

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Monday, July 30, 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			
Hard Boiled Egg	2 each	141	9.49	2.935	0	1.288	3.608	402	119	1.16	0	0	11.83	181	0	46	1.36	115		
	% of Goal :	7	15	15	*	129	361	134	5	*	*	*	24	4	*	5	8			
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			
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		
	% of Goal :	9	20	29	*	125	421	78	17	*	*	155	26	7	8	17	5			
Pancakes	2 cake porti	372	11.54	2.349	0	2.921	4.91	72	407	53.95	5.8	6.82	12.42	151	0	170	3.3	280		
	% of Goal :	19	18	12	*	292	491	24	17	18	23	682	25	3	*	17	18			
Oatmeal	Cup	43	0.74	0.126	0	0.261	0.225	0	178	7.68	1.1	0.11	1.49	11	0	7	0.49	41		
	% of Goal :	2	*	*	*	26	22	*	7	3	5	11	3	*	*	*	3			
Home Fries (VE)	4 oz potion	204	8.71	0.647	0	2.598	5.045	0	217	29.65	2.7	0	2.76	0	19.1	8	0.49	558		
	% of Goal :	10	13	3	*	260	504	*	9	10	11	*	6	*	32	*	3			
Assorted Muffin	Muffin	318	8.79	1.472	0	2.505	4.329	16	472	50.27	2.2	11.86	8.53	30	1.3	119	4.41	101		
	% of Goal :	16	14	7	*	250	433	5	20	17	9	1186	17	*	2	12	24			
Fresh Seasonal	1 piece	78	0.44	0.092	0	0.118	0.029	0	0	19.94	3.2	1.61	0.55	111	12.6	12	0.25	216		
	% of Goal :	4	*	*	*	12	3	*	*	7	13	161	*	2	21	*	*			

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, July 30, 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	62	2.42	0.243	0	0.654	1.423	0	237	8.14	2.5	0.79	2.55	627	2.9	26	0.8	263			
	% of Goal :	3	4	*	*	65	142	*	10	3	10	79	5	13	5	3	4				
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			
	% 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			
	% of Goal :	12	4	2	*	10	21	*	21	15	13	198	16	34	21	3	77				
Deli Bar - Summ	portion	456	11.88	3.275	0	1.518	3.724	32	1348	65.98	5.3	6.34	20.37	832	5.1	119	5.81	364			
	% of Goal :	23	18	16	*	152	372	11	56	22	21	634	41	17	9	12	32				
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			
	% of Goal :	16	17	12	*	275	383	21	13	9	5	204	58	3	*	9	14				
El Burrito Gran	1/2 burrito	229	7.35	3.024	0	0.666	2.506	20	325	29.17	3	2.13	12.29	629	28.4	145	2.45	183			
	% of Goal :	11	11	15	*	67	251	7	14	10	12	213	25	13	47	15	14				
Black Bean and	1 Wrap	343	8.12	3.296	0	0.031	1.321	0	665	57.98	4.6	1.45	9.44	177	1.2	178	3.72	217			
	% of Goal :	17	12	16	*	3	132	*	28	19	18	145	19	4	2	18	21				
Grilled Cheese	Each	320	24.98	7.439	0	4.754	7.632	25	877	19.91	1.3	1.27	7.76	953	0	208	0.91	94			
	% of Goal :	16	38	37	*	475	763	8	37	7	5	127	16	19	*	21	5				
Summer Salad w	portion																				
	% of Goal :																				
Salad Bar L & D	servings	295	17.16	3.317	0	1.217	1.127	15	470	29.13	2.5	5.13	5.7	1592	13.4	45	1.51	199			
	% of Goal :	15	26	17	*	122	113	5	20	10	10	513	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			
	% of Goal :	*	*	*	*	14	2	*	*	*	10	*	5	26	132	4	4				
Roasted Sweet P	3 oz portion	113	2.06	0.163	0	0.626	1.15	0	71	22.85	3.2	0	1.25	0	10	12	0.45	554			
	% of Goal :	6	3	*	*	63	115	*	3	8	13	*	2	*	17	*	2				

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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 : Monday, July 30, 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	0.44	0.092	0	0.118	0.029	0	0	19.94	3.2	1.61	0.55	111	12.6	12	0.25	216			
	% of Goal :	4	*	*	*	12	3	*	*	7	13	161	*	2	21	*	*				
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			
	% of Goal :	10	12	10	4	213	297	6	6	9	7	4554	6	8	*	2	7				

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, July 30, 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	62	2.42	0.243	0	0.654	1.423	0	237	8.14	2.5	0.79	2.55	627	2.9	26	0.8	263			
	% of Goal :	3	4	*	*	65	142	*	10	3	10	79	5	13	5	3	4				
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			
	% 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			
	% 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			
	% of Goal :	10	5	2	*	115	170	*	13	13	26	203	9	67	211	18	26				
Pasta of the Da	10 oz portio	257	4.38	0.663	0	1.289	1.919	12	1116	42.72	3.5	0.83	12.19	969	11.5	39	3.19	415			
	% of Goal :	13	7	3	*	129	192	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			
	% of Goal :	12	7	8		151	121	13	15	10	6	*	44	*	*	9	18				
Summer Salad w	portion																				
	% of Goal :																				
Salad Bar L & D	servings	295	17.16	3.317	0	1.217	1.127	15	470	29.13	2.5	5.13	5.7	1592	13.4	45	1.51	199			
	% of Goal :	15	26	17	*	122	113	5	20	10	10	513	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			
	% of Goal :	*	*	*	*	14	2	*	*	2	7	102	2	20	59	2	2				
Steamed Jasmine	4 oz portion	205	0	0	0	0	0.098	0	2	44.63	0	0	4.83	0	0	1	1.75	68			
	% of Goal :	10	*	*	*	*	10	*	*	15	*	*	10	*	*	*	10				
Multi-Grain Bre	Slice	54	0.59	0.118	0	0.257	0.103	0	47	9.66	1.2	0.81	2.3	0	0	14	0.56	38			
	% of Goal :	3	*	*	*	26	10	*	2	3	5	81	5	*	*	*	3				
Fresh Seasonal	1 piece	78	0.44	0.092	0	0.118	0.029	0	0	19.94	3.2	1.61	0.55	111	12.6	12	0.25	216			
	% of Goal :	4	*	*	*	12	3	*	*	7	13	161	*	2	21	*	*				

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Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Monday, July 30, 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			
Whoppie Pies	portions	2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
	% of Goal :																				

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, July 31, 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	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				
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	6	0.1	0.019	0	0.007	0.021	2	9	0.95	0	0.13	0.23	1	0	3	0.05	1			
0	% of Goal :	*	*	*	*	*	2	*	*	*	*	13	*	*	*	*	*				
Pork Breakfast	2 each	52	2.45	0.826		0.232	1.174	16	394	1.56	0		5.57	0	0	2	0.3	104			
1	% of Goal :	3	4	4		23	117	5	16	*	*		11	*	*	*	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				
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	318	8.79	1.472	0	2.505	4.329	16	472	50.27	2.2	11.86	8.53	30	1.3	119	4.41	101			
0	% of Goal :	16	14	7	*	250	433	5	20	17	9	1186	17	*	2	12	24				
Fresh Seasonal	1 piece	78	0.44	0.092	0	0.118	0.029	0	0	19.94	3.2	1.61	0.55	111	12.6	12	0.25	216			
0	% of Goal :	4	*	*	*	12	3	*	*	7	13	161	*	2	21	*	*				

Meal Total: Amount:
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Unit : Thorne
 Service Date : Tuesday, July 31, 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	62	2.42	0.243	0	0.654	1.423	0	237	8.14	2.5	0.79	2.55	627	2.9	26	0.8	263			
0	% of Goal :	3	4	*	*	65	142	*	10	3	10	79	5	13	5	3	4				
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	9.2	3.893	0	0.934	2.09	18	880	43.26	3.6	1.28	14.71	1385	13.2	260	2.86	465			
0	% of Goal :	15	14	19	*	93	209	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				
Southwestern Ch	4oz portion	418	11.53	2.609	0	2.952	4.563	94	837	41.47	2.7	6.3	33.71	177	0.5	35	4.18	306			
0	% of Goal :	21	18	13	*	295	456	31	35	14	11	630	67	4	*	3	23				
Spicy Baja Fish	Each	229	9.04	1.635	0	0.43	0.415	30	444	26.68	2.9	2.47	10.82	280	11.1	37	1	118			
1	% of Goal :	11	14	8	*	43	41	10	19	9	12	247	22	6	19	4	6				
Deli Bar - Summ	portion	456	11.88	3.275	0	1.518	3.724	32	1348	65.98	5.3	6.34	20.37	832	5.1	119	5.81	364			
0	% of Goal :	23	18	16	*	152	372	11	56	22	21	634	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				
Grilled Chicken	1 tortilla	416	15.79	4.832	0	0.418	2.187	66	772	40.87	3.8	3.17	30.99	809	9	267	3.64	494			
0	% of Goal :	21	24	24	*	42	219	22	32	14	15	317	62	16	15	27	20				
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	17.16	3.317	0	1.217	1.127	15	470	29.13	2.5	5.13	5.7	1592	13.4	45	1.51	199			
1	% of Goal :	15	26	17	*	122	113	5	20	10	10	513	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

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 % 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	0.44	0.092	0	0.118	0.029	0	0	19.94	3.2	1.61	0.55	111	12.6	12	0.25	216			
0	% of Goal :	4	*	*	*	12	3	*	*	7	13	161	*	2	21	*	*				
Double Chocolat	1 serving	227	12.12	4.478	0	2.172	4.751	29	155	26.1	1.6	18.16	2.68	300	0	24	0.99	91			
1	% of Goal :	11	19	22	*	217	475	10	6	9	6	1816	5	6	*	2	5				

Meal Total: Amount:
 % of Goal:

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Tuesday, July 31, 2018
 Meal Period : Dinner
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count	Size	KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Soup of the Day	Cup	62	2.42	0.243	0	0.654	1.423	0	237	8.14	2.5	0.79	2.55	627	2.9	26	0.8	263			
0	% of Goal :	3	4	*	*	65	142	*	10	3	10	79	5	13	5	3	4				
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	256	6.98	2.141	0.003	0.581	0.33	0	396	41.7	3.9	0.36	10.03	32	0	10	2.12	60			
0	% of Goal :	13	11	11	*	58	33	*	16	14	15	36	20	*	*	*	12				
BBQ Boneless Po	6oz portion	435	20.79	6.461	0.173	2.466	8.535	147	408	2.03	0.9	0.17	54.09	3737	12.4	28	1.7	948			
0	% of Goal :	22	32	32	17	247	853	49	17	*	3	17	108	75	21	3	9				
Classic Macaron	6 Oz Servin	269	10.32	3.735	0	1.492	2.748	17	217	34.12	1.4	1.91	9.17	200	0	135	1.63	97			
1	% of Goal :	13	16	19	*	149	275	6	9	11	6	191	18	4	*	14	9				
Mussels w/ Garl	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			
1	% of Goal :	12	26	12	*	220	1093	11	14	2	3	129	28	5	23	5	27				
Pasta of the Da	10 oz portio	257	4.38	0.663	0	1.289	1.919	12	1116	42.72	3.5	0.83	12.19	969	11.5	39	3.19	415			
0	% of Goal :	13	7	3	*	129	192	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			
0	% 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	17.16	3.317	0	1.217	1.127	15	470	29.13	2.5	5.13	5.7	1592	13.4	45	1.51	199			
0	% of Goal :	15	26	17	*	122	113	5	20	10	10	513	11	32	22	4	8				
Grilled Zucchin	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 : Tuesday, July 31, 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	113	2.06	0.163	0	0.626	1.15	0	71	22.85	3.2	0	1.25	0	10	12	0.45	554			
1	% of Goal :	6	3	*	*	63	115	*	3	8	13	*	2	*	17	*	2				
Bread Oatmeal	slice	170	3.47	0.343	0	1.114	1.709	0	216	29.49	2.3	0.2	4.88	0	0	16	1.8	120			
0	% of Goal :	8	5	2	*	111	171	*	9	10	9	20	10	*	*	2	10				
Fresh Seasonal	1 piece	78	0.44	0.092	0	0.118	0.029	0	0	19.94	3.2	1.61	0.55	111	12.6	12	0.25	216			
0	% of Goal :	4	*	*	*	12	3	*	*	7	13	161	*	2	21	*	*				
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, August 1, 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	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				
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				
Blueberry Panca	portion	389	11.64	2.357	0	2.964	4.923	72	408	58.16	6.5	9.72	12.63	166	2.8	172	3.38	303			
0	% of Goal :	19	18	12	*	296	492	24	17	19	26	972	25	3	5	17	19				
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				
Salad Bar L & D	servings	295	17.16	3.317	0	1.217	1.127	15	470	29.13	2.5	5.13	5.7	1592	13.4	45	1.51	199			
0	% of Goal :	15	26	17	*	122	113	5	20	10	10	513	11	32	22	4	8				
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 Muffin	Muffin	318	8.79	1.472	0	2.505	4.329	16	472	50.27	2.2	11.86	8.53	30	1.3	119	4.41	101			
0	% of Goal :	16	14	7	*	250	433	5	20	17	9	1186	17	*	2	12	24				
Fresh Seasonal	1 piece	78	0.44	0.092	0	0.118	0.029	0	0	19.94	3.2	1.61	0.55	111	12.6	12	0.25	216			
0	% of Goal :	4	*	*	*	12	3	*	*	7	13	161	*	2	21	*	*				

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, August 1, 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				
Chicken Yakisob	6oz portion	202	13.01	1.12	0	3.806	6.694	27	448	9.95	1.8	2.44	12.28	900	20	34	1	292			
0	% of Goal :	10	20	6	*	381	669	9	19	3	7	244	25	18	33	3	6				
Soup of the Day	Cup	62	2.42	0.243	0	0.654	1.423	0	237	8.14	2.5	0.79	2.55	627	2.9	26	0.8	263			
0	% of Goal :	3	4	*	*	65	142	*	10	3	10	79	5	13	5	3	4				
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				
Deli Bar - Summ	portion	456	11.88	3.275	0	1.518	3.724	32	1348	65.98	5.3	6.34	20.37	832	5.1	119	5.81	364			
0	% of Goal :	23	18	16	*	152	372	11	56	22	21	634	41	17	9	12	32				
Orzo Chickpea S	portion	95	2.01	0.413	0	0.283	1.168	0	310	16.2	6.5	4.52	4.96	1960	63.1	76	1.69	880			
0	% of Goal :	5	3	2	*	28	117	*	13	5	26	452	10	39	105	8	9				
Honolulu Tofu M	5 oz Servin	110	1.99	0.297	0	1.11	0.431	0	179	17.6	0.8	13.37	4.01	236	18.5	150	2.37	132			
0	% of Goal :	5	3	*	*	111	43	*	7	6	3	1337	8	5	31	15	13				
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			
1	% of Goal :	14	21	25	*	160	391	18	39	6	7	79	41	*	4	16	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				
Cuban Roast Por	1/2 sandwic	263	11.02	2.919	0	0.706	2.178	30	727	26.78	2	4.38	13.82	275	7.3	131	1.52	239			
0	% of Goal :	13	17	15	*	71	218	10	30	9	8	438	28	6	12	13	8				
Salad Bar L & D	servings	295	17.16	3.317	0	1.217	1.127	15	470	29.13	2.5	5.13	5.7	1592	13.4	45	1.51	199			
1	% of Goal :	15	26	17	*	122	113	5	20	10	10	513	11	32	22	4	8				
Sauteed Spinach	3 oz	66	4.96	0.426	0	1.554	2.522	0	365	4.11	2.9	0.4	3.15	5951	2.1	119	1.55	237			
1	% of Goal :	3	8	2	*	155	252	*	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				

** 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, August 1, 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	0.44	0.092	0	0.118	0.029	0	0	19.94	3.2	1.61	0.55	111	12.6	12	0.25	216			
0	% of Goal :	4	*	*	*	12	3	*	*	7	13	161	*	2	21	*	*				
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, August 1, 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	62	2.42	0.243	0	0.654	1.423	0	237	8.14	2.5	0.79	2.55	627	2.9	26	0.8	263			
0	% of Goal :	3	4	*	*	65	142	*	10	3	10	79	5	13	5	3	4				
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				
Orzo Chickpea S	portion	95	2.01	0.413	0	0.283	1.168	0	310	16.2	6.5	4.52	4.96	1960	63.1	76	1.69	880			
0	% of Goal :	5	3	2	*	28	117	*	13	5	26	452	10	39	105	8	9				
Maine Fish w/ T	3.5 oz portic	120	1.91	0.262	0	0.653	0.653	84	102	1.1	0.2	0.63	23.11	123	1.8	74	0.6	461			
1	% of Goal :	6	3	*	*	65	65	28	4	*	*	63	46	2	3	7	3				
Beef Tips Pizza	8 oz portion	267	7.46	1.568	0	1.39	3.503	44	288	27.61	4.1	6.18	21.26	1377	32.9	28	3.37	276			
0	% of Goal :	13	11	8	*	139	350	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	352	19.05	2.636	0	2.277	13.345	0	4	38.49	3.6	0.27	7.16	407	11.4	24	2.34	132			
1	% of Goal :	18	29	13	*	228	1334	*	*	13	15	27	14	8	19	2	13				
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				
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				
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				
Honey Whole Whe slice		50	1.85	0.155	0	0.568	1.016	0	192	7.19	0.7	0.05	1.36	3	0.1	14	0.39	39			
0	% of Goal :	3	3	*	*	57	102	*	8	2	3	5	3	*	*	*	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 : Wednesday, August 1, 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	0.44	0.092	0	0.118	0.029	0	0	19.94	3.2	1.61	0.55	111	12.6	12	0.25	216			
0	% of Goal :	4	*	*	*	12	3	*	*	7	13	161	*	2	21	*	*				
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			
1	% 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, August 2, 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	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			
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	6	0.1	0.019	0	0.007	0.021	2	9	0.95	0	0.13	0.23	1	0	3	0.05	1		
0	% of Goal :	*	*	*	*	*	2	*	*	*	*	13	*	*	*	*	*			
Oatmeal	Cup	43	0.74	0.126	0	0.261	0.225	0	178	7.68	1.1	0.11	1.49	11	0	7	0.49	41		
0	% of Goal :	2	*	*	*	26	22	*	7	3	5	11	3	*	*	*	3			
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			
Canadian Bacon	2oz portion	79	2.81	0.94		0.352	1.288	30	729	0.57	0	0.6	12.27	0	0	4	0.5	177		
1	% of Goal :	4	4	5		35	129	10	30	*	*	60	25	*	*	*	3			
Home Fries (VE)	4 oz portion	204	8.71	0.647	0	2.598	5.045	0	217	29.65	2.7	0	2.76	0	19.1	8	0.49	558		
1	% of Goal :	10	13	3	*	260	504	*	9	10	11	*	6	*	32	*	3			
Assorted Muffin	Muffin	318	8.79	1.472	0	2.505	4.329	16	472	50.27	2.2	11.86	8.53	30	1.3	119	4.41	101		
0	% of Goal :	16	14	7	*	250	433	5	20	17	9	1186	17	*	2	12	24			
Fresh Seasonal	1 piece	78	0.44	0.092	0	0.118	0.029	0	0	19.94	3.2	1.61	0.55	111	12.6	12	0.25	216		
0	% of Goal :	4	*	*	*	12	3	*	*	7	13	161	*	2	21	*	*			

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, August 2, 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	62	2.42	0.243	0	0.654	1.423	0	237	8.14	2.5	0.79	2.55	627	2.9	26	0.8	263			
32	% of Goal :	3	4	*	*	65	142	*	10	3	10	79	5	13	5	3	4				
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			
48	% of Goal :	7	7	2	*	148	241	*	20	6	14	104	12	14	13	3	11				
Deli Bar - Summ	portion	456	11.88	3.275	0	1.518	3.724	32	1348	65.98	5.3	6.34	20.37	832	5.1	119	5.81	364			
65	% of Goal :	23	18	16	*	152	372	11	56	22	21	634	41	17	9	12	32				
Beef & Mushroom	8oz portion	231	10.4	2.327	0	2.784	4.127	57	543	10.45	1.8	2.83	24.05	832	50.1	35	2.8	453			
90	% of Goal :	12	16	12	*	278	413	19	23	3	7	283	48	17	84	4	16				
Brocc,Tofu,Garl	5oz portion	76	1.34	0.201	0	0.673	0.295	0	158	13.53	2.5	0.19	4.11	903	53.4	99	1.74	243			
65	% of Goal :	4	2	*	*	67	29	*	7	5	10	19	8	18	89	10	10				
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			
60	% of Goal :	16	38	37	*	475	763	8	37	7	5	127	16	19	*	21	5				
Buffalo Chicken	Each	491	26.2	4.843	0	7.629	6.248	49	1628	41.03	2.3	0.63	22.17	155	11.6	115	2.3	404			
180	% of Goal :	25	40	24	*	763	625	16	68	14	9	63	44	3	19	12	13				
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			
55	% 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			
60	% of Goal :	2	*	*		22	3	*	*	2	9		4	168	77	8	6				
Salad Bar L & D	servings	295	17.16	3.317	0	1.217	1.127	15	470	29.13	2.5	5.13	5.7	1592	13.4	45	1.51	199			
140	% of Goal :	15	26	17	*	122	113	5	20	10	10	513	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			
60	% of Goal :	4	4	2	*	92	121	*	4	4	7	36	4	8	19	*	2				
French Fries	3 oz portion																				
220	% 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, August 2, 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	0.44	0.092	0	0.118	0.029	0	0	19.94	3.2	1.61	0.55	111	12.6	12	0.25	216			
65	% of Goal :	4	*	*	*	12	3	*	*	7	13	161	*	2	21	*	*				
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			
160	% 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 : Thursday, August 2, 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	62	2.42	0.243	0	0.654	1.423	0	237	8.14	2.5	0.79	2.55	627	2.9	26	0.8	263			
0	% of Goal :	3	4	*	*	65	142	*	10	3	10	79	5	13	5	3	4				
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				
Spicy Vegetable	4 Oz	98	7.05	3.634	0	1.045	1.951	0	324	8.57	2.1	1.96	1.54	560	10.4	31	0.86	270			
0	% of Goal :	5	11	18	*	104	195	*	14	3	9	196	3	11	17	3	5				
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			
0	% of Goal :	2	*	*		22	3	*	*	2	9		4	168	77	8	6				
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				
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				
Hot Ital Sausag	6oz portion	210	9.25	3.038	0	1.414	4.459	65	1984	4.98	1.3	1.73	25.62	603	25.8	21	1.92	524			
0	% of Goal :	10	14	15	*	141	446	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			
0	% of Goal :	12	7	8		151	121	13	15	10	6	*	44	*	*	9	18				
Salad Bar L & D	servings	295	17.16	3.317	0	1.217	1.127	15	470	29.13	2.5	5.13	5.7	1592	13.4	45	1.51	199			
1	% of Goal :	15	26	17	*	122	113	5	20	10	10	513	11	32	22	4	8				
Mixed Summer V	3 oz portior	49	0.12	0.026		0.059	0.008	0	29	10.8	3.6		2.36	3528	2.6	21	0.68	139			
0	% of Goal :	2	*	*		6	*	*	*	4	15		5	71	4	2	4				
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				

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

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

Courses selected:Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Thursday, August 2, 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				
Foccoica Bread	slice	112	3.64	0.508	0	0.471	2.485	0	191	16.81	1	0.56	2.56	35	0.1	5	1.01	36			
0	% of Goal :	6	6	3	*	47	249	*	8	6	4	56	5	*	*	*	6				
Fresh Seasonal	1 piece	78	0.44	0.092	0	0.118	0.029	0	0	19.94	3.2	1.61	0.55	111	12.6	12	0.25	216			
0	% of Goal :	4	*	*	*	12	3	*	*	7	13	161	*	2	21	*	*				
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			
1	% 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, August 3, 2018
 Meal Period : Breakfast
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count	Size	KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
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	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				
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				
Pancakes	2 cake porti	372	11.54	2.349	0	2.921	4.91	72	407	53.95	5.8	6.82	12.42	151	0	170	3.3	280			
0	% of Goal :	19	18	12	*	292	491	24	17	18	23	682	25	3	*	17	18				
Oatmeal	Cup	43	0.74	0.126	0	0.261	0.225	0	178	7.68	1.1	0.11	1.49	11	0	7	0.49	41			
0	% of Goal :	2	*	*	*	26	22	*	7	3	5	11	3	*	*	*	3				
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	318	8.79	1.472	0	2.505	4.329	16	472	50.27	2.2	11.86	8.53	30	1.3	119	4.41	101			
0	% of Goal :	16	14	7	*	250	433	5	20	17	9	1186	17	*	2	12	24				
Fresh Seasonal	1 piece	78	0.44	0.092	0	0.118	0.029	0	0	19.94	3.2	1.61	0.55	111	12.6	12	0.25	216			
0	% of Goal :	4	*	*	*	12	3	*	*	7	13	161	*	2	21	*	*				

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, August 3, 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	62	2.42	0.243	0	0.654	1.423	0	237	8.14	2.5	0.79	2.55	627	2.9	26	0.8	263			
0	% of Goal :	3	4	*	*	65	142	*	10	3	10	79	5	13	5	3	4				
Fish Chowder II	6oz portion	119	3.5	1.607	0.001	0.525	1.067	30	270	13.08	1.1	3.06	8.84	133	7.1	92	0.34	377			
0	% of Goal :	6	5	8	*	53	107	10	11	4	4	306	18	3	12	9	2				
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				
Deli Bar - Summ	portion	456	11.88	3.275	0	1.518	3.724	32	1348	65.98	5.3	6.34	20.37	832	5.1	119	5.81	364			
0	% of Goal :	23	18	16	*	152	372	11	56	22	21	634	41	17	9	12	32				
Chicken Chipotl	6oz portion	259	7.29	3.174	0.05	0.786	2.239	31	113	36.86	1.9	1.05	12.12	455	15.2	86	1.98	139			
0	% of Goal :	13	11	16	5	79	224	10	5	12	8	105	24	9	25	9	11				
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 MSC Fish	3.5 oz portio	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				
Farm Salad w Sw	portion																				
0	% of Goal :																				
Ham& Swiss Pani	Each	277	8.88	2.815	0	0	0.767	25	1150	39.76	2.5	3.66	12.41	164	0.3	185	2.14	96			
0	% of Goal :	14	14	14	*	*	77	8	48	13	10	366	25	3	*	18	12				
Salad Bar L & D	servings	295	17.16	3.317	0	1.217	1.127	15	470	29.13	2.5	5.13	5.7	1592	13.4	45	1.51	199			
1	% of Goal :	15	26	17	*	122	113	5	20	10	10	513	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			
1	% of Goal :	3	7	4	*	134	191	3	4	2	8	*	4	4	36	2	3				

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Friday, August 3, 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	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	0.44	0.092	0	0.118	0.029	0	0	19.94	3.2	1.61	0.55	111	12.6	12	0.25	216			
0	% of Goal :	4	*	*	*	12	3	*	*	7	13	161	*	2	21	*	*				
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, August 3, 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	62	2.42	0.243	0	0.654	1.423	0	237	8.14	2.5	0.79	2.55	627	2.9	26	0.8	263			
	% of Goal :	3	4	*	*	65	142	*	10	3	10	79	5	13	5	3	4				
Fish Chowder II	6oz portion	119	3.5	1.607	0.001	0.525	1.067	30	270	13.08	1.1	3.06	8.84	133	7.1	92	0.34	377			
	% of Goal :	6	5	8	*	53	107	10	11	4	4	306	18	3	12	9	2				
smoked Chicken	5oz Portion	279	12.45	1.429	0.01	3.197	6.041	103	207	8.56	1.1	3.83	32.51	400	14.4	30	1.05	598			
	% of Goal :	14	19	7	*	320	604	34	9	3	4	383	65	8	24	3	6				
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				
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				
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	257	4.38	0.663	0	1.289	1.919	12	1116	42.72	3.5	0.83	12.19	969	11.5	39	3.19	415			
	% of Goal :	13	7	3	*	129	192	4	47	14	14	83	24	19	19	4	18				
Farm Salad w Sw	portion																				
	% of Goal :																				
Salad Bar L & D	servings	295	17.16	3.317	0	1.217	1.127	15	470	29.13	2.5	5.13	5.7	1592	13.4	45	1.51	199			
	% of Goal :	15	26	17	*	122	113	5	20	10	10	513	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	0.22	0	0.849	1.515	0	259	16.09	1	0.71	2.42	0	0	4	0.9	35			
	% of Goal :	5	4	*	*	85	151	*	11	5	4	71	5	*	*	*	5				

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Friday, August 3, 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	0.44	0.092	0	0.118	0.029	0	0	19.94	3.2	1.61	0.55	111	12.6	12	0.25	216			
	% of Goal :	4	*	*	*	12	3	*	*	7	13	161	*	2	21	*	*				
Chocolate Cake	Servings	149	6.72	1.438	0	1.614	3.316	16	126	22.48	0.5	18.04	1.31	133	0	19	0.74	74			
	% of Goal :	7	10	7	*	161	332	5	5	7	2	1804	3	3	*	2	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 : Saturday, August 4, 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	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				
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	6	0.1	0.019	0	0.007	0.021	2	9	0.95	0	0.13	0.23	1	0	3	0.05	1			
0	% of Goal :	*	*	*	*	*	2	*	*	*	*	13	*	*	*	*	*				
Pork Breakfast	2 each	52	2.45	0.826		0.232	1.174	16	394	1.56	0		5.57	0	0	2	0.3	104			
0	% of Goal :	3	4	4		23	117	5	16	*	*		11	*	*	*	2				
Home Fries (VE)	4 oz portion	204	8.71	0.647	0	2.598	5.045	0	217	29.65	2.7	0	2.76	0	19.1	8	0.49	558			
1	% of Goal :	10	13	3	*	260	504	*	9	10	11	*	6	*	32	*	3				
Assorted Muffin	Muffin	318	8.79	1.472	0	2.505	4.329	16	472	50.27	2.2	11.86	8.53	30	1.3	119	4.41	101			
0	% of Goal :	16	14	7	*	250	433	5	20	17	9	1186	17	*	2	12	24				
Fresh Seasonal	1 piece	78	0.44	0.092	0	0.118	0.029	0	0	19.94	3.2	1.61	0.55	111	12.6	12	0.25	216			
0	% of Goal :	4	*	*	*	12	3	*	*	7	13	161	*	2	21	*	*				

Meal Total: Amount:
 % of Goal:

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Saturday, August 4, 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	62	2.42	0.243	0	0.654	1.423	0	237	8.14	2.5	0.79	2.55	627	2.9	26	0.8	263			
0	% of Goal :	3	4	*	*	65	142	*	10	3	10	79	5	13	5	3	4				
Deli Bar - Summ	portion	456	11.88	3.275	0	1.518	3.724	32	1348	65.98	5.3	6.34	20.37	832	5.1	119	5.81	364			
0	% of Goal :	23	18	16	*	152	372	11	56	22	21	634	41	17	9	12	32				
Greek Chicken P	1 Serving	295	10.62	3.527	0.023	1.997	3.799	119	463	20.9	1.5	2.01	27.72	660	6.7	117	2.22	474			
0	% of Goal :	15	16	18	2	200	380	40	19	7	6	201	55	13	11	12	12				
Quinoa, Broccol	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			
0	% of Goal :	5	4	2	*	47	125	*	7	6	15	99	7	77	87	7	8				
Beef Enchilada	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			
0	% of Goal :	12	16	29	*	74	298	17	9	7	5	254	30	10	23	14	8				
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				
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				
Salad Bar L & D	servings	295	17.16	3.317	0	1.217	1.127	15	470	29.13	2.5	5.13	5.7	1592	13.4	45	1.51	199			
0	% of Goal :	15	26	17	*	122	113	5	20	10	10	513	11	32	22	4	8				
Steamed Whole G	3 OZ	15	0.09	0.022	0	0.043	0.004	0	166	3.34	1.6	0.63	0.77	207	2.1	22	0.35	82			
0	% of Goal :	*	*	*	*	4	*	*	7	*	6	63	2	4	4	2	2				
Onion Rings	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			
0	% of Goal :	14	25	15		592	652	9	17	9	5	416	12	*	4	8	8				
Fresh Seasonal	1 piece	78	0.44	0.092	0	0.118	0.029	0	0	19.94	3.2	1.61	0.55	111	12.6	12	0.25	216			
0	% of Goal :	4	*	*	*	12	3	*	*	7	13	161	*	2	21	*	*				

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Saturday, August 4, 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				
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, August 4, 2018
 Meal Period : Dinner
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count	Size	KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Soup of the Day	Cup	62	2.42	0.243	0	0.654	1.423	0	237	8.14	2.5	0.79	2.55	627	2.9	26	0.8	263			
0	% of Goal :	3	4	*	*	65	142	*	10	3	10	79	5	13	5	3	4				
Fried MSC Fish	4 oz portion	203	10.69	1.755	0	0.469	0.11	73	214	5.8	0.2	0	18.35	120	0.9	58	0.73	342			
0	% of Goal :	10	16	9	*	47	11	24	9	2	*	*	37	2	2	6	4				
Pizza Pepperoni	slice	132	6.23	2.106	0	0.486	2.433	15	786	3.61	1.2	2.41	15.09	451	3.7	253	0.66	40			
0	% of Goal :	7	10	11	*	49	243	5	33	*	5	241	30	9	6	25	4				
Pasta of the Da	10 oz portio	257	4.38	0.663	0	1.289	1.919	12	1116	42.72	3.5	0.83	12.19	969	11.5	39	3.19	415			
0	% of Goal :	13	7	3	*	129	192	4	47	14	14	83	24	19	19	4	18				
Mushroom & Seit	4 oz portion	235	2.1	0.258	0	0.551	0.527	0	96	43.47	2.9	0.17	9.91	79	1.3	14	2.41	98			
0	% of Goal :	12	3	*	*	55	53	*	4	14	11	17	20	2	2	*	13				
White Pizza w/	2 slices	522	17.65	8.906	0	2.172	5.275	44	1219	57.36	2.1	1.09	32.49	435	0.7	639	3.67	165			
0	% of Goal :	26	27	45	*	217	527	15	51	19	8	109	65	9	*	64	20				
Steamed Caulifl	3 oz portion	15	0.17	0.026		0.082	0.012	0	14	2.98	2.1		1.28	17	24.9	13	0.33	110			
0	% of Goal :	*	*	*		8	*	*	*	*	9		3	*	41	*	2				
Brown Rice	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				
Assorted Homema	slice	72	2.06	0.166	0	0.634	1.131	0	184	11.51	0.8	0.25	1.65	12	0	7	0.57	42			
0	% of Goal :	4	3	*	*	63	113	*	8	4	3	25	3	*	*	*	3				
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			
0	% of Goal :	11	16	10	*	333	484	6	12	10	6	3720	6	9	*	2	7				
Fresh Seasonal	1 piece	78	0.44	0.092	0	0.118	0.029	0	0	19.94	3.2	1.61	0.55	111	12.6	12	0.25	216			
0	% of Goal :	4	*	*	*	12	3	*	*	7	13	161	*	2	21	*	*				

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