461	135	195							
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							
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								
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:	973	47.1	43.5	102	1105.7	1373.4	405.6	450.3	10.3	16.6	32.5							
	% of Goal:	97300	4710	4350	10200	110570	137340	40560	45030	1030	1660	3250							

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

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

Courses selected: Selected All

Unit : MOW Week 4  
 Service Date : Tuesday, September 12, 2023  
 Meal Period : LUNCH  
 Customer Count : 400

**1110 Total Calories**  
**22.3 % Calories from Protein**  
**45.3 % Calories from Carbohydrates**  
**36.1 % Calories from Fat**  
**11.0 ( %Saturated Fat )**

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

Service Item	Serving Size	KCAL	PRO	FAT	CHO	NA	K	P	CHOL	SFA	TDFB	SUGR								
Portion Count		KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram								
		1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0								
WHOLE WHEAT	2 Slices	140	8	2	28	150	104		0	0	6	4								
** 400	% of Goal :	14000	800	200	2800	15000	10400		*	*	600	400								
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								
FIESTA COESLA	Svg (3 oz)	121	0.7	10.8	7	16.8	87.3	13.49	0	0.8	1.4	4.8								
** 400	% of Goal :	12118	74	1083	747	1682	8728	1349	*	77	137	478								
MAYONNAISE	Pkt	60	0	6	1	60	1.5		0	1	0	1								
400	% of Goal :	6000	*	600	100	6000	150		*	100	*	100								
SLIVERED TURKE	Svg (2 Oz)	70	13	1	0	190	163.4		35	0	0	0								
** 400	% of Goal :	7000	1300	100	*	19000	16343		3500	*	*	*								
COTTAGE CHEES	Svg (3.5 Oz)	84	7.7	2.7	8	255.5	89.1		14.9	1.8	0.3	5.7								
** 400	% 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								
** 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								
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								
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								
CHEESE CHED SI	Slice (0.75)	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	*	*								

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

Courses selected: Selected All

Unit : MOW Week 4  
 Service Date : Tuesday, September 12, 2023  
 Meal Period : LUNCH  
 Customer Count : 400

**1110 Total Calories**  
**22.3 % Calories from Protein**  
**45.3 % Calories from Carbohydrates**  
**36.1 % Calories from Fat**  
**11.0 ( %Saturated Fat )**

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

Service Item	Serving Size	KCAL	PRO	FAT	CHO	NA	K	P	CHOL	SFA	TDFB	SUGR							
Portion Count		KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram							
		1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0							
LEAF LETTUCE	Svg (.64 Oz)	3	0.2	0.1	1	1.6	47.9	4.54	0	0	0.3								
** 400	% of Goal :	327	24	5	64	163	4790	454	*	*	34								
CALIF MIX MM	1/2 Cup (3 OZ)	23	1.8	0	5	32.1	238.3		0	0	1.8	1.8							
** 400	% of Goal :	2292	183	*	458	3208	23832		*	*	183	183							
<b>Meal Total:</b>	Amount:	1110	61.7	44.5	126	1511.8	1651.1	498.87	152.6	13.6	17.6	42.9							
	% of Goal:	111000	6170	4450	12600	151180	165110	49887	15260	1360	1760	4290							

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

Courses selected: Selected All

Unit : MOW Week 4  
 Service Date : Tuesday, September 12, 2023  
 Meal Period : VEGETARIAN  
 Customer Count : 25

**998 Total Calories**  
**20.9 % Calories from Protein**  
**47.1 % Calories from Carbohydrates**  
**34.7 % Calories from Fat**  
**10.7 ( %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								
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	*								
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								
FIESTA COLESLA	Svg (3 oz)	121	0.7	10.8	7	16.8	87.3	13.49	0	0.8	1.4	4.8								
** 25	% of Goal :	12118	74	1083	747	1682	8728	1349	*	77	137	478								
MAYONNAISE	Pkt	60	0	6	1	60	1.5		0	1	0	1								
25	% of Goal :	6000	*	600	100	6000	150		*	100	*	100								
SLIVERED TURKE	Svg (2 Oz)	70	13	1	0	190	163.4		35	0	0	0								
** 25	% of Goal :	7000	1300	100	*	19000	16343		3500	*	*	*								
FRITTATA MM	Svg (5.3 Oz)	201	11.3	11.6	8	305	376.2	219.83	404.4	4.6	1.3	1.9								
** 25	% of Goal :	20054	1134	1164	825	30495	37618	21983	40442	461	135	195								
COTTAGE CHEES	Svg (3.5 Oz)	84	7.7	2.7	8	255.5	89.1		14.9	1.8	0.3	5.7								
** 25	% 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								
** 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								
WILD AND BROWI	Svg (2.5 Oz)	70	1.5	1.3	14	120.3	55	32.45	0	0.1	0.7	0.4								
** 25	% of Goal :	7044	150	131	1352	12033	5503	3245	*	7	71	35								

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

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

Courses selected: Selected All

Unit : MOW Week 4  
 Service Date : Tuesday, September 12, 2023  
 Meal Period : VEGETARIAN  
 Customer Count : 25

**998 Total Calories**  
**20.9 % Calories from Protein**  
**47.1 % Calories from Carbohydrates**  
**34.7 % Calories from Fat**  
**10.7 ( %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							
CHEESE CHED SI	Slice (0.75	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	*	*							
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 C	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:	998	52.2	38.5	118	1427.1	1680.3	455.1	479.6	11.8	17.8	43.9							
	% of Goal:	99800	5220	3850	11800	142710	168030	45510	47960	1180	1780	4390							

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

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

Courses selected: Selected All

Unit : MOW Week 4  
 Service Date : Wednesday, September 13, 2023  
 Meal Period : LUNCH  
 Customer Count : 400

**889 Total Calories**  
**18.2 % Calories from Protein**  
**58.7 % Calories from Carbohydrates**  
**23.9 % 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							
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							
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							
SALAD THREE BE	1/2 Cup (3 OZ)	64	1.4	0.7	12	148.8	90		0	0	1.4	7.8							
** 400	% of Goal :	6377	142	71	1204	14879	9002		*	*	142	779							
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							
PENNE PASTA/ME	Svg (7 Oz)	300	15.3	8.2	40	127.2	583.5	102.37	33.8	2.5	2.7	7.1							
** 400	% of Goal :	30007	1534	819	4018	12724	58352	10237	3383	254	270	711							
GRAPES FR MM	Svg (2.45 Oz)	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							
MAN ORANGES M	Svg (3.5 Oz)	59	0.7	0	14	11	78.8	10.1	0	0	0.7	16.1							
** 400	% of Goal :	5858	73	*	1391	1098	7879	1010	*	*	73	1611							
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11							
400	% of Goal :	12000	800	500	1100	12000	34900	21568	2500	350	*	1100							
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11							
400	% of Goal :	12000	800	500	1100	12000	34900	21568	2500	350	*	1100							
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:	889	40.3	23.6	130	818.5	1494.4	297.67	265.5	5.4	14.5	54.6							
	% of Goal:	88900	4030	2360	13000	81850	149440	29767	26550	540	1450	5460							

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

Courses selected: Selected All

Unit : MOW Week 4  
 Service Date : Wednesday, September 13, 2023  
 Meal Period : VEGETARIAN  
 Customer Count : 25

**789 Total Calories**  
**18.4 % Calories from Protein**  
**49.9 % Calories from Carbohydrates**  
**30.8 % Calories from Fat**  
**8.6 ( %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							
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							
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							
SALAD THREE BE	1/2 Cup (3 Oz)	64	1.4	0.7	12	148.8	90		0	0	1.4	7.8							
** 25	% of Goal :	6377	142	71	1204	14879	9002		*	*	142	779							
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							
FRITTATA MM	Svg (5.3 Oz)	201	11.3	11.6	8	305	376.2	219.83	404.4	4.6	1.3	1.9							
** 25	% of Goal :	20054	1134	1164	825	30495	37618	21983	40442	461	135	195							
GRAPES FR MM	Svg (2.45 Oz)	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							
MAN ORANGES M	Svg (3.5 Oz)	59	0.7	0	14	11	78.8	10.1	0	0	0.7	16.1							
** 25	% of Goal :	5858	73	*	1391	1098	7879	1010	*	*	73	1611							
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11							
25	% of Goal :	12000	800	500	1100	12000	34900	21568	2500	350	*	1100							
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11							
25	% of Goal :	12000	800	500	1100	12000	34900	21568	2500	350	*	1100							
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:	789	36.3	27	98	996.2	1287.1	415.13	636.1	7.5	13.2	49.4							
	% of Goal:	78900	3630	2700	9800	99620	128710	41513	63610	750	1320	4940							

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

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

Courses selected: Selected All



Unit : MOW Week 4  
 Service Date : Thursday, September 14, 2023  
 Meal Period : LUNCH  
 Customer Count : 400

**1016 Total Calories**  
**17.5 % Calories from Protein**  
**54.0 % Calories from Carbohydrates**  
**29.2 % Calories from Fat**  
**7.0 ( %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							
CORNBREAD MM	Svg (1.4 Oz)	110	2.3	2.4	20	131.4	46	31.92	21.7	0.7	0.4	7.2							
** 400	% of Goal :	11007	227	240	2035	13143	4602	3192	2166	66	44	722							
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							
TOSSED GREE	1/2 Cup (2.3 Oz)	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 P	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							
DRESSING RANC	Pkt	30	0	2.5	2	55	50		5	0	0	1							
** 400	% of Goal :	3000	*	250	200	5500	5000		500	*	*	100							
HAM SWISS CHEE	Svg (5.8 Oz)	366	17.4	18.7	32	854.9	117.6	13.31	42.7	6.4	1.4	8.4							
** 400	% of Goal :	36561	1738	1867	3211	85486	11762	1331	4266	641	138	844							
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	*							
Apple Slices	Bag (2 oz)	30	0	0	7	0	60.7	6.24	0	0	2	2							
** 400	% of Goal :	3000	*	*	700	*	6067	624	*	*	200	200							
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							
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							
WEDGE FRIES M	Svg (3 Oz)	100	1	3	18	20	270		0	0	1	0							
** 400	% of Goal :	10000	100	300	1800	2000	27000		*	*	100	*							

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

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

Courses selected: Selected All

Unit : MOW Week 4  
 Service Date : Thursday, September 14, 2023  
 Meal Period : LUNCH  
 Customer Count : 400

**1016 Total Calories**  
**17.5 % Calories from Protein**  
**54.0 % Calories from Carbohydrates**  
**29.2 % Calories from Fat**  
**7.0 ( %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							
CHUTNEY	SVG (2.3 oz)	90	0	0	23	73.2	27.2	4.98	0	0	1.8	27							
** 400	% of Goal :	8964	*	*	2295	7324	2725	498	*	*	175	2696							
THAI STEAMED V	Svg (2.25 O	27	1.5	0.2	4	20.5	47.6	4.81	0	0	1.5	1.5							
** 400	% of Goal :	2673	148	25	370	2049	4762	481	*	4	152	151							
<b>Meal Total:</b>	Amount:	1016	44.5	33	137	1471.9	1129.8	265.15	119.3	7.9	11.3	67.5							
	% of Goal:	101600	4450	3300	13700	147190	112980	26515	11930	790	1130	6750							

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

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

Courses selected: Selected All

Unit : MOW Week 4  
 Service Date : Thursday, September 14, 2023  
 Meal Period : VEGETARIAN  
 Customer Count : 25

**979 Total Calories**  
**12.8 % Calories from Protein**  
**48.6 % Calories from Carbohydrates**  
**39.3 % Calories from Fat**  
**12.9 ( %Saturated Fat )**

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

Service Item	Serving Size	KCAL	PRO	FAT	CHO	NA	K	P	CHOL	SFA	TDFB	SUGR							
Portion Count		KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram							
		1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0							
CORNBREAD MM	Svg (1.4 Oz)	110	2.3	2.4	20	131.4	46	31.92	21.7	0.7	0.4	7.2							
** 25	% of Goal :	11007	227	240	2035	13143	4602	3192	2166	66	44	722							
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							
TOSSED GREE	1/2 Cup (2.3 Oz)	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							
DRESSING RANC	Pkt	30	0	2.5	2	55	50		5	0	0	1							
** 25	% of Goal :	3000	*	250	200	5500	5000		500	*	*	100							
BROC/CHE CAS	Svg (6.3 Oz)	265	7.7	15.7	23	763.6	176.2	171.03	15.1	6.6	1.4	0							
** 25	% of Goal :	26494	773	1575	2294	76364	17615	17103	1510	659	142	*							
HAM SWISS CHEE	Svg (5.8 Oz)	366	17.4	18.7	32	854.9	117.6	13.31	42.7	6.4	1.4	8.4							
** 25	% of Goal :	36561	1738	1867	3211	85486	11762	1331	4266	641	138	844							
Apple Slices	Bag (2 oz)	30	0	0	7	0	60.7	6.24	0	0	2	2							
** 25	% of Goal :	3000	*	*	700	*	6067	624	*	*	200	200							
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							
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 4  
 Service Date : Thursday, September 14, 2023  
 Meal Period : VEGETARIAN  
 Customer Count : 25

**979 Total Calories**  
**12.8 % Calories from Protein**  
**48.6 % Calories from Carbohydrates**  
**39.3 % Calories from Fat**  
**12.9 ( %Saturated Fat )**

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

Service Item	Serving Size	KCAL	PRO	FAT	CHO	NA	K	P	CHOL	SFA	TDFB	SUGR							
Portion Count		KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram							
1		1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0							
THAI STEAMED V	Svg (2.25 O	27	1.5	0.2	4	20.5	47.6	4.81	0	0	1.5	1.5							
** 25	% of Goal :	2673	148	25	370	2049	4762	481	*	4	152	151							
<b>Meal Total:</b>	Amount:	979	31.5	42.7	119	2073.1	782.5	261.09	84.7	14.1	9.9	40.5							
	% of Goal:	97900	3150	4270	11900	207310	78250	26109	8470	1410	990	4050							

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

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

Courses selected: Selected All

Unit : MOW Week 4  
 Service Date : Friday, September 15, 2023  
 Meal Period : LUNCH  
 Customer Count : 400

**1087 Total Calories**  
**21.0 % Calories from Protein**  
**56.6 % Calories from Carbohydrates**  
**23.3 % 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								
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								
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								
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								
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								
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0									
400	% of Goal :	2000	*	250	*	3000	190		*	50	*									
Chicken Salad	Svg (4 Oz)	154	20.3	6.6	3	240.2	210.5	7.37	42.4	0.8	0.4	0.6								
** 400	% of Goal :	15355	2033	656	331	24020	21055	737	4237	77	44	62								
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								
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								
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								
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								
POTATOES O'BRIE	Svg (2 Oz)	90	1.9	2.5	15	184.2	374.7	3.54	0	0.4	2	1.4								
** 400	% of Goal :	9001	189	248	1469	18418	37474	354	*	41	201	139								

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

Courses selected: Selected All

Unit : MOW Week 4  
 Service Date : Friday, September 15, 2023  
 Meal Period : LUNCH  
 Customer Count : 400

**1087 Total Calories**  
**21.0 % Calories from Protein**  
**56.6 % Calories from Carbohydrates**  
**23.3 % Calories from Fat**  
**6.3 ( %Saturated Fat )**

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

Service Item	Serving Size	KCAL	PRO	FAT	CHO	NA	K	P	CHOL	SFA	TDFB	SUGR								
Portion Count		KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram								
		1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0								
LEAF LETTUCE	Svg (.64 Oz)	3	0.2	0.1	1	1.6	47.9	4.54	0	0	0.3									
** 400	% of Goal :	327	24	5	64	163	4790	454	*	*	34									
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								
BROCCOLI & CAR	Svg (3.2 Oz)	31	1.6	0.2	7	46.4	199.8	40.49	0	0	3.1									
** 400	% of Goal :	3103	165	19	699	4638	19978	4049	*	*	305									
<b>Meal Total:</b>	Amount:	1087	57	28.1	154	1557.6	2492.3	349.49	178.2	7.6	21.4	56.8								
	% of Goal:	108700	5700	2810	15400	155760	249230	34949	17820	760	2140	5680								

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

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

Courses selected: Selected All

Unit : MOW Week 4  
 Service Date : Friday, September 15, 2023  
 Meal Period : VEGETARIAN  
 Customer Count : 25

**954 Total Calories**  
**18.8 % Calories from Protein**  
**56.5 % Calories from Carbohydrates**  
**26.4 % Calories from Fat**  
**8.1 ( %Saturated Fat )**

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

Service Item	Serving Size	KCAL	PRO	FAT	CHO	NA	K	P	CHOL	SFA	TDFB	SUGR								
Portion Count		KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram								
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								
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								
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								
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								
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0									
25	% of Goal :	2000	*	250	*	3000	190		*	50	*									
Chicken Salad	Svg (4 Oz)	154	20.3	6.6	3	240.2	210.5	7.37	42.4	0.8	0.4	0.6								
** 25	% of Goal :	15355	2033	656	331	24020	21055	737	4237	77	44	62								
BROC/CHE CAS	Svg (6.3 Oz)	265	7.7	15.7	23	763.6	176.2	171.03	15.1	6.6	1.4	0								
** 25	% of Goal :	26494	773	1575	2294	76364	17615	17103	1510	659	142	*								
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								
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								
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 4  
 Service Date : Friday, September 15, 2023  
 Meal Period : VEGETARIAN  
 Customer Count : 25

**954 Total Calories**  
**18.8 % Calories from Protein**  
**56.5 % Calories from Carbohydrates**  
**26.4 % Calories from Fat**  
**8.1 ( %Saturated Fat )**

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

Service Item	Serving Size	KCAL	PRO	FAT	CHO	NA	K	P	CHOL	SFA	TDFB	SUGR							
Portion Count		KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram							
		1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0							
BROCCOLI & CAR	Svg (3.2 Oz)	31	1.6	0.2	7	46.4	199.8	40.49	0	0	3.1								
** 25	% of Goal :	3103	165	19	699	4638	19978	4049	*	*	305								
<b>Meal Total:</b>	Amount:	954	44.9	28	135	1651.4	1510.4	294.37	62.5	8.6	18.4	39.2							
	% of Goal:	95400	4490	2800	13500	165140	151040	29437	6250	860	1840	3920							

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

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

Courses selected: Selected All



Unit : MOW Week 4  
 Service Date : Saturday, September 16, 2023  
 Meal Period : LUNCH  
 Customer Count : 130

**925 Total Calories**  
**21.6 % Calories from Protein**  
**57.1 % Calories from Carbohydrates**  
**22.6 % Calories from Fat**  
**2.7 ( %Saturated Fat )**

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

Service Item	Serving Size	KCAL	PRO	FAT	CHO	NA	K	P	CHOL	SFA	TDFB	SUGR								
Portion Count		KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram								
		1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0								
WHOLE WHEAT	2 Slices	140	8	2	28	150	104		0	0	6	4								
** 130	% of Goal :	14000	800	200	2800	15000	10400		*	*	600	400								
WHOLE WHEAT R	Roll (1.5 oz)	90	3	1	16	150	43		0	0	1	2								
** 130	% of Goal :	9000	300	100	1600	15000	4300		*	*	100	200								
COUSCOUS VEG	Svg (3.8 Oz)	151	4.5	7.6	17	111.8	184.5	40.2	0	0.6	2.8	1.4								
** 130	% of Goal :	15074	451	764	1681	11180	18455	4020	*	58	276	138								
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								
** 130	% 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								
130	% of Goal :	6000	*	600	100	6000	150		*	100	*	100								
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0									
130	% of Goal :	2000	*	250	*	3000	190		*	50	*									
MUSTARD	Pkt	5	0	0	0	85	10	5	0	0	0	0								
130	% of Goal :	500	*	*	*	8500	1000	500	*	*	*	*								
SLIVERED HAM M	Svg (2 Oz)	60	9	1.5	2	390			30	0.5	0	2								
** 130	% of Goal :	6000	900	150	200	39000			3000	50	*	200								
ROAST TURKEY V	Svg (5 oz)	141	19.6	2.9	5	334.8	330.9	2.91	56.1	0.9	0	0								
** 130	% of Goal :	14054	1963	286	491	33481	33095	291	5614	85	5	*								
TROPICAL FRUIT	Svg (3.36 O	41	0	0	10	0	87.6		0	0	1.4	9.5								
** 130	% of Goal :	4072	*	*	1018	*	8756		*	*	136	950								
GRAPE JCE	Ctn	60	0	0	15	5	85	7	0	0	0	14								
** 130	% of Goal :	6000	*	*	1500	500	8500	700	*	*	*	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								

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

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

Courses selected: Selected All

Unit : MOW Week 4  
 Service Date : Saturday, September 16, 2023  
 Meal Period : LUNCH  
 Customer Count : 130

**925 Total Calories**  
**21.6 % Calories from Protein**  
**57.1 % Calories from Carbohydrates**  
**22.6 % Calories from Fat**  
**2.7 ( %Saturated Fat )**

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

Service Item	Serving Size	KCAL	PRO	FAT	CHO	NA	K	P	CHOL	SFA	TDFB	SUGR							
Portion Count		KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram							
		1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0							
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							
POTATO MASHED	Svg (4.4 Oz)	132	3	3.5	21	126.6	409.4	77.86	0	0.5	3	0							
** 130	% 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								
** 130	% of Goal :	327	24	5	64	163	4790	454	*	*	34								
CORN MM	1/2 Cup (2.6)	59	2	0.3	14	3.7	108.3	42.01	0	0.1	1.8								
** 130	% of Goal :	5896	203	32	1442	369	10834	4201	*	5	177								
<b>Meal Total:</b>	Amount:	925	49.9	23.2	132	1363.5	1501.7	188.48	86.1	2.8	16.9	34.2							
	% of Goal:	92500	4990	2320	13200	136350	150170	18848	8610	280	1690	3420							

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

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

Courses selected: Selected All

Unit : MOW Week 4  
 Service Date : Saturday, September 16, 2023  
 Meal Period : VEGETARIAN  
 Customer Count : 20

**918 Total Calories**  
**15.2 % Calories from Protein**  
**56.1 % Calories from Carbohydrates**  
**31.9 % Calories from Fat**  
**7.9 ( %Saturated Fat )**

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

Service Item	Serving Size	KCAL	PRO	FAT	CHO	NA	K	P	CHOL	SFA	TDFB	SUGR								
Portion Count		KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram								
		1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0								
WHOLE WHEAT	2 Slices	140	8	2	28	150	104		0	0	6	4								
** 20	% of Goal :	14000	800	200	2800	15000	10400		*	*	600	400								
WHOLE WHEAT R	Roll (1.5 oz)	90	3	1	16	150	43		0	0	1	2								
** 20	% of Goal :	9000	300	100	1600	15000	4300		*	*	100	200								
COUSCOUS VEG	Svg (3.8 Oz)	151	4.5	7.6	17	111.8	184.5	40.2	0	0.6	2.8	1.4								
** 20	% of Goal :	15074	451	764	1681	11180	18455	4020	*	58	276	138								
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								
** 20	% 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								
20	% of Goal :	6000	*	600	100	6000	150		*	100	*	100								
MARGARINE	Pkt	20	0	2.5	0	30	1.9		0	0.5	0									
20	% of Goal :	2000	*	250	*	3000	190		*	50	*									
MUSTARD	Pkt	5	0	0	0	85	10	5	0	0	0	0								
20	% of Goal :	500	*	*	*	8500	1000	500	*	*	*	*								
SLIVERED HAM M	Svg (2 Oz)	60	9	1.5	2	390			30	0.5	0	2								
** 20	% of Goal :	6000	900	150	200	39000			3000	50	*	200								
BROC/CHE CAS	Svg (6.3 Oz)	265	7.7	15.7	23	763.6	176.2	171.03	15.1	6.6	1.4	0								
** 20	% of Goal :	26494	773	1575	2294	76364	17615	17103	1510	659	142	*								
TROPICAL FRUIT	Svg (3.36 O)	41	0	0	10	0	87.6		0	0	1.4	9.5								
** 20	% of Goal :	4072	*	*	1018	*	8756		*	*	136	950								
GRAPE JCE	Ctn	60	0	0	15	5	85	7	0	0	0	14								
** 20	% of Goal :	6000	*	*	1500	500	8500	700	*	*	*	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								

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

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

Courses selected: Selected All

Unit : MOW Week 4  
 Service Date : Saturday, September 16, 2023  
 Meal Period : VEGETARIAN  
 Customer Count : 20

**918 Total Calories**  
**15.2 % Calories from Protein**  
**56.1 % Calories from Carbohydrates**  
**31.9 % Calories from Fat**  
**7.9 ( %Saturated Fat )**

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

Service Item	Serving Size	KCAL	PRO	FAT	CHO	NA	K	P	CHOL	SFA	TDFB	SUGR							
Portion Count		KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	Gram	Gram							
		1	1.0	1.0	1	1.0	1.0	1.00	1.0	1.0	1.0	1.0							
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							
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								
CORN MM	1/2 Cup (2.6)	59	2	0.3	14	3.7	108.3	42.01	0	0.1	1.8								
** 20	% of Goal :	5896	203	32	1442	369	10834	4201	*	5	177								
<b>Meal Total:</b>	Amount:	918	34.9	32.5	129	1665.8	937.5	278.74	45.1	8.1	15.2	34.2							
	% of Goal:	91800	3490	3250	12900	166580	93750	27874	4510	810	1520	3420							

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

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

Courses selected: Selected All

Unit : MOW Week 4  
 Service Date : Sunday, September 17, 2023  
 Meal Period : LUNCH  
 Customer Count : 100

**541 Total Calories**  
**12.6 % Calories from Protein**  
**58.7 % Calories from Carbohydrates**  
**32.6 % 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							
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							
PEACHES DICED	Svg (3.9 Oz)	30	0.6	0	7	0	124.7		0	0	0.6	6.1							
** 100	% of Goal :	3027	61	*	726	*	12471		*	*	61	605							
MILK 2%	Ctn (8 Oz)	120	8	5	11	120	349	215.68	25	3.5	0	11							
100	% of Goal :	12000	800	500	1100	12000	34900	21568	2500	350	*	1100							
STRAW YOGURT	Ctn (5.3 Oz)	130	5	1.5	25	90	260		5	1	0	21							
** 100	% of Goal :	13000	500	150	2500	9000	26000		500	100	*	2100							
CARROT BABY M	Svg (2.7 oz)	30	0.6	0	7	53.4	212	28.87	0	0	2.4	3.6							
** 100	% of Goal :	2968	59	*	712	5342	21197	2887	*	*	237	356							
<b>Meal Total:</b>	Amount:	541	17	19.6	79	863.6	797.4	82.64	10	3.9	9.7	35.4							
	% of Goal:	54100	1700	1960	7900	86360	79740	8264	1000	390	970	3540							

\*\* 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