

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Monday, May 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				
Old Fashioned S	2/3 Cup	25	0.08	0.012	0	0.033	0.02	0	6	5.32	0.1	0	0.57	0	0	4	0.28	9			
	% of Goal :	*	*	*	*	3	2	*	*	2	*	*	*	*	*	*	2				
Oatmeal	Cup	430	7.39	1.259	0	2.608	2.245	0	1796	76.77	11.5	1.12	14.91	115	0	79	4.93	411			
	% of Goal :	21	11	6	*	261	224	*	75	26	46	112	30	2	*	8	27				
Assorted Cold C	0 serving	234	4.39	1.272	0.013	1.408	1.257	0	229	45.16	4.8	15.34	5.79	725	11.6	70	5.78	186			
	% of Goal :	12	7	6	*	141	126	*	10	15	19	1534	12	15	19	7	32				
Eggs Cooked	0 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				
Scrambled Eggs	0 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				
Scrambled Eggs	6 oz portion	293	18.27	5.377	0	2.856	7.08	694	247	9.38	2.5	0	22.03	2802	1.8	95	2.81	294			
	% of Goal :	15	28	27	*	286	708	231	10	3	10	*	44	56	3	9	16				
Scrambled Egg W	0 3oz portion	43	0.14	0	0	0	0	0	267	0.61	0	0.59	9.05	0	0	6	0.07	135			
	% of Goal :	2	*	*	*	*	*	*	11	*	*	59	18	*	*	*	*				
Belgion Waffles	0 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				
'Veggie Patty B	2 Each																				
	% of Goal :																				
Chicken Breakfa	sausage	73	3.44	1.161		0.327	1.651	22	553	2.19	0		7.83	0	0	3	0.43	146			
	% of Goal :	4	5	6		33	165	7	23	*	*		16	*	*	*	2				
Pork Breakfast	2 each	195	19.45	7.074				18	380	0.88	0	0	5.31	88	0	18	0.96				
	% of Goal :	10	30	35				6	16	*	*	*	11	2	*	2	5				
Pancakes	2 cake porti	105	1.35	0.274	0	0.443	0.476	6	341	19.82	0.7	0	2.81	17	0.1	69	0.85	94			
	% of Goal :	5	2	*	*	44	48	2	14	7	3	*	6	*	*	7	5				

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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 : Monday, May 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				
Breakfast Acco	Servings	132	3.3	1.384	0.051	0.447	1.014	5	107	25.62	3	4.62	2.46	205	19.5	31	0.51	317			
1	% of Goal :	7	5	7	5	45	101	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	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				
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				
Apple Raisin Sa	2 oz portion	34	0.16	0.034		0.045	0.007	0	2	8.66	0.7	5.08	0.16	16	1.1	4	0.16	51			
0	% of Goal :	2	*	*		5	*	*	*	3	3	508	*	*	2	*	*				

Meal Total: Amount:
 % of Goal:

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Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Monday, May 14, 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				
Szechuan Sesame	3oz Portion	170	3.47	0.537	0	0.857	0.85	59	221	9.89	0.4	1.47	24.32	65	3.1	14	0.81	266			
0	% of Goal :	8	5	3	*	86	85	20	9	3	2	147	49	*	5	*	5				
Express Meals -	1 each	1089	38.31	10.255	0.03	7.559	10.52	51	1613	162.99	10.5	62.36	28.14	2067	54	320	8.27	941			
0	% of Goal :	54	59	51	3	756	1052	17	67	54	42	6236	56	41	90	32	46				
Hungarian Mushr	6 oz. serving	140	9.86	3.043	0	2.154	3.721	13	391	10.43	0.9	1.22	3.04	898	2.2	77	0.78	193			
0	% of Goal :	7	15	15	*	215	372	4	16	3	3	122	6	18	4	8	4				
Chicken & Brown	6oz portion	31	0.69	0.16	0.003	0.084	0.065	7	184	3.18	0.5	0.63	3.07	174	1.1	18	0.25	75			
0	% of Goal :	2	*	*	*	8	7	2	8	*	2	63	6	3	2	2	*				
Szechuan Sesame	3oz Portion	170	3.47	0.537	0	0.857	0.85	59	221	9.89	0.4	1.47	24.32	65	3.1	14	0.81	266			
0	% of Goal :	8	5	3	*	86	85	20	9	3	2	147	49	*	5	*	5				
Penne w/ Roaste	6oz portion	310	17.44	2.411	0	2.147	12.155	0	26	32.55	2.2	0.56	6.13	1116	12	45	2.28	156			
0	% of Goal :	15	27	12	*	215	1216	*	*	11	9	56	12	22	20	4	13				
Jen's B.B.Q. Me	4oz portion	285	15.6	5.97	0	0.456	7.167	81	660	10.89	0	9.98	23.16	91	1.1	22	2.23	320			
0	% of Goal :	14	24	30	*	46	717	27	28	4	*	998	46	2	2	2	12				
Grilled Reuben	Sandwiches	554	26.89	9.823	0	3.209	7.81	109	1865	36.39	3.7	1.58	40.73	121	5	328	4.42	375			
0	% of Goal :	28	41	49	*	321	781	36	78	12	15	158	81	2	8	33	25				
Black Beans & R	6oz portion	258	7.71	1.048	0.008	2.001	4.48	0	268	40.78	1.7	4.48	5.47	22	5.4	48	1.99	198			
0	% of Goal :	13	12	5	*	200	448	*	11	14	7	448	11	*	9	5	11				
Pasta Bar	6oz portion	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				
Deli Bar - Moul	portion	231	8.15	2.75	0.001	0.598	1.702	25	694	27.9	2.7	2.5	12.32	523	3.1	117	2.85	221			
0	% of Goal :	12	13	14	*	60	170	8	29	9	11	250	25	10	5	12	16				
Pizza Cheese	slices	331	9.13	4.271	0	1.364	2.768	19	974	40.07	2.4	2.86	21.28	575	3.4	408	2.71	77			
0	% of Goal :	17	14	21	*	136	277	6	41	13	10	286	43	12	6	41	15				

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Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Monday, May 14, 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				
Pizza Pepperoni	slice	393	14.66	6.139	0	1.794	4.928	32	1181	40.05	2.4	2.86	24.12	575	3.4	411	2.92	112			
0	% of Goal :	20	23	31	*	179	493	11	49	13	10	286	48	11	6	41	16				
Couscous Salad	4 oz. portion	309	17.9	1.339	0.005	4.729	11.458	0	113	35.99	4.8	2.3	6.7	334	16.5	119	3.63	546			
	% of Goal :	15	28	7	*	473	1146	*	5	12	19	230	13	7	27	12	20				
Salad Bar Lunch	servings	299	23.18	3.525	0	4.714	8.013	24	641	16.94	2.1	5.58	5.22	1892	15.6	93	1.34	223			
1	% of Goal :	15	36	18	*	471	801	8	27	6	8	558	10	38	26	9	7				
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	221	0	0	0	0	0.106	0	2	48.12	0	0	5.2	0	0	2	1.88	73			
0	% of Goal :	11	*	*	*	*	11	*	*	16	*	*	10	*	*	*	10				
M & M Cookies	cookie	209	8.09	3.187	0.031	1.482	2.957	13	118	30.67	0.7	39.81	2.34	290	0.1	25	0.9	42			
	% of Goal :	10	12	16	3	148	296	4	5	10	3	3981	5	6	*	2	5				

Meal Total: Amount:
 % of Goal:

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Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Monday, May 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				
Maine Beef Skil	8 oz portion	244	8.24	4.057	0	0.77	2.335	40	645	23.06	1.9	0.42	20.96	466	5.6	226	2.17	239			
0	% of Goal :	12	13	20	*	77	233	13	27	8	8	42	42	9	9	23	12				
Express Meals -	1 each	1089	38.31	10.255	0.03	7.559	10.52	51	1613	162.99	10.5	62.36	28.14	2067	54	320	8.27	941			
0	% of Goal :	54	59	51	3	756	1052	17	67	54	42	6236	56	41	90	32	46				
Hungarian Mushr	6 oz. serving	140	9.86	3.043	0	2.154	3.721	13	391	10.43	0.9	1.22	3.04	898	2.2	77	0.78	193			
	% of Goal :	7	15	15	*	215	372	4	16	3	3	122	6	18	4	8	4				
Chicken & Brown	6oz portion	31	0.69	0.16	0.003	0.084	0.065	7	184	3.18	0.5	0.63	3.07	174	1.1	18	0.25	75			
0	% of Goal :	2	*	*	*	8	7	2	8	*	2	63	6	3	2	2	*				
Beef Skillet La	7 oz portion	241	8.23	4.053	0	0.768	2.334	40	644	22.2	1.7	0.02	20.86	466	5	223	2.16	225			
1	% of Goal :	12	13	20	*	77	233	13	27	7	7	2	42	9	8	22	12				
Artichoke- Spin	6oz portion	202	5.02	2.825	0.047	0.389	0.921	14	411	28.08	3.1	0.84	11.83	1062	3.4	191	1.7	177			
0	% of Goal :	10	8	14	5	39	92	5	17	9	12	84	24	21	6	19	9				
Chickpea & Vege	8 oz portion	94	1.59	0.319	0	0.404	0.765	0	525	17.47	5.2	3.87	3.93	1491	43.6	50	1.17	718			
1	% of Goal :	5	2	2	*	40	77	*	22	6	21	387	8	30	73	5	6				
Chicken Parmesa	5 oz portion	382	21.05	4.697	0	6.205	8.162	45	1056	28.63	1.9	0.47	20.74	342	2.4	124	1.52	370			
1	% of Goal :	19	32	23	*	620	816	15	44	10	8	47	41	7	4	12	8				
Make Your Own -	8 oz. Portion	268	9.42	1.355	0	2.611	5.088	0	782	40.84	3	2.58	5.77	1752	51.1	65	2.55	423			
0	% of Goal :	13	14	7	*	261	509	*	33	14	12	258	12	35	85	7	14				
Couscous Salad	4 oz. portion	240	10.07	0.754	0	2.817	6.344	0	114	38.24	3.2	2.5	3.57	345	16.7	81	3.25	492			
	% of Goal :	12	15	4	*	282	634	*	5	13	13	250	7	7	28	8	18				
Salad Bar Dinne	servings	282	22.2	3.203	0	4.535	7.599	19	496	16.88	2.3	5.92	3.68	1972	22.2	60	1.07	256			
1	% of Goal :	14	34	16	*	453	760	6	21	6	9	592	7	39	37	6	6				
Green Beans	3 OZ	30	0.24	0.053	0	0.123	0.011	0	472	6.73	2.8	1.31	1.61	562	8.2	38	0.57	123			
1	% of Goal :	2	*	*	*	12	*	*	20	2	11	131	3	11	14	4	3				

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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				
Baked Sweet Pot	3 oz portion	114	2.18	0.172	0	0.639	1.33	0	71	22.85	3.2	0	1.25	0	10	12	0.44	554			
1	% of Goal :	6	3	*	*	64	133	*	3	8	13	*	2	*	17	*	2				
Steamed Rice (V	4 oz portion	221	0	0	0	0	0.106	0	2	48.12	0	0	5.2	0	0	2	1.88	73			
0	% of Goal :	11	*	*	*	*	11	*	*	16	*	*	10	*	*	*	10				
Sesame Seed Bre	Loaves	1907	58.25	7.793	0.128	30.244	16.392	0	4606	291.14	20.6	12.68	46.22	14	0	100	17.56	705			
0	% of Goal :	95	90	39	13	3024	1639	*	192	97	82	1268	92	*	*	10	98				
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				
Double Chocolat	Portions	121	5.48	1.048	0	1.459	2.682	16	114	18.04	0.4	13.98	1.23	95	0	19	0.64	60			
	% of Goal :	6	8	5	*	146	268	5	5	6	2	1398	2	2	*	2	4				
Popcorn To Go E	3oz portion																				
1	% of Goal :																				

Meal Total: Amount:
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Dining Service

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 Service Date : Tuesday, May 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				
Oatmeal	Cup	430	7.39	1.259	0	2.608	2.245	0	1796	76.77	11.5	1.12	14.91	115	0	79	4.93	411			
0	% of Goal :	21	11	6	*	261	224	*	75	26	46	112	30	2	*	8	27				
Cream of Rice	2/3 Cup	97	0.19	0.05	0	0.05	0.058	0	239	21.19	0.2	0	1.67	0	0	7	0.38	37			
0	% of Goal :	5	*	*	*	5	6	*	10	7	*	*	3	*	*	*	2				
Assorted Cold C	serving	234	4.39	1.272	0.013	1.408	1.257	0	229	45.16	4.8	15.34	5.79	725	11.6	70	5.78	186			
0	% of Goal :	12	7	6	*	141	126	*	10	15	19	1534	12	15	19	7	32				
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			
1	% of Goal :	7	15	15	*	129	361	134	5	*	*	*	24	4	*	5	8				
Hard Boiled Egg	2 each	131	8.8	2.722	0	1.194	3.346	373	111	1.07	0	0	10.97	168	0	43	1.26	106			
0	% of Goal :	7	14	14	*	119	335	124	5	*	*	*	22	3	*	4	7				
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 Eggs	6 oz portion	293	18.27	5.377	0	2.856	7.08	694	247	9.38	2.5	0	22.03	2802	1.8	95	2.81	294			
0	% of Goal :	15	28	27	*	286	708	231	10	3	10	*	44	56	3	9	16				
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	*	*	*	*				
Belgian Waffle	Ounce	75	2.32	0.408		0.789	0.91	7	223	11.54	0.7		1.76	344	0	66	1.27	36			
0	% of Goal :	4	4	2		79	91	2	9	4	3		4	7	*	7	7				
French Toast	2 each	319	5.15	0.931	0	0.343	1.01	105	547	56.09	2.4	7.22	13.23	55	0	175	2.99	49			
0	% of Goal :	16	8	5	*	34	101	35	23	19	10	722	26	*	*	17	17				
'Veggie Patty B	2 Each																				
0	% of Goal :																				
Pork Breakfast	2 each	195	19.45	7.074				18	380	0.88	0	0	5.31	88	0	18	0.96				
0	% of Goal :	10	30	35				6	16	*	*	*	11	2	*	2	5				

**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 : Tuesday, May 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				
Chicken Breakfa	sausage	73	3.44	1.161		0.327	1.651	22	553	2.19	0		7.83	0	0	3	0.43	146			
0	% of Goal :	4	5	6		33	165	7	23	*	*		16	*	*	*	2				
Breakfast Acco	Servings	132	3.3	1.384	0.051	0.447	1.014	5	107	25.62	3	4.62	2.46	205	19.5	31	0.51	317			
1	% of Goal :	7	5	7	5	45	101	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	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, May 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				
Linguine	10 oz portion	256	3.42	0.489		1.251	1.177	0	509	47.56	4.2		8.05	462	9.9	36	2.74	405			
0	% of Goal :	13	5	2		125	118	*	21	16	17		16	9	16	4	15				
Express Meals -	1 each	1089	38.31	10.255	0.03	7.559	10.52	51	1613	162.99	10.5	62.36	28.14	2067	54	320	8.27	941			
0	% of Goal :	54	59	51	3	756	1052	17	67	54	42	6236	56	41	90	32	46				
Turkey Wild Ric	5 oz portion	125	6.68	1.118	0.014	3.321	1.781	16	692	9.62	1.6	0.81	6.91	673	6.7	30	0.91	216			
0	% of Goal :	6	10	6	*	332	178	5	29	3	6	81	14	13	11	3	5				
Korean Style Mi	6oz portion	53	1.66	0.255	0	0.911	0.347	0	48	7.12	1.2	1.76	3.65	220	7.2	127	1.99	207			
0	% of Goal :	3	3	*	*	91	35	*	2	2	5	176	7	4	12	13	11				
Ginger Chicken	4.5 oz portion	159	11.73	1.865	0.009	1.481	7.824	42	133	3.87	1	0.76	9.37	132	1.6	19	0.66	167			
0	% of Goal :	8	18	9	*	148	782	14	6	*	4	76	19	3	3	2	4				
Swt Potato Cake	3oz patty	72	0.22	0.037	0	0.085	0.065	0	133	15.75	3.1	0.7	2.2	493	8.4	45	0.87	418			
0	% of Goal :	4	*	*	*	8	6	*	6	5	12	70	4	10	14	4	5				
Veggie Fried Ri	4 Oz	123	3.55	0.377	0	1.272	1.693	0	160	18.61	3.2	0.8	4.47	188	1.6	49	1.38	183			
0	% of Goal :	6	5	2	*	127	169	*	7	6	13	80	9	4	3	5	8				
Deli Bar - Moul	portion	231	8.15	2.75	0.001	0.598	1.702	25	694	27.9	2.7	2.5	12.32	523	3.1	117	2.85	221			
0	% of Goal :	12	13	14	*	60	170	8	29	9	11	250	25	10	5	12	16				
Tarragon Apple	3 oz. portion	211	17.71	3.072	0	0.236	0.349	37	215	2.99	0.4	1.67	8.78	59	1	10	0.38	123			
0	% of Goal :	11	27	15	*	24	35	12	9	*	2	167	18	*	2	*	2				
Pasta Bar Tues	6 oz portion	260	7.2	3.068	0	0.999	1.966	16	162	39.57	2.4	0.35	10.44	326	1.3	101	2	95			
0	% of Goal :	13	11	15	*	100	197	5	7	13	9	35	21	7	2	10	11				
Sesame Veggie T	portion	164	9.89	1.43		5.58	2.183	0	16	4.84	2.6		17.89	188	0.2	775	3.02	269			
0	% of Goal :	8	15	7		558	218	*	*	2	10		36	4	*	77	17				
Salad Bar Lunch	servings	299	23.18	3.525	0	4.714	8.013	24	641	16.94	2.1	5.58	5.22	1892	15.6	93	1.34	223			
1	% of Goal :	15	36	18	*	471	801	8	27	6	8	558	10	38	26	9	7				

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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 : Tuesday, May 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				
Artichoke Tomat	4 oz portion	81	5.95	1.128	0	1.464	3.003	5	132	5.55	1.9	2.08	2.09	451	8.9	46	0.56	236			
0	% of Goal :	4	9	6	*	146	300	2	6	2	8	208	4	9	15	5	3				
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			
1	% of Goal :	*	*	*	*	14	2	*	*	*	10	*	5	26	132	4	4				
Steamed Rice (V	4 oz portion	221	0	0	0	0	0.106	0	2	48.12	0	0	5.2	0	0	2	1.88	73			
0	% of Goal :	11	*	*	*	*	11	*	*	16	*	*	10	*	*	*	10				
Vegan Pumpkin C	portion	126	6.26	1.6	0.04	1.727	2.485	0	82	14.42	0.5	6.66	1.11	1588	0.1	5	0.51	13			
	% of Goal :	6	10	8	4	173	249	*	3	5	2	666	2	32	*	*	3				

Meal Total: Amount:
 % of Goal:

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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 : Tuesday, May 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				
Baked 3 Cheese 0	5 oz. portion % of Goal :	503 25	10.22 16	4.751 24	0 *	1.11 111	2.956 296	23 8	255 11	79.87 27	4.5 18	0.07 7	22.81 46	349 7	0.5 *	266 27	4.26 24	140			
Express Meals - 0	1 each % of Goal :	1089 54	38.31 59	10.255 51	0.03 3	7.559 756	10.52 1052	51 17	1613 67	162.99 54	10.5 42	62.36 6236	28.14 56	2067 41	54 90	320 32	8.27 46	941			
Turkey Wild Ric 0	5 oz portion % of Goal :	125 6	6.68 10	1.118 6	0.014 *	3.321 332	1.781 178	16 5	692 29	9.62 3	1.6 6	0.81 81	6.91 14	673 13	6.7 11	30 3	0.91 5	216			
Korean Style Mi 0	6oz portion % of Goal :	53 3	1.66 3	0.255 *	0 *	0.911 91	0.347 35	0 *	48 2	7.12 2	1.2 5	1.76 176	3.65 7	220 4	7.2 12	127 13	1.99 11	207			
Korean Chicken 1	4oz portion % of Goal :	155 8	4.78 7	1.179 6	0.02 2	1.257 126	1.734 173	91 30	96 4	7.53 3	0.4 2	20.12 2012	19.71 39	102 2	1.9 3	35 3	1.2 7	271			
Beef Bibimbop 0	5oz portion % of Goal :	332 17	2.82 4	0.415 2	0 *	0.459 46	0.829 83	12 4	179 7	62.9 21	0.4 2	1.59 159	11.37 23	539 11	2.1 3	19 2	2.93 16	174			
Tofu & Veggie K 0	6 oz portion % of Goal :	95 5	5.72 9	0.808 4	0.008 *	3.045 304	1.459 146	0 *	1317 55	7.67 3	1.3 5	1.3 130	4.94 10	1015 20	6.5 11	195 19	3.1 17	236			
Baked 3 Cheese 0	5 oz. portion % of Goal :	503 25	10.22 16	4.751 24	0 *	1.11 111	2.956 296	23 8	255 11	79.87 27	4.5 18	0.07 7	22.81 46	349 7	0.5 *	266 27	4.26 24	140			
Sesame Veggie T 0	portion % of Goal :	164 8	9.89 15	1.43 7		5.58 558	2.183 218	0 *	16 *	4.84 2	2.6 10		17.89 36	188 4	0.2 *	775 77	3.02 17	269			
Salad Bar Dinne 1	servings % of Goal :	282 14	22.2 34	3.203 16	0 *	4.535 453	7.599 760	19 6	496 21	16.88 6	2.3 9	5.92 592	3.68 7	1972 39	22.2 37	60 6	1.07 6	256			
Fresh Fruit Sal 0	4 oz portion % of Goal :	33 2	0.22 *	0.027 *		0.09 9	0.027 3	0 *	5 *	8.12 3	1 4	3.14 314	0.56 *	790 16	25.6 43	8 *	0.24 *	171			
Sauteed Mushro 0	4oz portion % of Goal :	25 *	0.11 *	0.016 *		0.048 5	0.002 *	0 *	7 *	4.88 2	0.7 3	1.95 195	2.84 6	0 *	0 *	20 2	0.45 3	508			

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Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Tuesday, May 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				
Seasoned Zucchini	3 OZ	40	3.2	0.276	0	0.963	1.852	0	300	2.8	1	1.73	1.17	1129	13.1	19	0.38	267			
0	% of Goal :	2	5	*	*	96	185	*	13	*	4	173	2	23	22	2	2				
Baked Potato	Each	329	11.65	7.121	0	0.335	3.045	39	347	44.09	4.6	3.44	11.57	598	24.2	232	2.26	1092			
0	% of Goal :	16	18	36	*	33	305	13	14	15	18	344	23	12	40	23	13				
Steamed Rice (V)	4 oz portion	221	0	0	0	0	0.106	0	2	48.12	0	0	5.2	0	0	2	1.88	73			
0	% of Goal :	11	*	*	*	*	11	*	*	16	*	*	10	*	*	*	10				
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				
Pudding Choccola	1/2 cup port	97	4.45	2.569		0.266	1.149	14	119	10.11	0.2	5.73	4.34	173	0.2	153	0.11	191			
0	% of Goal :	5	7	13		27	115	5	5	3	*	573	9	3	*	15	*				
Grasshopper Pie	1/9 Slice	166	10.48	5.902	0	0.967	2.718	14	99	17.3	0.3	8	1.93	351	0.1	49	0.24	77			
0	% of Goal :	8	16	30	*	97	272	5	4	6	*	800	4	7	*	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, May 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				
Oatmeal	Cup	430	7.39	1.259	0	2.608	2.245	0	1796	76.77	11.5	1.12	14.91	115	0	79	4.93	411			
0	% of Goal :	21	11	6	*	261	224	*	75	26	46	112	30	2	*	8	27				
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				
Assorted Cold C	serving	234	4.39	1.272	0.013	1.408	1.257	0	229	45.16	4.8	15.34	5.79	725	11.6	70	5.78	186			
0	% of Goal :	12	7	6	*	141	126	*	10	15	19	1534	12	15	19	7	32				
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			
1	% of Goal :	7	15	15	*	129	361	134	5	*	*	*	24	4	*	5	8				
Hard Boiled Egg	2 each	131	8.8	2.722	0	1.194	3.346	373	111	1.07	0	0	10.97	168	0	43	1.26	106			
0	% of Goal :	7	14	14	*	119	335	124	5	*	*	*	22	3	*	4	7				
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 Eggs	6 oz portion	293	18.27	5.377	0	2.856	7.08	694	247	9.38	2.5	0	22.03	2802	1.8	95	2.81	294			
	% of Goal :	15	28	27	*	286	708	231	10	3	10	*	44	56	3	9	16				
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	*	*	*	*				
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				
Chocolate Chip	2 each	146	4.28	2.045	0	0.511	1.449	6	319	24.94	1.2	5.49	3.04	16	0.1	68	1.11	125			
1	% of Goal :	7	7	10	*	51	145	2	13	8	5	549	6	*	*	7	6				
Canadian Bacon	2oz portion	89	3.95	1.259		0.357	1.786	28	799	0.95	0		11.7	0	0	5	0.39	195			
0	% of Goal :	4	6	6		36	179	9	33	*	*		23	*	*	*	2				
Egg Muffin Sand	Sandwiches	244	9.87	4.421	0.017	1.121	2.119	176	572	25.76	2	2.16	13.18	395	1	196	3.04	149			
0	% of Goal :	12	15	22	2	112	212	59	24	9	8	216	26	8	2	20	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 : Wednesday, May 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				
Breakfast Acco	Servings	132	3.3	1.384	0.051	0.447	1.014	5	107	25.62	3	4.62	2.46	205	19.5	31	0.51	317			
1	% of Goal :	7	5	7	5	45	101	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	30	0.08	0.013		0.026	0.019	0	2	7.72	0.5	5.51	0.2	192	0.3	2	0.13	36			
0	% of Goal :	2	*	*		3	2	*	*	3	2	551	*	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, May 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				
Express Meals - 0	1 each % of Goal :	1089 54	38.31 59	10.255 51	0.03 3	7.559 756	10.52 1052	51 17	1613 67	162.99 54	10.5 42	62.36 6236	28.14 56	2067 41	54 90	320 32	8.27 46	941			
Mongolian Hot B 0	6oz portion % of Goal :	186 9	6.76 10	1.629 8	0 *	0.647 65	3.673 367	46 15	199 8	11.51 4	1 4	4.45 445	18.79 38	477 10	2.3 4	22 2	2.11 12	230			
Sweet Potato & 0	6oz portion % of Goal :	187 9	2.6 4	0.394 2	0 *	0.344 34	1.755 175	0 *	363 15	39.47 13	5.4 22	0.92 92	2.2 4	230 5	17.8 30	28 3	0.87 5	914			
Buffalo Chicken 0	6oz portion % of Goal :	185 9	11.29 17	6.674 33	0.267 27	0.524 52	2.918 292	50 17	699 29	8.11 3	1.1 5	2.41 241	13.29 27	641 13	12.7 21	141 14	0.93 5	310			
Grilled Portobe 0	1 sandwich % of Goal :	169 8	4.37 7	0.599 3	0.01 *	1.881 188	1.51 151	0 *	301 13	24.58 8	2.9 12	4.03 403	4.8 10	1113 22	10.1 17	24 2	1.83 10	444			
Grilled Cheese 0	Each % of Goal :	320 16	24.98 38	7.439 37	0 *	4.754 475	7.632 763	25 8	877 37	19.91 7	1.3 5	1.27 127	7.76 16	953 19	0 *	208 21	0.91 5	94			
Turkey, Dill Ha 0	Portion % of Goal :	419 21	13.89 21	7.426 37	0 *	0.011 *	0.004 *	60 20	1195 50	43.04 14	2.2 9	0.35 35	25.55 51	446 9	1.7 3	225 23	18.88 105	152			
Deli Bar - Moul 0	portion % of Goal :	231 12	8.15 13	2.75 14	0.001 *	0.598 60	1.702 170	25 8	694 29	27.9 9	2.7 11	2.5 250	12.32 25	523 10	3.1 5	117 12	2.85 16	221			
Mongolian Hot B 0	6oz portion % of Goal :	186 9	6.76 10	1.629 8	0 *	0.647 65	3.673 367	46 15	199 8	11.51 4	1 4	4.45 445	18.79 38	477 10	2.3 4	22 2	2.11 12	230			
Pasta Bar Wedne 0	6 oz portion % of Goal :	216 11	3.45 5	1.692 8	0.037 4	0.454 45	0.789 79	8 3	34 *	38.53 13	1.9 7	0.46 46	7.08 14	96 2	0.1 *	33 3	1.89 11	59			
Cuban Garbanzo 0	3 oz portion % of Goal :	144 7	11.53 18	1.615 8	0 *	1.223 122	8.285 828	0 *	226 9	10.37 3	3.5 14	3.6 360	1.96 4	1160 23	52.9 88	49 5	1.69 9	342			
BBQ Chick, Onio 0	1/3 flatbread % of Goal :	205 10	6.63 10	1.48 7	0 *	1.258 126	3.256 326	46 15	659 27	9.92 3	0.7 3	6.29 629	25.97 52	196 4	2.5 4	282 28	0.85 5	185			

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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 : Wednesday, May 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				
Wheat Berry, k	2 oz portion	182	2.95	0.372	0	6.218	0.033	0	641	36.03	5.3	6.29	6.1	2847	15.9	29	1.89	99			
0	% of Goal :	9	5	2	*	622	3	*	27	12	21	629	12	57	27	3	10				
Salad Bar Lunch	servings	299	23.18	3.525	0	4.714	8.013	24	641	16.94	2.1	5.58	5.22	1892	15.6	93	1.34	223			
1	% of Goal :	15	36	18	*	471	801	8	27	6	8	558	10	38	26	9	7				
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				
Krinkle Cut Fri	3 oz serving	323	17.42	3.638		2.957	10.059	0	187	37.62	3.3	0	4.06	0	11	13	0.74	651			
1	% of Goal :	16	27	18		296	1006	*	8	13	13	*	8	*	18	*	4				
Steamed Rice (V	4 oz portion	221	0	0	0	0	0.106	0	2	48.12	0	0	5.2	0	0	2	1.88	73			
0	% of Goal :	11	*	*	*	*	11	*	*	16	*	*	10	*	*	*	10				
Assorted Macaro	cookie	33	1.02	0.906	0	0.011	0.044	0	20	5.82	0.2	0	0.29	0	0	1	0.06	13			
	% of Goal :	2	2	5	*	*	4	*	*	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 : Wednesday, May 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				
Zesty Orange Gi	3 OZ	136	2.92	0.784	0.014	0.668	1.053	66	72	13.2	0.1	6.13	13.96	87	12.7	10	0.77	234			
0	% of Goal :	7	4	4	*	67	105	22	3	4	*	613	28	2	21	*	4				
Steamed Rice (V	4 oz portion	221	0	0	0	0	0.106	0	2	48.12	0	0	5.2	0	0	2	1.88	73			
0	% of Goal :	11	*	*	*	*	11	*	*	16	*	*	10	*	*	*	10				
Express Meals -	1 each	1089	38.31	10.255	0.03	7.559	10.52	51	1613	162.99	10.5	62.36	28.14	2067	54	320	8.27	941			
0	% of Goal :	54	59	51	3	756	1052	17	67	54	42	6236	56	41	90	32	46				
Sweet Potato &	6oz portion	187	2.6	0.394	0	0.344	1.755	0	363	39.47	5.4	0.92	2.2	230	17.8	28	0.87	914			
0	% of Goal :	9	4	2	*	34	175	*	15	13	22	92	4	5	30	3	5				
Buffalo Chicken	6oz portion	185	11.29	6.674	0.267	0.524	2.918	50	699	8.11	1.1	2.41	13.29	641	12.7	141	0.93	310			
0	% of Goal :	9	17	33	27	52	292	17	29	3	5	241	27	13	21	14	5				
Teriyaki Ginger	4oz portion	147	4.48	0.656	0	0.964	1.141	67	108	2.93	0.3	0.43	23.73	253	2.9	18	0.87	486			
0	% of Goal :	7	7	3	*	96	114	22	4	*	*	43	47	5	5	2	5				
Zesty Orange Gi	3 OZ	136	2.92	0.784	0.014	0.668	1.053	66	72	13.2	0.1	6.13	13.96	87	12.7	10	0.77	234			
1	% of Goal :	7	4	4	*	67	105	22	3	4	*	613	28	2	21	*	4				
Maine Beef Hamb	Hamburger	135	2.86	1.199		0.479	0.894	42	130	7.91	0.4	0	19	0	0	29	1.91	22			
0	% of Goal :	7	4	6		48	89	14	5	3	2	*	38	*	*	3	11				
Grilled Tofu St	4 oz portion	119	7.94	1.126	0	3.366	2.975	0	125	4.63	0.6	0.01	9.8	136	0.9	401	6.33	215			
0	% of Goal :	6	12	6	*	337	297	*	5	2	2	*	20	3	2	40	35				
Make Your Own -	8 oz. Portion	268	9.42	1.355	0	2.611	5.088	0	782	40.84	3	2.58	5.77	1752	51.1	65	2.55	423			
0	% of Goal :	13	14	7	*	261	509	*	33	14	12	258	12	35	85	7	14				
Buffalo Chicke	7 oz portion	471	32.12	7.767	0	8.203	13.347	140	1635	2.53	0.3	0.05	41	435	42.1	43	2.85	579			
1	% of Goal :	24	49	39	*	820	1335	47	68	*	*	5	82	9	70	4	16				
Cuban Garbanzo	3 oz portion	144	11.53	1.615	0	1.223	8.285	0	226	10.37	3.5	3.6	1.96	1160	52.9	49	1.69	342			
0	% of Goal :	7	18	8	*	122	828	*	9	3	14	360	4	23	88	5	9				

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Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Wednesday, May 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				
Salad Bar Dinne	servings	282	22.2	3.203	0	4.535	7.599	19	496	16.88	2.3	5.92	3.68	1972	22.2	60	1.07	256			
1	% of Goal :	14	34	16	*	453	760	6	21	6	9	592	7	39	37	6	6				
Peas & Mushroom	3 oz portion	64	0.22	0.036	0	0.098	0.015	0	75	11.72	4.1	0	4.3	417	10.4	20	1.28	260			
0	% of Goal :	3	*	*	*	10	*	*	3	4	16	*	9	8	17	2	7				
Steamed Rice (V	4 oz portion	221	0	0	0	0	0.106	0	2	48.12	0	0	5.2	0	0	2	1.88	73			
	% of Goal :	11	*	*	*	*	11	*	*	16	*	*	10	*	*	*	10				
Lyonnaise Potat	4 oz portion	99	0.9	0.145	0.001	0.398	0.292	0	37	21.2	2	0.33	1.99	16	13.8	7	0.34	397			
1	% of Goal :	5	*	*	*	40	29	*	2	7	8	33	4	*	23	*	2				
White Whole Wh	Loaves	1397	4.6	0.751	0	1.894	0.673	0	4599	286.02	17.4	12.68	43	0	0	75	16.09	628			
0	% of Goal :	70	7	4	*	189	67	*	192	95	70	1268	86	*	*	7	89				
Ice Cream Bar	Each	476	29.19	18.421	0.114	1.127	7.71	86	131	52.26	1.9	20.85	5.81	827	1.7	165	0.85	325			
0	% of Goal :	24	45	92	11	113	771	29	5	17	7	2085	12	17	3	16	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 : Thursday, May 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				
Oatmeal	Cup	430	7.39	1.259	0	2.608	2.245	0	1796	76.77	11.5	1.12	14.91	115	0	79	4.93	411			
0	% of Goal :	21	11	6	*	261	224	*	75	26	46	112	30	2	*	8	27				
Assorted Cold C	serving	234	4.39	1.272	0.013	1.408	1.257	0	229	45.16	4.8	15.34	5.79	725	11.6	70	5.78	186			
0	% of Goal :	12	7	6	*	141	126	*	10	15	19	1534	12	15	19	7	32				
French Toast	2 each	319	5.15	0.931	0	0.343	1.01	105	547	56.09	2.4	7.22	13.23	55	0	175	2.99	49			
0	% of Goal :	16	8	5	*	34	101	35	23	19	10	722	26	*	*	17	17				
Bacon	2 slice portio	88	6.82	2.244		0.743	3.024	18	377	0.23	0	0	6.05	0	0	2	0.24	92			
1	% of Goal :	4	10	11		74	302	6	16	*	*	*	12	*	*	*	*				
Hard Boiled Egg	2 each	131	8.8	2.722	0	1.194	3.346	373	111	1.07	0	0	10.97	168	0	43	1.26	106			
0	% of Goal :	7	14	14	*	119	335	124	5	*	*	*	22	3	*	4	7				
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			
1	% of Goal :	7	15	15	*	129	361	134	5	*	*	*	24	4	*	5	8				
Scrambled Eggs	6 oz portion	293	18.27	5.377	0	2.856	7.08	694	247	9.38	2.5	0	22.03	2802	1.8	95	2.81	294			
	% of Goal :	15	28	27	*	286	708	231	10	3	10	*	44	56	3	9	16				
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				
'Veggie Patty B	2 Each																				
	% of Goal :																				
Pork Breakfast	2 each	195	19.45	7.074				18	380	0.88	0	0	5.31	88	0	18	0.96				
0	% of Goal :	10	30	35				6	16	*	*	*	11	2	*	2	5				

**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, May 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				
Chicken Breakfa	sausage	73	3.44	1.161		0.327	1.651	22	553	2.19	0		7.83	0	0	3	0.43	146			
0	% of Goal :	4	5	6		33	165	7	23	*	*		16	*	*	*	2				
Breakfast Acco	Servings	132	3.3	1.384	0.051	0.447	1.014	5	107	25.62	3	4.62	2.46	205	19.5	31	0.51	317			
1	% of Goal :	7	5	7	5	45	101	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				
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	34	0.16	0.034		0.045	0.007	0	2	8.66	0.7	5.08	0.16	16	1.1	4	0.16	51			
0	% of Goal :	2	*	*		5	*	*	*	3	3	508	*	*	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 : Thursday, May 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 :	1089 54	38.31 59	10.255 51	0.03 3	7.559 756	10.52 1052	51 17	1613 67	162.99 54	10.5 42	62.36 6236	28.14 56	2067 41	54 90	320 32	8.27 46	941			
Spaghetti Agli 0	10 oz portio % of Goal :	222 11	5.43 8	0.756 4	0 *	0.846 85	3.417 342	0 *	37 2	36.65 12	2.3 9	0.03 3	6.2 12	138 3	1.6 3	14 *	1.88 10	56			
Eggplant Parmes 0	portions % of Goal :	312 16	13.64 21	6.905 35	0 *	0.836 84	1.803 180	101 34	825 34	33.87 11	4.1 16	2.72 272	16.87 34	667 13	5.7 10	315 31	1.76 10	415			
Chilled Strawbe 0	6 oz. Portio % of Goal :	76 4	1.69 3	1.076 5	0 *	0.062 6	0.479 48	7 2	54 2	10.58 4	0 *	10.8 1080	3.73 7	49 *	0.2 *	139 14	0.02 *	120			
Chicken Tortell 0	6oz portion % of Goal :	104 5	3.2 5	0.738 4	0.007 *	0.899 90	0.494 49	17 6	200 8	11.68 4	0.5 2	0.65 65	7.13 14	309 6	2.1 4	44 4	0.54 3	106			
Chicken & Veget 0	4oz portion % of Goal :	94 5	5.62 9	0.806 4	0 *	0.695 70	3.68 368	15 5	79 3	4.86 2	0.9 4	1.02 102	6.74 13	724 14	11.3 19	19 2	0.71 4	226			
Three Cheese Qu 0	Tortilla % of Goal :	419 21	24.62 38	12.926 65	0 *	0.107 11	6.498 650	67 22	1016 42	26.92 9	2.1 8	0.7 70	27.21 54	801 16	0.1 *	731 73	1.9 11	85			
BBQ Pulled Pork 0	5 oz portion % of Goal :	282 14	11.54 18	3.882 19	0 *	1.707 171	5.567 557	81 27	2007 84	11.09 4	0.7 3	26.56 2656	31.67 63	2480 50	8.9 15	24 2	2.52 14	680			
Eggplant Parmes 0	portions % of Goal :	312 16	13.64 21	6.905 35	0 *	0.836 84	1.803 180	101 34	825 34	33.87 11	4.1 16	2.72 272	16.87 34	667 13	5.7 10	315 31	1.76 10	415			
Spaghetti Agli 0	10 oz portio % of Goal :	222 11	5.43 8	0.756 4	0 *	0.846 85	3.417 342	0 *	37 2	36.65 12	2.3 9	0.03 3	6.2 12	138 3	1.6 3	14 *	1.88 10	56			
Pasta Bar 0	10 oz portio % 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			
Deli Bar - Moul 0	portion % of Goal :	231 12	8.15 13	2.75 14	0.001 *	0.598 60	1.702 170	25 8	694 29	27.9 9	2.7 11	2.5 250	12.32 25	523 10	3.1 5	117 12	2.85 16	221			

** 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, May 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				
Greek Brown Ric	portion	209	12.03	1.702	0	1.467	8.407	0	200	22.96	2.5	1.14	2.99	256	7.8	33	1.43	157			
0	% of Goal :	10	19	9	*	147	841	*	8	8	10	114	6	5	13	3	8				
Cole Slaw	4oz Portion	138	11.38	1.9	0	0.202	0.132	10	252	7.82	2.5	4.92	1.39	506	28.1	49	0.65	250			
0	% of Goal :	7	18	10	*	20	13	3	10	3	10	492	3	10	47	5	4				
Salad Bar Lunch	servings	299	23.18	3.525	0	4.714	8.013	24	641	16.94	2.1	5.58	5.22	1892	15.6	93	1.34	223			
1	% of Goal :	15	36	18	*	471	801	8	27	6	8	558	10	38	26	9	7				
Glazed Carrots	3 oz portion	79	0.1	0.017	0	0.047	0.006	0	109	20.12	2.1	14.03	0.47	9869	2.3	26	0.73	171			
0	% of Goal :	4	*	*	*	5	*	*	5	7	8	1403	*	197	4	3	4				
Curley Fries	3 oz portion	291	15.67	3.274	0	2.661	9.053	0	315	33.86	3	0	3.66	0	9.9	12	0.66	586			
0	% of Goal :	15	24	16	*	266	905	*	13	11	12	*	7	*	16	*	4				
Steamed Rice (V	4 oz portion	221	0	0	0	0	0.106	0	2	48.12	0	0	5.2	0	0	2	1.88	73			
0	% of Goal :	11	*	*	*	*	11	*	*	16	*	*	10	*	*	*	10				
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, May 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				
Classic Baked M 0	6 Oz Servin % of Goal :	297 15	10.93 17	3.789 19	0 *	1.763 176	3.794 379	17 6	270 11	38.18 13	1.6 6	0.05 5	11.08 22	212 4	0.5 *	209 21	1.89 10	140			
Express Meals - 0	1 each % of Goal :	1089 54	38.31 59	10.255 51	0.03 3	7.559 756	10.52 1052	51 17	1613 67	162.99 54	10.5 42	62.36 6236	28.14 56	2067 41	54 90	320 32	8.27 46	941			
Chilled Strawbe 0	6 oz. Portion % of Goal :	76 4	1.69 3	1.076 5	0 *	0.062 6	0.479 48	7 2	54 2	10.58 4	0 *	10.8 1080	3.73 7	49 *	0.2 *	139 14	0.02 *	120			
Chicken Tortell 0	6oz portion % of Goal :	104 5	3.2 5	0.738 4	0.007 *	0.899 90	0.494 49	17 6	200 8	11.68 4	0.5 2	0.65 65	7.13 14	309 6	2.1 4	44 4	0.54 3	106			
Baked MSC Fish 1	3.5 oz portic % of Goal :	91 5	0.97 *	0.134 *		0.479 48	0.111 11	70 23	85 4	0 *	0 *	0 *	19.29 39	46 *	0 *	60 6	0.46 3	353			
Roasted Ham Car 1	4 oz portion % of Goal :	308 15	19.89 31	7.306 37	0 *	1.897 190	8.898 890	107 36	252 10	0 *	0 *	0 *	30.3 61	11 *	0.3 *	16 2	1.15 6	398			
Vegetarian Bake 0	cup % of Goal :	161 8	0.78 *	0.201 *		0.337 34	0.068 7	0 *	689 29	35.58 12	8.7 35		8.31 17	297 6	5.4 9	87 9	0.5 3	514			
Classic Macaron 1	6 Oz Servin % of Goal :	260 13	9.16 14	3.165 16	0 *	1.492 149	3.166 317	14 5	222 9	34.24 11	1.4 6	0.04 4	9.64 19	176 4	0.4 *	174 17	1.68 9	118			
Baked Macaroni 0	6oz portion % of Goal :	256 13	6.98 11	2.141 11	0.003 *	0.581 58	0.33 33	0 *	396 16	41.7 14	3.9 15	0.36 36	10.03 20	32 *	0 *	10 *	2.12 12	60			
Hummus Mezze Tz 0	3 oz % of Goal :	139 7	8.44 13	1.405 7	0 *	0.011 *	3.13 313	0 *	360 15	10.63 4	4.3 17	2.5 250	6.18 12	69 *	3.1 5	41 4	0.95 5	557			
Greek Brown Ric 0	portion % of Goal :	209 10	12.03 19	1.702 9	0 *	1.467 147	8.407 841	0 *	200 8	22.96 8	2.5 10	1.14 114	2.99 6	256 5	7.8 13	33 3	1.43 8	157			
Salad Bar Dinne 0	servings % of Goal :	282 14	22.2 34	3.203 16	0 *	4.535 453	7.599 760	19 6	496 21	16.88 6	2.3 9	5.92 592	3.68 7	1972 39	22.2 37	60 6	1.07 6	256			

** 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, May 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				
Sauteed Zucchini	3 oz portion	42	2.53	0.368	0	0.356	1.681	0	253	4.56	1.1	2.3	1.01	739	10.6	18	0.32	214			
0	% of Goal :	2	4	2	*	36	168	*	11	2	4	230	2	15	18	2	2				
Steamed Rice (V)	4 oz portion	221	0	0	0	0	0.106	0	2	48.12	0	0	5.2	0	0	2	1.88	73			
0	% of Goal :	11	*	*	*	*	11	*	*	16	*	*	10	*	*	*	10				
Roasted Garlic	5 oz. portion	239	11.84	2.28	0	3.659	5.33	3	575	30.17	2.6	1.88	4.08	698	21.4	62	0.62	594			
0	% of Goal :	12	18	11	*	366	533	*	24	10	10	188	8	14	36	6	3				
Anadam Bread	slice	70	1.87	0.247	0.005	0.996	0.504	0	144	11.59	0.8	0.05	1.41	24	0	6	0.49	52			
0	% of Goal :	3	3	*	*	100	50	*	6	4	3	5	3	*	*	*	3				
Pudding Pistac	1/2 cup port	90	3.99	2.165		0.223	1.152	11	85	9.73	0	9.25	3.75	164	0	134	0.04	158			
0	% of Goal :	4	6	11		22	115	4	4	3	*	925	7	3	*	13	*				
Whoppie Pies	portions																				
1	% of Goal :																				
Hors d'oeuvre T	4oz portion	231	17.93	4.816	0.049	0.786	2.148	25	427	14.61	3.4	2.16	4.03	486	10.4	72	1.57	469			
0	% of Goal :	12	28	24	5	79	215	8	18	5	14	216	8	10	17	7	9				

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, May 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				
Oatmeal	2/3 Cup	430	7.39	1.259	0	2.608	2.245	0	1796	76.77	11.5	1.12	14.91	115	0	79	4.93	411			
0	% of Goal :	21	11	6	*	261	224	*	75	26	46	112	30	2	*	8	27				
Assorted Cold C	serving	234	4.39	1.272	0.013	1.408	1.257	0	229	45.16	4.8	15.34	5.79	725	11.6	70	5.78	186			
0	% of Goal :	12	7	6	*	141	126	*	10	15	19	1534	12	15	19	7	32				
Hard Boiled Egg	2 each	131	8.8	2.722	0	1.194	3.346	373	111	1.07	0	0	10.97	168	0	43	1.26	106			
1	% of Goal :	7	14	14	*	119	335	124	5	*	*	*	22	3	*	4	7				
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	293	18.27	5.377	0	2.856	7.08	694	247	9.38	2.5	0	22.03	2802	1.8	95	2.81	294			
	% of Goal :	15	28	27	*	286	708	231	10	3	10	*	44	56	3	9	16				
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	*	*	*	*				
Pancakes	2 each	160	1.47	0.29	0	0.486	0.487	6	350	33.09	1.5	5.51	3	30	2.6	72	1.02	130			
0	% of Goal :	8	2	*	*	49	49	2	15	11	6	551	6	*	4	7	6				
Grilled Ham	2 oz portion	173	11.14	4.092		1.062	4.983	60	141	0	0	0	16.97	6	0.2	9	0.64	223			
0	% of Goal :	9	17	20		106	498	20	6	*	*	*	34	*	*	*	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				
Breakfast Acco	Servings	132	3.3	1.384	0.051	0.447	1.014	5	107	25.62	3	4.62	2.46	205	19.5	31	0.51	317			
1	% of Goal :	7	5	7	5	45	101	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 : Friday, May 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	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				
Starwberry sauc	2 oz portion	50	0.06	0.003		0.031	0.009	0	2	13.46	0.9		0.25	11	19.6	5	0.29	46			
	% of Goal :	3	*	*		3	*	*	*	4	4		*	*	33	*	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, May 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	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			
Sauteed Vegetab 0	7 oz. portion % of Goal :	146 7	11.43 18	1.594 8	0 *	1.298 130	8.134 813	0 *	186 8	10.59 4	2.8 11	1.5 150	2.27 5	1739 35	13 22	48 5	1.3 7	289		
Express Meals - 0	1 each % of Goal :	1089 54	38.31 59	10.255 51	0.03 3	7.559 756	10.52 1052	51 17	1613 67	162.99 54	10.5 42	62.36 6236	28.14 56	2067 41	54 90	320 32	8.27 46	941		
Fish Chowder II 0	6oz portion % of Goal :	112 6	2.85 4	1.201 6	0.001 *	0.501 50	0.879 88	28 9	268 11	12.84 4	1.1 4	3.06 306	8.67 17	109 2	7.1 12	86 9	0.33 2	370		
Soup of the Day 0	Cup % of Goal :	111 6	4.2 6	0.414 2	0 *	1.117 112	2.628 263	0 *	381 16	15.33 5	4.3 17	2.29 229	4.32 9	1045 21	6.8 11	47 5	1.36 8	439		
Grilled Chicken 0	3oz portion % of Goal :	162 8	5.69 9	0.844 4	0 *	0.744 74	2.835 283	66 22	130 5	1.51 *	0.4 2	0.24 24	26.55 53	861 17	11 18	26 3	1.32 7	363		
Baked MSC Cod w 0	4 oz. portion % of Goal :	118 6	2.31 4	0.693 3	0 *	0.581 58	0.67 67	51 17	315 13	1.97 *	0.1 *	1.11 111	21.03 42	111 2	1.3 2	44 4	0.52 3	500		
Veg. Br. Rice 0	4 Oz % of Goal :	96 5	4.57 7	0.382 2	0 *	1.371 137	2.681 268	0 *	220 9	12.58 4	1.5 6	0.8 80	1.93 4	193 4	13.4 22	17 2	1.01 6	140		
Pasta Bar 0	10 oz portio % 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		
Meatball Sub 0	Each % of Goal :	506 25	11.31 17	2.766 14	0 *	0.356 36	4.102 410	34 11	762 32	78.17 26	3.7 15	10.8 1080	23.4 47	33 *	0 *	195 19	4.6 26	229		
Deli Bar - Moul 0	portion % of Goal :	231 12	8.15 13	2.75 14	0.001 *	0.598 60	1.702 170	25 8	694 29	27.9 9	2.7 11	2.5 250	12.32 25	523 10	3.1 5	117 12	2.85 16	221		
Home Oatmeal Pa 0	2 cake porti % of Goal :	315 16	6.65 10	1.384 7	0 *	2.049 205	2.298 230	17 6	104 4	54.99 18	6.6 26	7.33 733	8.96 18	186 4	3.3 6	63 6	2.78 15	274		
Massaged Kale S 0	4oz portion % of Goal :	172 9	12.97 20	1.794 9	0 *	3.249 325	7.412 741	0 *	212 9	13.99 5	3 12	0.19 19	2.89 6	5607 112	32.5 54	65 6	1.19 7	277		

** 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, May 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				
Grilled Veg Sal	salad	686	38.28	8.562	0.001	4.889	23.258	0	2402	64.28	6.6	5.83	25.28	7401	102.6	1066	3.94	1697			
0	% of Goal :	34	59	43	*	489	2326	*	100	21	26	583	51	148	171	107	22				
Salad Bar Lunch	servings	299	23.18	3.525	0	4.714	8.013	24	641	16.94	2.1	5.58	5.22	1892	15.6	93	1.34	223			
0	% of Goal :	15	36	18	*	471	801	8	27	6	8	558	10	38	26	9	7				
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				
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			
1	% of Goal :	7	11	9	*	210	299	*	18	6	10	592	3	*	22	3	4				
Steamed Rice (V	4 oz portion	221	0	0	0	0	0.106	0	2	48.12	0	0	5.2	0	0	2	1.88	73			
0	% of Goal :	11	*	*	*	*	11	*	*	16	*	*	10	*	*	*	10				
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			
	% of Goal :	16	26	19	6	467	737	7	11	12	6	4710	12	11	*	*	7				

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, May 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				
Baked Ziti with 0	10 Oz % of Goal :	466 23	2.69 4	0.608 3		0.855 85	0.481 48	13 4	107 4	86.02 29	4.8 19	0 *	22.47 45	0 *	0 *	77 8	4.7 26	94			
Express Meals - 0	1 each % of Goal :	1089 54	38.31 59	10.255 51	0.03 3	7.559 756	10.52 1052	51 17	1613 67	162.99 54	10.5 42	62.36 6236	28.14 56	2067 41	54 90	320 32	8.27 46	941			
Fish Chowder II 0	6oz portion % of Goal :	112 6	2.85 4	1.201 6	0.001 *	0.501 50	0.879 88	28 9	268 11	12.84 4	1.1 4	3.06 306	8.67 17	109 2	7.1 12	86 9	0.33 2	370			
Soup of the Day 0	Cup % of Goal :	111 6	4.2 6	0.414 2	0 *	1.117 112	2.628 263	0 *	381 16	15.33 5	4.3 17	2.29 229	4.32 9	1045 21	6.8 11	47 5	1.36 8	439			
Fried Chicken B 1	Each % of Goal :	395 20	16.36 25	2.877 14		6.93 693	5.543 554	36 12	1007 42	41.18 14	2.2 9	0 *	19.89 40	80 2	0.1 *	97 10	2.32 13	331			
Baked Ziti with 0	10 Oz % of Goal :	466 23	2.69 4	0.608 3		0.855 85	0.481 48	13 4	107 4	86.02 29	4.8 19	0 *	22.47 45	0 *	0 *	77 8	4.7 26	94			
Tofu Jambalaya 0	5 oz % of Goal :	187 9	2.49 4	0.405 2	0 *	1.291 129	0.572 57	0 *	622 26	34.37 11	1.7 7	0.89 89	7.05 14	646 13	19.8 33	189 19	4.08 23	283			
Ziti with Marin 0	10 Oz % of Goal :	297 15	5 8	0.714 4		1.801 180	1.845 185	0 *	827 34	53.23 18	4.9 20		9.03 18	751 15	16 27	53 5	3.26 18	631			
Chipolte Chicke 1	slice % of Goal :	45 2	0.64 *	0.216 *	0.002 *	0.155 15	0.23 23	11 4	198 8	2.86 *	0.4 2	6.44 644	6.98 14	776 16	15.8 26	104 10	0.26 *	87			
Pizza Vegan Che 0	slice % of Goal :	332 17	12.26 19	5.164 26	0 *	1.362 136	2.764 276	19 6	712 30	43.16 14	2.9 12	2.85 285	11.7 23	574 11	3.4 6	186 19	2.71 15	77			
Pizza Cheese 0	slice % of Goal :	331 17	9.13 14	4.271 21	0 *	1.364 136	2.768 277	19 6	974 41	40.07 13	2.4 10	2.86 286	21.28 43	575 12	3.4 6	408 41	2.71 15	77			
Grilled Veg Sal 0	portion % of Goal :	137 7	7.66 12	1.712 9	0 *	0.978 98	4.652 465	0 *	480 20	12.86 4	1.3 5	1.17 117	5.06 10	1480 30	20.5 34	213 21	0.79 4	339			

** 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, May 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				
Salad Bar Dinne	servings	282	22.2	3.203	0	4.535	7.599	19	496	16.88	2.3	5.92	3.68	1972	22.2	60	1.07	256			
1	% of Goal :	14	34	16	*	453	760	6	21	6	9	592	7	39	37	6	6				
Italian Mixed V	3 Ounce	52	0.13	0.028	0	0.064	0.009	0	78	11.55	3.9	0	2.52	3764	2.8	22	0.73	149			
1	% of Goal :	3	*	*	*	6	*	*	3	4	16	*	5	75	5	2	4				
Roasted Garlic	3 oz portion	307	16.32	3.408		2.775	9.416	0	176	36.15	3.2	0.03	3.98	0	11	18	0.74	621			
1	% of Goal :	15	25	17		277	942	*	7	12	13	3	8	*	18	2	4				
Steamed Rice (V	4 oz portion	221	0	0	0	0	0.106	0	2	48.12	0	0	5.2	0	0	2	1.88	73			
0	% of Goal :	11	*	*	*	*	11	*	*	16	*	*	10	*	*	*	10				
Italian Bread	slices	150	4.1	0.544	0.011	2.189	1.081	0	383	23.85	1.4	1.06	3.59	0	0	6	1.34	52			
	% of Goal :	7	6	3	*	219	108	*	16	8	6	106	7	*	*	*	7				
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				
Downeast Maine	3oz portion	244	9.2	1.21	0.026	4.951	2.479	0	231	33.14	1.2	19.71	2.03	2098	0.2	32	0.91	21			
1	% of Goal :	12	14	6	3	495	248	*	10	11	5	1971	4	42	*	3	5				
Chip & Dip Bar	1 Each	250	15.87	3.826	0.041	3.238	2.659	14	328	24.06	2.5	1.33	3.86	219	5.4	61	1.03	254			
1	% of Goal :	12	24	19	4	324	266	5	14	8	10	133	8	4	9	6	6				

Meal Total: Amount:
 % of Goal:

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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 : Saturday, May 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				
Oatmeal	Cup	430	7.39	1.259	0	2.608	2.245	0	1796	76.77	11.5	1.12	14.91	115	0	79	4.93	411			
	% of Goal :	21	11	6	*	261	224	*	75	26	46	112	30	2	*	8	27				
Assorted Cold C	serving	234	4.39	1.272	0.013	1.408	1.257	0	229	45.16	4.8	15.34	5.79	725	11.6	70	5.78	186			
	% of Goal :	12	7	6	*	141	126	*	10	15	19	1534	12	15	19	7	32				
Pork Breakfast	2 each	195	19.45	7.074				18	380	0.88	0	0	5.31	88	0	18	0.96				
	% of Goal :	10	30	35				6	16	*	*	*	11	2	*	2	5				
'Veggie Patty B	2 Each																				
	% of Goal :																				
Chicken Breakfa	sausage	73	3.44	1.161		0.327	1.651	22	553	2.19	0		7.83	0	0	3	0.43	146			
	% of Goal :	4	5	6		33	165	7	23	*	*		16	*	*	*	2				
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				
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				
Scrambled Eggs	6 oz portion	293	18.27	5.377	0	2.856	7.08	694	247	9.38	2.5	0	22.03	2802	1.8	95	2.81	294			
	% of Goal :	15	28	27	*	286	708	231	10	3	10	*	44	56	3	9	16				
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				
Pancakes Homem	2 pancake	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				
Breakfast Acco	Servings	132	3.3	1.384	0.051	0.447	1.014	5	107	25.62	3	4.62	2.46	205	19.5	31	0.51	317			
	% of Goal :	7	5	7	5	45	101	2	4	9	12	462	5	4	32	3	3				

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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 : Saturday, May 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			
	% of Goal :	10	13	3	*	260	504	*	9	10	11	*	6	*	32	*	3				
Assorted Bagels	1 each	235	1.31	0.229	0	0.479	0.277	0	433	47.22	1.9	5.17	8.94	12	0.5	49	3.47	64			
	% of Goal :	12	2	*	*	48	28	*	18	16	8	517	18	*	*	5	19				
Assorted Muffin	Each	348	14.12	2.996	0.015	4.521	5.08	25	341	47.11	2.2	15.16	6.17	996	0.9	130	1.73	103			
	% of Goal :	17	22	15	*	452	508	8	14	16	9	1516	12	20	*	13	10				
Cinnamon Buns	1 each	132	6.91	3.434	0	0.85	2.251	1	87	16.32	0.4	7.21	1.34	81	0.1	47	0.42	27			
	% of Goal :	7	11	17	*	85	225	*	4	5	*	721	3	2	*	5	2				
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 : Saturday, May 19, 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				
Soup of the Day	Cup	111	4.2	0.414	0	1.117	2.628	0	381	15.33	4.3	2.29	4.32	1045	6.8	47	1.36	439			
0	% of Goal :	6	6	2	*	112	263	*	16	5	17	229	9	21	11	5	8				
Egg McMoulton S	Sandwiches	242	9.69	4.319	0.017	1.121	2.108	176	562	25.74	2	2.16	13.08	389	1	193	3.04	148			
1	% of Goal :	12	15	22	2	112	211	59	23	9	8	216	26	8	2	19	17				
Grilled Ham & C	Each	358	16.76	6.108	0	1.258	2.857	43	1333	40.85	2.5	4.2	17.24	476	0	255	2.03	124			
0	% of Goal :	18	26	31	*	126	286	14	56	14	10	420	34	10	*	25	11				
Chicken Breakfa	sausage	73	3.44	1.161		0.327	1.651	22	553	2.19	0		7.83	0	0	3	0.43	146			
0	% of Goal :	4	5	6		33	165	7	23	*	*		16	*	*	*	2				
'Veggie Patty B	2 Each																				
	% of Goal :																				
Pork Breakfast	2 each	195	19.45	7.074				18	380	0.88	0	0	5.31	88	0	18	0.96				
1	% of Goal :	10	30	35				6	16	*	*	*	11	2	*	2	5				
Oatmeal	2/3 Cup	430	7.39	1.259	0	2.608	2.245	0	1796	76.77	11.5	1.12	14.91	115	0	79	4.93	411			
0	% of Goal :	21	11	6	*	261	224	*	75	26	46	112	30	2	*	8	27				
Assorted Cold C	serving	234	4.39	1.272	0.013	1.408	1.257	0	229	45.16	4.8	15.34	5.79	725	11.6	70	5.78	186			
0	% of Goal :	12	7	6	*	141	126	*	10	15	19	1534	12	15	19	7	32				
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				
Omelette Bar	1 each	269	18.12	7.285	0	1.359	4.792	232	741	6.67	1.3	2.78	19.88	1166	40.6	139	1.69	344			
0	% of Goal :	13	28	36	*	136	479	77	31	2	5	278	40	23	68	14	9				
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			
1	% 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				

** 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, May 19, 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				
Scrambled Egg W 0	3oz portion % of Goal :	43 2	0.14 *	0 *		0 *	0 *	0 *	267 11	0.61 *	0 *	0.59 59	9.05 18	0 *	0 *	6 *	0.07 *	135			
Deli Platter - 0	2 oz % of Goal :	129 6	10.25 16	4.363 22	0 *	0.345 34	2.116 212	39 13	475 20	0.88 *	0 *	0.35 35	8.6 17	171 3	0.1 *	106 11	0.81 4	73			
Pancakes Homem: 1	2 pancake % of Goal :	372 19	11.54 18	2.349 12	0 *	2.921 292	4.91 491	72 24	407 17	53.95 18	5.8 23	6.82 682	12.42 25	151 3	0 *	170 17	3.3 18	280			
Vegan Pancakes 0	pancake % of Goal :	92 5	1.85 3	0.147 *	0 *	0.573 57	1 100	0 *	242 10	16.12 5	0.4 2	2.39 239	1.86 4	0 *	0 *	56 6	0.88 5	17			
Tomato Frittata 0	6oz portion % of Goal :	130 6	8.54 13	2.232 11	0 *	1.139 114	4.014 401	249 83	81 3	5.18 2	1.3 5	2.73 273	8.41 17	950 19	13.6 23	51 5	1.38 8	311			
Salad Bar Brunc 0	Servings % of Goal :	261 13	19.69 30	3.804 19	0 *	1.286 129	0.909 91	18 6	472 20	19.28 6	2.7 11	10.1 1010	2.56 5	4154 83	35.9 60	55 5	0.97 5	441			
Breakfast Acco 1	Servings % of Goal :	132 7	3.3 5	1.384 7	0.051 5	0.447 45	1.014 101	5 2	107 4	25.62 9	3 12	4.62 462	2.46 5	205 4	19.5 32	31 3	0.51 3	317			
Corn O'Brien 0	3 oz portion % of Goal :	73 4	2.72 4	0.443 2	0 *	0.923 92	1.213 121	0 *	95 4	12.42 4	1.7 7	0.36 36	1.79 4	398 8	11.4 19	5 *	0.33 2	113			
Home Fries (VE) 0	4 oz potion % of Goal :	204 10	8.71 13	0.647 3	0 *	2.598 260	5.045 504	0 *	217 9	29.65 10	2.7 11	0 *	2.76 6	0 *	19.1 32	8 *	0.49 3	558			
Assorted Bagels 0	1 each % of Goal :	232 12	1.45 2	0.318 2	0 *	0.601 60	0.402 40	0 *	435 18	45.73 15	2 8	4.64 464	8.9 18	9 *	0.7 *	70 7	4.85 27	76			
Assorted Muffin 0	Each % of Goal :	348 17	14.12 22	2.996 15	0.015 *	4.521 452	5.08 508	25 8	341 14	47.11 16	2.2 9	15.16 1516	6.17 12	996 20	0.9 *	130 13	1.73 10	103			
Cinnamon Buns 0	1 each % of Goal :	132 7	6.91 11	3.434 17	0 *	0.85 85	2.251 225	1 *	87 4	16.32 5	0.4 *	7.21 721	1.34 3	81 2	0.1 *	47 5	0.42 2	27			

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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 : Saturday, May 19, 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				
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 : Sunday, May 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	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				
Oatmeal	Cup	430	7.39	1.259	0	2.608	2.245	0	1796	76.77	11.5	1.12	14.91	115	0	79	4.93	411			
	% of Goal :	21	11	6	*	261	224	*	75	26	46	112	30	2	*	8	27				
Assorted Cold C	serving	234	4.39	1.272	0.013	1.408	1.257	0	229	45.16	4.8	15.34	5.79	725	11.6	70	5.78	186			
	% of Goal :	12	7	6	*	141	126	*	10	15	19	1534	12	15	19	7	32				
Scrambled Eggs	3 oz portion	136	9.57	2.807	0	1.614	3.756	314	263	2.06	0.1	0.92	9.85	248	0.4	60	1.09	126			
	% of Goal :	7	15	14	*	161	376	105	11	*	*	92	20	5	*	6	6				
Scrambled Eggs	6 oz portion	293	18.27	5.377	0	2.856	7.08	694	247	9.38	2.5	0	22.03	2802	1.8	95	2.81	294			
	% of Goal :	15	28	27	*	286	708	231	10	3	10	*	44	56	3	9	16				
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				
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	*	*	*	*				
Grilled Ham	2 oz portion	173	11.14	4.092		1.062	4.983	60	141	0	0	0	16.97	6	0.2	9	0.64	223			
	% of Goal :	9	17	20		106	498	20	6	*	*	*	34	*	*	*	4				
French Toast	2 each	319	5.15	0.931	0	0.343	1.01	105	547	56.09	2.4	7.22	13.23	55	0	175	2.99	49			
	% of Goal :	16	8	5	*	34	101	35	23	19	10	722	26	*	*	17	17				
Vegan French To	slice	106	3.11	0.466	0.005	1.272	0.624	0	193	17.42	1.7	3.25	3.58	47	0.1	34	0.99	69			
	% of Goal :	5	5	2	*	127	62	*	8	6	7	325	7	*	*	3	5				
Breakfast Acco	Servings	132	3.3	1.384	0.051	0.447	1.014	5	107	25.62	3	4.62	2.46	205	19.5	31	0.51	317			
	% of Goal :	7	5	7	5	45	101	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			
	% of Goal :	10	13	3	*	260	504	*	9	10	11	*	6	*	32	*	3				

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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, May 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 Muffin	Muffin	329	8.74	1.402	0	2.461	4.219	16	467	53.11	2.2	12.44	8.81	38	1	102	3.29	102			
	% of Goal :	16	13	7	*	246	422	5	19	18	9	1244	18	*	2	10	18				
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:

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Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Sunday, May 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 Beef Hamb	Hamburger	135	2.86	1.199		0.479	0.894	42	130	7.91	0.4	0	19	0	0	29	1.91	22			
	% of Goal :	7	4	6		48	89	14	5	3	2	*	38	*	*	3	11				
Spicy Black Bea	1 ea	256	4.09	0.545	0.01	2.115	1.141	0	769	44.3	7.5	4.23	10.28	934	23.9	165	3.69	631			
	% of Goal :	13	6	3	*	212	114	*	32	15	30	423	21	19	40	17	20				
Burger Bar Topp	1 serving	187	18.46	3.908	0	0.036	0.261	19	416	3.02	0.4	1.11	2.13	256	2	61	0.16	70			
	% of Goal :	9	28	20	*	4	26	6	17	*	2	111	4	5	3	6	*				
Hebrew National	Portion	342	16.22	5.835		2.289	6.695	23	883	37.38	1.9	1.45	10.82	0	0.1	104	2.89	166			
	% of Goal :	17	25	29		229	670	8	37	12	8	145	22	*	*	10	16				
BBQ Pulled Pork	5 oz portion	282	11.54	3.882	0	1.707	5.567	81	2007	11.09	0.7	26.56	31.67	2480	8.9	24	2.52	680			
	% of Goal :	14	18	19	*	171	557	27	84	4	3	2656	63	50	15	2	14				
Vegan Pulled "P	portion	30	0.76	0.109	0	0.24	0.283	0	194	6.02	0.6	17.91	0.31	1966	5.7	8	0.36	117			
	% of Goal :	*	*	*	*	24	28	*	8	2	2	1791	*	39	9	*	2				
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			
	% of Goal :	*	*	*	*	13	6	*	2	2	7	269	3	66	17	3	4				
Sweet & Sour Co	4oz Portion	102	6.85	0.533	0	2.082	3.865	0	205	9.55	2.5	6.46	1.44	549	30	50	0.72	264			
	% of Goal :	5	11	3	*	208	387	*	9	3	10	646	3	11	50	5	4				
Red Skin Potato	4 oz portion	100	2.86	0.22	0	0.84	1.581	0	50	16.69	1.8	2.18	1.97	285	20.4	12	0.64	452			
	% of Goal :	5	4	*	*	84	158	*	2	6	7	218	4	6	34	*	4				
Maine Baked Be	5 oz portion	225	0.73	0.182	0	0.305	0.088	0	165	45.63	7.8	22.24	10.53	3	1.5	99	3.09	470			
	% of Goal :	11	*	*	*	30	9	*	7	15	31	2224	21	*	2	10	17				
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				
Potato Chips	3 oz portion	456	29.43	9.321		10.35	8.369	0	505	44.99	3.8		5.95	0	26.5	20	1.39	1084			
	% of Goal :	23	45	47		1035	837	*	21	15	15		12	*	44	2	8				

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Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Sunday, May 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			
Muffin Corn Min	Each	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				
	% of Goal :																				
Fresh Seasonal	1 piece	78	0.43	0.088	0	0.114	0.035	0	0	20	3.2	3.21	0.69	153	17.7	15	0.26	236			
	% of Goal :	4	*	*	*	11	4	*	*	7	13	321	*	3	30	2	*				
Assorted Ice Cr	1 each																				
	% of Goal :																				
Flan and Churru	1 Each	16	0	0	0	0	0	0	0	3.23	0	3.18	0	0	0	1	0.02	0			
	% of Goal :	*	*	*	*	*	*	*	*	*	*	318	*	*	*	*	*	*			

Meal Total: Amount:
 % of Goal:

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Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Sunday, May 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				
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				
Vegetable Noodl	6oz portion	78	4.07	0.6	0	0.559	2.733	6	403	9.25	1.2	0.98	1.52	500	3.8	18	0.54	103			
	% of Goal :	4	6	3	*	56	273	2	17	3	5	98	3	10	6	2	3				
Oatmeal	Cup	430	7.39	1.259	0	2.608	2.245	0	1796	76.77	11.5	1.12	14.91	115	0	79	4.93	411			
	% of Goal :	21	11	6	*	261	224	*	75	26	46	112	30	2	*	8	27				
Assorted Cold C	serving	234	4.39	1.272	0.013	1.408	1.257	0	229	45.16	4.8	15.34	5.79	725	11.6	70	5.78	186			
	% of Goal :	12	7	6	*	141	126	*	10	15	19	1534	12	15	19	7	32				
Quiche Assorted	1/9 portion	317	20.1	8.233	0	2.268	7.637	123	467	24.09	1.8	2.64	10.62	1280	10.4	189	1.77	212			
	% of Goal :	16	31	41	*	227	764	41	19	8	7	264	21	26	17	19	10				
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				
Scrambled Eggs	6 oz portion	293	18.27	5.377	0	2.856	7.08	694	247	9.38	2.5	0	22.03	2802	1.8	95	2.81	294			
	% of Goal :	15	28	27	*	286	708	231	10	3	10	*	44	56	3	9	16				
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	*	*	*	*				
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				
Grilled Ham	2 oz portion	173	11.14	4.092		1.062	4.983	60	141	0	0	0	16.97	6	0.2	9	0.64	223			
	% of Goal :	9	17	20		106	498	20	6	*	*	*	34	*	*	*	4				
Caramel French	5oz Portion	368	13.31	6.404	0.31	0.791	3.471	163	519	53.22	1.4	77.03	10.76	335	0	152	2.38	80			
	% of Goal :	18	20	32	31	79	347	54	22	18	6	7703	22	7	*	15	13				
Vegan French To	slice	106	3.11	0.466	0.005	1.272	0.624	0	193	17.42	1.7	3.25	3.58	47	0.1	34	0.99	69			
	% of Goal :	5	5	2	*	127	62	*	8	6	7	325	7	*	*	3	5				

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Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Sunday, May 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				
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			
	% of Goal :	16	38	37	*	475	763	8	37	7	5	127	16	19	*	21	5				
Macaroni & Chee	6oz portion	393	20.63	12.522	0	0.942	5.79	92	759	30.8	1.4	0.94	20.38	599	0	435	2	116			
	% of Goal :	20	32	63	*	94	579	31	32	10	6	94	41	12	*	44	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			
	% of Goal :	12	11	7	*	141	386	4	23	12	8	357	11	18	*	23	28				
Salad Bar Brunc	Servings	261	19.69	3.804	0	1.286	0.909	18	472	19.28	2.7	10.1	2.56	4154	35.9	55	0.97	441			
	% of Goal :	13	30	19	*	129	91	6	20	6	11	1010	5	83	60	5	5				
Breakfast Acco	Servings	132	3.3	1.384	0.051	0.447	1.014	5	107	25.62	3	4.62	2.46	205	19.5	31	0.51	317			
	% of Goal :	7	5	7	5	45	101	2	4	9	12	462	5	4	32	3	3				
Fresh Steamed V	3 OZ	22	0.13	0.021	0	0.065	0.009	0	75	4.52	2.4	0.86	1.67	3120	24	28	0.5	148			
	% of Goal :	*	*	*	*	6	*	*	3	2	10	86	3	62	40	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			
	% of Goal :	10	13	3	*	260	504	*	9	10	11	*	6	*	32	*	3				
Assorted Muffin	Muffin	329	8.74	1.402	0	2.461	4.219	16	467	53.11	2.2	12.44	8.81	38	1	102	3.29	102			
	% of Goal :	16	13	7	*	246	422	5	19	18	9	1244	18	*	2	10	18				
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:

**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