

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Monday, June 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			
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			
Eggs Cooked	Portions	141	9.49	2.935	0	1.288	3.608	402	119	1.16	0	0	11.83	181	0	46	1.36	115		
0	% of Goal :	7	15	15	*	129	361	134	5	*	*	*	24	4	*	5	8			
Assorted 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		
1	% of Goal :	9	20	29	*	125	421	78	17	*	*	155	26	7	8	17	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		
0	% of Goal :	5	2	*	*	44	48	2	14	7	3	*	6	*	*	7	5			
Assorted Cold C	serving	211	2.24	0.677	0	0.546	0.497	0	470	42.88	2.9	4.61	5.41	1492	22.4	85	8.49	148		
0	% of Goal :	11	3	3	*	55	50	*	20	14	11	461	11	30	37	8	47			
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			
Home Fries (VE)	4 oz potion	204	8.71	0.647	0	2.598	5.045	0	217	29.65	2.7	0	2.76	0	19.1	8	0.49	558		
1	% of Goal :	10	13	3	*	260	504	*	9	10	11	*	6	*	32	*	3			
Assorted 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	Muffin	344	15.75	2.499	0	4.284	8.068	32	358	43.27	1.9	17.99	5.7	59	1.5	138	1.96	118		
0	% of Goal :	17	24	12	*	428	807	11	15	14	7	1799	11	*	2	14	11			

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 : Monday, June 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			
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			
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			
Spinach,Backya	Serving	249	2.87	0.437	0	0.103	0.209	3	503	46.17	3.2	1.98	7.75	1675	12.5	34	13.81	366		
0	% of Goal :	12	4	2	*	10	21	*	21	15	13	198	16	34	21	3	77			
Hot Turkey Sand	Each	326	11.1	2.418	0	2.748	3.831	64	319	26.84	1.1	2.04	28.94	169	0.1	87	2.54	254		
1	% of Goal :	16	17	12	*	275	383	21	13	9	5	204	58	3	*	9	14			
El Burrito Gran	1/2 burrito	224	7.22	3.032	0.004	0.974	2.066	18	322	29.17	3	2.13	11.16	629	28.4	145	2.36	183		
1	% of Goal :	11	11	15	*	97	207	6	13	10	12	213	22	13	47	14	13			
Black Bean and	1 Wrap	353	7.16	2.882	0	0.051	1.339	0	758	61.66	5.8	1.73	10.71	404	6.8	219	4.28	385		
0	% of Goal :	18	11	14	*	5	134	*	32	21	23	173	21	8	11	22	24			
Summer Salad w	portion																			
1	% of Goal :																			
Deli Bar - Summ	portion	456	11.87	3.416	0.007	2.129	2.956	32	1347	65.93	5.3	6.33	20.36	832	5.1	119	5.81	361		
0	% of Goal :	23	18	17	*	213	296	11	56	22	21	633	41	17	9	12	32			
Salad Bar L & D	servings	295	17.15	3.317	0	1.224	1.111	15	468	29.11	2.5	5.19	5.68	1592	13.4	45	1.51	195		
1	% of Goal :	15	26	17	*	122	111	5	19	10	10	519	11	32	22	4	8			
Steamed Broccol	3 oz	24	0.3	0.046	0	0.142	0.02	0	23	4.46	2.6	0	2.53	1311	79.3	41	0.75	276		
1	% of Goal :	*	*	*	*	14	2	*	*	*	10	*	5	26	132	4	4			
Roasted Sweet P	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			
Oatmeal Cookies	cookie	195	7.63	1.909	0.041	2.128	2.971	17	142	28.22	1.7	45.54	3.07	393	0	21	1.18	63		
1	% of Goal :	10	12	10	4	213	297	6	6	9	7	4554	6	8	*	2	7			

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Courses selected:Selected All

Unit : Thorne
 Service Date : Monday, June 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			
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		
0	% of Goal :	4	*	*	*	11	4	*	*	7	13	321	*	3	30	2	*			

Meal Total: Amount:
 % of Goal:

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

^{1**} Indicates the selected items used in nutritional totals.

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Monday, June 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			
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			
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			
Chicken Teriyak	Quarter	274	17.96	4.369	0.092	4.145	8.051	71	71	9.62	0.1	29.63	17.83	134	7.2	20	1.11	209		
1	% of Goal :	14	28	22	9	414	805	24	3	3	*	2963	36	3	12	2	6			
Hot & Spicy Egg	Servings	193	3.48	0.316	0	1.147	1.704	0	323	37.84	6.5	2.03	4.73	3367	126.4	185	4.75	563		
0	% of Goal :	10	5	2	*	115	170	*	13	13	26	203	9	67	211	18	26			
Summer Salad w	portion																			
0	% of Goal :																			
Pasta of the Da	10 oz portio	258	4.39	0.789	0.006	1.826	1.263	12	1116	42.71	3.5	0.83	12.19	969	11.5	39	3.19	415		
0	% of Goal :	13	7	4	*	183	126	4	47	14	14	83	24	19	19	4	18			
Hamburgers -	3 oz portion	248	4.87	1.651		1.508	1.208	40	358	28.52	1.5	0	21.78	0	0.1	85	3.16	80		
1	% of Goal :	12	7	8		151	121	13	15	10	6	*	44	*	*	9	18			
Salad Bar L & D	servings	295	17.15	3.317	0	1.224	1.111	15	468	29.11	2.5	5.19	5.68	1592	13.4	45	1.51	195		
1	% of Goal :	15	26	17	*	122	111	5	19	10	10	519	11	32	22	4	8			
Summer Squash w	4 oz portion	23	0.33	0.067	0	0.145	0.02	0	2	4.98	1.7	1.02	0.98	992	35.4	24	0.4	208		
1	% of Goal :	*	*	*	*	14	2	*	*	2	7	102	2	20	59	2	2			
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		
1	% of Goal :	9	*	*	*	*	*	*	*	14	2	*	6	*	*	*	4			
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			
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		
1	% of Goal :	4	*	*	*	11	4	*	*	7	13	321	*	3	30	2	*			

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!***

Courses selected:Selected All

Unit : Thorne
 Service Date : Monday, June 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			
Pastry Whoopie	Each																			
1	% of Goal :																			

Meal Total: Amount:
 % of Goal:

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Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Tuesday, June 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			
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			
Eggs Cooked	Portions	141	9.49	2.935	0	1.288	3.608	402	119	1.16	0	0	11.83	181	0	46	1.36	115		
0	% of Goal :	7	15	15	*	129	361	134	5	*	*	*	24	4	*	5	8			
Assorted Cold C	serving	211	2.24	0.677	0	0.546	0.497	0	470	42.88	2.9	4.61	5.41	1492	22.4	85	8.49	148		
0	% of Goal :	11	3	3	*	55	50	*	20	14	11	461	11	30	37	8	47			
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			
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			
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			
Home Fries (VE)	4 oz potion	204	8.71	0.647	0	2.598	5.045	0	217	29.65	2.7	0	2.76	0	19.1	8	0.49	558		
1	% of Goal :	10	13	3	*	260	504	*	9	10	11	*	6	*	32	*	3			
Assorted Muffin	Each	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	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			
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		
0	% of Goal :	4	*	*	*	11	4	*	*	7	13	321	*	3	30	2	*			

Meal Total: Amount:
 % of Goal:

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Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

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 Service Date : Tuesday, June 19, 2018
 Meal Period : Lunch
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K		
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG		
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00			
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			
Pesto Potato So	portion	122	2.91	1.559	0.031	0.145	0.658	7	341	20.91	2.2	2.13	4.48	340	8.5	88	1.06	521		
0	% of Goal :	6	4	8	3	15	66	2	14	7	9	213	9	7	14	9	6			
Rotini w/ Marin	10 oz portio	291	9.21	3.895	0	0.936	2.115	18	880	43.24	3.6	1.28	14.7	1385	13.2	260	2.86	465		
0	% of Goal :	15	14	19	*	94	212	6	37	14	15	128	29	28	22	26	16			
Rotini with Fre	6oz portion	167	4.59	0.645	0	0.724	2.846	0	22	26.93	2.8	1.22	5.34	631	35	33	1.64	258		
0	% of Goal :	8	7	3	*	72	285	*	*	9	11	122	11	13	58	3	9			
Pulled Pork Sub	sub	97	3.39	1.15	0	0.487	1.747	25	756	6.23	0	5.57	9.67	158	1.1	4	0.66	191		
0	% of Goal :	5	5	6	*	49	175	8	31	2	*	557	19	3	2	*	4			
Spicy Baja Fish	Each	240	11.86	2.395	0	1.453	1.78	54	378	14.96	2.3	1.27	18.14	418	11.4	55	0.91	390		
1	% of Goal :	12	18	12	*	145	178	18	16	5	9	127	36	8	19	6	5			
Deli Bar - Summ	portion	456	11.87	3.416	0.007	2.129	2.956	32	1347	65.93	5.3	6.33	20.36	832	5.1	119	5.81	361		
0	% of Goal :	23	18	17	*	213	296	11	56	22	21	633	41	17	9	12	32			
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			
Summer Quinoa &	portion	48	2.08	1.243	0.078	0.15	0.51	5	72	6.05	1.7	0.39	2.06	345	5	23	1.12	129		
0	% of Goal :	2	3	6	8	15	51	2	3	2	7	39	4	7	8	2	6			
Grilled Chicken	1 tortilla	416	15.79	4.834	0	0.43	2.172	66	772	40.89	3.8	3.18	30.99	809	9	267	3.64	494		
0	% of Goal :	21	24	24	*	43	217	22	32	14	15	318	62	16	15	27	20			
Salad Bar L & D	servings	295	17.15	3.317	0	1.224	1.111	15	468	29.11	2.5	5.19	5.68	1592	13.4	45	1.51	195		
1	% of Goal :	15	26	17	*	122	111	5	19	10	10	519	11	32	22	4	8			
Steamed Zucchini	3 OZ	11	0.26	0.053		0.111	0.021	0	176	1.98	0.7	1.26	0.84	821	9.5	13	0.27	194		
0	% of Goal :	*	*	*		11	2	*	7	*	3	126	2	16	16	*	2			

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Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Tuesday, June 19, 2018
 Meal Period : Lunch
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K		
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG		
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00			
Fajita Fries	3 oz portion	267	13.71	1.772		3.967	6.638	0	247	32.69	3	0.59	3.2	25	2.3	11	1.17	468		
1	% of Goal :	13	21	9		397	664	*	10	11	12	59	6	*	4	*	6			
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		
0	% of Goal :	4	*	*	*	11	4	*	*	7	13	321	*	3	30	2	*			
Chocolate Mint	1 each	224	10.69	1.938	0	3.325	4.836	18	280	28.56	1.5	37.2	3.02	452	0.1	19	1.26	65		
1	% of Goal :	11	16	10	*	333	484	6	12	10	6	3720	6	9	*	2	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 : Tuesday, June 19, 2018
 Meal Period : Dinner
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K		
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG		
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00			
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			
Pesto Potato So	portion	122	2.91	1.559	0.031	0.145	0.658	7	341	20.91	2.2	2.13	4.48	340	8.5	88	1.06	521		
0	% of Goal :	6	4	8	3	15	66	2	14	7	9	213	9	7	14	9	6			
Baked Macaroni	6oz portion	322	13.31	2.436	0.003	3.892	4.736	5	453	37.76	3.2	0.67	16.98	252	0	230	2.34	77		
0	% of Goal :	16	20	12	*	389	474	2	19	13	13	67	34	5	*	23	13			
BBQ Boneless Po	6oz portion	479	20.79	6.526	0.177	2.745	8.185	147	409	13.83	0.9	11.63	54.14	3737	12.4	29	1.76	948		
0	% of Goal :	24	32	33	18	275	819	49	17	5	4	1163	108	75	21	3	10			
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		
1	% of Goal :	20	32	63	*	94	579	31	32	10	6	94	41	12	*	44	11			
Maine Mussels w	6.5oz servin	250	16.78	2.458	0	2.198	10.93	32	339	7.48	0.7	1.29	13.99	266	13.9	46	4.84	463		
0	% of Goal :	12	26	12	*	220	1093	11	14	2	3	129	28	5	23	5	27			
Pasta of the Da	10 oz portio	258	4.39	0.789	0.006	1.826	1.263	12	1116	42.71	3.5	0.83	12.19	969	11.5	39	3.19	415		
1	% of Goal :	13	7	4	*	183	126	4	47	14	14	83	24	19	19	4	18			
Hamburgers -	3 oz portion	248	4.87	1.651		1.508	1.208	40	358	28.52	1.5	0	21.78	0	0.1	85	3.16	80		
1	% of Goal :	12	7	8		151	121	13	15	10	6	*	44	*	*	9	18			
Roast Beef,Ched	.5 panini	235	9.1	3.991	0	0.241	2.391	36	458	21.77	1.1	0.07	14.33	145	0.4	109	7.51	157		
0	% of Goal :	12	14	20	*	24	239	12	19	7	4	7	29	3	*	11	42			
Summer Quinoa &	portion	48	2.08	1.243	0.078	0.15	0.51	5	72	6.05	1.7	0.39	2.06	345	5	23	1.12	129		
0	% of Goal :	2	3	6	8	15	51	2	3	2	7	39	4	7	8	2	6			
Salad Bar L & D	servings	295	17.15	3.317	0	1.224	1.111	15	468	29.11	2.5	5.19	5.68	1592	13.4	45	1.51	195		
0	% of Goal :	15	26	17	*	122	111	5	19	10	10	519	11	32	22	4	8			
Grilled 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			

!*

!***

Courses selected:Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Tuesday, June 19, 2018
 Meal Period : Dinner
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K		
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG		
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00			
Roasted Sweet P	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			
Bread Oatmeal	Loaf	2920	59.42	8.379	0.122	29.828	15.891	0	3703	505.68	39.2	3.47	83.6	0	0	270	30.93	2062		
0	% of Goal :	146	91	42	12	2983	1589	*	154	169	157	347	167	*	*	27	172			
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		
0	% of Goal :	4	*	*	*	11	4	*	*	7	13	321	*	3	30	2	*			
Strawberry Shor	Each	378	18.86	6.797	0	5.438	5.49	51	1019	43.27	2.3	2.71	8.07	199	0.3	272	2.68	120		
1	% of Goal :	19	29	34	*	544	549	17	42	14	9	271	16	4	*	27	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 : Wednesday, June 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			
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			
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			
Blueberry Panca	portion	121	1.45	0.282	0	0.485	0.489	6	343	24.02	1.4	2.89	3.02	33	2.9	72	0.94	117		
0	% of Goal :	6	2	*	*	49	49	2	14	8	6	289	6	*	5	7	5			
wheatena	2/3 Cup	58	0.18	0.031	0	0.1	0.025	0	289	11.96	1.1	0	1.64	0	0	26	4.58	18		
0	% of Goal :	3	*	*	*	10	2	*	12	4	4	*	3	*	*	3	25			
Assorted Cold C	serving	211	2.24	0.677	0	0.546	0.497	0	470	42.88	2.9	4.61	5.41	1492	22.4	85	8.49	148		
0	% of Goal :	11	3	3	*	55	50	*	20	14	11	461	11	30	37	8	47			
Cottage Fries	3 oz portion	74	0.09	0.022	0	0.037	0.002	0	150	17.12	1.5	0	1.59	0	11.1	4	0.26	322		
1	% of Goal :	4	*	*	*	4	*	*	6	6	6	*	3	*	18	*	*			
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			
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		
0	% of Goal :	4	*	*	*	11	4	*	*	7	13	321	*	3	30	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 : Wednesday, June 20, 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			
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			
Chicken & Brown	6oz portion	63	1.95	0.37	0.003	0.488	0.616	9	199	7.13	0.7	0.63	4.25	222	1.2	20	0.38	90		
0	% of Goal :	3	3	2	*	49	62	3	8	2	3	63	9	4	2	2	2			
Chicken Yakisob	6oz portion	91	4.58	0.572	0	1.514	1.319	6	255	9.83	2.3	3.55	3.69	2153	34.5	47	0.63	261		
1	% of Goal :	5	7	3	*	151	132	2	11	3	9	355	7	43	58	5	4			
Deli Bar - Summ	portion	456	11.87	3.416	0.007	2.129	2.956	32	1347	65.93	5.3	6.33	20.36	832	5.1	119	5.81	361		
0	% of Goal :	23	18	17	*	213	296	11	56	22	21	633	41	17	9	12	32			
Honolulu Tofu (5 oz Servin	140	2.03	0.301	0	1.128	0.438	0	13	28.48	0.9	71.91	3.73	220	21.6	168	2.76	139		
0	% of Goal :	7	3	2	*	113	44	*	*	9	3	7191	7	4	36	17	15			
Grilled Reuben	1/2 sandwic	277	13.44	4.911	0	1.605	3.905	55	933	18.2	1.9	0.79	20.37	61	2.5	164	2.21	188		
0	% of Goal :	14	21	25	*	160	391	18	39	6	7	79	41	*	4	16	12			
Cuban Roast Por	1/2 sandwic	239	11.12	3.134	0.001	0.997	1.984	28	453	21.56	1.6	2.39	12.54	257	7.2	154	1.32	251		
0	% of Goal :	12	17	16	*	100	198	9	19	7	7	239	25	5	12	15	7			
Orzo Chickpea S	portion	92	1.94	0.41	0	0.252	1.162	0	305	15.66	6.2	4.45	4.71	1244	51.8	64	1.17	833		
1	% of Goal :	5	3	2	*	25	116	*	13	5	25	445	9	25	86	6	6			
Salad Bar L & D	servings	295	17.15	3.317	0	1.224	1.111	15	468	29.11	2.5	5.19	5.68	1592	13.4	45	1.51	195		
0	% of Goal :	15	26	17	*	122	111	5	19	10	10	519	11	32	22	4	8			
Sauteed Spinach	3 oz	67	5.21	0.446	0	1.584	2.917	0	365	4.11	2.9	0.4	3.15	5951	2.1	119	1.55	237		
1	% of Goal :	3	8	2	*	158	292	*	15	*	12	40	6	119	3	12	9			
Steamed Rice	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			
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		
0	% of Goal :	4	*	*	*	11	4	*	*	7	13	321	*	3	30	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

Unit : Thorne
 Service Date : Wednesday, June 20, 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	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			
Frosted Banana	Portions	118	4.79	1.395	0	1.04	1.862	19	98	14.94	0.3	7.96	1.69	197	0.5	14	0.4	34		
1	% of Goal :	6	7	7	*	104	186	6	4	5	*	796	3	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 : Wednesday, June 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			
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			
Chicken & Brown	6oz portion	63	1.95	0.37	0.003	0.488	0.616	9	199	7.13	0.7	0.63	4.25	222	1.2	20	0.38	90		
0	% of Goal :	3	3	2	*	49	62	3	8	2	3	63	9	4	2	2	2			
Beef Tips Pizza	8 oz portion	268	7.68	1.585	0	1.414	3.833	44	288	27.61	4.1	6.18	21.26	1377	32.9	28	3.37	276		
1	% of Goal :	13	12	8	*	141	383	15	12	9	16	618	43	28	55	3	19			
Grilled Eggplan	6oz portion	157	12.17	1.552	0	3.219	6.207	4	278	9.96	4.4	4.81	2.71	398	7.4	42	0.49	345		
0	% of Goal :	8	19	8	*	322	621	*	12	3	17	481	5	8	12	4	3			
Linguine w/ Lem	6 oz portion	351	19.04	2.634	0	2.274	13.34	0	3	38.39	3.6	0.25	7.11	264	9.1	21	2.23	122		
1	% of Goal :	18	29	13	*	227	1334	*	*	13	14	25	14	5	15	2	12			
Hamburgers -	3 oz portion	248	4.87	1.651		1.508	1.208	40	358	28.52	1.5	0	21.78	0	0.1	85	3.16	80		
0	% of Goal :	12	7	8		151	121	13	15	10	6	*	44	*	*	9	18			
Green Curry Noo	10 oz portio	141	1.32	0.234	0.007	0.445	0.359	48	412	24.18	1.6	1.54	7.48	139	3.5	34	0.53	142		
0	% of Goal :	7	2	*	*	45	36	16	17	8	7	154	15	3	6	3	3			
Orzo Chickpea S	portion	92	1.94	0.41	0	0.252	1.162	0	305	15.66	6.2	4.45	4.71	1244	51.8	64	1.17	833		
0	% of Goal :	5	3	2	*	25	116	*	13	5	25	445	9	25	86	6	6			
Salad Bar L & D	servings	295	17.15	3.317	0	1.224	1.111	15	468	29.11	2.5	5.19	5.68	1592	13.4	45	1.51	195		
0	% of Goal :	15	26	17	*	122	111	5	19	10	10	519	11	32	22	4	8			
Carrots Steamed	3 oz. Portion	41	1.6	0.319	0	0.716	0.478	0	293	6.53	2.4	2.72	0.61	1971	3.1	25	0.28	187		
0	% of Goal :	2	2	2	*	72	48	*	12	2	10	272	*	39	5	2	2			
Garden Rice Pil	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			
Maine Honey Who	Loaves	963	29.62	4.039	0.077	15.791	7.878	2	3079	157.51	11.1	42.1	21.94	55	0.9	229	6.49	620		
0	% of Goal :	48	46	20	8	1579	788	*	128	53	45	4210	44	*	*	23	36			

!*! 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, June 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			
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		
0	% of Goal :	4	*	*	*	11	4	*	*	7	13	321	*	3	30	2	*			
Brownies	1 serving	156	8.08	2.627	0	1.685	3.264	24	124	17.44	0.9	11.59	1.92	240	0	17	0.62	53		
0	% of Goal :	8	12	13	*	169	326	8	5	6	4	1159	4	5	*	2	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 : Thursday, June 21, 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			
Parker's Cream	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		
0	% of Goal :	4	*	2	2	13	18	*	14	5	5	6	7	*	*	11	28			
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	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			
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	2 oz 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			
Assorted Cold C	serving	211	2.24	0.677	0	0.546	0.497	0	470	42.88	2.9	4.61	5.41	1492	22.4	85	8.49	148		
0	% of Goal :	11	3	3	*	55	50	*	20	14	11	461	11	30	37	8	47			
Home Fries (VE)	4 oz potion	204	8.71	0.647	0	2.598	5.045	0	217	29.65	2.7	0	2.76	0	19.1	8	0.49	558		
1	% of Goal :	10	13	3	*	260	504	*	9	10	11	*	6	*	32	*	3			
Assorted Muffin	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		
0	% of Goal :	16	13	7	*	246	422	5	19	18	9	1244	18	*	2	10	18			

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, June 21, 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			
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			
Summer Vegetabl	6oz portion	132	4.53	0.407	0	1.483	2.406	0	471	18.02	3.5	1.04	5.98	694	7.8	32	1.92	272		
0	% of Goal :	7	7	2	*	148	241	*	20	6	14	104	12	14	13	3	11			
Beef & Mushroo	8oz portion	231	10.4	2.327	0	2.784	4.126	57	541	10.44	1.8	2.83	24.04	832	50.1	35	2.8	453		
0	% of Goal :	12	16	12	*	278	413	19	23	3	7	283	48	17	84	3	16			
Broccoli & Tofu	6 oz. Portion	95	1.67	0.24	0	0.887	0.342	0	44	16.06	1.5	1.93	4.22	542	28.4	124	1.98	141		
0	% of Goal :	5	3	*	*	89	34	*	2	5	6	193	8	11	47	12	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			
Buffalo Chicken	Each	504	20.14	4.597	0.006	3.646	4.031	108	1155	40.95	2.6	4.14	36.1	154	13.1	47	3.83	353		
1	% of Goal :	25	31	23	*	365	403	36	48	14	10	414	72	3	22	5	21			
Turkey, Pesto &	Portion	307	13.91	3.993	0.042	1.304	4.264	34	399	27.62	2.2	2.66	17.91	328	2.9	149	2.05	157		
0	% of Goal :	15	21	20	4	130	426	11	17	9	9	266	36	7	5	15	11			
Kale Strawberry	portion	32	0.45	0.059		0.219	0.034	0	26	6.38	2.3		2.15	8391	46.5	82	1.02	259		
1	% of Goal :	2	*	*		22	3	*	*	2	9		4	168	77	8	6			
Deli Bar - Summ	portion	456	11.87	3.416	0.007	2.129	2.956	32	1347	65.93	5.3	6.33	20.36	832	5.1	119	5.81	361		
0	% of Goal :	23	18	17	*	213	296	11	56	22	21	633	41	17	9	12	32			
Salad Bar L & D	servings	295	17.15	3.317	0	1.224	1.111	15	468	29.11	2.5	5.19	5.68	1592	13.4	45	1.51	195		
1	% of Goal :	15	26	17	*	122	111	5	19	10	10	519	11	32	22	4	8			
Corn O'Brien (V	3 oz portion	73	2.72	0.443	0	0.923	1.213	0	95	12.42	1.7	0.36	1.79	398	11.4	5	0.33	113		
1	% of Goal :	4	4	2	*	92	121	*	4	4	7	36	4	8	19	*	2			
French Fries	3 oz portion	272	14.67	3.065		2.491	8.474	0	158	31.69	2.8	0	3.42	0	9.2	11	0.62	548		
1	% of Goal :	14	23	15		249	847	*	7	11	11	*	7	*	15	*	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, June 21, 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	88		
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		
1	% of Goal :	14	22	23	*	302	575	5	8	12	7	4959	6	8	*	2	8			
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		
0	% of Goal :	4	*	*	*	11	4	*	*	7	13	321	*	3	30	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, June 21, 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			
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			
Summer Vegetabl	6oz portion	132	4.53	0.407	0	1.483	2.406	0	471	18.02	3.5	1.04	5.98	694	7.8	32	1.92	272		
	% of Goal :	7	7	2	*	148	241	*	20	6	14	104	12	14	13	3	11			
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		
	% 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		
	% of Goal :	13	10	15	*	47	39	26	5	6	4	*	65	4	3	12	9			
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		
	% of Goal :	15	11	7	*	177	273	*	50	17	20	*	20	15	25	9	17			
Indian Curry To	portion	283	20.26	2.205	0	8.623	8.21	0	23	11.41	4.1	2.66	18.97	506	10.9	804	4.01	452		
	% of Goal :	14	31	11	*	862	821	*	*	4	16	266	38	10	18	80	22			
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		
	% of Goal :	10	14	15	*	149	437	22	83	2	5	173	51	12	43	2	11			
Hamburgers -	3 oz portion	248	4.87	1.651		1.508	1.208	40	358	28.52	1.5	0	21.78	0	0.1	85	3.16	80		
	% of Goal :	12	7	8		151	121	13	15	10	6	*	44	*	*	9	18			
Salad Bar L & D	servings	295	17.15	3.317	0	1.224	1.111	15	468	29.11	2.5	5.19	5.68	1592	13.4	45	1.51	195		
	% of Goal :	15	26	17	*	122	111	5	19	10	10	519	11	32	22	4	8			
Kale Strawberry	portion	32	0.45	0.059		0.219	0.034	0	26	6.38	2.3		2.15	8391	46.5	82	1.02	259		
	% of Goal :	2	*	*		22	3	*	*	2	9		4	168	77	8	6			
Mixed Summer V	3 oz portior	52	0.13	0.027		0.063	0.009	0	31	11.52	3.9		2.52	3764	2.8	22	0.72	149		
	% of Goal :	3	*	*		6	*	*	*	4	15		5	75	5	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		
	% of Goal :	11	*	*	*	*	11	*	*	16	*	*	10	*	*	*	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 : Thursday, June 21, 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			
Rosemary Focacc	Each	240	2.78	0.605		0.913	0.943	0	135	46.14	7		8.83	1	0	29	2.89	227		
	% of Goal :	12	4	3		91	94	*	6	15	28		18	*	*	3	16			
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	*			
Tres Leche Cake	slice	129	6.41	1.912	0	0.02	0.006	30	134	16.23	0.4	8.77	2.31	5	4.5	2	0.04	73		
	% of Goal :	6	10	10	*	2	*	10	6	5	2	877	5	*	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, June 22, 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	FATRN	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			
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			
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			
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			
Assorted Cold C	serving	211	2.24	0.677	0	0.546	0.497	0	470	42.88	2.9	4.61	5.41	1492	22.4	85	8.49	148		
0	% of Goal :	11	3	3	*	55	50	*	20	14	11	461	11	30	37	8	47			
Home Fries (VE)	4 oz potion	204	8.71	0.647	0	2.598	5.045	0	217	29.65	2.7	0	2.76	0	19.1	8	0.49	558		
1	% of Goal :	10	13	3	*	260	504	*	9	10	11	*	6	*	32	*	3			
Assorted Muffin	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		
0	% of Goal :	16	13	7	*	246	422	5	19	18	9	1244	18	*	2	10	18			
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		
0	% of Goal :	4	*	*	*	11	4	*	*	7	13	321	*	3	30	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 : Friday, June 22, 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			
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			
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			
White Bean Chil	8 oz portion	394	10.03	2.289	0	2.493	4.442	24	450	60.72	10.6	9.88	15.39	977	34.2	154	5.44	812		
0	% of Goal :	20	15	11	*	249	444	8	19	20	43	988	31	20	57	15	30			
Chipolte Chicke	portion	482	12.12	2.033	0.01	5.696	3.151	35	1876	67.84	5.5	1.39	25.72	1545	18.5	64	5.22	730		
1	% of Goal :	24	19	10	*	570	315	12	78	23	22	139	51	31	31	6	29			
Hot Dogs	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		
0	% of Goal :	17	25	29		229	670	8	37	12	8	145	22	*	*	10	16			
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		
1	% of Goal :	10	18	9	*	48	11	26	15	*	*	*	39	*	*	7	3			
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			
Deli Bar - Summ	portion	456	11.87	3.416	0.007	2.129	2.956	32	1347	65.93	5.3	6.33	20.36	832	5.1	119	5.81	361		
0	% of Goal :	23	18	17	*	213	296	11	56	22	21	633	41	17	9	12	32			
Farm Salad w Sw	portion																			
1	% of Goal :																			
Ham& Swiss Pani	Each	334	8.88	2.815	0	0	0.767	25	1151	55.34	2.6	18.78	12.47	164	0.3	186	2.22	96		
0	% of Goal :	17	14	14	*	*	77	8	48	18	10	1878	25	3	*	19	12			
Salad Bar L & D	servings	295	17.15	3.317	0	1.224	1.111	15	468	29.11	2.5	5.19	5.68	1592	13.4	45	1.51	195		
1	% of Goal :	15	26	17	*	122	111	5	19	10	10	519	11	32	22	4	8			
Cauliflower Pol	3 oz portion	67	4.27	0.74	0	1.339	1.909	9	97	5.92	1.9	0	1.98	205	21.5	25	0.61	110		
0	% of Goal :	3	7	4	*	134	191	3	4	2	8	*	4	4	36	2	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 : Friday, June 22, 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			
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			
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		
0	% of Goal :	4	*	*	*	11	4	*	*	7	13	321	*	3	30	2	*			
Cookies Hermit	1 Each	107	0.69	0.19	0	0.15	0.198	20	144	21.95	0.9	4.42	2.4	30	0.2	19	1.06	127		
1	% of Goal :	5	*	*	*	15	20	7	6	7	3	442	5	*	*	2	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 : Thorne
 Service Date : Friday, June 22, 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			
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		
	% of Goal :	6	6	2	*	112	263	*	16	5	17	229	9	21	11	5	8			
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		
	% of Goal :	6	4	6	*	50	88	9	11	4	4	306	17	2	12	9	2			
House Smoked Ch	4oz portion	125	2.17	0.378		0.318	0.34	66	74	0	0	0	26.19	24	1.4	12	0.82	289		
	% of Goal :	6	3	2		32	34	22	3	*	*	*	52	*	2	*	5			
Farm Salad w Sw	portion																			
	% of Goal :																			
Big Bear 1/4 lb	1 each	265	5.18	1.779	0	1.55	1.305	45	366	29.95	2	0.95	24.22	272	3	92	3.47	157		
	% of Goal :	13	8	9	*	155	130	15	15	10	8	95	48	5	5	9	19			
Vegan Garden Bu	Each	136	2.44	0.318		1.002	0.733	0	621	10.28	6.7	2.02	18.25	0	0	30	2.69	336		
	% of Goal :	7	4	2		100	73	*	26	3	27	202	36	*	*	3	15			
Hamburgers -	3 oz portion	248	4.87	1.651		1.508	1.208	40	358	28.52	1.5	0	21.78	0	0.1	85	3.16	80		
	% of Goal :	12	7	8		151	121	13	15	10	6	*	44	*	*	9	18			
Pasta of the Da	10 oz portio	258	4.39	0.789	0.006	1.826	1.263	12	1116	42.71	3.5	0.83	12.19	969	11.5	39	3.19	415		
	% of Goal :	13	7	4	*	183	126	4	47	14	14	83	24	19	19	4	18			
Salad Bar L & D	servings	295	17.15	3.317	0	1.224	1.111	15	468	29.11	2.5	5.19	5.68	1592	13.4	45	1.51	195		
	% of Goal :	15	26	17	*	122	111	5	19	10	10	519	11	32	22	4	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		
	% of Goal :	*	*	*		6	*	*	9	2	9	93	2	6	5	3	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		
	% of Goal :	3	3	*	*	54	91	*	31	4	4	179	3	15	25	2	5			
French Bread	slice	101	2.77	0.367	0.007	1.478	0.729	0	259	16.09	1	0.71	2.42	0	0	4	0.9	35		
	% of Goal :	5	4	2	*	148	73	*	11	5	4	71	5	*	*	*	5			

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Friday, June 22, 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			
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	*			
Chocolate Cake	Servings	102	4.65	0.787	0	1.354	2.256	16	105	15.05	0.4	11.25	1.18	70	0	18	0.58	50		
	% of Goal :	5	7	4	*	135	226	5	4	5	2	1125	2	*	*	2	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 : Saturday, June 23, 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			
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			
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		
	% of Goal :	7	14	14	*	119	335	124	5	*	*	*	22	3	*	4	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		
	% of Goal :	16	8	5	*	34	101	35	23	19	10	722	26	*	*	17	17			
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			
Assorted Cold C	serving	211	2.24	0.677	0	0.546	0.497	0	470	42.88	2.9	4.61	5.41	1492	22.4	85	8.49	148		
	% of Goal :	11	3	3	*	55	50	*	20	14	11	461	11	30	37	8	47			
Home Fries	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 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			
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			
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	*			

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, June 23, 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			
Quinoa, Broccol	0 serving	100	2.46	0.33	0	0.466	1.247	0	163	17.63	3.7	0.99	3.63	3860	52.1	66	1.51	281		
	% of Goal :	5	4	2	*	47	125	*	7	6	15	99	7	77	87	7	8			
Soup of the Day	0 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		
	% of Goal :	6	6	2	*	112	263	*	16	5	17	229	9	21	11	5	8			
Greek Chicken P	0 1 Serving	296	10.74	3.537	0.023	2.012	3.997	119	463	20.9	1.5	2.01	27.72	660	6.7	117	2.22	474		
	% of Goal :	15	17	18	2	201	400	40	19	7	6	201	55	13	11	12	12			
Beef Enchilada	1 6 oz.	240	10.58	5.718	0	0.736	2.983	50	205	21.16	1.2	2.54	14.97	498	14	140	1.49	142		
	% of Goal :	12	16	29	*	74	298	17	9	7	5	254	30	10	23	14	8			
Grilled Cheese	0 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			
Hot Dogs	0 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			
Deli Bar - Summ	0 portion	456	11.87	3.416	0.007	2.129	2.956	32	1347	65.93	5.3	6.33	20.36	832	5.1	119	5.81	361		
	% of Goal :	23	18	17	*	213	296	11	56	22	21	633	41	17	9	12	32			
Salad Bar L & D	0 servings	295	17.15	3.317	0	1.224	1.111	15	468	29.11	2.5	5.19	5.68	1592	13.4	45	1.51	195		
	% of Goal :	15	26	17	*	122	111	5	19	10	10	519	11	32	22	4	8			
Steamed Whole G	1 3 OZ	22	0.13	0.033	0	0.065	0.006	0	434	5.06	2.4	0.95	1.16	310	3.2	33	0.53	123		
	% of Goal :	*	*	*	*	7	*	*	18	2	9	95	2	6	5	3	3			
Onion Rings	1 3 oz portion	279	16.5	3.094		5.92	6.523	26	401	26.93	1.4	4.16	5.82	16	2.2	78	1.48	177		
	% of Goal :	14	25	15		592	652	9	17	9	5	416	12	*	4	8	8			
Fresh Seasonal	0 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	*			

!*! 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, June 23, 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	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:

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

^{1**} Indicates the selected items used in nutritional totals.

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Saturday, June 23, 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	VITAIU	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		
	% of Goal :	6	6	2	*	112	263	*	16	5	17	229	9	21	11	5	8			

Meal Total: Amount:
 % of Goal:

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Sunday, June 24, 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			
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			
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		
	% of Goal :	6	6	2	*	112	263	*	16	5	17	229	9	21	11	5	8			
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			
Make Your Own -	6 oz waffle	365	17.32	7.922	0	1.738	6.654	49	525	48.03	2.6	3.35	5.99	1287	18.5	240	5.07	165		
	% of Goal :	18	27	40	*	174	665	16	22	16	10	335	12	26	31	24	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		
	% of Goal :	13	28	27	*	282	707	231	9	*	*	*	41	8	*	8	13			
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			
Assorted Cold C	serving	211	2.24	0.677	0	0.546	0.497	0	470	42.88	2.9	4.61	5.41	1492	22.4	85	8.49	148		
	% of Goal :	11	3	3	*	55	50	*	20	14	11	461	11	30	37	8	47			
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			
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			
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			

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Courses selected:Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Sunday, June 24, 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			
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	*			
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			

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, June 24, 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			
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		
	% of Goal :	6	6	2	*	112	263	*	16	5	17	229	9	21	11	5	8			
Garlicky Penne	8 oz portion	246	5.68	0.5	0	1.801	3.021	0	845	40.55	5.4	1.65	9.39	2275	21.3	60	3.22	359		
	% of Goal :	12	9	3	*	180	302	*	35	14	22	165	19	46	36	6	18			
Roast Loin of P	3.5oz portio	150	6.81	2.412	0	0.469	3.096	54	233	1.35	0.4	0.44	19.81	112	1	29	0.75	313		
	% of Goal :	8	10	12	*	47	310	18	10	*	2	44	40	2	2	3	4			
Hamburgers -	3 oz portion	248	4.87	1.651		1.508	1.208	40	358	28.52	1.5	0	21.78	0	0.1	85	3.16	80		
	% of Goal :	12	7	8		151	121	13	15	10	6	*	44	*	*	9	18			
Garden Burgers	Each	320	7.93	1.4	0	5.362	2.163	0	821	41.47	5.8	1.44	19.21	225	0.1	136	2.83	338		
	% of Goal :	16	12	7	*	536	216	*	34	14	23	144	38	4	*	14	16			
Salad Bar L & D	servings	295	17.15	3.317	0	1.224	1.111	15	468	29.11	2.5	5.19	5.68	1592	13.4	45	1.51	195		
	% of Goal :	15	26	17	*	122	111	5	19	10	10	519	11	32	22	4	8			
Sauteed Summer	3 oz portion	37	2.54	0.219	0	0.764	1.479	0	142	3.83	1.2	0	0.81	255	4.9	24	0.33	170		
	% of Goal :	2	4	*	*	76	148	*	6	*	5	*	2	5	8	2	2			
Roasted Ranch P	5 oz	156	5.35	0.839	0	1.637	2.276	0	82	24.22	2.2	1.83	2.89	230	15.5	14	0.86	670		
	% of Goal :	8	8	4	*	164	228	*	3	8	9	183	6	5	26	*	5			
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			
Sourdough Bread	slice	55	0.35	0.094		0.149	0.066	0	97	10.67	0.5	0.48	2.22	0	0	8	0.69	24		
	% of Goal :	3	*	*		15	7	*	4	4	2	48	4	*	*	*	4			
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	*			
Pudding / Jell	portion	85	2.23	1.284	0	0.133	0.575	7	86	13.85	0.1	2.86	2.93	86	0.1	78	0.07	96		
	% of Goal :	4	3	6	*	13	57	2	4	5	*	286	6	2	*	8	*			

!**! 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, June 24, 2018
 Meal Period : Dinner
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Ice Cream Bar	Each	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			
	% 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			
	% 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, June 24, 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			
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		
	% of Goal :	6	6	2	*	112	263	*	16	5	17	229	9	21	11	5	8			
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			
Make Your Own -	6 oz waffle	365	17.32	7.922	0	1.738	6.654	49	525	48.03	2.6	3.35	5.99	1287	18.5	240	5.07	165		
	% of Goal :	18	27	40	*	174	665	16	22	16	10	335	12	26	31	24	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		
	% of Goal :	13	28	27	*	282	707	231	9	*	*	*	41	8	*	8	13			
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			
Assorted Cold C	serving	211	2.24	0.677	0	0.546	0.497	0	470	42.88	2.9	4.61	5.41	1492	22.4	85	8.49	148		
	% of Goal :	11	3	3	*	55	50	*	20	14	11	461	11	30	37	8	47			
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			
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			
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			

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!***

Courses selected:Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Sunday, June 24, 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			
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	*			
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			

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