

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Monday, December 11, 2017
 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	2/3 Cup	90	1.56	0.265	0	0.549	0.473	0	378	16.16	2.4	0.24	3.14	24	0	17	1.04	86			
0	% of Goal :	5	2	*	*	55	47	*	16	5	10	24	6	*	*	2	6				
Assorted Egg S	3 oz portion	179	12.76	5.822	0	1.247	4.208	233	402	2.8	0.2	1.55	13.22	358	5.1	172	0.93	112			
0	% of Goal :	9	20	29	*	125	421	78	17	*	*	155	26	7	8	17	5				
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			
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			
0	% of Goal :	7	14	14	*	119	335	124	5	*	*	*	22	3	*	4	7				
Cage Free Eggs	0 portion	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				
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			
0	% of Goal :	5	2	*	*	44	48	2	14	7	3	*	6	*	*	7	5				
Gluten Free Pan	4 " pancake	37	3.56	0.619	0.008	1.583	1.073	37	12	0.11	0	0	1.1	17	0	5	0.13	11			
0	% of Goal :	2	5	3	*	158	107	12	*	*	*	*	2	*	*	*	*				
Yogurt Bar	10oz portion	193	2.84	1.828		0.082	0.778	11	150	31.3	0		11.18	122	1.8	388	0.16	497			
0	% of Goal :	10	4	9		8	78	4	6	10	*		22	2	3	39	*				
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				
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				
Scrambled Organ	5 oz. Each	120	7.94	1.139	0	3.523	2.791	0	14	4.26	0.8	0.11	10.34	831	12.2	444	7.15	213			
0	% of Goal :	6	12	6	*	352	279	*	*	*	3	11	21	17	20	44	40				
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	*	*	*	*				

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

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 Service Date : Monday, December 11, 2017
 Meal Period : Breakfast
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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 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				
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	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			
1	% 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	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			
1	% of Goal :	21	29	15	*	513	967	13	18	17	9	2156	14	*	3	17	13				

Meal Total: Amount:
 % of Goal:

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Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Monday, December 11, 2017
 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				
Deli Bar Lunch	portion	296	11.31	4.345	0.003	1.195	2.613	43	730	33.34	2.9	3.55	15.03	804	4.3	151	3.07	245			
0	% of Goal :	15	17	22	*	119	261	14	30	11	11	355	30	16	7	15	17				
Zesty Italian S	6oz portion	24	0.24	0.047	0	0.106	0.044	0	386	5.21	1.2	1.99	1.03	856	11.6	29	0.42	188			
0	% of Goal :	*	*	*	*	11	4	*	16	2	5	199	2	17	19	3	2				
Cream of Chicke	6oz portion	103	4.76	1.354	0.003	1.072	1.735	13	471	8.87	0.6	3.51	6.2	361	1.2	86	0.46	170			
0	% of Goal :	5	7	7	*	107	173	4	20	3	2	351	12	7	2	9	3				
Spinach & Chees	1/8th slice	254	17.75	7.656	0	2.637	5.787	191	603	12.84	2.1	2.43	11.72	3863	8.9	235	1.92	297			
0	% of Goal :	13	27	38	*	264	579	64	25	4	8	243	23	77	15	24	11				
Pasta Bar	10 oz ortion	408	8.05	4.31	0.159	0.883	1.934	20	60	69.9	4	1.96	12.74	271	2.7	68	3.4	136			
0	% of Goal :	20	12	22	16	88	193	7	2	23	16	196	25	5	4	7	19				
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				
Chicken Florent	portion	286	12	4.51	0.093	0.936	3.98	70	283	16.73	1.9	1.36	29.29	3621	17.6	195	2.47	580			
0	% of Goal :	14	18	23	9	94	398	23	12	6	8	136	59	72	29	19	14				
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			
0	% of Goal :	12	13	20	*	77	233	13	27	7	7	2	42	9	8	22	12				
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				
California Turk	1/2 Wrap	158	5.07	1.415	0	0.359	1.884	17	501	18.9	3.6	3.59	10.45	2426	17.1	72	4.58	412			
0	% of Goal :	8	8	7	*	36	188	6	21	6	14	359	21	49	29	7	25				
Creamy Polenta	portion	87	3.99	0.636	0	1.319	1.821	0	253	11.73	1.2	0.73	1.39	503	9.4	10	0.31	98			
0	% of Goal :	4	6	3	*	132	182	*	11	4	5	73	3	10	16	*	2				
Corn Salad w/ P	portion	165	13.38	1.373	0	2.331	8.377	0	221	12.52	3.1	2.05	3.22	627	15.1	13	1.12	467			
0	% of Goal :	8	21	7	*	233	838	*	9	4	13	205	6	13	25	*	6				

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Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

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 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				
Feta, Kale Sala	portion	219	13.08	2.634	0	5.274	7.231	6	291	20.74	5.1	4.67	7.13	1498	11.1	123	1.87	482			
0	% of Goal :	11	20	13	*	527	723	2	12	7	21	467	14	30	19	12	10				
Salad Bar Lunch	servings	283	20.6	4.268	0	1.394	1.264	20	598	19.81	2.5	6.63	4.47	1796	22.3	82	1.24	268			
0	% of Goal :	14	32	21	*	139	126	7	25	7	10	663	9	36	37	8	7				
Steamed Brussel	3 oz portion	35	0.32	0.068	0	0.166	0.025	0	160	6.93	3.4	0	3.02	487	37.8	20	0.62	269			
0	% of Goal :	2	*	*	*	17	3	*	7	2	14	*	6	10	63	2	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				
Pudding Chocola	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	*				
Whoppie Pies	portions																				
0	% of Goal :																				

Meal Total: Amount:
 % of Goal:

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Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Monday, December 11, 2017
 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 Italian S	6oz portion	24	0.24	0.047	0	0.106	0.044	0	386	5.21	1.2	1.99	1.03	856	11.6	29	0.42	188			
0	% of Goal :	*	*	*	*	11	4	*	16	2	5	199	2	17	19	3	2				
Cream of Chicke	6oz portion	103	4.76	1.354	0.003	1.072	1.735	13	471	8.87	0.6	3.51	6.2	361	1.2	86	0.46	170			
0	% of Goal :	5	7	7	*	107	173	4	20	3	2	351	12	7	2	9	3				
Chicken Parmesa	5 oz portion	255	6.6	2.965	0	0.473	0.387	77	130	16.61	1	0	32.46	220	2.1	118	1.64	310			
1	% of Goal :	13	10	15	*	47	39	26	5	6	4	*	65	4	3	12	9				
Chicken Parmesa	5 oz portion	255	6.6	2.965	0	0.473	0.387	77	130	16.61	1	0	32.46	220	2.1	118	1.64	310			
0	% of Goal :	13	10	15	*	47	39	26	5	6	4	*	65	4	3	12	9				
Chicken Parmesa	5 oz portion	397	15.23	5.46	0	2.677	4.377	107	472	22.53	1.2	0	40.59	249	0.7	128	2.23	312			
0	% of Goal :	20	23	27	*	268	438	36	20	8	5	*	81	5	*	13	12				
Spaghetti w/ Fr	10 oz potior	475	30.38	5.186	0	5.127	18.131	8	118	42.87	3.2	0.2	11.38	728	7.4	158	2.66	196			
0	% of Goal :	24	47	26	*	513	1813	3	5	14	13	20	23	15	12	16	15				
Spaghetti with	10 oz portio	301	6.88	1.435	0	1.77	2.725	3	1210	50.21	5	0	9.81	771	14.8	87	3.08	565			
1	% of Goal :	15	11	7	*	177	273	*	50	17	20	*	20	15	25	9	17				
Pizza Margherit	1. 5 slice	651	30.08	11.088	0	3.638	13.571	44	832	69.38	3.8	4.69	25.28	1297	13.5	491	4.5	415			
0	% of Goal :	33	46	55	*	364	1357	15	35	23	15	469	51	26	22	49	25				
Hot Ital Sausag	6oz portion	210	9.25	3.056	0.001	1.489	4.367	65	1984	4.98	1.3	1.73	25.62	603	25.8	21	1.92	524			
0	% of Goal :	10	14	15	*	149	437	22	83	2	5	173	51	12	43	2	11				
Corn Salad w/ P	portion	165	13.38	1.373	0	2.331	8.377	0	221	12.52	3.1	2.05	3.22	627	15.1	13	1.12	467			
0	% of Goal :	8	21	7	*	233	838	*	9	4	13	205	6	13	25	*	6				
Salad Bar Dinne	servings	294	20.7	4.293	0	1.412	1.315	20	620	21.46	3.3	6.97	5.57	1850	23.4	84	1.41	327			
1	% of Goal :	15	32	21	*	141	131	7	26	7	13	697	11	37	39	8	8				
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				

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Dining Service

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 Meal Period : Dinner
 Customer Count : 1

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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				
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			
0	% 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				
Raspberry Gelat	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	*	*	*	*				
Frost Your Own	Each	70	3.13	2.008		0.158	0.808	1	12	10.92	0.4	8.25	0.41	28	0.1	7	0.24	46			
1	% of Goal :	4	5	10		16	81	*	*	4	2	825	*	*	*	*	*				

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 Service Date : Tuesday, December 12, 2017
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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				
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				
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	*	*	*	*				
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				
Cage Free Eggs	portion	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				
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				
Grilled Ham	2 oz portion	68	1.91	0.635	0	0		27	597	3.18	0	2.54	10.8	0	0	0	0.32				
0	% of Goal :	3	3	3	*	*		9	25	*	*	254	22	*	*	*	2				
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				
Scambled "Tofu"	3 oz portion	80	3.41	0.492	0	1.703	1.007	0	97	7.25	2	0.25	6.52	202	0.7	199	3.29	207			
0	% of Goal :	4	5	2	*	170	101	*	4	2	8	25	13	4	*	20	18				
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				
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				
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				

!*! 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 : Thorne
 Service Date : Tuesday, December 12, 2017
 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				
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			
0	% 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 : Thorne
 Service Date : Tuesday, December 12, 2017
 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				
Deli Bar Lunch	portion	296	11.31	4.345	0.003	1.195	2.613	43	730	33.34	2.9	3.55	15.03	804	4.3	151	3.07	245			
0	% of Goal :	15	17	22	*	119	261	14	30	11	11	355	30	16	7	15	17				
Beef with three	6 oz serving	61	1.8	0.396	0	0.211	0.695	10	118	7.71	1.3	0.85	4.2	412	6.4	24	0.91	181			
0	% of Goal :	3	3	2	*	21	70	3	5	3	5	85	8	8	11	2	5				
Curried Carrot	6 oz portion	75	4.37	0.658	0	0.95	2.477	0	742	8.23	2.3	2.15	1.46	1386	3.2	30	0.92	187			
0	% of Goal :	4	7	3	*	95	248	*	31	3	9	215	3	28	5	3	5				
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				
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				
Jerk Chicken B	4.5oz portio	131	2.53	0.481	0.001	0.47	0.42	66	138	0.79	0.2	0.56	26.31	63	2.8	16	0.91	306			
1	% of Goal :	7	4	2	*	47	42	22	6	*	*	56	53	*	5	2	5				
Shells W/ Spina	6oz portion	186	3.5	1.84	0	0.409	0.817	10	166	30.67	1.9	0.83	7.62	1172	4.9	75	1.72	111			
0	% of Goal :	9	5	9	*	41	82	3	7	10	8	83	15	23	8	8	10				
Veggie, Quinoa	cutlet	77	1.65	0.3	0	0.319	0.96	0	179	14.41	1.8	5.13	1.88	588	20.1	22	0.96	253			
0	% of Goal :	4	3	*	*	32	96	*	7	5	7	513	4	12	33	2	5				
Turkey Club Pan	sandwich	518	17.47	6.149	0	0.603	3.108	70	1620	53.67	2.9	5.99	36.88	789	9.3	449	10.31	335			
0	% of Goal :	26	27	31	*	60	311	23	68	18	12	599	74	16	16	45	57				
Lentil Salad w/	portion	154	3.34	0.486	0	0.549	2.158	0	20	23.86	9	3.13	9.01	620	11	43	3.66	553			
0	% of Goal :	8	5	2	*	55	216	*	*	8	36	313	18	12	18	4	20				
Salad Bar Lunch	servings	283	20.6	4.268	0	1.394	1.264	20	598	19.81	2.5	6.63	4.47	1796	22.3	82	1.24	268			
0	% of Goal :	14	32	21	*	139	126	7	25	7	10	663	9	36	37	8	7				
Sesame Chicken	portion	145	3.66	0.482	0.003	1.018	1.588	33	133	15.64	1.6	13.13	12.03	3342	22.6	59	1.74	441			
0	% of Goal :	7	6	2	*	102	159	11	6	5	6	1313	24	67	38	6	10				

!*! 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 : Thorne
 Service Date : Tuesday, December 12, 2017
 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				
Sauteed Zucchini	3 oz portion	34	2.54	0.368	0	0.361	1.665	0	228	2.68	1	1.69	0.98	944	11.5	16	0.36	231			
0	% of Goal :	2	4	2	*	36	166	*	9	*	4	169	2	19	19	2	2				
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				
Lime 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 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	*				
Chocolate Chip	1 each	281	14.01	4.517	0	3.019	5.75	14	182	37.29	1.7	49.59	3.13	379	0	21	1.46	88			
0	% of Goal :	14	22	23	*	302	575	5	8	12	7	4959	6	8	*	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 : Thorne
 Service Date : Tuesday, December 12, 2017
 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				
Curried Carrot	6 oz portion	75	4.37	0.658	0	0.95	2.477	0	742	8.23	2.3	2.15	1.46	1386	3.2	30	0.92	187			
0	% of Goal :	4	7	3	*	95	248	*	31	3	9	215	3	28	5	3	5				
Beef with three	6 oz serving	61	1.8	0.396	0	0.211	0.695	10	118	7.71	1.3	0.85	4.2	412	6.4	24	0.91	181			
0	% of Goal :	3	3	2	*	21	70	3	5	3	5	85	8	8	11	2	5				
Baked MSC Fish	4 oz. portion	140	5.75	3.079	0	0.659	1.47	88	234	1.51	0.3	0.32	19.83	263	6.1	74	0.57	382			
0	% of Goal :	7	9	15	*	66	147	29	10	*	*	32	40	5	10	7	3				
Broccoli & Tofu	5oz portion	105	1.75	0.286	0	0.831	0.454	0	155	19.1	3.2	0.18	4.96	903	53.4	102	1.91	263			
0	% of Goal :	5	3	*	*	83	45	*	6	6	13	18	10	18	89	10	11				
Three Cheese Qu	Tortilla	390	21.81	11.321	0	0.143	5.719	58	1236	29.3	2.7	0.84	24.05	1020	8.2	652	2.29	207			
1	% of Goal :	19	34	57	*	14	572	19	51	10	11	84	48	20	14	65	13				
Lentil Salad w/	portion	154	3.34	0.486	0	0.549	2.158	0	20	23.86	9	3.13	9.01	620	11	43	3.66	553			
0	% of Goal :	8	5	2	*	55	216	*	*	8	36	313	18	12	18	4	20				
Tossed & Sauced	4 pcs Portio	376	19.87	4.454	0	5.307	7.99	98	1317	16.1	0.5	5.08	32.24	203	16.4	23	1.51	462			
1	% of Goal :	19	31	22	*	531	799	33	55	5	2	508	64	4	27	2	8				
Chipolte Beef B	1 each	556	19.38	9.686	0	0.928	5.608	92	1149	54.95	6.6	5.76	40.58	1430	12	360	6.44	478			
1	% of Goal :	28	30	48	*	93	561	31	48	18	26	576	81	29	20	36	36				
Salad Bar Dinne	servings	294	20.7	4.293	0	1.412	1.315	20	620	21.46	3.3	6.97	5.57	1850	23.4	84	1.41	327			
1	% of Goal :	15	32	21	*	141	131	7	26	7	13	697	11	37	39	8	8				
Green Beans w/	3 oz portion	27	0.18	0.043	0	0.088	0.007	0	285	6.1	2.8	1.51	1.36	700	18.4	36	0.61	157			
1	% of Goal :	*	*	*	*	9	*	*	12	2	11	151	3	14	31	4	3				
Mexican Rice Re	4 Oz	64	1.73	0.163	0	0.543	0.911	0	755	11.39	1	1.79	1.42	739	15	18	0.83	171			
0	% of Goal :	3	3	*	*	54	91	*	31	4	4	179	3	15	25	2	5				
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				

!*! 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 : Thorne
 Service Date : Tuesday, December 12, 2017
 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				
Orange 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	*				
Strawberry Sund	Each	409	25.65	16.332	0.005	1.018	6.585	91	107	41.83	1.1	25.33	5.34	818	1.6	163	0.51	289			
1	% of Goal :	20	39	82	*	102	659	30	4	14	4	2533	11	16	3	16	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 : Thorne
 Service Date : Wednesday, December 13, 2017
 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	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				
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				
Hard Boiled Egg	0 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			
	% of Goal :	7	14	14	*	119	335	124	5	*	*	*	22	3	*	4	7				
Cage Free Eggs	0 egg	71	4.74	1.468	0	0.644	1.804	201	60	0.58	0	0	5.91	90	0	23	0.68	57			
	% of Goal :	4	7	7	*	64	180	67	2	*	*	*	12	2	*	2	4				
Yogurt Bar	0 10oz portion	193	2.84	1.828		0.082	0.778	11	150	31.3	0		11.18	122	1.8	388	0.16	497			
	% of Goal :	10	4	9		8	78	4	6	10	*		22	2	3	39	*				
Pancakes of the	0 serving	244	7.99	1.622	0	2.214	3.527	28	454	36.98	1.1	7.73	5.25	329	0.3	142	1.59	127			
	% of Goal :	12	12	8	*	221	353	9	19	12	5	773	11	7	*	14	9				
Pork Breakfast	0 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				
Chicken Breakfa	0 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				
Oatmeal	0 Cup	90	1.56	0.265	0	0.549	0.473	0	378	16.16	2.4	0.24	3.14	24	0	17	1.04	86			
	% of Goal :	5	2	*	*	55	47	*	16	5	10	24	6	*	*	2	6				
Parker's Cream	0 2/3 cup	84	0.79	0.407	0.021	0.134	0.18	2	344	15.38	1.2	0.06	3.26	41	0.4	113	5.1	90			
	% of Goal :	4	*	2	2	13	18	*	14	5	5	6	7	*	*	11	28				
Assorted Egg S	0 3 oz portion	179	12.76	5.822	0	1.247	4.208	233	402	2.8	0.2	1.55	13.22	358	5.1	172	0.93	112			
	% of Goal :	9	20	29	*	125	421	78	17	*	*	155	26	7	8	17	5				
Scambled "Tofu"	0 3 oz portion	80	3.41	0.492	0	1.703	1.007	0	97	7.25	2	0.25	6.52	202	0.7	199	3.29	207			
	% of Goal :	4	5	2	*	170	101	*	4	2	8	25	13	4	*	20	18				

!*! 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 : Thorne
 Service Date : Wednesday, December 13, 2017
 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				
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	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				
Mandarine Orang	2 oz portion	66	0.05	0.007	0	0.014	0.02	0	78	15.93	0.5	11.12	0.66	110	22.5	12	0.51	111			
0	% of Goal :	3	*	*	*	*	2	*	3	5	2	1112	*	2	37	*	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 : Thorne
 Service Date : Wednesday, December 13, 2017
 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				
Deli Bar Lunch	portion	296	11.31	4.345	0.003	1.195	2.613	43	730	33.34	2.9	3.55	15.03	804	4.3	151	3.07	245			
0	% of Goal :	15	17	22	*	119	261	14	30	11	11	355	30	16	7	15	17				
Portuguese Fis	portion	46	0.41	0.062	0	0.198	0.052	21	84	4.23	1	0.65	6.42	553	12.7	37	0.57	263			
0	% of Goal :	2	*	*	*	20	5	7	3	*	4	65	13	11	21	4	3				
Pumpkin Bisque	6oz portion	119	5.97	3.62	0.109	0.216	1.568	19	445	14.03	2.2	29.34	2.78	6764	0.7	163	0.5	81			
0	% of Goal :	6	9	18	11	22	157	6	19	5	9	2934	6	135	*	16	3				
Chicken Enchila	6 oz.	242	10.6	4.871	0	1.407	3.241	55	194	20.46	1.2	2.33	15.76	442	14	128	1.31	218			
0	% of Goal :	12	16	24	*	141	324	18	8	7	5	233	32	9	23	13	7				
Pasta Bar Wedne	6 oz portion	216	3.45	1.692	0.037	0.454	0.789	8	34	38.53	1.9	0.46	7.08	96	0.1	33	1.89	59			
0	% of Goal :	11	5	8	4	45	79	3	*	13	7	46	14	2	*	3	11				
Maine Beef Chee	3 oz portion	302	9.51	4.223	0	1.511	1.523	55	618	28.9	1.5	0	25.01	152	0.1	162	3.21	105			
0	% of Goal :	15	15	21	*	151	152	18	26	10	6	*	50	3	*	16	18				
Grilled Vegetab	gyro	304	12.47	0.979	0.001	3.722	7.433	0	421	42.43	2.9	4.12	7.17	888	30	77	2.3	325			
0	% of Goal :	15	19	5	*	372	743	*	18	14	12	412	14	18	50	8	13				
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				
African Vegetar	8oz Portion	137	0.61	0.13	0	0.132	0.23	0	375	30.51	4.3	0.44	3.54	2768	19.9	67	2.02	631			
0	% of Goal :	7	*	*	*	13	23	*	16	10	17	44	7	55	33	7	11				
Pesto, Artichok	sandwich	425	20.53	10.33	0.232	2.634	4.565	49	614	47.85	10.5	6.02	21.73	2191	12.7	404	4.17	404			
0	% of Goal :	21	32	52	23	263	457	16	26	16	42	602	43	44	21	40	23				
Caribbean Sweet	portion	144	1.82	0.252	0	0.225	1.194	0	369	26.72	5.7	2.01	5.19	1373	12.1	126	2	701			
0	% of Goal :	7	3	*	*	23	119	*	15	9	23	201	10	27	20	13	11				
Salad Bar Lunch	servings	283	20.6	4.268	0	1.394	1.264	20	598	19.81	2.5	6.63	4.47	1796	22.3	82	1.24	268			
0	% of Goal :	14	32	21	*	139	126	7	25	7	10	663	9	36	37	8	7				

!*" 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 : Thorne
 Service Date : Wednesday, December 13, 2017
 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				
Kale Brussel Sp	portion	121	7.57	1.843	0	0.174	2.147	5	114	10.05	3.5	0.68	7.08	1811	70.1	106	1.58	375			
0	% of Goal :	6	12	9	*	17	215	2	5	3	14	68	14	36	117	11	9				
Mixed Vegetable	3 oz portion	25	0.68	0.134	0	0.299	0.151	0	116	4.49	1.8	1.97	0.94	1422	38.6	16	0.37	173			
0	% of Goal :	*	*	*	*	30	15	*	5	*	7	197	2	28	64	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				
Fried Potatoe W	3 oz Portion	266	14.35	2.997		2.436	8.286	0	154	30.99	2.7	0	3.35	0	9	11	0.61	536			
1	% of Goal :	13	22	15		244	829	*	6	10	11	*	7	*	15	*	3				
Maine Apple Br	portion	200	10.96	1.558	0.029	5.642	3.086	18	74	21.58	0.5	23.25	1.9	26	0.3	9	0.66	24			
0	% of Goal :	10	17	8	3	564	309	6	3	7	2	2325	4	*	*	*	4				

Meal Total: Amount:
 % of Goal:

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Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Wednesday, December 13, 20
 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				
Holiday Cheese	1.5oz portion	150	11.99	7.098		0.31	3.971	52	227	0.24	0		10.11	567	0	276	0.18	58			
0	% of Goal :	7	18	35		31	397	17	9	*	*		20	11	*	28	*				
Eggnog w/ Nutme	5oz portion	190	11.06	6.877		0.409	2.76	67	62	18.85	1.5		4.73	406	1.9	160	0.44	212			
0	% of Goal :	10	17	34		41	276	22	3	6	6		9	8	3	16	2				
Hot & Cold Appl	6 oz portion	81	0.19	0.033		0.057	0.009	0	5	20.18	0.2		0.1	2	1.6	12	0.64	206			
0	% of Goal :	4	*	*		6	*	*	*	7	*		*	*	3	*	4				
Pumpkin Bisque	6oz portion	119	5.97	3.62	0.109	0.216	1.568	19	445	14.03	2.2	29.34	2.78	6764	0.7	163	0.5	81			
0	% of Goal :	6	9	18	11	22	157	6	19	5	9	2934	6	135	*	16	3				
Portuguese Fis	portion	46	0.41	0.062	0	0.198	0.052	21	84	4.23	1	0.65	6.42	553	12.7	37	0.57	263			
0	% of Goal :	2	*	*	*	20	5	7	3	*	4	65	13	11	21	4	3				
MSC Cod w/ Sea	8 oz. portion	319	11.01	2.332	0.307	4.581	3.386	95	606	18.93	0.8	2.42	34.18	323	3.1	91	2.08	745			
0	% of Goal :	16	17	12	31	458	339	32	25	6	3	242	68	6	5	9	12				
Apple,Cornbread	8 oz	310	12.57	2.471	0	3.422	4.793	87	449	16.81	1.1	6.73	31.57	378	2.4	69	1.65	394			
1	% of Goal :	15	19	12	*	342	479	29	19	6	5	673	63	8	4	7	9				
Chicken Gravy	2 oz portion	40	2.79	0.473	0.001	0.844	1.215	1	177	3.1	0.1	0.03	0.76	117	0	6	0.21	10			
1	% of Goal :	2	4	2	*	84	121	*	7	*	*	3	2	2	*	*	*				
Roast Sirloin o	3 oz portion	198	13.65	5.453	0	0.537	5.825	61	48	0.19	0	0	17.41	0	0.1	7	2.19	288			
1	% of Goal :	10	21	27	*	54	583	20	2	*	*	*	35	*	*	*	12				
Butternut Ravi	6 Each	486	38.46	24.112	1.394	1.294	8.939	114	534	29.51	2.3	3.43	7.17	2480	2.7	101	1.64	10			
1	% of Goal :	24	59	121	139	129	894	38	22	10	9	343	14	50	5	10	9				
Mushroom V	puff	103	6.01	0.842	0.005	3.37	1.426	0	205	11.23	1.3	0.51	2.48	312	5.3	11	0.97	220			
0	% of Goal :	5	9	4	*	337	143	*	9	4	5	51	5	6	9	*	5				
Salad Bar Dinne	servings	294	20.7	4.293	0	1.412	1.315	20	620	21.46	3.3	6.97	5.57	1850	23.4	84	1.41	327			
1	% of Goal :	15	32	21	*	141	131	7	26	7	13	697	11	37	39	8	8				

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

Courses selected:Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Wednesday, December 13, 2017
 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				
Carrots Tzimmes	3 oz. Portion	111	3.32	0.473	0	1.471	1.163	0	130	20.41	2.5	4.66	1.11	464	8.8	32	0.41	336			
0	% of Goal :	6	5	2	*	147	116	*	5	7	10	466	2	9	15	3	2				
Roasted Root V	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			
1	% of Goal :	4	3	2	*	43	118	*	8	5	14	266	3	15	19	4	3				
Wild Rice	3 oz portion	139	5.06	0.838	0	1.647	2.319	0	444	21.61	0.9	1.65	2.03	247	0.6	15	0.93	110			
0	% of Goal :	7	8	4	*	165	232	*	18	7	4	165	4	5	*	2	5				
Steamed Herbed	3 oz portion	94	2.23	0.364	0	0.718	0.982	0	96	16.67	1.6	1.22	2.02	265	13.2	11	0.71	471			
1	% of Goal :	5	3	2	*	72	98	*	4	6	6	122	4	5	22	*	4				
Bowdoin's Own W	roll	218	3.08	0.461	0.006	1.503	0.789	10	463	39.87	2.3	3.43	6.01	5	0	11	2.17	83			
0	% of Goal :	11	5	2	*	150	79	3	19	13	9	343	12	*	*	*	12				
Banana Bread	Loaves	2763	104.71	61.869	3.718	6.071	27.568	618	3463	377.5	14.8	156.09	42.83	3137	15.2	491	12.94	1049			
0	% of Goal :	138	161	309	372	607	2757	206	144	126	59	15609	86	63	25	49	72				
Pumpkin Yeast B	Each	573	13.4	2.24		5.249	5.155	73	486	108.46	3.3	69.55	7.96	10275	1.7	96	3.49	276			
0	% of Goal :	29	21	11		525	515	24	20	36	13	6955	16	205	3	10	19				
Holiday Cookies	Each																				
1	% of Goal :																				
Bowdoin Logs	Log	451	23.77	12.119	0.187	2.27	8.084	40	260	59.15	3.6	18.75	6.86	421	0.6	140	1.99	338			
1	% of Goal :	23	37	61	19	227	808	13	11	20	14	1875	14	8	*	14	11				
Vegan Apple Cri	Cup	238	4.68	0.767	0	1.521	2.133	0	222	50.83	1.2	76.04	0.17	218	1.3	25	0.77	54			
0	% of Goal :	12	7	4	*	152	213	*	9	17	5	7604	*	4	2	3	4				
Assorted Vegan	Cookies	258	9.16	3.425	0.037	1.766	3.429	0	120	44.72	1.3	34.77	1.86	348	0.1	32	1.03	110			
0	% of Goal :	13	14	17	4	177	343	*	5	15	5	3477	4	7	*	3	6				

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Courses selected: Selected All

Unit : Thorne
 Service Date : Wednesday, December 13, 2017
 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				
Chocolate Mint	1 serving	97	4.68	0.618	0	0.861	2.775	0	8	12.13	1.2	10.01	1.75	23	9	14	0.46	118			
0	% of Goal :	5	7	3	*	86	278	*	*	4	5	1001	3	*	15	*	3				

Meal Total: Amount:
 % of Goal:

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

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Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Thursday, December 14, 2017
 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				
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				
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 Organ	5 oz. Each	120	7.94	1.139	0	3.523	2.791	0	14	4.26	0.8	0.11	10.34	831	12.2	444	7.15	213			
0	% of Goal :	6	12	6	*	352	279	*	*	*	3	11	21	17	20	44	40				
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				
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				
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				
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				
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			
0	% of Goal :	16	31	41	*	227	764	41	19	8	7	264	21	26	17	19	10				
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	*	*	*	*				
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				
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				
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				

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Thursday, December 14, 2017
 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	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	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				
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				

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 : Thorne
 Service Date : Thursday, December 14, 2017
 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				
Deli Bar Lunch	portion	296	11.31	4.345	0.003	1.195	2.613	43	730	33.34	2.9	3.55	15.03	804	4.3	151	3.07	245			
0	% of Goal :	15	17	22	*	119	261	14	30	11	11	355	30	16	7	15	17				
Chicken Noodle	6oz portion	93	4.15	0.754	0.004	1.133	1.559	14	258	9.55	0.6	0.34	4.52	252	0.6	23	0.68	72			
0	% of Goal :	5	6	4	*	113	156	5	11	3	2	34	9	5	*	2	4				
Hearty Vegetabl	6oz portion	64	0.35	0.073	0	0.147	0.075	0	556	14.16	1.9	0.96	1.71	511	9.4	23	0.67	186			
0	% of Goal :	3	*	*	*	15	7	*	23	5	7	96	3	10	16	2	4				
Pasta Bar Thur	10 oz portio	201	2.13	0.229	0	0.684	0.91	0	98	38.27	2.2	0.12	6.47	188	4.6	18	2.02	93			
0	% of Goal :	10	3	*	*	68	91	*	4	13	9	12	13	4	8	2	11				
Hot Turkey Sand	Each	284	7.48	1.641	0	1.191	1.712	46	1107	29.66	1.4	2.42	23.87	169	0.1	78	9.89	9			
0	% of Goal :	14	12	8	*	119	171	15	46	10	6	242	48	3	*	8	55				
Grilled Cheese	1 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				
Szechuan Chicke	6 oz portion	316	12.76	2.49	0	3.407	4.235	78	640	21.99	4.9	2.23	28.5	1835	28	87	3.68	619			
0	% of Goal :	16	20	12	*	341	423	26	27	7	19	223	57	37	47	9	20				
Radiatore w/ Ca	5 oz portion	223	11.91	3.428	0	1.983	4.754	15	450	23.12	2.7	0.58	11.08	1317	9.4	206	1.7	176			
0	% of Goal :	11	18	17	*	198	475	5	19	8	11	58	22	26	16	21	9				
Raisin Bread Tu	sandwich	401	15.64	8.33	0.232	0.904	4.663	61	774	39.51	2.7	0.57	27.28	460	1.6	253	2.89	186			
0	% of Goal :	20	24	42	23	90	466	20	32	13	11	57	55	9	3	25	16				
Edamame Sushi S	5oz portion	126	6.6	0.741	0	1.78	3.506	0	269	14.15	2.5	2.58	3.71	360	3.5	29	1.18	241			
0	% of Goal :	6	10	4	*	178	351	*	11	5	10	258	7	7	6	3	7				
Salad Bar Lunch	servings	283	20.6	4.268	0	1.394	1.264	20	598	19.81	2.5	6.63	4.47	1796	22.3	82	1.24	268			
1	% of Goal :	14	32	21	*	139	126	7	25	7	10	663	9	36	37	8	7				
Apple Salad w/	portion	187	13.5	4.681	0.139	1.111	6.432	15	223	15.36	4.4	0.06	3.77	501	31.9	135	1.48	293			
0	% of Goal :	9	21	23	14	111	643	5	9	5	18	6	8	10	53	13	8				

!*! 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 : Thorne
 Service Date : Thursday, December 14, 2017
 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				
Steamed Whole G 0	3 OZ % of Goal :	22 *	0.13 *	0.033 *	0 *	0.065 7	0.006 *	0 *	434 18	5.06 2	2.4 9	0.95 95	1.16 2	310 6	3.2 5	33 3	0.53 3	123			
Basmati Rice (0	4 oz portion % of Goal :	175 9	1.43 2	0.174 *	0 *	0.413 41	0.742 74	0 *	1 *	35.78 12	0.5 2	0 *	3.42 7	0 *	0 *	13 *	1.52 8	44			
Rice Krispie Sq 0	portion % of Goal :	85 4	2.55 4	0.661 3	0.017 2	0.703 70	1.036 104	0 *	34 *	15.91 5	0 *	0 *	0.35 *	149 3	0 *	1 *	0.04 *	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 : Thorne
 Service Date : Thursday, December 14, 2017
 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 Noodle	6oz portion	93	4.15	0.754	0.004	1.133	1.559	14	258	9.55	0.6	0.34	4.52	252	0.6	23	0.68	72			
0	% of Goal :	5	6	4	*	113	156	5	11	3	2	34	9	5	*	2	4				
Hearty Vegetabl	6oz portion	64	0.35	0.073	0	0.147	0.075	0	556	14.16	1.9	0.96	1.71	511	9.4	23	0.67	186			
0	% of Goal :	3	*	*	*	15	7	*	23	5	7	96	3	10	16	2	4				
Sweet and Sour	5 oz Servin	239	3.26	0.792	0	0.833	1.265	20	553	43.89	0.5	71.8	8.75	172	18.6	26	1.57	190			
2	% of Goal :	12	5	4	*	83	127	7	23	15	2	7180	17	3	31	3	9				
Pasta w/ Veggie	6oz portion	148	4.14	0.749	0	0.891	0.331	0	45	25.24	4.1	2.09	9.26	655	27.3	96	2.72	170			
0	% of Goal :	7	6	4	*	89	33	*	2	8	16	209	19	13	45	10	15				
Green Curry Mus	8oz portion	266	11.81	1.841	0.019	5.045	2.998	64	690	10.92	0.1	0.07	27.27	110	18.7	66	9.59	785			
0	% of Goal :	13	18	9	2	505	300	21	29	4	*	7	55	2	31	7	53				
Grilled Pastram	3.2oz Portio	201	5.27	1.547	0	0.102	1.054	34	1116	18.69	1.6	0.08	17.38	93	20.6	207	2.67	240			
0	% of Goal :	10	8	8	*	10	105	11	46	6	6	8	35	2	34	21	15				
Edamame Sushi S	5oz portion	126	6.6	0.741	0	1.78	3.506	0	269	14.15	2.5	2.58	3.71	360	3.5	29	1.18	241			
0	% of Goal :	6	10	4	*	178	351	*	11	5	10	258	7	7	6	3	7				
Onion, Tomato &	serving	111	6.2	4.073	0	0.05	0.02	20	368	6.42	2.3	2.17	7.43	743	8.4	144	0.19	158			
1	% of Goal :	6	10	20	*	5	2	7	15	2	9	217	15	15	14	14	*				
Salad Bar Dinne	servings	294	20.7	4.293	0	1.412	1.315	20	620	21.46	3.3	6.97	5.57	1850	23.4	84	1.41	327			
1	% of Goal :	15	32	21	*	141	131	7	26	7	13	697	11	37	39	8	8				
Steamed Caulifl	3 oz portion	26	0.3	0.045		0.139	0.02	0	24	5.06	3.6		2.17	30	42.3	23	0.55	188			
1	% of Goal :	*	*	*		14	2	*	*	2	15		4	*	70	2	3				
Steamed Jasmine	4 oz portion	188	0.37	0	0	0	0	0	2	42.92	0.4	0	3.23	0	0	4	0.8	0			
0	% of Goal :	9	*	*	*	*	*	*	*	14	2	*	6	*	*	*	4	0			
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				

!*" 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 : Thorne
 Service Date : Thursday, December 14, 2017
 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				
Tollhouse Pie	1/16 portion	250	12.33	3.888	0	2.705	5.094	17	165	33.44	1.2	43.95	2.75	343	0	19	1.37	77			
1	% of Goal :	13	19	19	*	271	509	6	7	11	5	4395	6	7	*	2	8				
Raspberry Gelat	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 Chocola	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	*				
Assorted Flavor	1 oz.	186	14.9	1.933	0.041	8.086	4.1	0	1	11.78	2.3	0	1.81	30	0	2	0.4	46			
0	% of Goal :	9	23	10	4	809	410	*	*	4	9	*	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 : Thorne
 Service Date : Thursday, December 14, 2017
 Meal Period : Super Snack
 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				
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				
Assorted Bagels	0 1 each	251	1.47	0.265	0	0.625	0.326	0	451	50.17	2.1	5.32	9.56	15	0.5	62	4.03	80			
	% of Goal :	13	2	*	*	62	33	*	19	17	9	532	19	*	*	6	22				
Condiments - Su	0 2 oz	250	16.58	4.769	0	3.832	6.807	15	196	22.49	0.7	5.28	3.82	523	0.9	25	0.45	45			
	% of Goal :	13	26	24	*	383	681	5	8	7	3	528	8	10	*	2	3				
Cinnamon Buns -	0 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				
Ice Cream Soft	0 1 cup	162	4.93	2.869		0.281	1.399	21	68	25.34	0.5	17.99	4.17	104	0.9	124	0.56	151			
	% of Goal :	8	8	14		28	140	7	3	8	2	1799	8	2	2	12	3				
Assorted Fresh	0 1 piece	58	0.32	0.063	0	0.082	0.035	0	0	14.82	2.3	2.96	0.53	131	13.1	11	0.19	175			
	% of Goal :	3	*	*	*	8	4	*	*	5	9	296	*	3	22	*	*				
Nacho Bar Super	1 3oz portion	257	12.69	2.449	0	4.739	4.176	7	333	32.41	2.3	1.09	3.86	190	0.1	83	0.85	99			
	% of Goal :	13	20	12	*	474	418	2	14	11	9	109	8	4	*	8	5				
Veggie & Dips -	0 4.5 oz portio	308	29.33	9.514	0	0.311	2.79	56	287	7.67	1.2	3.9	2.95	896	17.5	83	0.44	186			
	% of Goal :	15	45	48	*	31	279	19	12	3	5	390	6	18	29	8	2				
Chips, Snacks &	0 2 oz potion	130	5.43	0.666		2.405	1.834	0	83	18.74	1.9	0.25	2.22	54	0	32	0.54	62			
	% of Goal :	7	8	3		241	183	*	3	6	7	25	4	*	*	3	3				
Super Snack Spe	0 portion	260	8.86	3.556	0.076	1.374	2.455	15	204	37.53	2.2	1.2	7.66	320	1.3	74	1.81	84			
	% of Goal :	13	14	18	8	137	245	5	9	13	9	120	15	6	2	7	10				
Assorted Cookie	0 2 ea.	434	19.63	8.276	0.062	3.076	7.138	24	264	62.43	2.9	88.44	5.03	571	0	40	2.51	159			
	% of Goal :	22	30	41	6	308	714	8	11	21	11	8844	10	11	*	4	14				

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 : Thorne
 Service Date : Friday, December 15, 2017
 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				
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 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	*	*	*	*				
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	*	*	*	*				
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				
Scambled "Tofu"	3 oz portion	80	3.41	0.492	0	1.703	1.007	0	97	7.25	2	0.25	6.52	202	0.7	199	3.29	207			
0	% of Goal :	4	5	2	*	170	101	*	4	2	8	25	13	4	*	20	18				
Yogurt Bar	10oz portion	193	2.84	1.828		0.082	0.778	11	150	31.3	0		11.18	122	1.8	388	0.16	497			
0	% of Goal :	10	4	9		8	78	4	6	10	*		22	2	3	39	*				
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	*	*	*	*				
Ancient Grain P	2/3 cup	0	0	0	0	0	0	0	98	0	0	0	0	0	0	3	0.02	0			
0	% of Goal :	*	*	*	*	*	*	*	4	*	*	*	*	*	*	*	*				
Cage Free Eggs	egg	71	4.74	1.468	0	0.644	1.804	201	60	0.58	0	0	5.91	90	0	23	0.68	57			
0	% of Goal :	4	7	7	*	64	180	67	2	*	*	*	12	2	*	2	4				
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				
Sausage Egg & C	burrito	448	30.73	11.6	0	3.297	11.26	749	1020	4.08	0.1	1.22	37.23	752	0.2	291	3.15	363			
0	% of Goal :	22	47	58	*	330	1126	250	43	*	*	122	74	15	*	29	17				
Gluten Free Pan	4 " pancake	37	3.56	0.619	0.008	1.583	1.073	37	12	0.11	0	0	1.1	17	0	5	0.13	11			
0	% of Goal :	2	5	3	*	158	107	12	*	*	*	*	2	*	*	*	*				

!*! 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 : Thorne
 Service Date : Friday, December 15, 2017
 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 port	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			
0	% of Goal :	5	2	*	*	44	48	2	14	7	3	*	6	*	*	7	5				
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			
0	% of Goal :	12	2	*	*	48	28	*	18	16	8	517	18	*	*	5	19				
Assorted Muffin	1 each	205	6.83	0.748	0	1.439	2.741	11	243	32.25	1	5.13	4.02	16	1.7	65	1.35	43			
0	% of Goal :	10	11	4	*	144	274	4	10	11	4	513	8	*	3	7	8				
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	*	*				
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				

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 : Thorne
 Service Date : Friday, December 15, 2017
 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				
Deli Bar Lunch	portion	296	11.31	4.345	0.003	1.195	2.613	43	730	33.34	2.9	3.55	15.03	804	4.3	151	3.07	245			
0	% of Goal :	15	17	22	*	119	261	14	30	11	11	355	30	16	7	15	17				
Fish Chowder II	6oz portion	112	2.85	1.201	0.001	0.501	0.879	28	268	12.84	1.1	3.06	8.67	109	7.1	86	0.33	370			
0	% of Goal :	6	4	6	*	50	88	9	11	4	4	306	17	2	12	9	2				
Vegetable Barle	6oz portion	76	3.89	0.56	0	0.526	2.665	0	385	9.82	1.7	1.27	1.04	519	3.6	15	0.46	115			
0	% of Goal :	4	6	3	*	53	267	*	16	3	7	127	2	10	6	2	3				
Baked Fish with	3.5 oz portic	198	11.57	1.754	0	0.479	0.111	79	371	0.04	0	0.01	19.29	57	0.3	67	0.62	354			
0	% of Goal :	10	18	9	*	48	11	26	15	*	*	*	39	*	*	7	3				
Spaghetti Vesuv	6oz portion	276	10	3.358	0	1.679	4.247	23	377	31.55	2.3	0.01	15.56	468	6.8	189	2.09	231			
0	% of Goal :	14	15	17	*	168	425	8	16	11	9	*	31	9	11	19	12				
Hamburgers	3 oz portion	270	5.37	1.899		1.528	1.395	51	368	28.52	1.5	0	26.1	0	0.1	87	3.5	80			
1	% of Goal :	14	8	9		153	139	17	15	10	6	*	52	*	*	9	19				
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				
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				
Eggplant w/ Veg	2 -3 Slices	284	27.15	3.756	0	3.048	19.446	0	15	11.74	5.5	4.06	2.12	1280	18.1	35	1.55	434			
0	% of Goal :	14	42	19	*	305	1945	*	*	4	22	406	4	26	30	3	9				
Chickpea, Avoca	sandwich	341	17.99	2.62	0	1.883	11.772	1	503	37.98	11.6	4.59	12.71	1048	15.8	118	2.77	1355			
0	% of Goal :	17	28	13	*	188	1177	*	21	13	47	459	25	21	26	12	15				
Greek Spinach &	6oz portion	161	7.94	1.141	0	2.16	4.248	0	276	17.55	1.5	1.38	6.72	4288	15.7	74	2.18	385			
0	% of Goal :	8	12	6	*	216	425	*	11	6	6	138	13	86	26	7	12				
Watermelon, Blu	portion	118	7.32	1.439	0	1.293	3.831	3	83	11.49	4	1.96	4.86	2844	30.1	212	2.24	514			
0	% of Goal :	6	11	7	*	129	383	*	3	4	16	196	10	57	50	21	12				

!*" 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 : Thorne
 Service Date : Friday, December 15, 2017
 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	283	20.6	4.268	0	1.394	1.264	20	598	19.81	2.5	6.63	4.47	1796	22.3	82	1.24	268			
1	% of Goal :	14	32	21	*	139	126	7	25	7	10	663	9	36	37	8	7				
Wax Beans	3 OZ	18	0.15	0.032	0	0.075	0.007	0	185	4.06	1.7	0.8	0.97	42	5	24	0.66	153			
0	% of Goal :	*	*	*	*	7	*	*	8	*	7	80	2	*	8	2	4				
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				
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			
0	% 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 : Thorne
 Service Date : Friday, December 15, 2017
 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				
Fish Chowder II	6oz portion	112	2.85	1.201	0.001	0.501	0.879	28	268	12.84	1.1	3.06	8.67	109	7.1	86	0.33	370			
0	% of Goal :	6	4	6	*	50	88	9	11	4	4	306	17	2	12	9	2				
Vegetable Barle	6oz portion	76	3.89	0.56	0	0.526	2.665	0	385	9.82	1.7	1.27	1.04	519	3.6	15	0.46	115			
0	% of Goal :	4	6	3	*	53	267	*	16	3	7	127	2	10	6	2	3				
Fried Dough w/	3 oz portion	133	0.01	0.002	0	0.003	0.002	0	6	31.13	0.1	21.33	0.04	0	0	3	0.11	1			
1	% of Goal :	7	*	*	*	*	*	*	*	10	*	2133	*	*	*	*	*				
Maine Beef Chee	3 oz portion	302	9.51	4.223	0	1.511	1.523	55	618	28.9	1.5	0	25.01	152	0.1	162	3.21	105			
1	% of Goal :	15	15	21	*	151	152	18	26	10	6	*	50	3	*	16	18				
Tex-Mex Pumpkin	2 patties	314	19.22	7.983	0.002	1.979	6.787	80	421	22.02	2.2	2.06	14.64	2444	11.1	351	1.62	155			
0	% of Goal :	16	30	40	*	198	679	27	18	7	9	206	29	49	18	35	9				
Glazed Baked Ha	4 oz portion	145	3.86	1.241	0	0.08	0.017	50	1137	9.97	0.4	17.47	20.12	7	0.9	11	0.78	14			
0	% of Goal :	7	6	6	*	8	2	17	47	3	2	1747	40	*	2	*	4				
Macaroni & Chee	6 Oz	347	18.85	8.407	0	2.799	6.349	37	858	30.16	1.4	3.42	14.68	690	1.9	326	1.73	167			
0	% of Goal :	17	29	42	*	280	635	12	36	10	5	342	29	14	3	33	10				
Macaron bac Ra	6oz portion	332	12.98	5.575	0	1.685	4.67	34	480	37.05	1.6	3.57	15.95	272	0.4	220	1.97	197			
0	% of Goal :	17	20	28	*	169	467	11	20	12	6	357	32	5	*	22	11				
Greek Spinach &	6oz portion	161	7.94	1.141	0	2.16	4.248	0	276	17.55	1.5	1.38	6.72	4288	15.7	74	2.18	385			
0	% of Goal :	8	12	6	*	216	425	*	11	6	6	138	13	86	26	7	12				
Salad Bar Dinne	servings	294	20.7	4.293	0	1.412	1.315	20	620	21.46	3.3	6.97	5.57	1850	23.4	84	1.41	327			
1	% of Goal :	15	32	21	*	141	131	7	26	7	13	697	11	37	39	8	8				
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				
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			
1	% of Goal :	2	4	2	*	36	168	*	11	2	4	230	2	15	18	2	2				

!*! 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 : Thorne
 Service Date : Friday, December 15, 2017
 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				
Multi-Grain Bre	loaves	643	7.02	1.41	0	3.081	1.232	0	558	115.88	14.1	9.77	27.65	0	0.1	164	6.71	454			
0	% of Goal :	32	11	7	*	308	123	*	23	39	56	977	55	*	*	16	37				
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	*	*	*	*				
Cupcakes - Fro	1 each	131	7.46	3.677	0.005	1.468	1.891	12	64	16.77	0.9	12	1.11	60	0	13	0.6	75			
1	% of Goal :	7	11	18	*	147	189	4	3	6	4	1200	2	*	*	*	3				
Pudding Chocola	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	*				

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 : Thorne
 Service Date : Friday, December 15, 2017
 Meal Period : Super Snack
 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				
Chips, Snacks & 0	2 oz portion	130	5.43	0.666		2.405	1.834	0	83	18.74	1.9	0.25	2.22	54	0	32	0.54	62			
	% of Goal :	7	8	3		241	183	*	3	6	7	25	4	*	*	3	3				
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				
Assorted Fresh 0	1 piece	58	0.32	0.063	0	0.082	0.035	0	0	14.82	2.3	2.96	0.53	131	13.1	11	0.19	175			
	% of Goal :	3	*	*	*	8	4	*	*	5	9	296	*	3	22	*	*				
Ice Cream Soft 0	1 cup	162	4.93	2.869		0.281	1.399	21	68	25.34	0.5	17.99	4.17	104	0.9	124	0.56	151			
	% of Goal :	8	8	14		28	140	7	3	8	2	1799	8	2	2	12	3				
Assorted Bagels 0	1 each	251	1.47	0.265	0	0.625	0.326	0	451	50.17	2.1	5.32	9.56	15	0.5	62	4.03	80			
	% of Goal :	13	2	*	*	62	33	*	19	17	9	532	19	*	*	6	22				
Condiments - Su 0	2 oz	250	16.58	4.769	0	3.832	6.807	15	196	22.49	0.7	5.28	3.82	523	0.9	25	0.45	45			
	% of Goal :	13	26	24	*	383	681	5	8	7	3	528	8	10	*	2	3				
Nacho Bar Super 0	3oz portion	257	12.69	2.449	0	4.739	4.176	7	333	32.41	2.3	1.09	3.86	190	0.1	83	0.85	99			
	% of Goal :	13	20	12	*	474	418	2	14	11	9	109	8	4	*	8	5				
Veggie & Dips - 0	4.5 oz portion	308	29.33	9.514	0	0.311	2.79	56	287	7.67	1.2	3.9	2.95	896	17.5	83	0.44	186			
	% of Goal :	15	45	48	*	31	279	19	12	3	5	390	6	18	29	8	2				
Grilled Cheese 1	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				
Super Snack Spe 0	portion	260	8.86	3.556	0.076	1.374	2.455	15	204	37.53	2.2	1.2	7.66	320	1.3	74	1.81	84			
	% of Goal :	13	14	18	8	137	245	5	9	13	9	120	15	6	2	7	10				
Peanut Butter S 0	half sheet	14984	843.36	191.538	0	227.608	367.635	2489	10845	1482.91	108.1	1031.43	231.16	28435	1.4	1360	62.1	5130			
	% of Goal :	749	1297	958	*	22761	36764	830	452	494	432	103143	462	569	2	136	345				

!*! 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 : Thorne
 Service Date : Friday, December 15, 2017
 Meal Period : Super Snack
 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				
Butterscotch Br	1 serving	176	6.15	1.077	0	1.915	2.771	22	222	28.84	0.5	76.65	2.07	253	0	35	0.99	22			
0	% of Goal :	9	9	5	*	192	277	7	9	10	2	7665	4	5	*	4	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 : Thorne
 Service Date : Saturday, December 16, 2017
 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				
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				
Hot Cocoa Bar	6 oz portion	147	3.29	2.032		0.121	0.971	10	116	24.28	0.9		5.86	400	1.5	203	0.43	300			
1	% of Goal :	7	5	10		12	97	3	5	8	3		12	8	3	20	2				
Hot Italian Sus	2.75 oz port	654	12.35	2.666	0	1.384	4.89	55	1937	97.22	5.7	12.14	37.87	188	21.8	193	6.2	576			
1	% of Goal :	33	19	13	*	138	489	18	81	32	23	1214	76	4	36	19	34				
Tofu Sloppy Joe	4oz portion	249	9.63	1.36	0.011	4.16	3.517	0	448	32.44	3.1	6.59	9.06	594	25.3	225	4.73	269			
0	% of Goal :	12	15	7	*	416	352	*	19	11	12	659	18	12	42	23	26				
Spaghetti Maine	10 oz. portio	371	13.98	3.158	0	1.735	8.203	65	746	29.76	3.3	2.33	32.2	613	14.3	55	4.11	418			
0	% of Goal :	19	22	16	*	173	820	22	31	10	13	233	64	12	24	6	23				
Spaghetti with	10 oz portio	301	6.88	1.435	0	1.77	2.725	3	1210	50.21	5	0	9.81	771	14.8	87	3.08	565			
0	% of Goal :	15	11	7	*	177	273	*	50	17	20	*	20	15	25	9	17				
Chicken Florent	portion	286	12	4.51	0.093	0.936	3.98	70	283	16.73	1.9	1.36	29.29	3621	17.6	195	2.47	580			
0	% of Goal :	14	18	23	9	94	398	23	12	6	8	136	59	72	29	19	14				
Pasta NGI on Re	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				
Carrots Steamed	3 oz. Portio	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	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				
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			
0	% of Goal :	13	23	18	*	*	*	*	23	11	10	40	5	*	14	*	4				
Assorted Homema	slice	74	2.06	0.275	0.005	1.1	0.55	0	184	12.1	0.8	0.82	1.65	12	0	7	0.58	42			
0	% of Goal :	4	3	*	*	110	55	*	8	4	3	82	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 : Thorne
 Service Date : Saturday, December 16, 2017
 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				
Sugar Cookies	small cookie	165	5.56	1.441	0.033	1.516	2.178	13	166	23.41	0.8	10.7	2.36	304	0	27	0.81	26			
1	% of Goal :	8	9	7	3	152	218	4	7	8	3	1070	5	6	*	3	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 : Thorne
 Service Date : Saturday, December 16, 2017
 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 - 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			
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			
Pancakes of the 0	serving % of Goal :	244 12	7.99 12	1.622 8	0 *	2.214 221	3.527 353	28 9	454 19	36.98 12	1.1 5	7.73 773	5.25 11	329 7	0.3 *	142 14	1.59 9	127			
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			
Pork Breakfast 0	2 each % of Goal :	195 10	19.45 30	7.074 35				18 6	380 16	0.88 *	0 *	0 *	5.31 11	88 2	0 *	18 2	0.96 5				
Chicken Breakfa 0	sausage % of Goal :	73 4	3.44 5	1.161 6		0.327 33	1.651 165	22 7	553 23	2.19 *	0 *		7.83 16	0 *	0 *	3 *	0.43 2	146			
Pork Chorizo, C 0	sandwich % of Goal :	285 14	8.73 13	2.888 14	0 *	1.406 141	3.469 347	210 70	1328 55	30.6 10	3.2 13	4.07 407	20.2 40	407 8	19.9 33	131 13	3.92 22	354			
Grilled Corned 0	1 each % of Goal :	447 22	23.81 37	10.352 52	0 *	2.359 236	8.717 872	87 29	1132 47	25.1 8	2.9 12	1.92 192	31.55 63	412 8	1.3 2	319 32	2.93 16	213			
Cream of Wheat 0	2/3 Cup % of Goal :	15 *	0.05 *	0.008 *	0 *	0.025 3	0.006 *	0 *	359 15	2.97 *	0.3 *	0 *	0.41 *	0 *	0 *	10 *	1.16 6	5			
Belgion Waffles 0	6 oz waffle % of Goal :	234 12	7.22 11	1.482 7	0 *	1.408 141	3.858 386	11 4	547 23	36.92 12	1.9 8	3.57 357	5.52 11	917 18	0 *	231 23	5.11 28	107			
Omelette Bar 0	1 each % of Goal :	269 13	18.12 28	7.285 36	0 *	1.359 136	4.792 479	232 77	741 31	6.67 2	1.3 5	2.78 278	19.88 40	1166 23	40.6 68	139 14	1.69 9	344			
Hard Boiled Egg 0	2 each % of Goal :	131 7	8.8 14	2.722 14	0 *	1.194 119	3.346 335	373 124	111 5	1.07 *	0 *	0 *	10.97 22	168 3	0 *	43 4	1.26 7	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 : Thorne
 Service Date : Saturday, December 16, 2017
 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			
Scrambled Eggs 1	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			
Cage Free Eggs 0	egg % of Goal :	71 4	4.74 7	1.468 7	0 *	0.644 64	1.804 180	201 67	60 2	0.58 *	0 *	0 *	5.91 12	90 2	0 *	23 2	0.68 4	57			
Home Fries (VE) 1	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 Muffin 0	Each % of Goal :	412 21	13.45 21	3.563 18	0.058 6	2.773 277	5.724 572	31 10	627 26	63.4 21	3.5 14	11.57 1157	9.03 18	225 5	3 5	148 15	3.99 22	139			
Blueberry Sauce 0	2 Fluid Oz % of Goal :	61 3	0.12 *	0.01 *	0 *	0.051 5	0.016 2	0 *	1 *	13.52 5	0.8 3	10.57 1057	0.26 *	18 *	3.5 6	2 *	0.1 *	27			

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 : Thorne
 Service Date : Sunday, December 17, 2017
 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			
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			
Mandarin Noodle	8oz Portion	144	2.05	0.271	0	0.827	0.666	0	392	27.12	3.2	3.96	5.41	822	32.9	33	1.58	392		
0	% of Goal :	7	3	*	*	83	67	*	16	9	13	396	11	16	55	3	9			
Grilled Spinach	Portions	247	11.94	3.322	0	0.941	6.21	11	310	24.27	2.2	0.69	10.28	4283	14.4	200	7.93	365		
0	% of Goal :	12	18	17	*	94	621	4	13	8	9	69	21	86	24	20	44			
Three Cheese Si	2 Slices	439	26.7	13.873	0	0.789	6.135	63	866	32.1	1.8	0.7	24.74	1251	9	604	2.38	243		
0	% of Goal :	22	41	69	*	79	614	21	36	11	7	70	49	25	15	60	13			
Pizza Vegan Che	slice	332	12.26	5.164	0	1.362	2.764	19	712	43.16	2.9	2.85	11.7	574	3.4	186	2.71	77		
0	% of Goal :	17	19	26	*	136	276	6	30	14	12	285	23	11	6	19	15			
Gluten Free Piz	slice	128	3.64	1.487	0	0		10	191	20.45	1	1.29	2.64	166	0.9	33	0.11			
	% of Goal :	6	6	7	*	*		3	8	7	4	129	5	3	2	3	*			
Pesto Chicken P	slice	347	14.56	4.932	0	2.248	6.165	32	609	34.6	1.4	0.69	19.57	307	1.9	280	2.44	159		
1	% of Goal :	17	22	25	*	225	617	11	25	12	6	69	39	6	3	28	14			
Honey Mustard C	6 oz portion	201	6.85	1.708	0.03	1.496	2.742	140	217	3.78	0.2	3.3	29.55	36	0	16	1.35	368		
1	% of Goal :	10	11	9	3	150	274	47	9	*	*	330	59	*	*	2	7			
Salad Bar Dinne	servings	294	20.7	4.293	0	1.412	1.315	20	620	21.46	3.3	6.97	5.57	1850	23.4	84	1.41	327		
1	% of Goal :	15	32	21	*	141	131	7	26	7	13	697	11	37	39	8	8			
Normandy Blend	3 oz portion	49	2.27	0.418	0	0.726	0.96	0	219	6.83	2.3	1.97	1.58	4842	15.8	20	0.42	138		
1	% of Goal :	2	3	2	*	73	96	*	9	2	9	197	3	97	26	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			
Rice Pilaf (VE)	4 Oz	77	3.88	0.646	0	1.273	1.771	0	436	9.66	0.5	0.59	0.92	426	0.9	11	0.38	51		
0	% of Goal :	4	6	3	*	127	177	*	18	3	2	59	2	9	*	*	2			

!*! 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 : Thorne
 Service Date : Sunday, December 17, 2017
 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				
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				
Lime 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 Chocola	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	*				
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			
1	% of Goal :	24	45	92	11	113	771	29	5	17	7	2085	12	17	3	16	5				
Assorted Popsyc	popsicle	29	0.07	0		0	0	0	6	6.96	0	4.49	0	0	2.8	1	0.24	9			
0	% of Goal :	*	*	*		*	*	*	*	2	*	449	*	*	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 : Thorne
 Service Date : Sunday, December 17, 2017
 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				
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				
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				
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				
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			
0	% of Goal :	6	16	22	*	34	212	13	20	*	*	35	17	3	*	11	4				
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				
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				
Grilled Turkey	1 sandwich	415	14.08	5.098	0	1.465	4.357	40	1052	47.27	2.5	2.53	29.51	513	0	528	2.66	226			
0	% of Goal :	21	22	25	*	146	436	13	44	16	10	253	59	10	*	53	15				
Maine Beef Amer	6oz Portion	200	2.31	0.916	0	0.334	0.684	34	158	26.27	2.2	1.33	18.68	671	38.3	34	2.64	196			
0	% of Goal :	10	4	5	*	33	68	11	7	9	9	133	37	13	64	3	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			
1	% of Goal :	13	28	27	*	282	707	231	9	*	*	*	41	8	*	8	13				
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				

!*! 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 : Thorne
 Service Date : Sunday, December 17, 2017
 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			
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			
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			
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		
0	% of Goal :	5	5	2	*	127	62	*	8	6	7	325	7	*	*	3	5			
Salad Bar Brunc	Servings	229	19.47	3.777	0	1.196	0.883	18	467	11.15	1.8	6.96	2	3365	10.3	47	0.74	270		
0	% of Goal :	11	30	19	*	120	88	6	19	4	7	696	4	67	17	5	4			
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			
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		
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			
Coffee Ring	slices	307	14.32	4.297	0	0.004	0.002	68	302	40.71	0.3	18.63	5.01	0	0	1	0.01	129		
0	% of Goal :	15	22	21	*	*	*	23	13	14	*	1863	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	*	*			
Mandarine Orang	2 oz portion	66	0.05	0.007	0	0.014	0.02	0	78	15.93	0.5	11.12	0.66	110	22.5	12	0.51	111		
0	% of Goal :	3	*	*	*	*	2	*	3	5	2	1112	*	2	37	*	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