

# Dining Service

# Detail Simple List Menu Analysis

Unit : Moulton  
 Service Date : Sunday, October 14, 2018  
 Meal Period : Breakfast  
 Customer Count : 1

**Total Calories**  
 % Calories from Protein  
 % Calories from Carbohydrates  
 % Calories from Fat  
 (% Saturated Fat)

## Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Oatmeal	2/3 Cup	43	0.74	0.126	0	0.261	0.225	0	178	7.68	1.1	0.11	1.49	11	0	7	0.49	41			
	% of Goal :	2	*	*	*	26	22	*	7	3	5	11	3	*	*	*	3				
French Toast	2 each	6	0.1	0.019	0	0.007	0.021	2	9	0.95	0	0.13	0.23	1	0	3	0.05	1			
	% of Goal :	*	*	*	*	*	2	*	*	*	*	13	*	*	*	*	*				
Grilled Ham	2 oz portion	154	9.95	3.653		0.949	4.449	53	126	0	0	0	15.15	6	0.2	8	0.57	199			
	% of Goal :	8	15	18		95	445	18	5	*	*	*	30	*	*	*	3				
'Veggie Patty B	2 Each																				
	% of Goal :																				
Assorted Cold C	serving	567	7.31	2.005	0.011	2.146	2.188	0	998	117.27	10.3	25.3	14.99	3028	46.9	232	22.9	415			
	% of Goal :	28	11	10	*	215	219	*	42	39	41	2530	30	61	78	23	127				
Belgion Waffles	6 oz waffle	234	7.22	1.482	0	1.408	3.858	11	547	36.92	1.9	3.57	5.52	917	0	231	5.11	107			
	% of Goal :	12	11	7	*	141	386	4	23	12	8	357	11	18	*	23	28				
Scrambled Eggs	6 oz portion	291	18.27	5.376	0	2.853	7.08	694	246	8.92	2.3	0	21.93	2651	1.7	94	2.78	288			
	% of Goal :	15	28	27	*	285	708	231	10	3	9	*	44	53	3	9	15				
Scrambled Eggs	6 oz portion	260	18.19	5.359	0	2.815	7.074	694	227	2.01	0	0	20.42	393	0	81	2.35	199			
	% of Goal :	13	28	27	*	282	707	231	9	*	*	*	41	8	*	8	13				
Eggs Cooked	Portions	141	9.49	2.935	0	1.288	3.608	402	119	1.16	0	0	11.83	181	0	46	1.36	115			
	% of Goal :	7	15	15	*	129	361	134	5	*	*	*	24	4	*	5	8				
Corned Beef Has	6 oz portion	319	20.22	6.248	0	1.591	9.731	89	1292	15.64	1.4	0.26	17.94	130	9.9	14	1.93	417			
	% of Goal :	16	31	31	*	159	973	30	54	5	6	26	36	3	16	*	11				
Home Fries (VE)	4 oz potion	204	8.71	0.647	0	2.598	5.045	0	217	29.65	2.7	0	2.76	0	19.1	8	0.49	558			
	% of Goal :	10	13	3	*	260	504	*	9	10	11	*	6	*	32	*	3				
Assorted Muffin	Muffin	226	8.71	0.881	0	2.338	4.43	17	255	32.37	2.3	8.71	4.33	72	2.4	88	1.67	92			
	% of Goal :	11	13	4	*	234	443	6	11	11	9	871	9	*	4	9	9				

\*\* 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

Dining Service

**Detail Simple List Menu Analysis**

Unit : Moulton  
 Service Date : Sunday, October 14, 2018  
 Meal Period : Breakfast  
 Customer Count : 1

**Total Calories**  
 % Calories from Protein  
 % Calories from Carbohydrates  
 % Calories from Fat  
 ( %Saturated Fat )

**Report for Nutritional Goal: 2000 Cal Standard Goal**

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Assorted Bagels	1 each	219	1.38	0.334		0.544	0.443	0	440	42.95	1.9	4.29	8.52	0	0.9	76	5.15	64			
	% of Goal :	11	2	2		54	44	*	18	14	7	429	17	*	*	8	29				
Crumb Coffee Ca	Portions	318	10.26	2.626	0	2.609	4.115	28	189	46.58	1.8	20.25	4.61	418	0.4	45	1.63	53			
	% of Goal :	16	16	13	*	261	412	9	8	16	7	2025	9	8	*	4	9				
Blueberry Sauce	2 Fluid Oz	61	0.12	0.01	0	0.051	0.016	0	1	13.52	0.8	10.57	0.26	18	3.5	2	0.1	27			
	% of Goal :	3	*	*	*	5	2	*	*	5	3	1057	*	*	6	*	*				

**Meal Total:** Amount:  
 % of Goal:

\*\*\* 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

# Dining Service

# Detail Simple List Menu Analysis

Unit : Moulton  
 Service Date : Sunday, October 14, 2018  
 Meal Period : Dinner  
 Customer Count : 1

**Total Calories**  
 % Calories from Protein  
 % Calories from Carbohydrates  
 % Calories from Fat  
 ( %Saturated Fat )

## Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Tomato Soup MU	1 cup	40	0.82	0.153	0	0.398	0.188	0	323	7.99	0.5	0	1.11	453	30.7	17	0.95	173			
0	% of Goal :	2	*	*	*	40	19	*	13	3	2	*	2	9	51	2	5				
Baked 3 Cheese	5 oz. portion	126	2.56	1.188	0	0.278	0.739	6	64	19.97	1.1	0.02	5.7	87	0.1	66	1.06	35			
1	% of Goal :	6	4	6	*	28	74	2	3	7	5	2	11	2	*	7	6				
Org.Tofu Steak	4 oz portion	139	10.19	1.394	0.001	3.653	4.605	0	10	4.84	0.7	0.86	9.35	94	1.5	392	6.02	196			
0	% of Goal :	7	16	7	*	365	460	*	*	2	3	86	19	2	3	39	33				
Chicken Marsala	7 oz portion	202	6.19	0.847	0	1.484	2.337	74	438	5.67	0.3	0.05	30.62	107	1.9	21	1.48	367			
1	% of Goal :	10	10	4	*	148	234	25	18	2	*	5	61	2	3	2	8				
Roasted Pork w/	5oz portion	242	9.97	3.525	0	0.699	4.468	78	653	8.21	1.7	3.75	29.2	298	10.3	68	2.2	498			
0	% of Goal :	12	15	18	*	70	447	26	27	3	7	375	58	6	17	7	12				
Salad Bar Dinne	servings	284	22.25	3.212	0	4.521	7.647	20	502	17.13	2.4	5.96	3.79	1973	22.2	61	1.08	271			
1	% of Goal :	14	34	16	*	452	765	7	21	6	10	596	8	39	37	6	6				
Orange Glazed B	3 oz portion	37	0.14	0.021		0.048	0.027	0	52	8.5	1.4		1.21	44	6.4	12	0.61	227			
0	% of Goal :	2	*	*		5	3	*	2	3	6		2	*	11	*	3				
Steamed Zucchini	3 OZ	11	0.26	0.053		0.111	0.021	0	176	1.98	0.7	1.26	0.84	821	9.5	13	0.27	194			
0	% of Goal :	*	*	*		11	2	*	7	*	3	126	2	16	16	*	2				
Wild Rice Pilaf	3 oz portion	98	2.64	0.445	0	0.872	1.196	0	422	16.56	0.6	0.34	1.77	187	0.4	11	0.78	48			
1	% of Goal :	5	4	2	*	87	120	*	18	6	2	34	4	4	*	*	4				
Steamed Rice (V	4 oz portion	129	0	0	0	0	0.062	0	1	28	0	0	3.03	0	0	1	1.1	43			
0	% of Goal :	6	*	*	*	*	6	*	*	9	*	*	6	*	*	*	6				
Sourdough Bread	Loaves	1311	8.3	2.254		3.57	1.574	0	2327	256.01	10.9	11.61	53.3	0	0.9	200	16.47	581			
0	% of Goal :	66	13	11		357	157	*	97	85	44	1161	107	*	2	20	91				
Pudding Banana	1/2 cup port	113	3.86	2.208		0.244	0.971	12	115	16.65	0.7	9.35	3.88	167	3	131	0.14	273			
0	% of Goal :	6	6	11		24	97	4	5	6	3	935	8	3	5	13	*				

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

Courses selected: Selected All

Dining Service

**Detail Simple List Menu Analysis**

Unit : Moulton  
 Service Date : Sunday, October 14, 2018  
 Meal Period : Dinner  
 Customer Count : 1

**Total Calories**  
 % Calories from Protein  
 % Calories from Carbohydrates  
 % Calories from Fat  
 ( %Saturated Fat )

**Report for Nutritional Goal: 2000 Cal Standard Goal**

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Ice Cream Bar	Each	427	24.23	15.345	0.109	0.947	6.242	69	135	50.96	1.8	18.98	5.65	657	1.6	161	0.83	319			
1	% of Goal :	21	37	77	11	95	624	23	6	17	7	1898	11	13	3	16	5				
Assorted Popsyc	popsicle																				
0	% of Goal :																				

**Meal Total:** Amount:  
 % of Goal:

!\*\* 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

# Dining Service

# Detail Simple List Menu Analysis

Unit : Moulton  
 Service Date : Sunday, October 14, 2018  
 Meal Period : Brunch  
 Customer Count : 1

**Total Calories**  
 % Calories from Protein  
 % Calories from Carbohydrates  
 % Calories from Fat  
 ( %Saturated Fat )

## Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Tomato Soup MU	1 cup	40	0.82	0.153	0	0.398	0.188	0	323	7.99	0.5	0	1.11	453	30.7	17	0.95	173			
0	% of Goal :	2	*	*	*	40	19	*	13	3	2	*	2	9	51	2	5				
Oatmeal	2/3 Cup	43	0.74	0.126	0	0.261	0.225	0	178	7.68	1.1	0.11	1.49	11	0	7	0.49	41			
0	% of Goal :	2	*	*	*	26	22	*	7	3	5	11	3	*	*	*	3				
French Toast	2 each	6	0.1	0.019	0	0.007	0.021	2	9	0.95	0	0.13	0.23	1	0	3	0.05	1			
0	% of Goal :	*	*	*	*	*	2	*	*	*	*	13	*	*	*	*	*				
Vegan French To	slice	89	2.35	0.207	0	0.798	1.205	0	192	14.29	1	2.53	2.15	47	0.1	34	0.77	67			
0	% of Goal :	4	4	*	*	80	121	*	8	5	4	253	4	*	*	3	4				
Grilled Ham	2 oz portion	154	9.95	3.653		0.949	4.449	53	126	0	0	0	15.15	6	0.2	8	0.57	199			
0	% of Goal :	8	15	18		95	445	18	5	*	*	*	30	*	*	*	3				
'Veggie Patty B	2 Each																				
	% of Goal :																				
Deli Platter -	2 oz	129	10.25	4.363	0	0.345	2.116	39	475	0.88	0	0.35	8.6	171	0.1	106	0.81	73			
	% of Goal :	6	16	22	*	34	212	13	20	*	*	35	17	3	*	11	4				
Grilled Cheese	Each	320	24.98	7.439	0	4.754	7.632	25	877	19.91	1.3	1.27	7.76	953	0	208	0.91	94			
0	% of Goal :	16	38	37	*	475	763	8	37	7	5	127	16	19	*	21	5				
Macaroni & Chee	8 Oz	435	23.4	9.398	0.099	4.035	5.096	38	1056	40.08	1.5	4.61	14.13	737	0.1	314	1.94	150			
0	% of Goal :	22	36	47	10	404	510	13	44	13	6	461	28	15	*	31	11				
Belgion Waffles	6 oz waffle	234	7.22	1.482	0	1.408	3.858	11	547	36.92	1.9	3.57	5.52	917	0	231	5.11	107			
0	% of Goal :	12	11	7	*	141	386	4	23	12	8	357	11	18	*	23	28				
Eggs Cooked	Portions	141	9.49	2.935	0	1.288	3.608	402	119	1.16	0	0	11.83	181	0	46	1.36	115			
0	% of Goal :	7	15	15	*	129	361	134	5	*	*	*	24	4	*	5	8				
Assorted Cold C	servings	194	2.5	0.686	0.004	0.734	0.749	0	341	40.13	3.5	8.66	5.13	1036	16	80	7.84	142			
1	% of Goal :	10	4	3	*	73	75	*	14	13	14	866	10	21	27	8	44				

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Courses selected: Selected All

Dining Service

**Detail Simple List Menu Analysis**

Unit : Moulton  
 Service Date : Sunday, October 14, 2018  
 Meal Period : Brunch  
 Customer Count : 1

**Total Calories**  
 % Calories from Protein  
 % Calories from Carbohydrates  
 % Calories from Fat  
 ( %Saturated Fat )

**Report for Nutritional Goal: 2000 Cal Standard Goal**

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K		
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG		
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00			
Breakfast Burri	1 each	321	14.77	6.136	0	1.364	4.899	292	991	29.74	3.8	3.46	16.92	859	26.9	260	3.23	404		
0	% of Goal :	16	23	31	*	136	490	97	41	10	15	346	34	17	45	26	18			
Corned Beef Has	6 oz portion	319	20.22	6.248	0	1.591	9.731	89	1292	15.64	1.4	0.26	17.94	130	9.9	14	1.93	417		
0	% of Goal :	16	31	31	*	159	973	30	54	5	6	26	36	3	16	*	11			
Breakfast Acco	Servings	132	3.3	1.385	0.051	0.447	1.015	5	107	25.63	3	4.62	2.46	205	19.5	31	0.51	317		
1	% of Goal :	7	5	7	5	45	102	2	4	9	12	462	5	4	32	3	3			
Tossed Garden S	4.5 oz. Porti	26	0.36	0.053	0	0.132	0.059	0	38	5.21	1.7	2.69	1.32	3305	10.1	29	0.67	263		
0	% of Goal :	*	*	*	*	13	6	*	2	2	7	269	3	66	17	3	4			
Sugar Snap Peas	3 OZ	44	0.32	0.062	0	0.141	0.033	0	51	7.64	2.6	0	2.96	141	18.6	50	2.03	183		
0	% of Goal :	2	*	*	*	14	3	*	2	3	11	*	6	3	31	5	11			
Home Fries (VE)	4 oz potion	204	8.71	0.647	0	2.598	5.045	0	217	29.65	2.7	0	2.76	0	19.1	8	0.49	558		
1	% of Goal :	10	13	3	*	260	504	*	9	10	11	*	6	*	32	*	3			
Assorted Muffin	Each	304	11.69	1.182	0	3.137	5.945	23	342	43.44	3.1	11.69	5.81	97	3.2	119	2.24	123		
0	% of Goal :	15	18	6	*	314	594	8	14	14	12	1169	12	2	5	12	12			
Assorted Bagels	1 each	232	1.45	0.318	0	0.601	0.402	0	435	45.73	2	4.64	8.9	9	0.7	70	4.85	76		
0	% of Goal :	12	2	2	*	60	40	*	18	15	8	464	18	*	*	7	27			
Crumb Coffee Ca	Portions	318	10.26	2.626	0	2.609	4.115	28	189	46.58	1.8	20.25	4.61	418	0.4	45	1.63	53		
0	% of Goal :	16	16	13	*	261	412	9	8	16	7	2025	9	8	*	4	9			
Blueberry Sauce	2 Fluid Oz	61	0.12	0.01	0	0.051	0.016	0	1	13.52	0.8	10.57	0.26	18	3.5	2	0.1	27		
0	% of Goal :	3	*	*	*	5	2	*	*	5	3	1057	*	*	6	*	*			

**Meal Total:** Amount:  
 % of Goal:

\*\*\* 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

Dining Service

**Detail Simple List Menu Analysis**

Unit : Moulton  
 Service Date : Monday, October 15, 2018  
 Meal Period : Breakfast  
 Customer Count : 1

**Total Calories**  
 % Calories from Protein  
 % Calories from Carbohydrates  
 % Calories from Fat  
 ( %Saturated Fat )

**Report for Nutritional Goal: 2000 Cal Standard Goal**

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K		
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG		
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00			
Pancakes	2 cake porti	372	11.54	2.349	0	2.921	4.91	72	407	53.95	5.8	6.82	12.42	151	0	170	3.3	280		
0	% of Goal :	19	18	12	*	292	491	24	17	18	23	682	25	3	*	17	18			
Assorted Cold C	serving	567	7.31	2.005	0.011	2.146	2.188	0	998	117.27	10.3	25.3	14.99	3028	46.9	232	22.9	415		
1	% of Goal :	28	11	10	*	215	219	*	42	39	41	2530	30	61	78	23	127			
Eggs Cooked	Portions	141	9.49	2.935	0	1.288	3.608	402	119	1.16	0	0	11.83	181	0	46	1.36	115		
0	% of Goal :	7	15	15	*	129	361	134	5	*	*	*	24	4	*	5	8			
Scrambled Eggs	6 oz portion	260	18.19	5.359	0	2.815	7.074	694	227	2.01	0	0	20.42	393	0	81	2.35	199		
0	% of Goal :	13	28	27	*	282	707	231	9	*	*	*	41	8	*	8	13			
Scrambled Egg W	3oz portion	43	0.14	0		0	0	0	267	0.61	0	0.59	9.05	0	0	6	0.07	135		
0	% of Goal :	2	*	*		*	*	*	11	*	*	59	18	*	*	*	*			
'Veggie Patty B	2 Each																			
	% of Goal :																			
Chicken Breakfa	sausage	18	0.86	0.29		0.082	0.413	6	138	0.55	0		1.96	0	0	1	0.11	36		
0	% of Goal :	*	*	*		8	41	2	6	*	*		4	*	*	*	*			
Belgion Waffles	6 oz waffle	234	7.22	1.482	0	1.408	3.858	11	547	36.92	1.9	3.57	5.52	917	0	231	5.11	107		
0	% of Goal :	12	11	7	*	141	386	4	23	12	8	357	11	18	*	23	28			
Grits	2/3 Cup	27	0.09	0.014	0	0.036	0.023	0	6	5.9	0.1	0	0.64	0	0	4	0.31	10		
0	% of Goal :	*	*	*	*	4	2	*	*	2	*	*	*	*	*	*	2			
Oatmeal	2/3 Cup	43	0.74	0.126	0	0.261	0.225	0	178	7.68	1.1	0.11	1.49	11	0	7	0.49	41		
0	% of Goal :	2	*	*	*	26	22	*	7	3	5	11	3	*	*	*	3			
Breakfast Acco	Servings	132	3.3	1.385	0.051	0.447	1.015	5	107	25.63	3	4.62	2.46	205	19.5	31	0.51	317		
1	% of Goal :	7	5	7	5	45	102	2	4	9	12	462	5	4	32	3	3			
Home Fries (VE)	4 oz potion	204	8.71	0.647	0	2.598	5.045	0	217	29.65	2.7	0	2.76	0	19.1	8	0.49	558		
1	% of Goal :	10	13	3	*	260	504	*	9	10	11	*	6	*	32	*	3			

\*\* 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

Dining Service

**Detail Simple List Menu Analysis**

Unit : Moulton  
 Service Date : Monday, October 15, 2018  
 Meal Period : Breakfast  
 Customer Count : 1

**Total Calories**  
 % Calories from Protein  
 % Calories from Carbohydrates  
 % Calories from Fat  
 ( %Saturated Fat )

**Report for Nutritional Goal: 2000 Cal Standard Goal**

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Assorted Bagels	1 each	229	1.34	0.283	0	0.515	0.38	0	457	45.57	1.9	4.78	8.9	0	0.6	68	4.37	57			
0	% of Goal :	11	2	*	*	52	38	*	19	15	8	478	18	*	*	7	24				
Assorted Muffin	Each	412	18.87	2.995	0	5.134	9.67	38	429	51.87	2.2	21.56	6.83	71	1.7	165	2.34	141			
0	% of Goal :	21	29	15	*	513	967	13	18	17	9	2156	14	*	3	17	13				
Apple Raisin Sa	2 oz portion	102	2.39	1.204		0.323	0.211	0	12	23.49	7.6	5.22	1.08	63	5.3	139	3.98	180			
0	% of Goal :	5	4	6		32	21	*	*	8	30	522	2	*	9	14	22				

**Meal Total:** Amount:  
 % of Goal:

\*\*\* 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

# Dining Service

# Detail Simple List Menu Analysis

Unit : Moulton  
 Service Date : Monday, October 15, 2018  
 Meal Period : Lunch  
 Customer Count : 1

**Total Calories**  
 % Calories from Protein  
 % Calories from Carbohydrates  
 % Calories from Fat  
 (% Saturated Fat)

## Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Polenta w/ Blk	Portion	278	5.29	0.44	0	1.63	2.855	0	275	52.6	7	2.54	5.9	1178	73.8	88	1.93	875			
0	% of Goal :	14	8	2	*	163	285	*	11	18	28	254	12	24	123	9	11				
Express Meals -	1 each	1084	38.91	10.309	0.027	7.319	10.837	50	1598	160.62	10.5	60.43	27.75	2062	54	322	8.44	935			
0	% of Goal :	54	60	52	3	732	1084	17	67	54	42	6043	56	41	90	32	47				
Chicken Barley	6oz portion	75	0.74	0.168	0.003	0.119	0.06	8	158	13.27	1.8	0.51	4.18	95	1.9	21	0.79	108			
0	% of Goal :	4	*	*	*	12	6	3	7	4	7	51	8	2	3	2	4				
Broccoli & Chee	6oz portion	176	11.28	5.413	0	1.462	3.818	25	311	10.47	1.1	4.65	8.73	822	27.1	248	0.65	245			
0	% of Goal :	9	17	27	*	146	382	8	13	3	4	465	17	16	45	25	4				
Pasta Bar	10 oz portio	245	4.83	2.586	0.095	0.53	1.16	12	36	41.94	2.4	1.18	7.64	162	1.6	41	2.04	82			
0	% of Goal :	12	7	13	10	53	116	4	*	14	10	118	15	3	3	4	11				
Smoked Turkey &	4oz portion	316	17.59	8.969	0	0.366	3.774	56	1042	15.41	1.3	1.88	23.95	1914	1.9	417	5.63	148			
0	% of Goal :	16	27	45	*	37	377	19	43	5	5	188	48	38	3	42	31				
Polenta W/ Stew	Portion	227	5.22	0.421	0	1.601	2.842	0	345	41.59	4.7	1.39	4.22	741	50.1	53	1.39	589			
0	% of Goal :	11	8	2	*	160	284	*	14	14	19	139	8	15	84	5	8				
Tuna & Spinach	4 oz serving	117	3.92	1.965	0.03	0.423	1.058	36	194	15.21	1.4	0.85	5.53	1796	3.2	106	1.35	118			
0	% of Goal :	6	6	10	3	42	106	12	8	5	6	85	11	36	5	11	7				
Mini Pizza	portion	144	0.38	0.053	0	0.171	0.034	0	692	19.7	1.3	1.7	15.24	241	1.9	294	1.07	38			
0	% of Goal :	7	*	*	*	17	3	*	29	7	5	170	30	5	3	29	6				
BBQ Kielbasa De	1 each	393	7.76	2.335	0	2.114	3.281	36	2210	59.84	1.7	20.8	18.81	196	2.7	87	2.78	419			
0	% of Goal :	20	12	12	*	211	328	12	92	20	7	2080	38	4	4	9	15				
Deli Bar - Moul	portion	233	8.59	2.782	0	0.488	1.764	24	673	27.9	2.7	2.49	11.92	519	3.1	117	2.83	216			
0	% of Goal :	12	13	14	*	49	176	8	28	9	11	249	24	10	5	12	16				
Avocado Quinoa	portion	118	4.87	0.671	0	2.321	1.426	0	86	13.92	3	1.13	6.05	530	16.4	50	2.72	308			
0	% of Goal :	6	7	3	*	232	143	*	4	5	12	113	12	11	27	5	15				

\*\*\* 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

Dining Service

**Detail Simple List Menu Analysis**

Unit : Moulton  
 Service Date : Monday, October 15, 2018  
 Meal Period : Lunch  
 Customer Count : 1

**Total Calories**  
 % Calories from Protein  
 % Calories from Carbohydrates  
 % Calories from Fat  
 ( %Saturated Fat )

**Report for Nutritional Goal: 2000 Cal Standard Goal**

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Curry Couscous	portion	70	3.02	0.353	0.001	0.488	2.058	0	83	10.01	0.9	1.69	1.4	145	5.4	17	0.54	89			
0	% of Goal :	3	5	2	*	49	206	*	3	3	4	169	3	3	9	2	3				
Salad Bar Lunch	servings	300	23.22	3.532	0	4.697	8.062	25	645	17.1	2.2	5.61	5.3	1892	15.6	94	1.35	233			
1	% of Goal :	15	36	18	*	470	806	8	27	6	9	561	11	38	26	9	8				
Steamed Mixed V	3 oz portion	52	0.13	0.027		0.063	0.009	0	31	11.52	3.9		2.52	3764	2.8	22	0.72	149			
0	% of Goal :	3	*	*		6	*	*	*	4	15		5	75	5	2	4				
Fries, Shoestri	3 oz portion	268	14.87	3.656	0	0	0	0	546	33.37	2.4	0.4	2.41	0	8.4	2	0.65	0			
1	% of Goal :	13	23	18	*	*	*	*	23	11	10	40	5	*	14	*	4				
Steamed Rice (V	4 oz portion	129	0	0	0	0	0.062	0	1	28	0	0	3.03	0	0	1	1.1	43			
	% of Goal :	6	*	*	*	*	6	*	*	9	*	*	6	*	*	*	6				
Snickerdoodle C	1 each	170	7.56	2.075	0.019	2.453	2.55	15	97	20.76	0.7	10.1	2.06	180	0	6	0.71	53			
1	% of Goal :	8	12	10	2	245	255	5	4	7	3	1010	4	4	*	*	4				
Pudding / Jell	portion	85	2.23	1.284	0	0.133	0.575	7	86	13.85	0.1	2.86	2.93	86	0.1	78	0.07	96			
	% of Goal :	4	3	6	*	13	57	2	4	5	*	286	6	2	*	8	*				

**Meal Total:** Amount:  
 % of Goal:

\*\*\* 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

Dining Service

**Detail Simple List Menu Analysis**

Unit : Moulton  
 Service Date : Monday, October 15, 2018  
 Meal Period : Dinner  
 Customer Count : 1

**Total Calories**  
 % Calories from Protein  
 % Calories from Carbohydrates  
 % Calories from Fat  
 ( %Saturated Fat )

**Report for Nutritional Goal: 2000 Cal Standard Goal**

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count	Size	KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Express Meals - 0	1 each % of Goal :	1084 54	38.91 60	10.309 52	0.027 3	7.319 732	10.837 1084	50 17	1598 67	160.62 54	10.5 42	60.43 6043	27.75 56	2062 41	54 90	322 32	8.44 47	935			
Chicken Parmesa 0	5 oz portion % of Goal :	255 13	6.6 10	2.965 15	0 *	0.473 47	0.387 39	77 26	130 5	16.61 6	1 4	0 *	32.46 65	220 4	2.1 3	118 12	1.64 9	310			
Pasta with Mari 0	10 oz portio % of Goal :	263 13	3.68 6	0.525 3		1.34 134	1.284 128	0 *	560 23	48.57 16	3.9 16		8.22 16	509 10	10.8 18	39 4	2.83 16	441			
Chicken Barley 0	6oz portion % of Goal :	75 4	0.74 *	0.168 *	0.003 *	0.119 12	0.06 6	8 3	158 7	13.27 4	1.8 7	0.51 51	4.18 8	95 2	1.9 3	21 2	0.79 4	108			
Broccoli & Chee 0	6oz portion % of Goal :	176 9	11.28 17	5.413 27	0 *	1.462 146	3.818 382	25 8	311 13	10.47 3	1.1 4	4.65 465	8.73 17	822 16	27.1 45	248 25	0.65 4	245			
Baked Fish w/ L 0	4 oz. portion % of Goal :	162 8	8.11 12	4.548 23	0 *	0.739 74	2.146 215	97 32	238 10	1.48 *	0.2 *	0.27 27	19.94 40	350 7	4.6 8	78 8	0.55 3	383			
Chicken Parmesa 1	5 oz portion % of Goal :	255 13	6.6 10	2.965 15	0 *	0.473 47	0.387 39	77 26	130 5	16.61 6	1 4	0 *	32.46 65	220 4	2.1 3	118 12	1.64 9	310			
Chicken Parmesa 0	5 oz portion % of Goal :	255 13	6.6 10	2.965 15	0 *	0.473 47	0.387 39	77 26	130 5	16.61 6	1 4	0 *	32.46 65	220 4	2.1 3	118 12	1.64 9	310			
Grilled Eggplan 0	4oz portion % of Goal :	103 5	4.13 6	0.71 4	0 *	1.216 122	1.942 194	1 *	65 3	12.6 4	2.6 11	1.69 169	4.5 9	97 2	2.3 4	79 8	0.69 4	167			
Spaghetti with 1	10 oz portio % of Goal :	301 15	6.88 11	1.435 7	0 *	1.77 177	2.725 273	3 *	1210 50	50.21 17	5 20	0 *	9.81 20	771 15	14.8 25	87 9	3.08 17	565			
Make Your Own - 0	8 oz. Portio % of Goal :	220 11	9.07 14	1.295 6	0 *	2.509 251	4.899 490	0 *	646 27	31.06 10	2.8 11	1.92 192	4.79 10	1233 25	47.3 79	55 5	1.84 10	361			
Garlic Bread St 0	2 oz stick % of Goal :	87 4	2.27 3	0.515 3	0 *	0.27 27	0.937 94	1 *	232 10	14.28 5	0.9 4	0.27 27	2.69 5	119 2	2.3 4	17 2	0.93 5	106			

\*\* 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

Dining Service

**Detail Simple List Menu Analysis**

Unit : Moulton  
 Service Date : Monday, October 15, 2018  
 Meal Period : Dinner  
 Customer Count : 1

**Total Calories**  
 % Calories from Protein  
 % Calories from Carbohydrates  
 % Calories from Fat  
 ( %Saturated Fat )

**Report for Nutritional Goal: 2000 Cal Standard Goal**

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Avacado Quinoa	portion	210	13.14	1.293	0	17.412	8.205	0	100	24.44	3.6	15.5	2.3	86	9.6	8	1.19	358			
0	% of Goal :	10	20	6	*	1741	821	*	4	8	14	1550	5	2	16	*	7				
Salad Bar Dinne	servings	284	22.25	3.212	0	4.521	7.647	20	502	17.13	2.4	5.96	3.79	1973	22.2	61	1.08	271			
1	% of Goal :	14	34	16	*	452	765	7	21	6	10	596	8	39	37	6	6				
Italian Green B	3 oz portion	21	0.13	0.032		0.064	0.005	0	210	4.9	2.3	0.93	1.13	305	3.1	32	0.51	121			
0	% of Goal :	*	*	*		6	*	*	9	2	9	93	2	6	5	3	3				
Brown Rice - St	4 oz portion	128	1.04	0.208	0	0.373	0.378	0	6	26.52	2.1	0	2.98	0	0	12	0.49	50			
0	% of Goal :	6	2	*	*	37	38	*	*	9	8	*	6	*	*	*	3				
Italian Bread	Loaves	1792	49.18	3.916	0	15.09	26.928	0	4599	286.22	17.4	12.68	43.02	1	0	75	16.09	628			
0	% of Goal :	90	76	20	*	1509	2693	*	192	95	70	1268	86	*	*	7	89				
Lemon Gelatin	1/2 Cup	74	0	0	0	0	0	0	53	17.59	0	0	1.52	0	0	3	0.04	1			
0	% of Goal :	4	*	*	*	*	*	*	2	6	*	*	3	*	*	*	*				
Pudding Vanill	1/2 cup port	82	3.71	2.145		0.218	0.951	12	101	8.7	0	8.59	3.57	142	0.2	129	0.04	153			
0	% of Goal :	4	6	11		22	95	4	4	3	*	859	7	3	*	13	*				
Ricotta Pie	slice	138	6.34	3.877	0	0.244	1.84	40	86	10.02	0	7.65	6.93	269	0	138	0.29	71			
	% of Goal :	7	10	19	*	24	184	13	4	3	*	765	14	5	*	14	2				

**Meal Total:** Amount:  
 % of Goal:

\*\*\* 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

Dining Service

**Detail Simple List Menu Analysis**

Unit : Moulton  
 Service Date : Tuesday, October 16, 2018  
 Meal Period : Breakfast  
 Customer Count : 1

**Total Calories**  
 % Calories from Protein  
 % Calories from Carbohydrates  
 % Calories from Fat  
 ( %Saturated Fat )

**Report for Nutritional Goal: 2000 Cal Standard Goal**

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Cream of Rice	2/3 Cup	281	0.54	0.146	0	0.146	0.168	0	41	61.71	0.5	0	4.87	0	0	19	1.1	108			
0	% of Goal :	14	*	*	*	15	17	*	2	21	2	*	10	*	*	2	6				
Oatmeal	Cup	43	0.74	0.126	0	0.261	0.225	0	178	7.68	1.1	0.11	1.49	11	0	7	0.49	41			
0	% of Goal :	2	*	*	*	26	22	*	7	3	5	11	3	*	*	*	3				
French Toast	2 each	6	0.1	0.019	0	0.007	0.021	2	9	0.95	0	0.13	0.23	1	0	3	0.05	1			
0	% of Goal :	*	*	*	*	*	2	*	*	*	*	13	*	*	*	*	*				
Eggs Cooked	Portions	141	9.49	2.935	0	1.288	3.608	402	119	1.16	0	0	11.83	181	0	46	1.36	115			
0	% of Goal :	7	15	15	*	129	361	134	5	*	*	*	24	4	*	5	8				
Scrambled Eggs	6 oz portion	260	18.19	5.359	0	2.815	7.074	694	227	2.01	0	0	20.42	393	0	81	2.35	199			
0	% of Goal :	13	28	27	*	282	707	231	9	*	*	*	41	8	*	8	13				
Scrambled Egg W	3oz portion	43	0.14	0	0	0	0	0	267	0.61	0	0.59	9.05	0	0	6	0.07	135			
0	% of Goal :	2	*	*	*	*	*	*	11	*	*	59	18	*	*	*	*				
'Veggie Patty B	2 Each																				
	% of Goal :																				
Pork Breakfast	2 each	52	2.45	0.826		0.232	1.174	16	394	1.56	0		5.57	0	0	2	0.3	104			
0	% of Goal :	3	4	4		23	117	5	16	*	*		11	*	*	*	2				
Belgian Waffles	6 oz waffle	234	7.22	1.482	0	1.408	3.858	11	547	36.92	1.9	3.57	5.52	917	0	231	5.11	107			
0	% of Goal :	12	11	7	*	141	386	4	23	12	8	357	11	18	*	23	28				
Assorted Cold C	serving	567	7.31	2.005	0.011	2.146	2.188	0	998	117.27	10.3	25.3	14.99	3028	46.9	232	22.9	415			
0	% of Goal :	28	11	10	*	215	219	*	42	39	41	2530	30	61	78	23	127				
Breakfast Acco	Servings	132	3.3	1.385	0.051	0.447	1.015	5	107	25.63	3	4.62	2.46	205	19.5	31	0.51	317			
1	% of Goal :	7	5	7	5	45	102	2	4	9	12	462	5	4	32	3	3				
Home Fries (VE)	4 oz potion	204	8.71	0.647	0	2.598	5.045	0	217	29.65	2.7	0	2.76	0	19.1	8	0.49	558			
0	% of Goal :	10	13	3	*	260	504	*	9	10	11	*	6	*	32	*	3				

\*\* 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

Dining Service

**Detail Simple List Menu Analysis**

Unit : Moulton  
 Service Date : Tuesday, October 16, 2018  
 Meal Period : Breakfast  
 Customer Count : 1

**Total Calories**  
 % Calories from Protein  
 % Calories from Carbohydrates  
 % Calories from Fat  
 ( %Saturated Fat )

**Report for Nutritional Goal: 2000 Cal Standard Goal**

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Assorted Muffin	Each	232	7.96	0.847	0	1.77	3.373	13	267	35.66	1.1	6.31	4.5	19	2	75	1.43	52			
0	% of Goal :	12	12	4	*	177	337	4	11	12	5	631	9	*	3	7	8				
Assorted Bagels	1 each	232	1.45	0.318	0	0.601	0.402	0	435	45.73	2	4.64	8.9	9	0.7	70	4.85	76			
0	% of Goal :	12	2	2	*	60	40	*	18	15	8	464	18	*	*	7	27				
Blueberry Sauce	2 Fluid Oz	61	0.12	0.01	0	0.051	0.016	0	1	13.52	0.8	10.57	0.26	18	3.5	2	0.1	27			
0	% of Goal :	3	*	*	*	5	2	*	*	5	3	1057	*	*	6	*	*				

**Meal Total:** Amount:  
 % of Goal:

!\*\* 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

# Dining Service

# Detail Simple List Menu Analysis

Unit : Moulton  
 Service Date : Tuesday, October 16, 2018  
 Meal Period : Lunch  
 Customer Count : 1

**Total Calories**  
 % Calories from Protein  
 % Calories from Carbohydrates  
 % Calories from Fat  
 ( %Saturated Fat )

## Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count	Size	KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Express Meals - 0	1 each % of Goal :	1084 54	38.91 60	10.309 52	0.027 3	7.319 732	10.837 1084	50 17	1598 67	160.62 54	10.5 42	60.43 6043	27.75 56	2062 41	54 90	322 32	8.44 47	935			
Pasta Bar 0	6oz portion % of Goal :	245 12	4.83 7	2.586 13	0.095 10	0.53 53	1.16 116	12 4	36 *	41.94 14	2.4 10	1.18 118	7.64 15	162 3	1.6 3	41 4	2.04 11	82			
Caribbean Turke 0	6oz portion % of Goal :	75 4	0.49 *	0.058 *	0 *	0.032 3	0.024 2	14 5	197 8	8.77 3	1.1 4	0.98 98	9.42 19	152 3	19.3 32	12 *	0.86 5	163			
Armenian Lentil 0	6oz portion % of Goal :	98 5	2.63 4	0.357 2	0 *	0.32 32	1.826 183	0 *	297 12	17.39 6	2.5 10	1.46 146	2.55 5	261 5	4.6 8	19 2	1.27 7	168			
Busta Wrap Extr 0	1 Wrap % of Goal :	375 19	15.37 24	5.607 28	0.007 *	1.495 150	6.143 614	66 22	1744 73	36.74 12	2.6 11	21.23 2123	23.07 46	871 17	13.4 22	180 18	3.68 20	473			
Pasta Bar 0	6oz portion % of Goal :	245 12	4.83 7	2.586 13	0.095 10	0.53 53	1.16 116	12 4	36 *	41.94 14	2.4 10	1.18 118	7.64 15	162 3	1.6 3	41 4	2.04 11	82			
Red Beans and R 0	4.5 oz portio % of Goal :	121 6	1.49 2	0.154 *	0 *	0.474 47	0.742 74	0 *	418 17	23.06 8	2 8	0.96 96	3.75 7	297 6	6 10	22 2	1.55 9	193			
Chargrilled Egg 0	3 oz Portion % of Goal :	30 *	1.71 3	0.137 *	0 *	0.519 52	0.943 94	0 *	2 *	3.77 *	2 8	1.55 155	0.68 *	168 3	13.1 22	8 *	0.21 *	147			
Deli Bar - Moul 0	portion % of Goal :	233 12	8.59 13	2.782 14	0 *	0.488 49	1.764 176	24 8	673 28	27.9 9	2.7 11	2.49 249	11.92 24	519 10	3.1 5	117 12	2.83 16	216			
Corned Beef & S 0	Sandwich % of Goal :	350 17	16.63 26	6.725 34	0 *	0.571 57	5.374 537	71 24	1326 55	19.04 6	1.6 6	0.08 8	27.1 54	131 3	1.4 2	277 28	2.57 14	228			
Moroccan Chickp 0	5 oz. portio % of Goal :	209 10	4.93 8	0.612 3	0 *	1.209 121	2.868 287	0 *	530 22	37.62 13	8.5 34	4.11 411	5.79 12	1878 38	31.4 52	82 8	3.31 18	788			
Roasted Beet & 0	5oz portion % of Goal :	190 9	9.44 15	0.706 4	0 *	2.816 282	5.333 533	0 *	295 12	24.66 8	7.1 28	17.45 1745	4.07 8	361 7	15.2 25	52 5	2.2 12	825			

\*\* 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

Dining Service

**Detail Simple List Menu Analysis**

Unit : Moulton  
 Service Date : Tuesday, October 16, 2018  
 Meal Period : Lunch  
 Customer Count : 1

**Total Calories**  
 % Calories from Protein  
 % Calories from Carbohydrates  
 % Calories from Fat  
 ( %Saturated Fat )

**Report for Nutritional Goal: 2000 Cal Standard Goal**

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Salad Bar Lunch	servings	300	23.22	3.532	0	4.697	8.062	25	645	17.1	2.2	5.61	5.3	1892	15.6	94	1.35	233			
0	% of Goal :	15	36	18	*	470	806	8	27	6	9	561	11	38	26	9	8				
Steamed Broccol	3 oz	24	0.3	0.046	0	0.142	0.02	0	23	4.46	2.6	0	2.53	1311	79.3	41	0.75	276			
0	% of Goal :	*	*	*	*	14	2	*	*	*	10	*	5	26	132	4	4				
Roasted Ranch P	5 oz	156	5.35	0.839	0	1.637	2.276	0	82	24.22	2.2	1.83	2.89	230	15.5	14	0.86	670			
0	% of Goal :	8	8	4	*	164	228	*	3	8	9	183	6	5	26	*	5				
Steamed Rice (V	4 oz portion	129	0	0	0	0	0.062	0	1	28	0	0	3.03	0	0	1	1.1	43			
0	% of Goal :	6	*	*	*	*	6	*	*	9	*	*	6	*	*	*	6				
Aple Brownies	portion	198	10.96	0.972	0	3.127	6.227	18	74	21.58	0.5	23.25	1.9	26	0.3	9	0.66	24			
0	% of Goal :	10	17	5	*	313	623	6	3	7	2	2325	4	*	*	*	4				
Pudding / Jell	portion	85	2.23	1.284	0	0.133	0.575	7	86	13.85	0.1	2.86	2.93	86	0.1	78	0.07	96			
0	% of Goal :	4	3	6	*	13	57	2	4	5	*	286	6	2	*	8	*				

**Meal Total:** Amount:  
 % of Goal:

\*\*\* 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

Dining Service

**Detail Simple List Menu Analysis**

Unit : Moulton  
 Service Date : Tuesday, October 16, 2018  
 Meal Period : Dinner  
 Customer Count : 1

**Total Calories**  
 % Calories from Protein  
 % Calories from Carbohydrates  
 % Calories from Fat  
 ( %Saturated Fat )

**Report for Nutritional Goal: 2000 Cal Standard Goal**

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Classic Macaron	6 Oz Servin	269	10.32	3.735	0	1.492	2.748	17	217	34.12	1.4	1.91	9.17	200	0	135	1.63	97			
0	% of Goal :	13	16	19	*	149	275	6	9	11	6	191	18	4	*	14	9				
Express Meals -	1 each	1084	38.91	10.309	0.027	7.319	10.837	50	1598	160.62	10.5	60.43	27.75	2062	54	322	8.44	935			
0	% of Goal :	54	60	52	3	732	1084	17	67	54	42	6043	56	41	90	32	47				
Caribbean Turke	6oz portion	75	0.49	0.058	0	0.032	0.024	14	197	8.77	1.1	0.98	9.42	152	19.3	12	0.86	163			
	% of Goal :	4	*	*	*	3	2	5	8	3	4	98	19	3	32	*	5				
Armenian Lentil	6oz portion	98	2.63	0.357	0	0.32	1.826	0	297	17.39	2.5	1.46	2.55	261	4.6	19	1.27	168			
0	% of Goal :	5	4	2	*	32	183	*	12	6	10	146	5	5	8	2	7				
Sriracha & Hone	portion	193	8.18	1.575	0.024	2.112	3.221	123	369	3.05	0	9.97	27.11	27	0.1	14	0.96	341			
1	% of Goal :	10	13	8	2	211	322	41	15	*	*	997	54	*	*	*	5				
Tamari Ginger G	4oz portion	168	7.37	1.139		2.956	2.451	62	51	1.23	0.1		22.58	45	0.1	20	1.03	583			
1	% of Goal :	8	11	6		296	245	21	2	*	*		45	*	*	2	6				
Classic Macaron	6 Oz Servin	269	10.32	3.735	0	1.492	2.748	17	217	34.12	1.4	1.91	9.17	200	0	135	1.63	97			
0	% of Goal :	13	16	19	*	149	275	6	9	11	6	191	18	4	*	14	9				
Korean BBQ- Dis	portion	315	8.57	2.372	0	1.285	3.654	106	435	24.56	2.7	1.75	33.34	2095	22.6	72	4.67	573			
0	% of Goal :	16	13	12	*	129	365	35	18	8	11	175	67	42	38	7	26				
Stir-Fried Veg	6 oz portion	97	5.58	0.639	0	2.372	2.195	0	97	7.89	2.4	2.76	5.83	1203	54.5	204	3.43	307			
0	% of Goal :	5	9	3	*	237	219	*	4	3	9	276	12	24	91	20	19				
Salad Bar Dinne	servings	284	22.25	3.212	0	4.521	7.647	20	502	17.13	2.4	5.96	3.79	1973	22.2	61	1.08	271			
0	% of Goal :	14	34	16	*	452	765	7	21	6	10	596	8	39	37	6	6				
Moroccan Chickp	5 oz. potion	209	4.93	0.612	0	1.209	2.868	0	530	37.62	8.5	4.11	5.79	1878	31.4	82	3.31	788			
0	% of Goal :	10	8	3	*	121	287	*	22	13	34	411	12	38	52	8	18				
Sauteed Garden	3 oz portion	55	2.56	0.358	0	0.415	1.58	0	262	6.91	3.2	0.23	3.39	9889	42.9	116	3.06	684			
	% of Goal :	3	4	2	*	42	158	*	11	2	13	23	7	198	71	12	17				

\*\* 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

Dining Service

**Detail Simple List Menu Analysis**

Unit : Moulton  
 Service Date : Tuesday, October 16, 2018  
 Meal Period : Dinner  
 Customer Count : 1

**Total Calories**  
 % Calories from Protein  
 % Calories from Carbohydrates  
 % Calories from Fat  
 ( %Saturated Fat )

**Report for Nutritional Goal: 2000 Cal Standard Goal**

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Basmati Rice (	4 oz portion	145	1.19	0.145	0	0.344	0.618	0	1	29.81	0.4	0	2.85	0	0	11	1.27	37			
1	% of Goal :	7	2	*	*	34	62	*	*	10	2	*	6	*	*	*	7				
Sunflower Bread	loaf	1571	46.19	9.24	0	0	0	0	2033	230.96	18.5	18.48	55.43	0	0	0	13.3				
0	% of Goal :	79	71	46	*	*	*	*	85	77	74	1848	111	*	*	*	74				
Cherry Gelatin	1/2 Cup	74	0	0	0	0	0	0	53	17.59	0	0	1.52	0	0	3	0.04	1			
0	% of Goal :	4	*	*	*	*	*	*	2	6	*	*	3	*	*	*	*				
Pudding Butter	1/2 cup port	136	3.44	1.936		0.191	0.796	10	359	23.93	0.5	19.26	3.41	124	0	114	0.49	192			
0	% of Goal :	7	5	10		19	80	3	15	8	2	1926	7	2	*	11	3				
Maine Blueberry	Cup	123	2.19	0.351	0	0.744	0.882	0	66	24.63	1.6	26.13	1.81	97	1	14	0.81	50			
1	% of Goal :	6	3	2	*	74	88	*	3	8	6	2613	4	2	2	*	4				

**Meal Total:** Amount:  
 % of Goal:

\*\*\* 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

Dining Service

**Detail Simple List Menu Analysis**

Unit : Moulton  
 Service Date : Wednesday, October 17, 2018  
 Meal Period : Breakfast  
 Customer Count : 1

**Total Calories**  
 % Calories from Protein  
 % Calories from Carbohydrates  
 % Calories from Fat  
 (%Saturated Fat)

**Report for Nutritional Goal: 2000 Cal Standard Goal**

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Penobscot Porri	2/3 cup	41	0.45	0.069	0	0.214	0.102	0	247	8.2	0.8	0	1.4	235	0	17	1.12	28			
0	% of Goal :	2	*	*	*	21	10	*	10	3	3	*	3	5	*	2	6				
Chocolate Chip	2 each	421	14.57	4.138	0	3.018	5.914	72	410	60.39	6.4	12.32	12.84	151	0	174	3.62	317			
0	% of Goal :	21	22	21	*	302	591	24	17	20	26	1232	26	3	*	17	20				
Pancakes	2 cake porti	372	11.54	2.349	0	2.921	4.91	72	407	53.95	5.8	6.82	12.42	151	0	170	3.3	280			
0	% of Goal :	19	18	12	*	292	491	24	17	18	23	682	25	3	*	17	18				
'Veggie Patty B	2 Each																				
0	% of Goal :																				
Grilled Ham	2 oz portion	154	9.95	3.653		0.949	4.449	53	126	0	0	0	15.15	6	0.2	8	0.57	199			
0	% of Goal :	8	15	18		95	445	18	5	*	*	*	30	*	*	*	3				
Eggs Cooked	Portions	141	9.49	2.935	0	1.288	3.608	402	119	1.16	0	0	11.83	181	0	46	1.36	115			
0	% of Goal :	7	15	15	*	129	361	134	5	*	*	*	24	4	*	5	8				
Scrambled Eggs	6 oz portion	260	18.19	5.359	0	2.815	7.074	694	227	2.01	0	0	20.42	393	0	81	2.35	199			
0	% of Goal :	13	28	27	*	282	707	231	9	*	*	*	41	8	*	8	13				
Scrambled Egg W	3oz portion	43	0.14	0		0	0	0	267	0.61	0	0.59	9.05	0	0	6	0.07	135			
0	% of Goal :	2	*	*		*	*	*	11	*	*	59	18	*	*	*	*				
Oatmeal	Cup	43	0.74	0.126	0	0.261	0.225	0	178	7.68	1.1	0.11	1.49	11	0	7	0.49	41			
0	% of Goal :	2	*	*	*	26	22	*	7	3	5	11	3	*	*	*	3				
Belgion Waffles	6 oz waffle	234	7.22	1.482	0	1.408	3.858	11	547	36.92	1.9	3.57	5.52	917	0	231	5.11	107			
0	% of Goal :	12	11	7	*	141	386	4	23	12	8	357	11	18	*	23	28				
Assorted Cold C	serving	567	7.31	2.005	0.011	2.146	2.188	0	998	117.27	10.3	25.3	14.99	3028	46.9	232	22.9	415			
0	% of Goal :	28	11	10	*	215	219	*	42	39	41	2530	30	61	78	23	127				
Vegetable Fritt	1/24	160	8.25	1.491	0	1.861	4.028	156	150	15.84	1.9	1.8	6.17	141	24.4	31	0.87	340			
0	% of Goal :	8	13	7	*	186	403	52	6	5	8	180	12	3	41	3	5				

\*\* 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

Dining Service

**Detail Simple List Menu Analysis**

Unit : Moulton  
 Service Date : Wednesday, October 17, 2018  
 Meal Period : Breakfast  
 Customer Count : 1

**Total Calories**  
 % Calories from Protein  
 % Calories from Carbohydrates  
 % Calories from Fat  
 ( %Saturated Fat )

**Report for Nutritional Goal: 2000 Cal Standard Goal**

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Breakfast Acco	Servings	132	3.3	1.385	0.051	0.447	1.015	5	107	25.63	3	4.62	2.46	205	19.5	31	0.51	317			
1	% of Goal :	7	5	7	5	45	102	2	4	9	12	462	5	4	32	3	3				
Home Fries (VE)	4 oz potion	204	8.71	0.647	0	2.598	5.045	0	217	29.65	2.7	0	2.76	0	19.1	8	0.49	558			
0	% of Goal :	10	13	3	*	260	504	*	9	10	11	*	6	*	32	*	3				
Assorted Muffin	Each	342	14.27	1.492	0	4.217	7.051	32	393	45.65	1.5	14.78	6.06	505	1.8	150	2.05	95			
0	% of Goal :	17	22	7	*	422	705	11	16	15	6	1478	12	10	3	15	11				
Assorted Bagels	1 each	229	1.34	0.283	0	0.515	0.38	0	457	45.57	1.9	4.78	8.9	0	0.6	68	4.37	57			
0	% of Goal :	11	2	*	*	52	38	*	19	15	8	478	18	*	*	7	24				
Peach Sauce	2 oz portion	38	0.1	0.014		0.033	0.024	0	3	9.68	0.6	7.07	0.26	246	0.4	2	0.16	46			
0	% of Goal :	2	*	*		3	2	*	*	3	3	707	*	5	*	*	*				

**Meal Total:** Amount:  
 % of Goal:

\*\*\* 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

Dining Service

**Detail Simple List Menu Analysis**

Unit : Moulton  
 Service Date : Wednesday, October 17, 2018  
 Meal Period : Lunch  
 Customer Count : 1

**Total Calories**  
 % Calories from Protein  
 % Calories from Carbohydrates  
 % Calories from Fat  
 ( %Saturated Fat )

**Report for Nutritional Goal: 2000 Cal Standard Goal**

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Express Meals - 0	1 each % of Goal :	1084 54	38.91 60	10.309 52	0.027 3	7.319 732	10.837 1084	50 17	1598 67	160.62 54	10.5 42	60.43 6043	27.75 56	2062 41	54 90	322 32	8.44 47	935			
Southwestern SI 0	6 Oz Portion % of Goal :	175 9	3.95 6	1.822 9	0 *	0.298 30	1.435 143	73 24	267 11	3.59 *	0.1 *	0.4 40	31.19 62	145 3	10.1 17	18 2	2.94 16	47			
Roasted Fall Ve 0	6 oz portion % of Goal :	41 2	0.84 *	0.095 *	0 *	0.277 28	0.409 41	0 *	78 3	7.9 3	1.3 5	1.29 129	0.78 2	436 9	5.4 9	14 *	0.26 *	199			
Potato and pepp 0	6oz portion % of Goal :	122 6	4.96 8	1.879 9	0.001 *	0.488 49	1.889 189	14 5	661 28	13.81 5	1.1 4	1.84 184	5.7 11	45 *	7.3 12	48 5	0.43 2	311			
Pasta Bar - fea 0	6 oz portion % of Goal :	298 15	2.4 4	0.42 2		0.838 84	0.697 70	4 *	240 10	58.25 19	6.4 26	0 *	12.16 24	213 4	4.5 8	28 3	3.16 18	270			
Southwest Beef 0	6 Oz Portion % of Goal :	270 14	7.13 11	3.807 19	0 *	0.468 47	2.299 230	78 26	472 20	17.32 6	1.3 5	1.85 185	34.13 68	532 11	9 15	138 14	4.04 22	111			
Grilled Lemon G 0	Each % of Goal :	382 19	34.74 53	2.602 13	0 *	10.115 1012	19.891 1989	36 12	321 13	4.09 *	0.5 2	0.5 50	14.93 30	140 3	7.7 13	26 3	0.96 5	233			
Indian Veg. Cur 0	6 oz. portion % of Goal :	220 11	7.42 11	2.882 14	0 *	0.828 83	3.358 336	0 *	340 14	34.44 11	3.2 13	1.91 191	4.37 9	547 11	7.4 12	41 4	1.94 11	403			
Cheddar, Bacon 0	1/3 panini % of Goal :																				
Sweet potato, P 0	4 oz portion % of Goal :	147 7	5.12 8	0.667 3	0.001 *	0.577 58	3.253 325	0 *	506 21	24.47 8	3.7 15	5.52 552	1.96 4	1797 36	14.4 24	34 3	1.14 6	529			
Deli Bar - Moul 0	portion % of Goal :	233 12	8.59 13	2.782 14	0 *	0.488 49	1.764 176	24 8	673 28	27.9 9	2.7 11	2.49 249	11.92 24	519 10	3.1 5	117 12	2.83 16	216			
Salad Bar Lunch 1	servings % of Goal :	300 15	23.22 36	3.532 18	0 *	4.697 470	8.062 806	25 8	645 27	17.1 6	2.2 9	5.61 561	5.3 11	1892 38	15.6 26	94 9	1.35 8	233			

\*\* 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

Dining Service

**Detail Simple List Menu Analysis**

Unit : Moulton  
 Service Date : Wednesday, October 17, 2018  
 Meal Period : Lunch  
 Customer Count : 1

**Total Calories**  
 % Calories from Protein  
 % Calories from Carbohydrates  
 % Calories from Fat  
 ( %Saturated Fat )

**Report for Nutritional Goal: 2000 Cal Standard Goal**

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Mango, Arugula	portion	69	4.89	0.377	0	1.496	2.693	0	14	6.13	1.3	3.73	1.47	1406	18	75	0.82	232			
	% of Goal :	3	8	2	*	150	269	*	*	2	5	373	3	28	30	8	5				
Carrots Steamed	3 oz. Portion	41	1.6	0.319	0	0.716	0.478	0	293	6.53	2.4	2.72	0.61	1971	3.1	25	0.28	187			
0	% of Goal :	2	2	2	*	72	48	*	12	2	10	272	*	39	5	2	2				
Steamed Rice (V	4 oz portion	129	0	0	0	0	0.062	0	1	28	0	0	3.03	0	0	1	1.1	43			
	% of Goal :	6	*	*	*	*	6	*	*	9	*	*	6	*	*	*	6				
Au Gratin Potat	5 oz portion	281	15.21	5.164	0	3.349	5.931	19	452	28.4	2	3.22	8.3	586	12.1	184	0.87	457			
	% of Goal :	14	23	26	*	335	593	6	19	9	8	322	17	12	20	18	5				
Double Chocolat	1 serving	227	12.12	4.478	0	2.172	4.751	29	155	26.1	1.6	18.16	2.68	300	0	24	0.99	91			
0	% of Goal :	11	19	22	*	217	475	10	6	9	6	1816	5	6	*	2	5				
Pudding / Jell	portion	85	2.23	1.284	0	0.133	0.575	7	86	13.85	0.1	2.86	2.93	86	0.1	78	0.07	96			
	% of Goal :	4	3	6	*	13	57	2	4	5	*	286	6	2	*	8	*				

**Meal Total:** Amount:  
 % of Goal:

\*\*\* 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

Dining Service

**Detail Simple List Menu Analysis**

Unit : Moulton  
 Service Date : Wednesday, October 17, 2018  
 Meal Period : Dinner  
 Customer Count : 1

**Total Calories**  
 % Calories from Protein  
 % Calories from Carbohydrates  
 % Calories from Fat  
 ( %Saturated Fat )

**Report for Nutritional Goal: 2000 Cal Standard Goal**

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Express Meals - 0	1 each % of Goal :	1084 54	38.91 60	10.309 52	0.027 3	7.319 732	10.837 1084	50 17	1598 67	160.62 54	10.5 42	60.43 6043	27.75 56	2062 41	54 90	322 32	8.44 47	935			
Pasta with Beef 0	6oz portion % of Goal :	375 19	2.21 3	0.5 2		0.702 70	0.395 40	11 4	13 *	70.7 24	3.9 16	0 *	16.49 33	0 *	0 *	19 2	3.86 21	77			
Roasted Fall Ve 0	6 oz portion % of Goal :	41 2	0.84 *	0.095 *	0 *	0.277 28	0.409 41	0 *	78 3	7.9 3	1.3 5	1.29 129	0.78 2	436 9	5.4 9	14 *	0.26 *	199			
Potato and pepp 0	6oz portion % of Goal :	122 6	4.96 8	1.879 9	0.001 *	0.488 49	1.889 189	14 5	661 28	13.81 5	1.1 4	1.84 184	5.7 11	45 *	7.3 12	48 5	0.43 2	311			
Rotisserie Herb 1	1/4 portion % of Goal :	818 41	34.7 53	8.78 44	0 *	8.243 824	14.333 1433	285 95	1267 53	17.91 6	0.6 2	0.03 3	103 206	168 3	0.3 *	68 7	4.22 23	876			
Bread Dressing 0	4.5 Oz % of Goal :	156 8	8.56 13	1.203 6	0 *	2.39 239	3.65 365	0 *	440 18	19.52 7	1.6 6	1.7 170	2.71 5	369 7	0.9 2	61 6	1.1 6	74			
Country Gravy 0	2 oz portion % of Goal :	40 2	2.79 4	0.473 2	0.001 *	0.844 84	1.215 121	1 *	177 7	3.1 *	0.1 *	0.03 3	0.76 2	117 2	0 *	6 *	0.21 *	10			
Stuffed Zucchini 0	1/2 each % of Goal :	131 7	3.9 6	1.889 9	0 *	0.421 42	1.287 129	8 3	450 19	19.28 6	3.7 15	1.68 168	6.01 12	994 20	11.1 18	83 8	1.47 8	357			
GoM Fish w/Pioc 1	4 oz. Portion % of Goal :	153 8	7.05 11	1.124 6	0 *	2.452 245	2.957 296	64 21	434 18	3.09 *	0.4 *	1.44 144	17.88 36	498 10	3.8 6	60 6	0.57 3	353			
Pasta with Beef 0	6oz portion % of Goal :	375 19	2.21 3	0.5 2		0.702 70	0.395 40	11 4	13 *	70.7 24	3.9 16	0 *	16.49 33	0 *	0 *	19 2	3.86 21	77			
Make Your Own - 0	8 oz. Portion % of Goal :	220 11	9.07 14	1.295 6	0 *	2.509 251	4.899 490	0 *	646 27	31.06 10	2.8 11	1.92 192	4.79 10	1233 25	47.3 79	55 5	1.84 10	361			
Vegetable Korma 0	portion % of Goal :	152 8	4.06 6	0.559 3	0 *	0.631 63	2.653 265	0 *	41 2	25.92 9	1.7 7	2.71 271	3.37 7	661 13	27.8 46	36 4	1.53 8	269			

\*\* 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

Dining Service

**Detail Simple List Menu Analysis**

Unit : Moulton  
 Service Date : Wednesday, October 17, 2018  
 Meal Period : Dinner  
 Customer Count : 1

**Total Calories**  
 % Calories from Protein  
 % Calories from Carbohydrates  
 % Calories from Fat  
 (%Saturated Fat)

**Report for Nutritional Goal: 2000 Cal Standard Goal**

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Sweet potato, P 0	4 oz portion % of Goal :	147 7	5.12 8	0.667 3	0.001 *	0.577 58	3.253 325	0 *	506 21	24.47 8	3.7 15	5.52 552	1.96 4	1797 36	14.4 24	34 3	1.14 6	529			
Salad Bar Dinne 1	servings % of Goal :	284 14	22.25 34	3.212 16	0 *	4.521 452	7.647 765	20 7	502 21	17.13 6	2.4 10	5.96 596	3.79 8	1973 39	22.2 37	61 6	1.08 6	271			
Steamed Whole G 0	3 OZ % of Goal :	15 *	0.09 *	0.022 *	0 *	0.043 4	0.004 *	0 *	166 7	3.34 *	1.6 6	0.63 63	0.77 2	207 4	2.1 4	22 2	0.35 2	82			
Mashed Potatoes 1	5 oz. % of Goal :	213 11	12.44 19	2.119 11	0 *	4.009 401	5.726 573	1 *	775 32	23.75 8	2.2 9	0.45 45	2.61 5	544 11	14.9 25	23 2	0.45 2	448			
Steamed Rice (V 0	4 oz portion % of Goal :	129 6	0 *	0 *	0 *	0 *	0.062 6	0 *	1 *	28 9	0 *	0 *	3.03 6	0 *	0 *	1 *	1.1 6	43			
French Bread 0	Loaves % of Goal :	1075 54	29.51 45	2.349 12	0 *	9.053 905	16.156 1616	0 *	2759 115	171.61 57	10.4 42	7.61 761	25.8 52	0 *	0 *	45 4	9.65 54	377			
Ice Cream Bar 1	1 portion % of Goal :	427 21	24.23 37	15.345 77	0.109 11	0.947 95	6.242 624	69 23	135 6	50.96 17	1.8 7	18.98 1898	5.65 11	657 13	1.6 3	161 16	0.83 5	319			
Lime Gelatin -- 0	1/2 Cup % of Goal :	74 4	0 *	0 *	0 *	0 *	0 *	0 *	53 2	17.59 6	0 *	0 *	1.52 3	0 *	0 *	3 *	0.04 *	1			
Pudding Chocola 0	1/2 cup port % of Goal :	97 5	4.45 7	2.569 13		0.266 27	1.149 115	14 5	119 5	10.11 3	0.2 *	5.73 573	4.34 9	173 3	0.2 *	153 15	0.11 *	191			

**Meal Total:** Amount:  
 % of Goal:

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

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

Courses selected: Selected All

Dining Service

**Detail Simple List Menu Analysis**

Unit : Moulton  
 Service Date : Thursday, October 18, 2018  
 Meal Period : Breakfast  
 Customer Count : 1

**Total Calories**  
 % Calories from Protein  
 % Calories from Carbohydrates  
 % Calories from Fat  
 (%Saturated Fat)

**Report for Nutritional Goal: 2000 Cal Standard Goal**

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
French Toast	2 each	6	0.1	0.019	0	0.007	0.021	2	9	0.95	0	0.13	0.23	1	0	3	0.05	1			
0	% of Goal :	*	*	*	*	*	2	*	*	*	*	13	*	*	*	*	*				
Canadian Bacon	2oz portion	79	2.81	0.94		0.352	1.288	30	729	0.57	0	0.6	12.27	0	0	4	0.5	177			
0	% of Goal :	4	4	5		35	129	10	30	*	*	60	25	*	*	*	3				
'Veggie Patty B	2 Each																				
0	% of Goal :																				
Oatmeal	2/3 Cup	43	0.74	0.126	0	0.261	0.225	0	178	7.68	1.1	0.11	1.49	11	0	7	0.49	41			
0	% of Goal :	2	*	*	*	26	22	*	7	3	5	11	3	*	*	*	3				
Eggs Cooked	Portions	141	9.49	2.935	0	1.288	3.608	402	119	1.16	0	0	11.83	181	0	46	1.36	115			
0	% of Goal :	7	15	15	*	129	361	134	5	*	*	*	24	4	*	5	8				
Scrambled Eggs	6 oz portion	260	18.19	5.359	0	2.815	7.074	694	227	2.01	0	0	20.42	393	0	81	2.35	199			
0	% of Goal :	13	28	27	*	282	707	231	9	*	*	*	41	8	*	8	13				
Scrambled Egg W	3oz portion	43	0.14	0		0	0	0	267	0.61	0	0.59	9.05	0	0	6	0.07	135			
0	% of Goal :	2	*	*		*	*	*	11	*	*	59	18	*	*	*	*				
Belgion Waffles	6 oz waffle	234	7.22	1.482	0	1.408	3.858	11	547	36.92	1.9	3.57	5.52	917	0	231	5.11	107			
0	% of Goal :	12	11	7	*	141	386	4	23	12	8	357	11	18	*	23	28				
Assorted Cold C	serving	567	7.31	2.005	0.011	2.146	2.188	0	998	117.27	10.3	25.3	14.99	3028	46.9	232	22.9	415			
0	% of Goal :	28	11	10	*	215	219	*	42	39	41	2530	30	61	78	23	127				
Breakfast Acco	Servings	132	3.3	1.385	0.051	0.447	1.015	5	107	25.63	3	4.62	2.46	205	19.5	31	0.51	317			
1	% of Goal :	7	5	7	5	45	102	2	4	9	12	462	5	4	32	3	3				
Home Fries (VE)	4 oz potion	204	8.71	0.647	0	2.598	5.045	0	217	29.65	2.7	0	2.76	0	19.1	8	0.49	558			
0	% of Goal :	10	13	3	*	260	504	*	9	10	11	*	6	*	32	*	3				
Assorted Muffin	Each	258	10.38	1.896	0	2.254	4.811	17	266	36.95	2	11.22	4.66	30	1.6	82	1.63	94			
0	% of Goal :	13	16	9	*	225	481	6	11	12	8	1122	9	*	3	8	9				

\*\* 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

Dining Service

**Detail Simple List Menu Analysis**

Unit : Moulton  
 Service Date : Thursday, October 18, 2018  
 Meal Period : Breakfast  
 Customer Count : 1

**Total Calories**  
 % Calories from Protein  
 % Calories from Carbohydrates  
 % Calories from Fat  
 ( %Saturated Fat )

**Report for Nutritional Goal: 2000 Cal Standard Goal**

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Assorted Bagels	1 each	232	1.45	0.318	0	0.601	0.402	0	435	45.73	2	4.64	8.9	9	0.7	70	4.85	76			
0	% of Goal :	12	2	2	*	60	40	*	18	15	8	464	18	*	*	7	27				
Apple Raisin Sa	2 oz portion	102	2.39	1.204		0.323	0.211	0	12	23.49	7.6	5.22	1.08	63	5.3	139	3.98	180			
0	% of Goal :	5	4	6		32	21	*	*	8	30	522	2	*	9	14	22				

**Meal Total:** Amount:  
 % of Goal:

!\*\* 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

Dining Service

**Detail Simple List Menu Analysis**

Unit : Moulton  
 Service Date : Thursday, October 18, 2018  
 Meal Period : Lunch  
 Customer Count : 1

**Total Calories**  
 % Calories from Protein  
 % Calories from Carbohydrates  
 % Calories from Fat  
 ( %Saturated Fat )

**Report for Nutritional Goal: 2000 Cal Standard Goal**

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Express Meals - 0	1 each % of Goal :	1084 54	38.91 60	10.309 52	0.027 3	7.319 732	10.837 1084	50 17	1598 67	160.62 54	10.5 42	60.43 6043	27.75 56	2062 41	54 90	322 32	8.44 47	935			
Bkd Ziti & Chi 0	6 oz. portion % of Goal :	222 11	3.17 5	0.934 5	0 *	0.72 72	0.82 82	9 3	357 15	36.22 12	2 8	1.03 103	12.29 25	1779 36	5.2 9	77 8	2.39 13	187			
Chicken Soup a 0	6 oz % of Goal :	60 3	2.47 4	0.273 *	0.002 *	0.625 62	1.11 111	10 3	152 6	4.98 2	1.2 5	0.51 51	5.04 10	402 8	12 20	29 3	0.56 3	197			
Creole Style Bl 0	6oz portion % of Goal :	67 3	2.4 4	0.185 *	0 *	0.723 72	1.371 137	0 *	613 26	9.24 3	2.5 10	1.13 113	2.57 5	519 10	17.6 29	67 7	1.03 6	262			
Cheese Steak S 0	4 oz Portion % of Goal :	957 48	29.55 45	12.12 61	0 *	0.834 83	9.664 966	179 60	2139 89	93.83 31	4 16	16.2 1620	76.95 154	515 10	0 *	530 53	8.25 46	783			
Grilled Turkey 0	1/2 sandwich % of Goal :	187 9	9.7 15	4.514 23	0 *	1.5 150	1.608 161	40 13	618 26	9.68 3	1.2 5	0.81 81	15.04 30	184 4	2.1 4	234 23	4.07 23	77			
Stir-Fried Vegg 0	8 oz. portion % of Goal :	199 10	4.75 7	0.677 3	0 *	0.63 63	3.114 311	0 *	229 10	35.26 12	2.8 11	1.72 172	3.56 7	938 19	35.3 59	27 3	0.54 3	189			
Baked Ziti & Ch 0	6 oz. portion % of Goal :	165 8	2.85 4	0.808 4	0 *	0.578 58	0.709 71	22 7	308 13	20.74 7	1.4 6	0.86 86	14.49 29	2194 44	6.8 11	70 7	1.89 11	251			
Zucchini Herb C 0	portion % of Goal :	177 9	11.23 17	5.385 27	0 *	1.211 121	4.019 402	26 9	296 12	11.74 4	1.4 6	2.1 210	8.12 16	1336 27	14.7 25	201 20	1.01 6	319			
Ancient Grain S 0	4oz portion % of Goal :	85 4	3.8 6	0.456 2	0 *	4.185 418	2.214 221	0 *	25 *	12.46 4	1.5 6	4 400	1.52 3	807 16	15.5 26	21 2	1.39 8	119			
Pasta Bar Wedne 0	6oz portion % of Goal :	378 19	16.43 25	2.28 11	0 *	2.114 211	11.232 1123	0 *	98 4	49.15 16	2.9 11	0.07 7	8.36 17	371 7	4.4 7	26 3	2.64 15	96			
Deli Bar - Moul 0	portion % of Goal :	233 12	8.59 13	2.782 14	0 *	0.488 49	1.764 176	24 8	673 28	27.9 9	2.7 11	2.49 249	11.92 24	519 10	3.1 5	117 12	2.83 16	216			

\*\* 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

Dining Service

**Detail Simple List Menu Analysis**

Unit : Moulton  
 Service Date : Thursday, October 18, 2018  
 Meal Period : Lunch  
 Customer Count : 1

**Total Calories**  
 % Calories from Protein  
 % Calories from Carbohydrates  
 % Calories from Fat  
 ( %Saturated Fat )

**Report for Nutritional Goal: 2000 Cal Standard Goal**

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Ancient Grain S	4oz portion	85	3.8	0.456	0	4.185	2.214	0	25	12.46	1.5	4	1.52	807	15.5	21	1.39	119			
0	% of Goal :	4	6	2	*	418	221	*	*	4	6	400	3	16	26	2	8				
Salad Bar Lunch	servings	300	23.22	3.532	0	4.697	8.062	25	645	17.1	2.2	5.61	5.3	1892	15.6	94	1.35	233			
0	% of Goal :	15	36	18	*	470	806	8	27	6	9	561	11	38	26	9	8				
Maine Broccoli	4oz portion	254	19.75	3.288	0	1.584	0.023	16	249	19	2.2	1.49	1.24	591	34.2	22	0.51	179			
0	% of Goal :	13	30	16	*	158	2	5	10	6	9	149	2	12	57	2	3				
Steamed Spinach	3 oz portion	28	0.7	0.126	0	0.298	0	0	343	3.88	3	0.41	3.22	6242	1.8	123	1.58	243			
0	% of Goal :	*	*	*	*	30	*	*	14	*	12	41	6	125	3	12	9				
Spicy Cajun Fri	3 oz portion	291	15.66	3.268	0	2.673	9.027	0	309	34.02	3.1	0	3.71	129	10	14	0.79	592			
	% of Goal :	15	24	16	*	267	903	*	13	11	12	*	7	3	17	*	4				
Steamed Rice (V	4 oz portion	129	0	0	0	0	0.062	0	1	28	0	0	3.03	0	0	1	1.1	43			
	% of Goal :	6	*	*	*	*	6	*	*	9	*	*	6	*	*	*	6				
Pudding / Jell	portion	85	2.23	1.284	0	0.133	0.575	7	86	13.85	0.1	2.86	2.93	86	0.1	78	0.07	96			
	% of Goal :	4	3	6	*	13	57	2	4	5	*	286	6	2	*	8	*				
Rice Krispie Sq	portion	85	2.55	0.661	0.017	0.703	1.036	0	34	15.91	0	0	0.35	149	0	1	0.04	2			
0	% of Goal :	4	4	3	2	70	104	*	*	5	*	*	*	3	*	*	*				

**Meal Total:** Amount:  
 % of Goal:

!\*\* 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

Dining Service

**Detail Simple List Menu Analysis**

Unit : Moulton  
 Service Date : Thursday, October 18, 2018  
 Meal Period : Dinner  
 Customer Count : 1

**Total Calories**  
 % Calories from Protein  
 % Calories from Carbohydrates  
 % Calories from Fat  
 ( %Saturated Fat )

**Report for Nutritional Goal: 2000 Cal Standard Goal**

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Chicken Chipotl	6oz portion	259	7.29	3.174	0.05	0.786	2.239	31	113	36.86	1.9	1.05	12.12	455	15.2	86	1.98	139			
0	% of Goal :	13	11	16	5	79	224	10	5	12	8	105	24	9	25	9	11				
Express Meals -	1 each	1084	38.91	10.309	0.027	7.319	10.837	50	1598	160.62	10.5	60.43	27.75	2062	54	322	8.44	935			
0	% of Goal :	54	60	52	3	732	1084	17	67	54	42	6043	56	41	90	32	47				
Chicken Soup a	6 oz	60	2.47	0.273	0.002	0.625	1.11	10	152	4.98	1.2	0.51	5.04	402	12	29	0.56	197			
0	% of Goal :	3	4	*	*	62	111	3	6	2	5	51	10	8	20	3	3				
Creole Style Bl	6oz portion	67	2.4	0.185	0	0.723	1.371	0	613	9.24	2.5	1.13	2.57	519	17.6	67	1.03	262			
0	% of Goal :	3	4	*	*	72	137	*	26	3	10	113	5	10	29	7	6				
Cheese Quesadil	Tortilla	379	22.45	11.921	0	0	6.143	63	701	27.07	2.1	0.7	18.95	668	0.1	526	1.9	74			
1	% of Goal :	19	35	60	*	*	614	21	29	9	8	70	38	13	*	53	11				
Beef Teriyaki	4 Ounce	282	11.99	2.572	0	0.982	7.361	62	2618	18.51	0.4	44.79	24.4	15	10.8	24	3.06	316			
	% of Goal :	14	18	13	*	98	736	21	109	6	2	4479	49	*	18	2	17				
Ratatouille	8 oz portion	120	8.05	1.139	0	0.997	5.596	0	319	11.92	3.8	2.8	2.18	950	20.4	53	0.96	462			
	% of Goal :	6	12	6	*	100	560	*	13	4	15	280	4	19	34	5	5				
Dessert Crepes	crepe	226	8.74	3.848	0.001	1.075	3.126	39	52	33.81	1.5	8.54	4.56	288	2.7	58	1	197			
0	% of Goal :	11	13	19	*	107	313	13	2	11	6	854	9	6	5	6	6				
Chicken Chipotl	6oz portion	259	7.29	3.174	0.05	0.786	2.239	31	113	36.86	1.9	1.05	12.12	455	15.2	86	1.98	139			
1	% of Goal :	13	11	16	5	79	224	10	5	12	8	105	24	9	25	9	11				
Ancient Grain S	4oz portion	85	3.8	0.456	0	4.185	2.214	0	25	12.46	1.5	4	1.52	807	15.5	21	1.39	119			
0	% of Goal :	4	6	2	*	418	221	*	*	4	6	400	3	16	26	2	8				
Salad Bar Dinne	servings	284	22.25	3.212	0	4.521	7.647	20	502	17.13	2.4	5.96	3.79	1973	22.2	61	1.08	271			
1	% of Goal :	14	34	16	*	452	765	7	21	6	10	596	8	39	37	6	6				
Roasted Root V	4oz portion	71	1.95	0.307	0	0.389	1.155	0	169	12.83	2.9	2.25	1.11	666	9.4	33	0.41	330			
1	% of Goal :	4	3	2	*	39	115	*	7	4	11	225	2	13	16	3	2				

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

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

Courses selected: Selected All

Dining Service

**Detail Simple List Menu Analysis**

Unit : Moulton  
 Service Date : Thursday, October 18, 2018  
 Meal Period : Dinner  
 Customer Count : 1

**Total Calories**  
 % Calories from Protein  
 % Calories from Carbohydrates  
 % Calories from Fat  
 ( %Saturated Fat )

**Report for Nutritional Goal: 2000 Cal Standard Goal**

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Three Pepper Ri	3 oz portion	74	1.18	0.167	0	0.138	0.859	0	142	14.06	0.3	0.52	1.59	218	16.1	2	0.61	53			
0	% of Goal :	4	2	*	*	14	86	*	6	5	*	52	3	4	27	*	3				
Steamed Rice (V	4 oz portion	129	0	0	0	0	0.062	0	1	28	0	0	3.03	0	0	1	1.1	43			
0	% of Goal :	6	*	*	*	*	6	*	*	9	*	*	6	*	*	*	6				
Anadam Bread	Loaves	1109	29.92	2.383	0	9.233	16.446	0	2312	185.37	13	0.85	22.57	390	0	90	7.85	833			
0	% of Goal :	55	46	12	*	923	1645	*	96	62	52	85	45	8	*	9	44				
Strawberry Gela	1/2 Cup	74	0	0	0	0	0	0	53	17.59	0	0	1.52	0	0	3	0.04	1			
0	% of Goal :	4	*	*	*	*	*	*	2	6	*	*	3	*	*	*	*				
Pudding Banana	1/2 cup port	113	3.86	2.208		0.244	0.971	12	115	16.65	0.7	9.35	3.88	167	3	131	0.14	273			
0	% of Goal :	6	6	11		24	97	4	5	6	3	935	8	3	5	13	*				
Confetti Cake	portion	187	6.83	2.671	0	1.949	1.909	0	112	31.71	0.5	27.57	0.89	62	0	24	0.39	55			
1	% of Goal :	9	11	13	*	195	191	*	5	11	2	2757	2	*	*	2	2				

**Meal Total:** Amount:  
 % of Goal:

\*\*\* 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

Dining Service

**Detail Simple List Menu Analysis**

Unit : Moulton  
 Service Date : Friday, October 19, 2018  
 Meal Period : Breakfast  
 Customer Count : 1

**Total Calories**  
 % Calories from Protein  
 % Calories from Carbohydrates  
 % Calories from Fat  
 (%Saturated Fat)

**Report for Nutritional Goal: 2000 Cal Standard Goal**

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Cream of Wheat	2/3 Cup	15	0.05	0.008	0	0.025	0.006	0	359	2.97	0.3	0	0.41	0	0	10	1.16	5			
0	% of Goal :	*	*	*	*	3	*	*	15	*	*	*	*	*	*	*	6				
Oatmeal	Cup	43	0.74	0.126	0	0.261	0.225	0	178	7.68	1.1	0.11	1.49	11	0	7	0.49	41			
0	% of Goal :	2	*	*	*	26	22	*	7	3	5	11	3	*	*	*	3				
Eggs Cooked	Portions	141	9.49	2.935	0	1.288	3.608	402	119	1.16	0	0	11.83	181	0	46	1.36	115			
0	% of Goal :	7	15	15	*	129	361	134	5	*	*	*	24	4	*	5	8				
Hard Boiled Egg	2 each	141	9.49	2.935	0	1.288	3.608	402	119	1.16	0	0	11.83	181	0	46	1.36	115			
0	% of Goal :	7	15	15	*	129	361	134	5	*	*	*	24	4	*	5	8				
Scrambled Eggs	6 oz portion	260	18.19	5.359	0	2.815	7.074	694	227	2.01	0	0	20.42	393	0	81	2.35	199			
0	% of Goal :	13	28	27	*	282	707	231	9	*	*	*	41	8	*	8	13				
Scrambled Egg W	3oz portion	43	0.14	0		0	0	0	267	0.61	0	0.59	9.05	0	0	6	0.07	135			
0	% of Goal :	2	*	*		*	*	*	11	*	*	59	18	*	*	*	*				
'Veggie Patty B	2 Each																				
0	% of Goal :																				
Grilled Ham	2 oz portion	154	9.95	3.653		0.949	4.449	53	126	0	0	0	15.15	6	0.2	8	0.57	199			
0	% of Goal :	8	15	18		95	445	18	5	*	*	*	30	*	*	*	3				
Pancakes	2 each	157	1.46	0.288	0	0.484	0.486	6	349	32.13	1.5	5.51	2.99	29	2.5	72	1	127			
1	% of Goal :	8	2	*	*	48	49	2	15	11	6	551	6	*	4	7	6				
Belgion Waffles	6 oz waffle	234	7.22	1.482	0	1.408	3.858	11	547	36.92	1.9	3.57	5.52	917	0	231	5.11	107			
0	% of Goal :	12	11	7	*	141	386	4	23	12	8	357	11	18	*	23	28				
Assorted Cold C	serving	567	7.31	2.005	0.011	2.146	2.188	0	998	117.27	10.3	25.3	14.99	3028	46.9	232	22.9	415			
0	% of Goal :	28	11	10	*	215	219	*	42	39	41	2530	30	61	78	23	127				
Breakfast Acco	Servings	132	3.3	1.385	0.051	0.447	1.015	5	107	25.63	3	4.62	2.46	205	19.5	31	0.51	317			
1	% of Goal :	7	5	7	5	45	102	2	4	9	12	462	5	4	32	3	3				

\*\* 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

Dining Service

**Detail Simple List Menu Analysis**

Unit : Moulton  
 Service Date : Friday, October 19, 2018  
 Meal Period : Breakfast  
 Customer Count : 1

**Total Calories**  
 % Calories from Protein  
 % Calories from Carbohydrates  
 % Calories from Fat  
 ( %Saturated Fat )

**Report for Nutritional Goal: 2000 Cal Standard Goal**

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Home Fries (VE)	4 oz portion	204	8.71	0.647	0	2.598	5.045	0	217	29.65	2.7	0	2.76	0	19.1	8	0.49	558			
0	% of Goal :	10	13	3	*	260	504	*	9	10	11	*	6	*	32	*	3				
Assorted Bagels	1 each	229	1.34	0.283	0	0.515	0.38	0	457	45.57	1.9	4.78	8.9	0	0.6	68	4.37	57			
0	% of Goal :	11	2	*	*	52	38	*	19	15	8	478	18	*	*	7	24				
Assorted Muffin	Each	284	9.44	1.035	0	1.99	3.791	15	336	44.6	1.4	7.09	5.56	21	2.3	90	1.87	59			
0	% of Goal :	14	15	5	*	199	379	5	14	15	6	709	11	*	4	9	10				
Blueberry Sauce	2 Fluid Oz	61	0.12	0.01	0	0.051	0.016	0	1	13.52	0.8	10.57	0.26	18	3.5	2	0.1	27			
0	% of Goal :	3	*	*	*	5	2	*	*	5	3	1057	*	*	6	*	*				

**Meal Total:** Amount:  
 % of Goal:

\*\*\* 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

# Dining Service

# Detail Simple List Menu Analysis

Unit : Moulton  
 Service Date : Friday, October 19, 2018  
 Meal Period : Lunch  
 Customer Count : 1

**Total Calories**  
 % Calories from Protein  
 % Calories from Carbohydrates  
 % Calories from Fat  
 ( %Saturated Fat )

## Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K		
Portion Count	Size	KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG		
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00			
Taco Casserole	6 oz portion	233	12.03	5.073	0	2.171	4.018	21	484	23.07	5.2	2.01	9.83	1015	29	204	1.87	454		
0	% of Goal :	12	19	25	*	217	402	7	20	8	21	201	20	20	48	20	10			
Express Meals -	1 each	1084	38.91	10.309	0.027	7.319	10.837	50	1598	160.62	10.5	60.43	27.75	2062	54	322	8.44	935		
0	% of Goal :	54	60	52	3	732	1084	17	67	54	42	6043	56	41	90	32	47			
Fall Root Vege	4oz portion	82	2.05	0.327	0	0.429	1.181	0	192	15.38	3.4	2.66	1.32	766	11.2	39	0.48	395		
	% of Goal :	4	3	2	*	43	118	*	8	5	14	266	3	15	19	4	3			
Fish Chowder II	6oz portion	119	3.5	1.607	0.001	0.525	1.067	30	270	13.08	1.1	3.06	8.84	133	7.1	92	0.34	377		
	% of Goal :	6	5	8	*	53	107	10	11	4	4	306	18	3	12	9	2			
Sauteed Vegetab	4 oz portion	147	9.3	1.284	0	1.306	6.359	0	143	14.25	2.8	1.15	3.09	1327	9.9	41	1.43	275		
0	% of Goal :	7	14	6	*	131	636	*	6	5	11	115	6	27	16	4	8			
3 Bean Chili	8 oz portion	103	2.64	0.373	0	0.403	1.731	0	185	15.7	4.3	1.31	5.09	561	24.3	62	1.94	365		
0	% of Goal :	5	4	2	*	40	173	*	8	5	17	131	10	11	41	6	11			
Taco Casserole	6 oz portion	253	13.72	5.726	0	2.542	4.595	23	467	23.07	5	1.45	10.44	608	13.5	211	1.74	355		
0	% of Goal :	13	21	29	*	254	460	8	19	8	20	145	21	12	22	21	10			
Grilled Chicken	3oz portion	114	4.88	0.702	0	0.63	2.715	41	78	1.43	0.3	0.22	16.6	640	8.6	18	0.91	240		
0	% of Goal :	6	8	4	*	63	272	14	3	*	*	22	33	13	14	2	5			
Tuscan Style Ch	1 each	550	22.32	5.535	0	1.972	10.069	42	884	61.17	4.8	3.94	25.23	4490	17.1	196	4.96	576		
	% of Goal :	27	34	28	*	197	1007	14	37	20	19	394	50	90	28	20	28			
Pasta Bar Frid	6oz portion	190	1.19	0.171	0	0.408	0.305	0	34	37.78	2.1	0.17	6.39	92	3.8	14	1.91	79		
0	% of Goal :	10	2	*	*	41	31	*	*	13	8	17	13	2	6	*	11			
Baked Maine Fis	4 oz portion	167	8.26	1.222	0	1.405	5.07	72	137	3.07	0.8	0.6	20.33	213	14.4	82	0.79	412		
0	% of Goal :	8	13	6	*	141	507	24	6	*	3	60	41	4	24	8	4			
Deli Bar - Moul	portion	233	8.59	2.782	0	0.488	1.764	24	673	27.9	2.7	2.49	11.92	519	3.1	117	2.83	216		
0	% of Goal :	12	13	14	*	49	176	8	28	9	11	249	24	10	5	12	16			

\*\* 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

Dining Service

**Detail Simple List Menu Analysis**

Unit : Moulton  
 Service Date : Friday, October 19, 2018  
 Meal Period : Lunch  
 Customer Count : 1

**Total Calories**  
 % Calories from Protein  
 % Calories from Carbohydrates  
 % Calories from Fat  
 ( %Saturated Fat )

**Report for Nutritional Goal: 2000 Cal Standard Goal**

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Cuban Garbanzo	4 oz portion	38	2.91	0.41	0	0.306	2.092	0	62	2.82	1	0.94	0.57	290	13.2	13	0.43	99			
0	% of Goal :	2	4	2	*	31	209	*	3	*	4	94	*	6	22	*	2				
Tuscan Bean and	4oz portion	179	11.76	0.915	0	3.455	6.682	0	446	14.97	4.5	1.17	5.22	4347	17.6	78	3.12	621			
0	% of Goal :	9	18	5	*	345	668	*	19	5	18	117	10	87	29	8	17				
Salad Bar Lunch	servings	300	23.22	3.532	0	4.697	8.062	25	645	17.1	2.2	5.61	5.3	1892	15.6	94	1.35	233			
0	% of Goal :	15	36	18	*	470	806	8	27	6	9	561	11	38	26	9	8				
Steamed Broccol	3 oz	18	0.13	0.02		0.062	0.009	0	16	3.51	2.2		1.81	725	27.6	26	0.39	123			
	% of Goal :	*	*	*		6	*	*	*	*	9		4	14	46	3	2				
Sweet Potato Fr	3 oz portion	143	7.4	1.846	0	2.102	2.99	0	429	18.26	2.6	5.92	1.41	0	13.2	28	0.75	237			
	% of Goal :	7	11	9	*	210	299	*	18	6	10	592	3	*	22	3	4				
Derby's Peanut	1 Each	330	17.07	3.824	0.058	4.673	7.368	22	273	34.9	1.6	47.1	5.77	530	0	13	1.21	27			
1	% of Goal :	16	26	19	6	467	737	7	11	12	6	4710	12	11	*	*	7				
Pudding / Jell	portion	85	2.23	1.284	0	0.133	0.575	7	86	13.85	0.1	2.86	2.93	86	0.1	78	0.07	96			
	% of Goal :	4	3	6	*	13	57	2	4	5	*	286	6	2	*	8	*				

**Meal Total:** Amount:  
 % of Goal:

\*\*\* 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

Dining Service

**Detail Simple List Menu Analysis**

Unit : Moulton  
 Service Date : Friday, October 19, 2018  
 Meal Period : Dinner  
 Customer Count : 1

**Total Calories**  
 % Calories from Protein  
 % Calories from Carbohydrates  
 % Calories from Fat  
 ( %Saturated Fat )

**Report for Nutritional Goal: 2000 Cal Standard Goal**

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Fall Root Vege	4oz portion	82	2.05	0.327	0	0.429	1.181	0	192	15.38	3.4	2.66	1.32	766	11.2	39	0.48	395			
0	% of Goal :	4	3	2	*	43	118	*	8	5	14	266	3	15	19	4	3				
Fish Chowder II	6oz portion	119	3.5	1.607	0.001	0.525	1.067	30	270	13.08	1.1	3.06	8.84	133	7.1	92	0.34	377			
0	% of Goal :	6	5	8	*	53	107	10	11	4	4	306	18	3	12	9	2				
Maine Fish Ca	1each	103	5.7	1.008	0	0.352	0.274	67	238	0.16	0	0.02	11.75	83	0.6	38	0.39	213			
1	% of Goal :	5	9	5	*	35	27	22	10	*	*	2	24	2	*	4	2				
Chicken w/ Appl	4oz portion	112	1.39	0.249	0	0.227	0.202	37	43	10.89	1.8	7.79	14.95	41	5.5	15	0.68	235			
1	% of Goal :	6	2	*	*	23	20	12	2	4	7	779	30	*	9	*	4				
Quinoa Cakes w/	portion	148	0.83	0.115	0	0.409	0.197	0	141	31.66	3.3	1.48	4.36	654	32.5	17	1.4	516			
0	% of Goal :	7	*	*	*	41	20	*	6	11	13	148	9	13	54	2	8				
Herb Crusted Lo	4 oz Portion	233	9.67	3.399	0.001	0.661	4.294	76	338	6.46	0.7	0.5	28.42	122	1.3	44	1.3	437			
0	% of Goal :	12	15	17	*	66	429	25	14	2	3	50	57	2	2	4	7				
Mid East Meze D	portion	94	5.07	1.562	0	0.397	1.58	5	346	8.13	3.4	1.49	4.66	358	12.8	68	0.64	365			
0	% of Goal :	5	8	8	*	40	158	2	14	3	14	149	9	7	21	7	4				
Roasted Brussel	4oz portion	127	7.73	1.681	0	0.41	3.304	3	95	11.61	3.4	1.08	5.02	1881	54	66	1.56	379			
0	% of Goal :	6	12	8	*	41	330	*	4	4	13	108	10	38	90	7	9				
Autumn Salad Ba	servings	284	22.25	3.212	0	4.521	7.647	20	502	17.13	2.4	5.96	3.79	1973	22.2	61	1.08	271			
2	% of Goal :	14	34	16	*	452	765	7	21	6	10	596	8	39	37	6	6				
Sauteed Zucchini	3 oz portion	34	2.44	0.212	0	0.758	1.284	0	247	3.12	1.1	0.75	0.91	621	8.1	20	0.33	201			
0	% of Goal :	2	4	*	*	76	128	*	10	*	4	75	2	12	14	2	2				
Herb Roasted Ma	5 oz. portion	195	9.72	0.72	0	2.873	5.609	0	250	24.38	2.3	1.75	2.89	18	15.6	14	0.95	674			
1	% of Goal :	10	15	4	*	287	561	*	10	8	9	175	6	*	26	*	5				
Brown Rice - St	4 oz portion	128	1.04	0.208	0	0.373	0.378	0	6	26.52	2.1	0	2.98	0	0	12	0.49	50			
	% of Goal :	6	2	*	*	37	38	*	*	9	8	*	6	*	*	*	3				

\*\* 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

Dining Service

**Detail Simple List Menu Analysis**

Unit : Moulton  
 Service Date : Friday, October 19, 2018  
 Meal Period : Dinner  
 Customer Count : 1

**Total Calories**  
 % Calories from Protein  
 % Calories from Carbohydrates  
 % Calories from Fat  
 ( %Saturated Fat )

**Report for Nutritional Goal: 2000 Cal Standard Goal**

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Bread Oatmeal	slice	170	3.47	0.343	0	1.114	1.709	0	216	29.49	2.3	0.2	4.88	0	0	16	1.8	120			
1	% of Goal :	8	5	2	*	111	171	*	9	10	9	20	10	*	*	2	10				
Warm Apple Cris	Cup	649	16.26	2.764	0	5.349	6.828	1	362	119.68	8.2	77.76	9.17	628	2.2	71	3.98	306			
1	% of Goal :	32	25	14	*	535	683	*	15	40	33	7776	18	13	4	7	22				
Molasses Cookie	cookie	194	8.4	2.411	0	2.991	2.483	25	179	25.16	0.9	6.84	2.85	12	0	21	1.22	125			
1	% of Goal :	10	13	12	*	299	248	8	7	8	4	684	6	*	*	2	7				
Maine Apple Cid	Cup	107	0.25	0.043		0.075	0.011	0	7	26.49	0.2		0.14	2	2	16	0.84	270			
1	% of Goal :	5	*	*		7	*	*	*	9	*		*	*	3	2	5				

**Meal Total:** Amount:  
 % of Goal:

!\*\* 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

Dining Service

**Detail Simple List Menu Analysis**

Unit : Moulton  
 Service Date : Saturday, October 20, 2018  
 Meal Period : Breakfast  
 Customer Count : 1

**Total Calories**  
 % Calories from Protein  
 % Calories from Carbohydrates  
 % Calories from Fat  
 (% Saturated Fat)

**Report for Nutritional Goal: 2000 Cal Standard Goal**

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K		
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG		
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00			
Assorted Cold C	1 serving	567	7.31	2.005	0.011	2.146	2.188	0	998	117.27	10.3	25.3	14.99	3028	46.9	232	22.9	415		
	% of Goal :	28	11	10	*	215	219	*	42	39	41	2530	30	61	78	23	127			
Pancakes	2 cake port	372	11.54	2.349	0	2.921	4.91	72	407	53.95	5.8	6.82	12.42	151	0	170	3.3	280		
	% of Goal :	19	18	12	*	292	491	24	17	18	23	682	25	3	*	17	18			
Chicken Breakfa	sausage	18	0.86	0.29		0.082	0.413	6	138	0.55	0		1.96	0	0	1	0.11	36		
	% of Goal :	*	*	*		8	41	2	6	*	*		4	*	*	*	*			
'Veggie Patty B	2 Each																			
	% of Goal :																			
Oatmeal	2/3 Cup	43	0.74	0.126	0	0.261	0.225	0	178	7.68	1.1	0.11	1.49	11	0	7	0.49	41		
	% of Goal :	2	*	*	*	26	22	*	7	3	5	11	3	*	*	*	3			
Belgion Waffles	6 oz waffle	234	7.22	1.482	0	1.408	3.858	11	547	36.92	1.9	3.57	5.52	917	0	231	5.11	107		
	% of Goal :	12	11	7	*	141	386	4	23	12	8	357	11	18	*	23	28			
Scrambled Egg W	3oz portion	43	0.14	0		0	0	0	267	0.61	0	0.59	9.05	0	0	6	0.07	135		
	% of Goal :	2	*	*		*	*	*	11	*	*	59	18	*	*	*	*			
Scrambled Eggs	6 oz portion	260	18.19	5.359	0	2.815	7.074	694	227	2.01	0	0	20.42	393	0	81	2.35	199		
	% of Goal :	13	28	27	*	282	707	231	9	*	*	*	41	8	*	8	13			
Eggs Cooked	Portions	141	9.49	2.935	0	1.288	3.608	402	119	1.16	0	0	11.83	181	0	46	1.36	115		
	% of Goal :	7	15	15	*	129	361	134	5	*	*	*	24	4	*	5	8			
Home Fries (VE)	4 oz potion	204	8.71	0.647	0	2.598	5.045	0	217	29.65	2.7	0	2.76	0	19.1	8	0.49	558		
	% of Goal :	10	13	3	*	260	504	*	9	10	11	*	6	*	32	*	3			
Assorted Muffin	Each	412	13.45	3.563	0.058	2.773	5.724	31	627	63.4	3.5	11.57	9.03	225	3	148	3.99	139		
	% of Goal :	21	21	18	6	277	572	10	26	21	14	1157	18	5	5	15	22			

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

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

Courses selected: Selected All

Dining Service

**Detail Simple List Menu Analysis**

Unit : Moulton  
 Service Date : Saturday, October 20, 2018  
 Meal Period : Breakfast  
 Customer Count : 1

**Total Calories**  
 % Calories from Protein  
 % Calories from Carbohydrates  
 % Calories from Fat  
 ( %Saturated Fat )

Report for Nutritional Goal: **2000 Cal Standard Goal**

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Apple Raisin Sa	2 oz portion	102	2.39	1.204		0.323	0.211	0	12	23.49	7.6	5.22	1.08	63	5.3	139	3.98	180			
	% of Goal :	5	4	6		32	21	*	*	8	30	522	2	*	9	14	22				

**Meal Total:** Amount:  
 % of Goal:

!\*\* 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

# Dining Service

# Detail Simple List Menu Analysis

Unit : Moulton  
 Service Date : Saturday, October 20, 2018  
 Meal Period : Dinner  
 Customer Count : 1

**Total Calories**  
 % Calories from Protein  
 % Calories from Carbohydrates  
 % Calories from Fat  
 ( %Saturated Fat )

## Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Maine Apple, Pe	Each	263	13.3	7.085	0	0.483	3.155	33	349	28.35	4.1	2.16	9.05	395	7.8	243	0.8	206			
1	% of Goal :	13	20	35	*	48	316	11	15	9	16	216	18	8	13	24	4				
Kale & White Be	6oz portion	84	2.11	0.177	0	0.694	1.082	0	302	13.14	3.3	0.22	4.15	1487	13.7	39	1.56	301			
	% of Goal :	4	3	*	*	69	108	*	13	4	13	22	8	30	23	4	9				
Hungarian Mushr	6 oz. serving	145	10.46	3.382	0.001	2.191	3.87	15	342	10.3	0.9	2.2	2.99	894	2	59	0.79	187			
0	% of Goal :	7	16	17	*	219	387	5	14	3	4	220	6	18	3	6	4				
Gulf of Maine F	5oz portion	108	1.22	0.392	0	0.278	0.193	71	622	1.1	0.7	0.13	22.52	2811	9.5	59	1.06	480			
1	% of Goal :	5	2	2	*	28	19	24	26	*	3	13	45	56	16	6	6				
Sirloin of Beef	3 oz portion	259	19.76	6.472	0	0.546	5.833	66	99	1.59	0.1	0.59	17.57	134	2.5	11	2.29	310			
1	% of Goal :	13	30	32	*	55	583	22	4	*	*	59	35	3	4	*	13				
Very Vegetable	8 oz. portion	210	11.58	1.7	0	1.573	7.86	0	496	23.69	5.3	3.75	4.67	2745	31.9	62	1.53	491			
0	% of Goal :	10	18	9	*	157	786	*	21	8	21	375	9	55	53	6	8				
Orecciette w/ B	6 oz portion	70	2.32	1.325	0	5.654	0.627	8	145	12.43	0.7	5.54	1.15	3492	7.9	26	0.61	220			
0	% of Goal :	4	4	7	*	565	63	3	6	4	3	554	2	70	13	3	3				
Autumn Salad Ba	servings	284	22.25	3.212	0	4.521	7.647	20	502	17.13	2.4	5.96	3.79	1973	22.2	61	1.08	271			
1	% of Goal :	14	34	16	*	452	765	7	21	6	10	596	8	39	37	6	6				
Cranberry Quino	4oz portion	134	0.89	0.004	0	22.122	0.071	0	4	30.6	2.5	22.31	1.12	18	1.3	9	0.82	30			
	% of Goal :	7	*	*	*	2212	7	*	*	10	10	2231	2	*	2	*	5				
Maple Glazed	4oz portion	74	2.18	0.433		0.974	0.649	0	341	13.58	3.2	8.51	0.83	2658	3.9	41	0.37	268			
1	% of Goal :	4	3	2		97	65	*	14	5	13	851	2	53	6	4	2				
Brown Rice Cide	1/2 cup serv	233	7.32	1.239	0	2.413	3.26	0	170	38.53	2.9	1.52	3.61	581	10.4	35	1.01	212			
1	% of Goal :	12	11	6	*	241	326	*	7	13	12	152	7	12	17	4	6				
Corn Muffins	1 each	287	14.34	1.606	0	4.003	7.876	30	369	32.71	1.7	11.52	4.29	135	0	97	0.92	79			
	% of Goal :	14	22	8	*	400	788	10	15	11	7	1152	9	3	*	10	5				

\*\* 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

Dining Service

**Detail Simple List Menu Analysis**

Unit : Moulton  
 Service Date : Saturday, October 20, 2018  
 Meal Period : Dinner  
 Customer Count : 1

**Total Calories**  
 % Calories from Protein  
 % Calories from Carbohydrates  
 % Calories from Fat  
 ( %Saturated Fat )

**Report for Nutritional Goal: 2000 Cal Standard Goal**

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
VE corn muffins	Each	176	6.18	0.47	0	1.898	3.417	0	252	25.33	1.3	8.21	2.68	27	0	66	0.95	43			
	% of Goal :	9	10	2	*	190	342	*	11	8	5	821	5	*	*	7	5				
Fresh Seasonal	1 piece	78	0.44	0.092	0	0.118	0.029	0	0	19.94	3.2	1.61	0.55	111	12.6	12	0.25	216			
1	% of Goal :	4	*	*	*	12	3	*	*	7	13	161	*	2	21	*	*				
Warm Apple Pie	1/8 Portion	435	20.89	5.177		5.504	9.09	0	337	59.41	1.9		3.74	19	1.6	9	1.61	84			
	% of Goal :	22	32	26		550	909	*	14	20	7		7	*	3	*	9				
Homemade Pumpk pie		2517	151.27	49.164		31.168	61.682	704	1721	238.65	13		58.68	104626	20.9	1239	16.43	2478			
	% of Goal :	126	233	246		3117	6168	235	72	80	52		117	2093	35	124	91				
Maine Blueberr pie		3664	133.24	38.867				0	3664	588.49	44.4	233.18	22.21	16	15.5	16	88.83				
	% of Goal :	183	205	194				*	153	196	178	23318	44	*	26	2	494				
Maine Apple Cid	Cup	107	0.25	0.043		0.075	0.011	0	7	26.49	0.2		0.14	2	2	16	0.84	270			
0	% of Goal :	5	*	*		7	*	*	*	9	*		*	*	3	2	5				

**Meal Total:** Amount:  
 % of Goal:

\*\*\* 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

Dining Service

**Detail Simple List Menu Analysis**

Unit : Moulton  
 Service Date : Saturday, October 20, 2018  
 Meal Period : Brunch  
 Customer Count : 1

**Total Calories**  
 % Calories from Protein  
 % Calories from Carbohydrates  
 % Calories from Fat  
 ( %Saturated Fat )

**Report for Nutritional Goal: 2000 Cal Standard Goal**

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count	Size	KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Hungarian Mushr 0	6 oz. serving % of Goal :	145 7	10.46 16	3.382 17	0.001 *	2.191 219	3.87 387	15 5	342 14	10.3 3	0.9 4	2.2 220	2.99 6	894 18	2 3	59 6	0.79 4	187			
Scrambled Organ 0	5 oz. Each % of Goal :	120 6	7.94 12	1.139 6	0 *	3.523 352	2.791 279	0 *	14 *	4.26 *	0.8 3	0.11 11	10.34 21	831 17	12.2 20	444 44	7.15 40	213			
Organic Oatmeal 0	2/3 Cup % of Goal :	126 6	2.16 3	0.367 2	0 *	0.761 76	0.654 65	0 *	262 11	22.65 8	3.4 14	0.33 33	4.34 9	34 *	0.1 *	20 2	1.42 8	122			
Pumpkin Pancake 0	pancake % of Goal :	233 12	8.19 13	1.49 7	0 *	1.997 200	3.989 399	31 10	414 17	32.13 11	2 8	11.35 1135	5.55 11	2532 51	0.2 *	192 19	1.53 9	96			
Scrambled Egg W 0	3oz portion % of Goal :	43 2	0.14 *	0 *	0 *	0 *	0 *	0 *	267 11	0.61 *	0 *	0.59 59	9.05 18	0 *	0 *	6 *	0.07 *	135			
Scrambled Eggs 0	6 oz portion % of Goal :	260 13	18.19 28	5.359 27	0 *	2.815 282	7.074 707	694 231	227 9	2.01 *	0 *	0 *	20.42 41	393 8	0 *	81 8	2.35 13	199			
'Veggie Patty B 0	2 Each % of Goal :																				
Glazed Baked Ha 0	4 oz portion % of Goal :	145 7	3.86 6	1.241 6	0 *	0.08 8	0.017 2	50 17	1137 47	9.97 3	0.4 2	17.47 1747	20.12 40	7 *	0.9 2	11 *	0.78 4	14			
Turkey & Avoca 0	Each % of Goal :	396 20	10.32 16	4.285 21	0.042 4	1.244 124	2.471 247	43 14	869 36	53.9 18	3.2 13	0.41 41	19.67 39	152 3	0.6 *	195 19	3.06 17	230			
Corned Beef Has 0	6 oz portion % of Goal :	231 12	11.58 18	3.861 19	0 *	0.445 45	5.58 558	59 20	877 37	18.6 6	1.7 7	0.27 27	12.71 25	0 *	11.9 20	11 *	1.44 8	431			
Quiche Cheese & 0	1/9 portion % of Goal :	368 18	22.66 35	9.004 45	0 *	2.333 233	9.281 928	122 41	395 16	30.21 10	1.7 7	2.77 277	11.38 23	391 8	0.6 *	191 19	1.83 10	145			
Yogurt Bar w/ A 0	4oz portion % of Goal :	100 5	0.53 *	0.343 2		0.016 2	0.146 15	3 *	68 3	19.64 7	0 *	12.43 1243	4.86 10	22 *	0.9 2	172 17	0.1 *	219			

\*\*\* 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

Dining Service

**Detail Simple List Menu Analysis**

Unit : Moulton  
 Service Date : Saturday, October 20, 2018  
 Meal Period : Brunch  
 Customer Count : 1

**Total Calories**  
 % Calories from Protein  
 % Calories from Carbohydrates  
 % Calories from Fat  
 ( %Saturated Fat )

**Report for Nutritional Goal: 2000 Cal Standard Goal**

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Autumn Salad Ba	servings	284	22.25	3.212	0	4.521	7.647	20	502	17.13	2.4	5.96	3.79	1973	22.2	61	1.08	271			
0	% of Goal :	14	34	16	*	452	765	7	21	6	10	596	8	39	37	6	6				
Steamed Whole G	3 OZ	22	0.13	0.033	0	0.065	0.006	0	434	5.06	2.4	0.95	1.16	310	3.2	33	0.53	123			
0	% of Goal :	*	*	*	*	7	*	*	18	2	9	95	2	6	5	3	3				
Maine Home Frie	4 oz potion	204	8.71	0.647	0	2.598	5.045	0	217	29.65	2.7	0	2.76	0	19.1	8	0.49	558			
0	% of Goal :	10	13	3	*	260	504	*	9	10	11	*	6	*	32	*	3				
Assorted Muffin	Each	412	13.45	3.563	0.058	2.773	5.724	31	627	63.4	3.5	11.57	9.03	225	3	148	3.99	139			
0	% of Goal :	21	21	18	6	277	572	10	26	21	14	1157	18	5	5	15	22				
Assorted Homema	slice	72	2.06	0.166	0	0.634	1.131	0	184	11.51	0.8	0.25	1.65	12	0	7	0.57	42			
0	% of Goal :	4	3	*	*	63	113	*	8	4	3	25	3	*	*	*	3				
Da's Irish Brea	slice	253	1.8	0.664	0	0.321	0.467	33	115	51.41	2.1	13.91	5.64	39	0.6	92	1.9	203			
0	% of Goal :	13	3	3	*	32	47	11	5	17	8	1391	11	*	*	9	11				
Fresh Seasonal	1 piece	78	0.44	0.092	0	0.118	0.029	0	0	19.94	3.2	1.61	0.55	111	12.6	12	0.25	216			
0	% of Goal :	4	*	*	*	12	3	*	*	7	13	161	*	2	21	*	*				
Maine Apple Cid	Cup	107	0.25	0.043		0.075	0.011	0	7	26.49	0.2		0.14	2	2	16	0.84	270			
0	% of Goal :	5	*	*		7	*	*	*	9	*		*	*	3	2	5				
Fresh Squeezed	10 oz. Porti	153	0.4	0.05		0.096	0.07	0	6	36.6	0.6		1.67	495	97.3	23	1.25	495			
0	% of Goal :	8	*	*		10	7	*	*	12	2		3	10	162	2	7				

**Meal Total:** Amount:  
 % of Goal:

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

Courses selected: Selected All