

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Sunday, March 04, 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				
Grilled Cheddar	Each	501	32.28	11.96	0	5.228	11.582	48	835	40.93	3.2	4.26	17.02	1576	7.2	439	2.28	257			
0	% of Goal :	25	50	60	*	523	1158	16	35	14	13	426	34	32	12	44	13				
Bkd MSC Fish w/	Portions	126	3.99	0.478	0.008	1.913	0.845	65	580	3.13	0.3	1.47	18.26	263	6.2	61	0.64	365			
0	% of Goal :	6	6	2	*	191	84	22	24	*	*	147	37	5	10	6	4				
Chicken Gravy	2 oz portion	40	2.79	0.473	0.001	0.844	1.215	1	177	3.1	0.1	0.03	0.76	117	0	6	0.21	10			
0	% of Goal :	2	4	2	*	84	121	*	7	*	*	3	2	2	*	*	*				
Herb Roasted Ch	4oz portion	312	25.76	5.698	0.092	4.289	14.233	71	68	1.61	0.4	0	18.04	143	2.1	18	1.25	207			
1	% of Goal :	16	40	28	9	429	1423	24	3	*	2	*	36	3	3	2	7				
Herb Tofu Stea	4 oz steak	156	11.62	1.711	0	4.284	5.001	0	296	5.34	0.6	0.03	9.67	320	2	404	6.46	149			
0	% of Goal :	8	18	9	*	428	500	*	12	2	2	3	19	6	3	40	36				
Salad Bar Dinne	servings	294	20.7	4.293	0	1.412	1.315	20	620	21.46	3.3	6.97	5.57	1850	23.4	84	1.41	327			
1	% of Goal :	15	32	21	*	141	131	7	26	7	13	697	11	37	39	8	8				
Baked Maine But	4 oz. portion	102	3.75	0.615	0	1.23	1.713	0	332	18.08	0	25.51	1.02	7784	16.4	52	0.79	311			
1	% of Goal :	5	6	3	*	123	171	*	14	6	*	2551	2	156	27	5	4				
Mashed Maine Po	5 oz.	179	7.21	1.292	0	2.294	3.267	1	443	26.54	2.4	0.57	2.87	311	16.7	24	0.45	503			
0	% of Goal :	9	11	6	*	229	327	*	18	9	10	57	6	6	28	2	3				
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			
0	% of Goal :	3	*	*		15	7	*	4	4	2	48	4	*	*	*	4				
Ice Cream Bar	Each	476	29.19	18.421	0.114	1.127	7.71	86	131	52.26	1.9	20.85	5.81	827	1.7	165	0.85	325			
1	% of Goal :	24	45	92	11	113	771	29	5	17	7	2085	12	17	3	16	5				

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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 : Sunday, March 04, 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				
Assorted Popsyc	popsicle	29	0.07	0		0	0	0	6	6.96	0	4.49	0	0	2.8	1	0.24	9			
0	% of Goal :	*	*	*		*	*	*	*	2	*	449	*	*	5	*	*				

Meal Total: Amount:
 % of Goal:

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Sunday, March 04, 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			
0	% 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			
0	% of Goal :	6	6	2	*	112	263	*	16	5	17	229	9	21	11	5	8				
Belgion Waffles	6 oz waffle	234	7.22	1.482	0	1.408	3.858	11	547	36.92	1.9	3.57	5.52	917	0	231	5.11	107			
0	% of Goal :	12	11	7	*	141	386	4	23	12	8	357	11	18	*	23	28				
Omelette Bar	1 each	269	18.12	7.285	0	1.359	4.792	232	741	6.67	1.3	2.78	19.88	1166	40.6	139	1.69	344			
0	% of Goal :	13	28	36	*	136	479	77	31	2	5	278	40	23	68	14	9				
Grilled Ham	2 oz portion	173	11.14	4.092		1.062	4.983	60	141	0	0	0	16.97	6	0.2	9	0.64	223			
0	% of Goal :	9	17	20		106	498	20	6	*	*	*	34	*	*	*	4				
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				
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				
Cream of Rice	2/3 Cup	97	0.19	0.05	0	0.05	0.058	0	239	21.19	0.2	0	1.67	0	0	7	0.38	37			
0	% of Goal :	5	*	*	*	5	6	*	10	7	*	*	3	*	*	*	2				
French Toast	2 each	319	5.15	0.931	0	0.343	1.01	105	547	56.09	2.4	7.22	13.23	55	0	175	2.99	49			
0	% of Goal :	16	8	5	*	34	101	35	23	19	10	722	26	*	*	17	17				
Vegan French To	slice	106	3.11	0.466	0.005	1.272	0.624	0	193	17.42	1.7	3.25	3.58	47	0.1	34	0.99	69			
0	% of Goal :	5	5	2	*	127	62	*	8	6	7	325	7	*	*	3	5				
Assorted Cold C	serving	234	4.39	1.272	0.013	1.408	1.257	0	229	45.16	4.8	15.34	5.79	725	11.6	70	5.78	186			
0	% of Goal :	12	7	6	*	141	126	*	10	15	19	1534	12	15	19	7	32				

!*" 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, March 04, 2018
 Meal Period : Brunch
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Breakfast Acco	Servings	132	3.3	1.384	0.051	0.447	1.014	5	107	25.62	3	4.62	2.46	205	19.5	31	0.51	317			
0	% of Goal :	7	5	7	5	45	101	2	4	9	12	462	5	4	32	3	3				
Home Fries (VE)	4 oz potion	204	8.71	0.647	0	2.598	5.045	0	217	29.65	2.7	0	2.76	0	19.1	8	0.49	558			
0	% of Goal :	10	13	3	*	260	504	*	9	10	11	*	6	*	32	*	3				
Assorted Bagels	1 each	232	1.45	0.318	0	0.601	0.402	0	435	45.73	2	4.64	8.9	9	0.7	70	4.85	76			
0	% of Goal :	12	2	2	*	60	40	*	18	15	8	464	18	*	*	7	27				
Assorted Muffin	Each	304	11.69	1.182	0	3.137	5.945	23	342	43.44	3.1	11.69	5.81	97	3.2	119	2.24	123			
0	% of Goal :	15	18	6	*	314	594	8	14	14	12	1169	12	2	5	12	12				
Scones - Assort	Each	232	9.56	5.828	0.139	0.487	2.59	31	501	33.47	1.4	2.36	3.31	339	5.8	82	1.25	55			
0	% of Goal :	12	15	29	14	49	259	10	21	11	6	236	7	7	10	8	7				
Blueberry Sauce	2 Fluid Oz	61	0.12	0.01	0	0.051	0.016	0	1	13.52	0.8	10.57	0.26	18	3.5	2	0.1	27			
0	% of Goal :	3	*	*	*	5	2	*	*	5	3	1057	*	*	6	*	*				

Meal Total: Amount:
 % of Goal:

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Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Monday, March 05, 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 "Tofu"	3 oz portion	80	3.41	0.492	0	1.703	1.007	0	97	7.25	2	0.25	6.52	202	0.7	199	3.29	207			
0	% of Goal :	4	5	2	*	170	101	*	4	2	8	25	13	4	*	20	18				
Assorted Egg S	3 oz portion	179	12.76	5.822	0	1.247	4.208	233	402	2.8	0.2	1.55	13.22	358	5.1	172	0.93	112			
0	% of Goal :	9	20	29	*	125	421	78	17	*	*	155	26	7	8	17	5				
Scrambled Eggs	6 oz portion	260	18.19	5.359	0	2.815	7.074	694	227	2.01	0	0	20.42	393	0	81	2.35	199			
0	% of Goal :	13	28	27	*	282	707	231	9	*	*	*	41	8	*	8	13				
Scrambled Organ	5 oz. Each	120	7.94	1.139	0	3.523	2.791	0	14	4.26	0.8	0.11	10.34	831	12.2	444	7.15	213			
0	% of Goal :	6	12	6	*	352	279	*	*	*	3	11	21	17	20	44	40				
Scrambled Egg W	3oz portion	43	0.14	0		0	0	0	267	0.61	0	0.59	9.05	0	0	6	0.07	135			
0	% of Goal :	2	*	*		*	*	*	11	*	*	59	18	*	*	*	*				
Grilled Ham	2 oz portion	173	11.14	4.092		1.062	4.983	60	141	0	0	0	16.97	6	0.2	9	0.64	223			
0	% of Goal :	9	17	20		106	498	20	6	*	*	*	34	*	*	*	4				
Eggs Cooked	Portions	141	9.49	2.935	0	1.288	3.608	402	119	1.16	0	0	11.83	181	0	46	1.36	115			
0	% of Goal :	7	15	15	*	129	361	134	5	*	*	*	24	4	*	5	8				
Hard Boiled Egg	2 each	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				
Pancakes	2 each	160	1.47	0.29	0	0.486	0.487	6	350	33.09	1.5	5.51	3	30	2.6	72	1.02	130			
0	% of Goal :	8	2	*	*	49	49	2	15	11	6	551	6	*	4	7	6				
Oatmeal	2/3 Cup	430	7.39	1.259	0	2.608	2.245	0	1796	76.77	11.5	1.12	14.91	115	0	79	4.93	411			
0	% of Goal :	21	11	6	*	261	224	*	75	26	46	112	30	2	*	8	27				
Assorted Cold C	serving	234	4.39	1.272	0.013	1.408	1.257	0	229	45.16	4.8	15.34	5.79	725	11.6	70	5.78	186			
0	% of Goal :	12	7	6	*	141	126	*	10	15	19	1534	12	15	19	7	32				
Breakfast Acco	Servings	132	3.3	1.384	0.051	0.447	1.014	5	107	25.62	3	4.62	2.46	205	19.5	31	0.51	317			
1	% of Goal :	7	5	7	5	45	101	2	4	9	12	462	5	4	32	3	3				

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Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Monday, March 05, 2018
 Meal Period : Breakfast
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Home Fries (VE)	4 oz portion	204	8.71	0.647	0	2.598	5.045	0	217	29.65	2.7	0	2.76	0	19.1	8	0.49	558			
0	% of Goal :	10	13	3	*	260	504	*	9	10	11	*	6	*	32	*	3				
Assorted Muffin	Each	412	18.87	2.995	0	5.134	9.67	38	429	51.87	2.2	21.56	6.83	71	1.7	165	2.34	141			
0	% of Goal :	21	29	15	*	513	967	13	18	17	9	2156	14	*	3	17	13				

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, March 05, 2018
 Meal Period : Lunch
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count	Size	KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Bowdoin Bean an	Cup	134	0.91	0.17	0	0.356	0.248	0	535	26.29	5.6	1.03	6.5	458	5	65	1.83	372			
0	% of Goal :	7	*	*	*	36	25	*	22	9	23	103	13	9	8	6	10				
Sweet Italian S	6oz portion	97	4.08	1.011	0	0.547	2.372	16	695	7.98	1.1	0.52	7.24	1097	10.5	23	0.78	264			
0	% of Goal :	5	6	5	*	55	237	5	29	3	5	52	14	22	18	2	4				
Honky Tonk w/ M	6 Oz	224	7.6	4.041	0	0.633	2.084	28	578	24.83	1.3	2.87	13.99	358	4.2	168	1.84	171			
0	% of Goal :	11	12	20	*	63	208	9	24	8	5	287	28	7	7	17	10				
Creole Chicken	portion	425	20.75	4.328	0.031	8.376	6.138	72	1308	30.95	2.8	3.59	28.42	1253	31.3	153	3.23	517			
0	% of Goal :	21	32	22	3	838	614	24	54	10	11	359	57	25	52	15	18				
Deli Bar Lunch	portion	296	11.31	4.345	0.003	1.195	2.613	43	730	33.34	2.9	3.55	15.03	804	4.3	151	3.07	245			
0	% of Goal :	15	17	22	*	119	261	14	30	11	11	355	30	16	7	15	17				
Rigatoni w/ Me	10 oz portio	278	3.95	0.562	0	0.94	1.945	0	316	51.8	3.9	0.85	8.83	702	26.1	50	3.08	359			
0	% of Goal :	14	6	3	*	94	195	*	13	17	16	85	18	14	44	5	17				
Maine Beef Hamb	Hamburger	135	2.86	1.199		0.479	0.894	42	130	7.91	0.4	0	19	0	0	29	1.91	22			
1	% of Goal :	7	4	6		48	89	14	5	3	2	*	38	*	*	3	11				
Bowdoins Season	4oz portion	191	9.5	0.815	0	2.38	4.477	53	290	3.63	0.1	2.91	21.03	29	5.1	17	0.8	248			
1	% of Goal :	10	15	4	*	238	448	18	12	*	*	291	42	*	8	2	4				
Greek Salad Wra	Each	403	20.99	7.159	0	2.212	6.924	27	846	44.49	5.1	5.65	11.82	1622	20.3	319	3.58	552			
0	% of Goal :	20	32	36	*	221	692	9	35	15	21	565	24	32	34	32	20				
Greek Salad Del	6oz serving	176	14.19	5.312	0	2.227	6.129	28	394	7.98	1.9	3.8	5.89	1293	14.8	189	1.01	372			
0	% of Goal :	9	22	27	*	223	613	9	16	3	7	380	12	26	25	19	6				
Pasta Bar	10 oz portio	245	4.83	2.586	0.095	0.53	1.16	12	36	41.94	2.4	1.18	7.64	162	1.6	41	2.04	82			
0	% of Goal :	12	7	13	10	53	116	4	*	14	10	118	15	3	3	4	11				
Roasted Cauli,	portion	279	10.06	2.899	0	16.707	4.532	10	587	39.97	5	16.09	8.14	3197	34.7	114	2.24	301			
0	% of Goal :	14	15	14	*	1671	453	3	24	13	20	1609	16	64	58	11	12				

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Monday, March 05, 2018
 Meal Period : Lunch
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Grilled 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				
Salad Bar Lunch	servings	283	20.6	4.268	0	1.394	1.264	20	598	19.81	2.5	6.63	4.47	1796	22.3	82	1.24	268			
1	% of Goal :	14	32	21	*	139	126	7	25	7	10	663	9	36	37	8	7				
Sundried Tomato	6oz Portion	437	26.98	8.251	0	1.252	4.004	38	1864	41.8	7.1	2.19	19.85	1744	24.4	391	5.16	1802			
0	% of Goal :	22	42	41	*	125	400	13	78	14	28	219	40	35	41	39	29				
Sesame Carrots	3 oz. Portion	66	2.73	0.525	0	1.214	0.834	0	452	10.1	3.7	4.15	1.04	3025	5.1	44	0.54	290			
0	% of Goal :	3	4	3	*	121	83	*	19	3	15	415	2	60	9	4	3				
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	*	*				
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				
Homemade Ginger cookie		83	3.76	0.875	0	1.261	1.391	5	95	10.06	0.2	5.37	0.99	77	0	3	0.34	11			
1	% of Goal :	4	6	4	*	126	139	2	4	3	*	537	2	2	*	*	2				

Meal Total: Amount:
 % of Goal:

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Monday, March 05, 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				
Bowdoin Bean an 0	Cup % of Goal :	134 7	0.91 *	0.17 *	0 *	0.356 36	0.248 25	0 *	535 22	26.29 9	5.6 23	1.03 103	6.5 13	458 9	5 8	65 6	1.83 10	372			
Sweet Italian S 0	6oz portion % of Goal :	97 5	4.08 6	1.011 5	0 *	0.547 55	2.372 237	16 5	695 29	7.98 3	1.1 5	0.52 52	7.24 14	1097 22	10.5 18	23 2	0.78 4	264			
Herb Quinoa & V 0	8 oz portion % of Goal :	353 18	6.24 10	0.697 3	0 *	2.204 220	2.133 213	0 *	283 12	64.29 21	5.9 24	1.4 140	11.84 24	1320 26	12 20	75 7	8.38 47	784			
Sweet and Sour 1	5 oz Servin % of Goal :	225 11	2.49 4	0.84 4	0 *	0.362 36	1.231 123	18 6	836 35	41.3 14	0.5 2	71.75 7175	9.3 19	165 3	18.4 31	25 3	1.75 10	220			
Jerk Chicken w 1	3 oz. % of Goal :	118 6	3.42 5	0.855 4	0.015 2	0.896 90	1.187 119	68 23	168 7	7.01 2	0.9 3	5.34 534	14.61 29	122 2	8.5 14	16 2	0.87 5	248			
Rstd Butternut 1	slice % of Goal :	9 *	0.02 *	0.005 *		0.009 *	0.002 *	0 *	1 *	2.48 *			0.21 *	1654 33	3.6 6	10 *	0.14 *	67			
Pasta Red Onion 0	5oz portion % of Goal :	322 16	5.48 8	0.986 5	0.008 *	2.28 228	1.577 158	15 5	1395 58	53.39 18	4.3 17	1.04 104	15.23 30	1211 24	14.4 24	48 5	3.99 22	518			
Roasted Cauli, 0	portion % of Goal :	279 14	10.06 15	2.899 14	0 *	16.707 1671	4.532 453	10 3	587 24	39.97 13	5 20	16.09 1609	8.14 16	3197 64	34.7 58	114 11	2.24 12	301			
Salad Bar Dinne 1	servings % of Goal :	294 15	20.7 32	4.293 21	0 *	1.412 141	1.315 131	20 7	620 26	21.46 7	3.3 13	6.97 697	5.57 11	1850 37	23.4 39	84 8	1.41 8	327			
Steamed Zucchini 1	3 OZ % of Goal :	11 *	0.26 *	0.053 *		0.111 11	0.021 2	0 *	176 7	1.98 *	0.7 3	1.26 126	0.84 2	821 16	9.5 16	13 *	0.27 2	194			
Steamed Rice (V 0	4 oz portion % of Goal :	221 11	0 *	0 *	0 *	0 *	0.106 11	0 *	2 *	48.12 16	0 *	0 *	5.2 10	0 *	0 *	2 *	1.88 10	73			
Multi-Grain Bre 0	Slice % of Goal :	54 3	0.59 *	0.118 *	0 *	0.257 26	0.103 10	0 *	47 2	9.66 3	1.2 5	0.81 81	2.3 5	0 *	0 *	14 *	0.56 3	38			

!*! 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, March 05, 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				
Carrot Cake w/	Servings	162	9.7	0.84	0	2.838	5.506	21	135	15.23	0.7	8.9	1.58	264	0.4	10	0.46	39			
1	% of Goal :	8	15	4	*	284	551	7	6	5	3	890	3	5	*	*	3				

Meal Total: Amount:
 % of Goal:

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

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

Courses selected:Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Tuesday, March 06, 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				
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				
Breakfast Pizza	1 Slice	327	12.13	5.276	0	1.682	3.904	85	633	37.87	1.5	1.23	15.62	250	3.4	248	2.66	132			
0	% of Goal :	16	19	26	*	168	390	28	26	13	6	123	31	5	6	25	15				
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				
Belgion Waffles	6 oz waffle	234	7.22	1.482	0	1.408	3.858	11	547	36.92	1.9	3.57	5.52	917	0	231	5.11	107			
0	% of Goal :	12	11	7	*	141	386	4	23	12	8	357	11	18	*	23	28				
Pork Breakfast	2 each	195	19.45	7.074				18	380	0.88	0	0	5.31	88	0	18	0.96				
0	% of Goal :	10	30	35				6	16	*	*	*	11	2	*	2	5				
'Veggie Patty B	2 Each																				
0	% of Goal :																				
Chicken Breakfa	sausage	73	3.44	1.161		0.327	1.651	22	553	2.19	0		7.83	0	0	3	0.43	146			
0	% of Goal :	4	5	6		33	165	7	23	*	*		16	*	*	*	2				
Scambled "Tofu"	3 oz portion	80	3.41	0.492	0	1.703	1.007	0	97	7.25	2	0.25	6.52	202	0.7	199	3.29	207			
0	% of Goal :	4	5	2	*	170	101	*	4	2	8	25	13	4	*	20	18				
Scrambled Egg W	3oz portion	43	0.14	0		0	0	0	267	0.61	0	0.59	9.05	0	0	6	0.07	135			
0	% of Goal :	2	*	*		*	*	*	11	*	*	59	18	*	*	*	*				
Hard Boiled Egg	2 each	131	8.8	2.722	0	1.194	3.346	373	111	1.07	0	0	10.97	168	0	43	1.26	106			
0	% of Goal :	7	14	14	*	119	335	124	5	*	*	*	22	3	*	4	7				
Maypo	2/3 cup	148	2.04	0	0	0	0	0	96	27.7	4.2	0	5.08	2036	24.6	112	7.33	184			
0	% of Goal :	7	3	*	*	*	*	*	4	9	17	*	10	41	41	11	41				

!*! 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, March 06, 2018
 Meal Period : Breakfast
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Assorted Cold C	0 serving	234	4.39	1.272	0.013	1.408	1.257	0	229	45.16	4.8	15.34	5.79	725	11.6	70	5.78	186			
	% of Goal :	12	7	6	*	141	126	*	10	15	19	1534	12	15	19	7	32				
Breakfast Acco	1 Servings	132	3.3	1.384	0.051	0.447	1.014	5	107	25.62	3	4.62	2.46	205	19.5	31	0.51	317			
	% of Goal :	7	5	7	5	45	101	2	4	9	12	462	5	4	32	3	3				
Assorted Bagels	0 1 each	232	1.45	0.318	0	0.601	0.402	0	435	45.73	2	4.64	8.9	9	0.7	70	4.85	76			
	% of Goal :	12	2	2	*	60	40	*	18	15	8	464	18	*	*	7	27				
Assorted Muffin	0 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			
	% of Goal :	12	12	4	*	177	337	4	11	12	5	631	9	*	3	7	8				
Blueberry Sauce	0 2 Fluid Oz	61	0.12	0.01	0	0.051	0.016	0	1	13.52	0.8	10.57	0.26	18	3.5	2	0.1	27			
	% of Goal :	3	*	*	*	5	2	*	*	5	3	1057	*	*	6	*	*				

Meal Total: Amount:
 % of Goal:

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Tuesday, March 06, 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				
Vegetarian Mine	6oz portion	37	0.46	0.079	0	0.139	0.189	0	480	7.59	1.5	0.88	1.28	653	9.5	30	0.71	216			
0	% of Goal :	2	*	*	*	14	19	*	20	3	6	88	3	13	16	3	4				
Silky Cauliflow	6oz portion	55	4.59	1.217	0	0.421	2.414	4	338	2.95	1	0.21	2.31	180	15.6	57	0.16	62			
0	% of Goal :	3	7	6	*	42	241	*	14	*	4	21	5	4	26	6	*				
Chicken Florent	portion	559	41.47	24.448	0.465	1.858	11.382	147	1024	14.45	3.5	5.5	37.84	7800	21.3	847	2.32	606			
1	% of Goal :	28	64	122	46	186	1138	49	43	5	14	550	76	156	35	85	13				
3 Bean Chili w/	8 oz portion	448	13.68	2.867	0	2.699	7.071	18	710	66.51	11.7	8.2	15.55	1006	33.7	232	5.24	895			
0	% of Goal :	22	21	14	*	270	707	6	30	22	47	820	31	20	56	23	29				
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				
Tuscan Style Ch	1 each	758	30.39	7.504	0	2.83	13.532	56	1314	85.75	8.3	7.34	35.19	5703	17.4	302	6.42	803			
0	% of Goal :	38	47	38	*	283	1353	19	55	29	33	734	70	114	29	30	36				
Deli Bar Lunch	portion	296	11.31	4.345	0.003	1.195	2.613	43	730	33.34	2.9	3.55	15.03	804	4.3	151	3.07	245			
0	% of Goal :	15	17	22	*	119	261	14	30	11	11	355	30	16	7	15	17				
Pasta Bar	10 oz portio	245	4.83	2.586	0.095	0.53	1.16	12	36	41.94	2.4	1.18	7.64	162	1.6	41	2.04	82			
0	% of Goal :	12	7	13	10	53	116	4	*	14	10	118	15	3	3	4	11				
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				
Greek Broccoli	4oz portion	195	14.33	2.493	0	1.634	9.255	3	482	14.3	5.4	1.28	6.14	2027	118.6	99	2.19	726			
0	% of Goal :	10	22	12	*	163	925	*	20	5	21	128	12	41	198	10	12				
Grilled Chic,St	portion	237	18.57	3.209	0	1.941	11.856	11	122	13.55	4.3	1.36	7.06	884	38.7	59	1.38	416			
0	% of Goal :	12	29	16	*	194	1186	4	5	5	17	136	14	18	65	6	8				
Salad Bar Lunch	servings	283	20.6	4.268	0	1.394	1.264	20	598	19.81	2.5	6.63	4.47	1796	22.3	82	1.24	268			
1	% of Goal :	14	32	21	*	139	126	7	25	7	10	663	9	36	37	8	7				

!*! 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, March 06, 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 Peas (V	3 OZ	72	0.19	0.033		0.087	0.016	0	3	13.34	4.7		4.57	509	12.1	23	1.31	231			
0	% of Goal :	4	*	*		9	2	*	*	4	19		9	10	20	2	7				
Steamed Rice (V	4 oz portion	221	0	0	0	0	0.106	0	2	48.12	0	0	5.2	0	0	2	1.88	73			
0	% of Goal :	11	*	*	*	*	11	*	*	16	*	*	10	*	*	*	10				
Whoppie Pies	portions																				
0	% of Goal :																				

Meal Total: Amount:
 % of Goal:

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Tuesday, March 06, 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				
Silky Cauliflow	6oz portion	55	4.59	1.217	0	0.421	2.414	4	338	2.95	1	0.21	2.31	180	15.6	57	0.16	62			
0	% of Goal :	3	7	6	*	42	241	*	14	*	4	21	5	4	26	6	*				
Vegetarian Mine	6oz portion	37	0.46	0.079	0	0.139	0.189	0	480	7.59	1.5	0.88	1.28	653	9.5	30	0.71	216			
0	% of Goal :	2	*	*	*	14	19	*	20	3	6	88	3	13	16	3	4				
Brown Sugar Bal	portion	301	10.42	3.617	0.098	1.198	4.436	83	255	20.48	0.2	70.88	30.26	29	0.2	32	1.23	413			
1	% of Goal :	15	16	18	10	120	444	28	11	7	*	7088	61	*	*	3	7				
Grilled Cheese	soup & 1/2	288	12.72	6.617	0.056	0.616	1.571	39	558	30.4	2.6	4.56	11.1	1047	15.8	235	7.15	319			
0	% of Goal :	14	20	33	6	62	157	13	23	10	10	456	22	21	26	23	40				
Cheese Ravioli	4 each	56	2.6	0.971	0	0.357	0.745	4	215	7.39	1.6	0.99	3.09	934	11.2	78	0.96	321			
0	% of Goal :	3	4	5	*	36	74	*	9	2	7	99	6	19	19	8	5				
Falafel w/ Tzat	3 oz patty	240	16.49	1.742	0	3.383	9.738	0	543	17.86	4.8	7.9	6.19	72	4.5	114	1.12	630			
0	% of Goal :	12	25	9	*	338	974	*	23	6	19	790	12	*	8	11	6				
Nat. 1/4lbMain	Each	323	10.79	4.275	0.132	1.607	2.424	52	358	30.78	2.6	2.18	24.75	1941	15.8	258	3.65	514			
1	% of Goal :	16	17	21	13	161	242	17	15	10	10	218	50	39	26	26	20				
Greek Broccoli	4oz portion	195	14.33	2.493	0	1.634	9.255	3	482	14.3	5.4	1.28	6.14	2027	118.6	99	2.19	726			
0	% of Goal :	10	22	12	*	163	925	*	20	5	21	128	12	41	198	10	12				
Salad Bar Dinne	servings	294	20.7	4.293	0	1.412	1.315	20	620	21.46	3.3	6.97	5.57	1850	23.4	84	1.41	327			
1	% of Goal :	15	32	21	*	141	131	7	26	7	13	697	11	37	39	8	8				
Sauteed String	4oz portion	231	12.12	4.46	0.116	1.627	4.549	18	599	25.77	3	0.88	8.77	735	5.8	227	2.75	205			
1	% of Goal :	12	19	22	12	163	455	6	25	9	12	88	18	15	10	23	15				
Brown Rice - St	4 oz portion	128	1.04	0.208	0	0.373	0.378	0	6	26.52	2.1	0	2.98	0	0	12	0.49	50			
0	% of Goal :	6	2	*	*	37	38	*	*	9	8	*	6	*	*	*	3				
Italian Bread	slices	150	4.1	0.544	0.011	2.189	1.081	0	383	23.85	1.4	1.06	3.59	0	0	6	1.34	52			
0	% of Goal :	7	6	3	*	219	108	*	16	8	6	106	7	*	*	*	7				

!*! 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 : Tuesday, March 06, 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				
Tollhouse Pie	1/16 portion	250	12.33	3.888	0	2.705	5.094	17	165	33.44	1.2	43.95	2.75	343	0	19	1.37	77			
1	% of Goal :	13	19	19	*	271	509	6	7	11	5	4395	6	7	*	2	8				

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, March 07, 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				
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 each	160	1.47	0.29	0	0.486	0.487	6	350	33.09	1.5	5.51	3	30	2.6	72	1.02	130			
0	% of Goal :	8	2	*	*	49	49	2	15	11	6	551	6	*	4	7	6				
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				
Assorted Egg S	3 oz portion	179	12.76	5.822	0	1.247	4.208	233	402	2.8	0.2	1.55	13.22	358	5.1	172	0.93	112			
0	% of Goal :	9	20	29	*	125	421	78	17	*	*	155	26	7	8	17	5				
Oatmeal	2/3 Cup	430	7.39	1.259	0	2.608	2.245	0	1796	76.77	11.5	1.12	14.91	115	0	79	4.93	411			
0	% of Goal :	21	11	6	*	261	224	*	75	26	46	112	30	2	*	8	27				
Canadian Bacon	2oz portion	89	3.95	1.259		0.357	1.786	28	799	0.95	0		11.7	0	0	5	0.39	195			
0	% of Goal :	4	6	6		36	179	9	33	*	*		23	*	*	*	2				
Scrambled Eggs	6 oz portion	260	18.19	5.359	0	2.815	7.074	694	227	2.01	0	0	20.42	393	0	81	2.35	199			
0	% of Goal :	13	28	27	*	282	707	231	9	*	*	*	41	8	*	8	13				
Scrambled Egg W	3oz portion	43	0.14	0		0	0	0	267	0.61	0	0.59	9.05	0	0	6	0.07	135			
0	% of Goal :	2	*	*		*	*	*	11	*	*	59	18	*	*	*	*				
Assorted Cold C	serving	234	4.39	1.272	0.013	1.408	1.257	0	229	45.16	4.8	15.34	5.79	725	11.6	70	5.78	186			
0	% of Goal :	12	7	6	*	141	126	*	10	15	19	1534	12	15	19	7	32				
Breakfast Acco	Servings	132	3.3	1.384	0.051	0.447	1.014	5	107	25.62	3	4.62	2.46	205	19.5	31	0.51	317			
1	% of Goal :	7	5	7	5	45	101	2	4	9	12	462	5	4	32	3	3				
Assorted Bagels	1 each	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				

!*! 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, March 07, 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				
Starwberry sauc	2 oz portion	50	0.06	0.003		0.031	0.009	0	2	13.46	0.9		0.25	11	19.6	5	0.29	46			
0	% of Goal :	3	*	*		3	*	*	*	4	4		*	*	33	*	2				

Meal Total: Amount:
 % of Goal:

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

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

Courses selected:Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Wednesday, March 07, 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 Tortill	6 oz portion	125	5.06	2.313	0.001	0.363	1.88	23	209	10.72	2.1	0.75	10.21	351	7	128	0.97	261			
0	% of Goal :	6	8	12	*	36	188	8	9	4	8	75	20	7	12	13	5				
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				
Shells w/ Mush.	6oz portion	367	16.41	9.836	0.001	0.954	4.455	51	265	41.13	2.5	0.82	11.74	2200	5.4	138	2.56	326			
0	% of Goal :	18	25	49	*	95	446	17	11	14	10	82	23	44	9	14	14				
Kung Pao Chicke	7 oz portion	226	4.04	0.645	0.004	1.46	1.456	19	1222	39.38	0.9	7.48	6.52	254	7.1	10	1.16	148			
0	% of Goal :	11	6	3	*	146	146	6	51	13	4	748	13	5	12	*	6				
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			
0	% of Goal :	7	4	2		100	73	*	26	3	27	202	36	*	*	3	15				
Baked Fish Sand	Each	452	20.31	3.915	0	4.522	4.913	88	1080	39.94	2.5	1.61	25.56	892	2.3	125	2.84	483			
0	% of Goal :	23	31	20	*	452	491	29	45	13	10	161	51	18	4	12	16				
Maine Beef Hamb	Hamburger	135	2.86	1.199		0.479	0.894	42	130	7.91	0.4	0	19	0	0	29	1.91	22			
1	% of Goal :	7	4	6		48	89	14	5	3	2	*	38	*	*	3	11				
Deli Bar Lunch	portion	296	11.31	4.345	0.003	1.195	2.613	43	730	33.34	2.9	3.55	15.03	804	4.3	151	3.07	245			
0	% of Goal :	15	17	22	*	119	261	14	30	11	11	355	30	16	7	15	17				
Pasta Bar	10 oz portio	245	4.83	2.586	0.095	0.53	1.16	12	36	41.94	2.4	1.18	7.64	162	1.6	41	2.04	82			
0	% of Goal :	12	7	13	10	53	116	4	*	14	10	118	15	3	3	4	11				
Assorted French	slice	347	12.71	3.227	0.013	3.365	4.299	18	1383	36.44	3.9	5.42	20.32	797	9	253	2.71	125			
0	% of Goal :	17	20	16	*	336	430	6	58	12	16	542	41	16	15	25	15				
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				
Arugula,Parsnip	portion	9	0.22	0.029		0.109	0.017	0	9	1.24	0.5	0.7	0.88	807	5.1	54	0.5	126			
0	% of Goal :	*	*	*		11	2	*	*	*	2	70	2	16	9	5	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 : Wednesday, March 07, 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				
Mexican Tortell	6 oz.	300	17.67	5.046	0	1.379	9.08	27	524	25.82	2.7	4.65	10.91	1908	13.7	251	1.51	327			
0	% of Goal :	15	27	25	*	138	908	9	22	9	11	465	22	38	23	25	8				
Salad Bar Lunch	servings	283	20.6	4.268	0	1.394	1.264	20	598	19.81	2.5	6.63	4.47	1796	22.3	82	1.24	268			
1	% of Goal :	14	32	21	*	139	126	7	25	7	10	663	9	36	37	8	7				
Steamed Zucchini	3 oz portion	16	0.3	0.06	0	0.125	0.023	0	247	3.12	1.1	0.75	0.91	619	8.1	20	0.33	201			
0	% of Goal :	*	*	*	*	12	2	*	10	*	4	75	2	12	14	2	2				
Steamed Rice (V	4 oz portion	221	0	0	0	0	0.106	0	2	48.12	0	0	5.2	0	0	2	1.88	73			
0	% of Goal :	11	*	*	*	*	11	*	*	16	*	*	10	*	*	*	10				
Macron Cookie	portion	354	23.28	13.389	0	3.134	5.505	7	195	35.42	3.6	8.77	4.35	373	0.8	73	1.44	220			
1	% of Goal :	18	36	67	*	313	551	2	8	12	15	877	9	7	*	7	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 : Wednesday, March 07, 2018
 Meal Period : Dinner
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Chicken Tortill	6 oz portion	125	5.06	2.313	0.001	0.363	1.88	23	209	10.72	2.1	0.75	10.21	351	7	128	0.97	261			
0	% of Goal :	6	8	12	*	36	188	8	9	4	8	75	20	7	12	13	5				
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				
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				
Adobo Chicken	3oz portion	80	1.49	0.248	0	0.228	0.287	40	1221	0.55	0.3	0.04	16.29	71	1.4	22	1.24	203			
1	% of Goal :	4	2	*	*	23	29	13	51	*	*	4	33	*	2	2	7				
Maine Beef Burr	1 each	555	19.39	9.611	0	0.928	5.608	92	1134	54.72	6.5	5.61	40.58	1396	11.8	360	6.39	478			
1	% of Goal :	28	30	48	*	93	561	31	47	18	26	561	81	28	20	36	36				
Vegetarian Pael	6 oz portion	89	1.99	0.333	0	0.275	0.884	0	625	15.09	2.3	0.7	4.6	303	9.6	22	0.87	140			
0	% of Goal :	4	3	2	*	28	88	*	26	5	9	70	9	6	16	2	5				
Hot Cocoa Bar	6 oz portion	147	3.29	2.032		0.121	0.971	10	116	24.28	0.9		5.86	400	1.5	203	0.43	300			
0	% of Goal :	7	5	10		12	97	3	5	8	3		12	8	3	20	2				
Arugula,Parsnip	portion	9	0.22	0.029		0.109	0.017	0	9	1.24	0.5	0.7	0.88	807	5.1	54	0.5	126			
0	% of Goal :	*	*	*		11	2	*	*	*	2	70	2	16	9	5	3				
Salad Bar Dinne	servings	294	20.7	4.293	0	1.412	1.315	20	620	21.46	3.3	6.97	5.57	1850	23.4	84	1.41	327			
1	% of Goal :	15	32	21	*	141	131	7	26	7	13	697	11	37	39	8	8				
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			
0	% of Goal :	3	8	2	*	158	292	*	15	*	12	40	6	119	3	12	9				
Brown Rice - St	4 oz portion	128	1.04	0.208	0	0.373	0.378	0	6	26.52	2.1	0	2.98	0	0	12	0.49	50			
0	% of Goal :	6	2	*	*	37	38	*	*	9	8	*	6	*	*	*	3				
White Whole Wh	slice	75	0.25	0.04	0	0.101	0.036	0	246	15.32	0.9	0.68	2.3	0	0	4	0.86	34			
0	% of Goal :	4	*	*	*	10	4	*	10	5	4	68	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

Unit : Thorne
 Service Date : Wednesday, March 07, 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			
1	% of Goal :	24	45	92	11	113	771	29	5	17	7	2085	12	17	3	16	5				

Meal Total: Amount:
 % of Goal:

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Thursday, March 08, 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				
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				
Stuffed French	Triangle	172	9.32	3.814	0	1.257	2.427	51	236	20.12	1.4	1.6	4.49	245	0.1	70	1.11	75			
0	% of Goal :	9	14	19	*	126	243	17	10	7	6	160	9	5	*	7	6				
Scrambled Egg W	3oz portion	43	0.14	0		0	0	0	267	0.61	0	0.59	9.05	0	0	6	0.07	135			
0	% of Goal :	2	*	*		*	*	*	11	*	*	59	18	*	*	*	*				
Scrambled Eggs	6 oz portion	260	18.19	5.359	0	2.815	7.074	694	227	2.01	0	0	20.42	393	0	81	2.35	199			
0	% of Goal :	13	28	27	*	282	707	231	9	*	*	*	41	8	*	8	13				
Pork Breakfast	2 each	195	19.45	7.074				18	380	0.88	0	0	5.31	88	0	18	0.96				
0	% of Goal :	10	30	35				6	16	*	*	*	11	2	*	2	5				
Chicken Breakfa	sausage	73	3.44	1.161		0.327	1.651	22	553	2.19	0		7.83	0	0	3	0.43	146			
0	% of Goal :	4	5	6		33	165	7	23	*	*		16	*	*	*	2				
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				
Quiche Assorted	1/9 portion	317	20.1	8.233	0	2.268	7.637	123	467	24.09	1.8	2.64	10.62	1280	10.4	189	1.77	212			
1	% of Goal :	16	31	41	*	227	764	41	19	8	7	264	21	26	17	19	10				
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				
Assorted Cold C	serving	234	4.39	1.272	0.013	1.408	1.257	0	229	45.16	4.8	15.34	5.79	725	11.6	70	5.78	186			
0	% of Goal :	12	7	6	*	141	126	*	10	15	19	1534	12	15	19	7	32				
Breakfast Acco	Servings	132	3.3	1.384	0.051	0.447	1.014	5	107	25.62	3	4.62	2.46	205	19.5	31	0.51	317			
1	% of Goal :	7	5	7	5	45	101	2	4	9	12	462	5	4	32	3	3				
Home Fries (VE)	4 oz potion	204	8.71	0.647	0	2.598	5.045	0	217	29.65	2.7	0	2.76	0	19.1	8	0.49	558			
0	% of Goal :	10	13	3	*	260	504	*	9	10	11	*	6	*	32	*	3				

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

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

Courses selected: Selected All

Unit : Thorne
 Service Date : Thursday, March 08, 2018
 Meal Period : Breakfast
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Assorted Bagels	1 each	232	1.45	0.318	0	0.601	0.402	0	435	45.73	2	4.64	8.9	9	0.7	70	4.85	76			
0	% of Goal :	12	2	2	*	60	40	*	18	15	8	464	18	*	*	7	27				
Assorted Muffin	Each	258	10.38	1.896	0	2.254	4.811	17	266	36.95	2	11.22	4.66	30	1.6	82	1.63	94			
0	% of Goal :	13	16	9	*	225	481	6	11	12	8	1122	9	*	3	8	9				

Meal Total: Amount:
 % of Goal:

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Thursday, March 08, 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				
Cream of Chicke 0	6oz portion % of Goal :	103 5	4.76 7	1.354 7	0.003 *	1.072 107	1.735 173	13 4	471 20	8.87 3	0.6 2	3.51 351	6.2 12	361 7	1.2 2	86 9	0.46 3	170			
Parsnip & Carro 0	6 oz portion % of Goal :	80 4	1.66 3	0.289 *	0 *	0.831 83	0.437 44	0 *	534 22	14.52 5	1.8 7	6.71 671	2.17 4	589 12	5.5 9	36 4	0.58 3	241			
Shepherd's Pie 0	7.25oz Porti % of Goal :	250 13	9.97 15	2.321 12	0 *	2.689 269	4.365 436	41 14	629 26	22.41 7	2 8	1.76 176	19.62 39	393 8	9.5 16	21 2	1.88 10	321			
Lentil Shepherd 0	5oz portion % of Goal :	130 7	2.24 3	0.532 3	0.012 *	0.65 65	0.875 88	0 *	263 11	22.16 7	5.7 23	0.76 76	6.25 12	124 2	10.9 18	21 2	2.34 13	423			
Pasta Bar Thur 0	6 oz portion % of Goal :	192 10	6 9	3.214 16	0.194 19	0.649 65	1.54 154	13 4	362 15	29.64 10	2.5 10	1.3 130	5.08 10	711 14	13.4 22	31 3	1.84 10	227			
Buffalo Chicken 1	Each % of Goal :	504 25	20.14 31	4.597 23	0.006 *	3.646 365	4.031 403	108 36	1155 48	40.95 14	2.6 10	4.14 414	36.1 72	154 3	13.1 22	47 5	3.83 21	353			
Grilled Cheese 0	Each % of Goal :	320 16	24.98 38	7.439 37	0 *	4.754 475	7.632 763	25 8	877 37	19.91 7	1.3 5	1.27 127	7.76 16	953 19	0 *	208 21	0.91 5	94			
Deli Bar Lunch 0	portion % of Goal :	296 15	11.31 17	4.345 22	0.003 *	1.195 119	2.613 261	43 14	730 30	33.34 11	2.9 11	3.55 355	15.03 30	804 16	4.3 7	151 15	3.07 17	245			
Collard Greens& 0	portion % of Goal :	113 6	7.43 11	0.548 3	0 *	2.219 222	4.066 407	0 *	245 10	9.52 3	4.1 16	3.44 344	3.04 6	4555 91	34.5 58	219 22	0.63 4	245			
Spinach Articho 0	1 each % of Goal :	452 23	25.27 39	3.993 20	0 *	3.74 374	14.211 1421	6 2	536 22	47.24 16	3.5 14	0.06 6	10.31 21	413 8	4.4 7	100 10	13.85 77	256			
Salad Bar Lunch 1	servings % of Goal :	283 14	20.6 32	4.268 21	0 *	1.394 139	1.264 126	20 7	598 25	19.81 7	2.5 10	6.63 663	4.47 9	1796 36	22.3 37	82 8	1.24 7	268			
Quinoa Tabouli 0	8 oz portion % of Goal :	173 9	9.33 14	2.291 11	0 *	1.237 124	4.746 475	6 2	233 10	17.14 6	3.5 14	2.19 219	6.17 12	1767 35	37.4 62	108 11	3.14 17	407			

!*! 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, March 08, 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 Brussel	3 oz portion	35	0.32	0.068	0	0.166	0.025	0	160	6.93	3.4	0	3.02	487	37.8	20	0.62	269			
0	% of Goal :	2	*	*	*	17	3	*	7	2	14	*	6	10	63	2	3				
Steamed Rice (V	4 oz portion	221	0	0	0	0	0.106	0	2	48.12	0	0	5.2	0	0	2	1.88	73			
0	% of Goal :	11	*	*	*	*	11	*	*	16	*	*	10	*	*	*	10				
Rice Krispie Sq	portion	85	2.55	0.661	0.017	0.703	1.036	0	34	15.91	0	0	0.35	149	0	1	0.04	2			
0	% of Goal :	4	4	3	2	70	104	*	*	5	*	*	*	3	*	*	*				

Meal Total: Amount:
 % of Goal:

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Thursday, March 08, 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				
Cream of Chicke 0	6oz portion % of Goal :	103 5	4.76 7	1.354 7	0.003 *	1.072 107	1.735 173	13 4	471 20	8.87 3	0.6 2	3.51 351	6.2 12	361 7	1.2 2	86 9	0.46 3	170			
Parsnip & Carro 0	6 oz portion % of Goal :	80 4	1.66 3	0.289 *	0 *	0.831 83	0.437 44	0 *	534 22	14.52 5	1.8 7	6.71 671	2.17 4	589 12	5.5 9	36 4	0.58 3	241			
Fettuccini & Br 0	5 Ounce % of Goal :	204 10	9.6 15	5.152 26	0.119 12	0.77 77	2.796 280	26 9	113 5	23.92 8	2 8	1.48 148	6.48 13	731 15	24.3 41	95 9	1.35 7	167			
sri Lankan dahl 0	4oz portion % of Goal :	134 7	0.92 *	0.158 *	0 *	0.464 46	0.201 20	0 *	4 *	23.7 8	4.6 18	1.45 145	8.99 18	147 3	9.3 16	23 2	2.91 16	273			
Garlic Ginger C 1	4oz portion % of Goal :	181 9	6.06 9	0.857 4	0.013 *	2.852 285	1.607 161	30 10	289 12	17.16 6	1.2 5	0.76 76	14.24 28	718 14	18.6 31	26 3	1.25 7	272			
London Broil b 1	5oz portion % of Goal :	371 19	24.59 38	8.707 44	0 *	3.01 301	10.463 1046	96 32	593 25	3.58 *	0.3 *	1.73 173	31.86 64	208 4	1.3 2	161 16	2.34 13	310			
Collard Greens& 0	portion % of Goal :	113 6	7.43 11	0.548 3	0 *	2.219 222	4.066 407	0 *	245 10	9.52 3	4.1 16	3.44 344	3.04 6	4555 91	34.5 58	219 22	0.63 4	245			
Salad Bar Dinne 1	servings % of Goal :	294 15	20.7 32	4.293 21	0 *	1.412 141	1.315 131	20 7	620 26	21.46 7	3.3 13	6.97 697	5.57 11	1850 37	23.4 39	84 8	1.41 8	327			
Sauteed Zucchin 1	3 oz portion % of Goal :	35 2	2.56 4	0.222 *	0 *	0.773 77	1.482 148	0 *	247 10	3.12 *	1.1 4	0.75 75	0.91 2	621 12	8.1 14	20 2	0.33 2	201			
Steamed Jasmine 0	4 oz portion % of Goal :	188 9	0.37 *	0 *	0 *	0 *	0 *	0 *	2 *	42.92 14	0.4 2	0 *	3.23 6	0 *	0 *	4 *	0.8 4	0			
Parsley Red Pot 0	3 oz portion % of Goal :	66 3	0.12 *	0.019 *	0 *	0.033 3	0.011 *	0 *	10 *	14.54 5	1.4 6	1.07 107	1.75 4	36 *	9.6 16	11 *	0.79 4	411			
French Bread 0	slice % of Goal :	101 5	2.77 4	0.367 2	0.007 *	1.478 148	0.729 73	0 *	259 11	16.09 5	1 4	0.71 71	2.42 5	0 *	0 *	4 *	0.9 5	35			

!*" 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, March 08, 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				
Strawberry Gela	1/2 Cup	74	0	0	0	0	0	0	53	17.59	0	0	1.52	0	0	3	0.04	1			
0	% of Goal :	4	*	*	*	*	*	*	2	6	*	*	3	*	*	*	*				
Pudding Pistac	1/2 cup port	90	3.99	2.165		0.223	1.152	11	85	9.73	0	9.25	3.75	164	0	134	0.04	158			
0	% of Goal :	4	6	11		22	115	4	4	3	*	925	7	3	*	13	*				
Confetti Cake	portion	187	6.83	2.671	0	1.949	1.909	0	112	31.71	0.5	27.57	0.89	62	0	24	0.39	55			
1	% of Goal :	9	11	13	*	195	191	*	5	11	2	2757	2	*	*	2	2				

Meal Total: Amount:
 % of Goal:

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Friday, March 09, 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				
Scrambled Egg W	3oz portion	43	0.14	0		0	0	0	267	0.61	0	0.59	9.05	0	0	6	0.07	135			
0	% of Goal :	2	*	*		*	*	*	11	*	*	59	18	*	*	*	*				
Scambled "Tofu"	3 oz portion	80	3.41	0.492	0	1.703	1.007	0	97	7.25	2	0.25	6.52	202	0.7	199	3.29	207			
0	% of Goal :	4	5	2	*	170	101	*	4	2	8	25	13	4	*	20	18				
Eggs Cooked	Portions	141	9.49	2.935	0	1.288	3.608	402	119	1.16	0	0	11.83	181	0	46	1.36	115			
0	% of Goal :	7	15	15	*	129	361	134	5	*	*	*	24	4	*	5	8				
Hard Boiled Egg	2 each	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				
Pancakes	2 each	160	1.47	0.29	0	0.486	0.487	6	350	33.09	1.5	5.51	3	30	2.6	72	1.02	130			
0	% of Goal :	8	2	*	*	49	49	2	15	11	6	551	6	*	4	7	6				
Ancient Grain P	2/3 cup	0	0	0	0	0	0	0	98	0	0	0	0	0	0	3	0.02	0			
0	% of Goal :	*	*	*	*	*	*	*	4	*	*	*	*	*	*	*	*				
Assorted Cold C	serving	234	4.39	1.272	0.013	1.408	1.257	0	229	45.16	4.8	15.34	5.79	725	11.6	70	5.78	186			
0	% of Goal :	12	7	6	*	141	126	*	10	15	19	1534	12	15	19	7	32				
Chorizo, Egg &	burrito	431	30.03	11.319	0	3.222	10.925	744	1079	3.7	0.3	0.12	35.19	1187	2.6	292	3.15	362			
0	% of Goal :	22	46	57	*	322	1092	248	45	*	*	12	70	24	4	29	18				
Breakfast Acco	Servings	132	3.3	1.384	0.051	0.447	1.014	5	107	25.62	3	4.62	2.46	205	19.5	31	0.51	317			
1	% of Goal :	7	5	7	5	45	101	2	4	9	12	462	5	4	32	3	3				
Assorted Muffin	Each	284	9.44	1.035	0	1.99	3.791	15	336	44.6	1.4	7.09	5.56	21	2.3	90	1.87	59			
0	% of Goal :	14	15	5	*	199	379	5	14	15	6	709	11	*	4	9	10				
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				

!*! 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 : Friday, March 09, 2018
 Meal Period : Breakfast
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Apple Raisin Sa	2 oz portion	34	0.16	0.034		0.045	0.007	0	2	8.66	0.7	5.08	0.16	16	1.1	4	0.16	51			
0	% of Goal :	2	*	*		5	*	*	*	3	3	508	*	*	2	*	*				

Meal Total: Amount:
 % of Goal:

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Friday, March 09, 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				
Lentil Soup	6oz portion	46	1.69	0.285	0	0.581	0.735	0	140	6.72	1.5	0.6	1.39	343	2.8	11	0.47	127			
0	% of Goal :	2	3	*	*	58	74	*	6	2	6	60	3	7	5	*	3				
Seafood Chowder	6oz. Serving	169	9.99	5.221	0.004	1.065	3.134	64	242	9.7	0.3	4.65	10.1	433	2.3	142	0.35	280			
0	% of Goal :	8	15	26	*	106	313	21	10	3	*	465	20	9	4	14	2				
Maine Beef Hamb	Hamburger	135	2.86	1.199		0.479	0.894	42	130	7.91	0.4	0	19	0	0	29	1.91	22			
1	% of Goal :	7	4	6		48	89	14	5	3	2	*	38	*	*	3	11				
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			
0	% of Goal :	7	4	2		100	73	*	26	3	27	202	36	*	*	3	15				
Pasta Bar Frid	10 oz portio	190	1.18	0.169	0	0.408	0.299	0	33	37.71	2.1	0.16	6.37	92	3.8	13	1.91	75			
0	% of Goal :	9	2	*	*	41	30	*	*	13	8	16	13	2	6	*	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				
Baked Maine Fis	4 oz. Portion	164	7.11	1.139	0	2.459	2.984	64	198	6.36	0.7	5.02	18.09	568	11.9	68	0.66	393			
0	% of Goal :	8	11	6	*	246	298	21	8	2	3	502	36	11	20	7	4				
Hot Italian Sau	Each	510	13.13	2.468	0	1.617	5.899	50	1803	67.77	3.9	12.77	30.63	87	3.9	188	4.49	503			
0	% of Goal :	25	20	12	*	162	590	17	75	23	15	1277	61	2	6	19	25				
Deli Bar Lunch	portion	296	11.31	4.345	0.003	1.195	2.613	43	730	33.34	2.9	3.55	15.03	804	4.3	151	3.07	245			
0	% of Goal :	15	17	22	*	119	261	14	30	11	11	355	30	16	7	15	17				
New Orleans Sty	serving	364	17.48	7.089	0	1.289	7.811	41	1217	33.77	2.1	3.61	19.85	1344	10.2	179	2.57	242			
0	% of Goal :	18	27	35	*	129	781	14	51	11	8	361	40	27	17	18	14				
Winter Spinach	portion	304	24.07	4.549	0	11.596	16.208	6	219	21.27	2.3	11.53	3.07	2779	12	87	1.38	278			
0	% of Goal :	15	37	23	*	1160	1621	2	9	7	9	1153	6	56	20	9	8				
Salad Bar Lunch	servings	283	20.6	4.268	0	1.394	1.264	20	598	19.81	2.5	6.63	4.47	1796	22.3	82	1.24	268			
1	% of Goal :	14	32	21	*	139	126	7	25	7	10	663	9	36	37	8	7				

!*! 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, March 09, 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				
Pear, Prosciutt	portion	196	16.58	1.687	0	3.875	10.204	10	400	8.85	2.5	1.4	6.63	1518	13.7	106	1.49	483			
0	% of Goal :	10	26	8	*	388	1020	3	17	3	10	140	13	30	23	11	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				
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 Potatoes	3 oz portion	364	21.65	4.599	0	2.719	8.995	7	494	37.88	2.8	3.67	4.13	95	10.9	31	0.66	564			
1	% of Goal :	18	33	23	*	272	900	2	21	13	11	367	8	2	18	3	4				
Original PB Bli	1 portion	132	8.13	1.738	0.024	2.293	3.575	0	92	12.72	0.6	1.99	2.07	217	0	1	0.32	7			
0	% of Goal :	7	13	9	2	229	357	*	4	4	2	199	4	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