

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Monday, February 11, 2019
 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	1 serving	567	7.31	2.005	0.011	2.146	2.188	0	998	117.27	10.3	25.3	14.99	3028	46.9	232	22.9	415			
	% of Goal :	28	11	10	*	215	219	*	42	39	41	2530	30	61	78	23	127				
Eggs Cooked	0 Portions	141	9.49	2.935	0	1.288	3.608	402	119	1.16	0	0	11.83	181	0	46	1.36	115			
	% of Goal :	7	15	15	*	129	361	134	5	*	*	*	24	4	*	5	8				
Scrambled Eggs	0 6 oz portion	260	18.19	5.359	0	2.815	7.074	694	227	2.01	0	0	20.42	393	0	81	2.35	199			
	% of Goal :	13	28	27	*	282	707	231	9	*	*	*	41	8	*	8	13				
Scrambled Egg W	0 3oz portion	43	0.14	0		0	0	0	267	0.61	0	0.59	9.05	0	0	6	0.07	135			
	% of Goal :	2	*	*		*	*	*	11	*	*	59	18	*	*	*	*				
'Veggie Patty B	2 Each																				
	% of Goal :																				
Chicken Breakfa	0 sausage	18	0.86	0.29		0.082	0.413	6	138	0.55	0		1.96	0	0	1	0.11	36			
	% of Goal :	*	*	*		8	41	2	6	*	*		4	*	*	*	*				
Belgion Waffles	0 6 oz waffle	234	7.22	1.482	0	1.408	3.858	11	547	36.92	1.9	3.57	5.52	917	0	231	5.11	107			
	% of Goal :	12	11	7	*	141	386	4	23	12	8	357	11	18	*	23	28				
Grits	0 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			
	% of Goal :	*	*	*	*	4	2	*	*	2	*	*	*	*	*	*	2				
Oatmeal	0 2/3 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				
Breakfast Acco	1 Servings	132	3.3	1.385	0.051	0.447	1.015	5	107	25.63	3	4.62	2.46	205	19.5	31	0.51	317			
	% of Goal :	7	5	7	5	45	102	2	4	9	12	462	5	4	32	3	3				
Home Fries	1 4 oz potion	1490	9.44	0.978	0	3.012	4.627	0	359	328.73	29.4	0	30.54	0	212.3	82	5.07	6189			
	% of Goal :	74	15	5	*	301	463	*	15	110	118	*	61	*	354	8	28				
Assorted Bagels	0 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			
	% of Goal :	11	2	*	*	52	38	*	19	15	8	478	18	*	*	7	24				

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Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Monday, February 11, 2019
 Meal Period : Breakfast
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Assorted Muffin	Each	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				
Apple Raisin Sa	2 oz portion	102	2.39	1.204		0.323	0.211	0	12	23.49	7.6	5.22	1.08	63	5.3	139	3.98	180			
0	% of Goal :	5	4	6		32	21	*	*	8	30	522	2	*	9	14	22				

Meal Total: Amount:
 % of Goal:

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Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Monday, February 11, 2019
 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				
Polenta w/ Blk	Portion	278	5.29	0.44	0	1.63	2.855	0	275	52.6	7	2.54	5.9	1178	73.8	88	1.93	875			
0	% of Goal :	14	8	2	*	163	285	*	11	18	28	254	12	24	123	9	11				
Express Meals -	1 each	1084	38.91	10.309	0.027	7.319	10.837	50	1598	160.62	10.5	60.43	27.75	2062	54	322	8.44	935			
0	% of Goal :	54	60	52	3	732	1084	17	67	54	42	6043	56	41	90	32	47				
Chicken Barley	6oz portion	75	0.74	0.168	0.003	0.119	0.06	8	158	13.27	1.8	0.51	4.18	95	1.9	21	0.79	108			
0	% of Goal :	4	*	*	*	12	6	3	7	4	7	51	8	2	3	2	4				
Broccoli & Chee	6oz portion	176	11.28	5.413	0	1.462	3.818	25	311	10.47	1.1	4.65	8.73	822	27.1	248	0.65	245			
0	% of Goal :	9	17	27	*	146	382	8	13	3	4	465	17	16	45	25	4				
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				
Smoked Turkey &	4oz portion	316	17.59	8.969	0	0.366	3.774	56	1042	15.41	1.3	1.88	23.95	1914	1.9	417	5.63	148			
0	% of Goal :	16	27	45	*	37	377	19	43	5	5	188	48	38	3	42	31				
Polenta W/ Stew	Portion	227	5.22	0.421	0	1.601	2.842	0	345	41.59	4.7	1.39	4.22	741	50.1	53	1.39	589			
0	% of Goal :	11	8	2	*	160	284	*	14	14	19	139	8	15	84	5	8				
Tuna & Spinach	4 oz serving	117	3.92	1.965	0.03	0.423	1.058	36	194	15.21	1.4	0.85	5.53	1796	3.2	106	1.35	118			
0	% of Goal :	6	6	10	3	42	106	12	8	5	6	85	11	36	5	11	7				
Mini Pizza	portion	144	0.38	0.053	0	0.171	0.034	0	692	19.7	1.3	1.7	15.24	241	1.9	294	1.07	38			
0	% of Goal :	7	*	*	*	17	3	*	29	7	5	170	30	5	3	29	6				
Deli Bar - Moul	portion	233	8.59	2.782	0	0.488	1.764	24	673	27.9	2.7	2.49	11.92	519	3.1	117	2.83	216			
0	% of Goal :	12	13	14	*	49	176	8	28	9	11	249	24	10	5	12	16				
BBQ Kielbasa on	1 each	445	7.7	1.912	0	1.598	4.202	36	2353	71.16	2.5	24.23	19.71	196	2.6	18	3.11	419			
0	% of Goal :	22	12	10	*	160	420	12	98	24	10	2423	39	4	4	2	17				
Salad Bar Lunch	servings	300	23.22	3.532	0	4.697	8.062	25	645	17.1	2.2	5.61	5.3	1892	15.6	94	1.35	233			
1	% of Goal :	15	36	18	*	470	806	8	27	6	9	561	11	38	26	9	8				

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Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Monday, February 11, 2019
 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				
Curry Couscous	portion	70	3.02	0.353	0.001	0.488	2.058	0	83	10.01	0.9	1.69	1.4	145	5.4	17	0.54	89			
0	% of Goal :	3	5	2	*	49	206	*	3	3	4	169	3	3	9	2	3				
Avacado Quinoa	portion	210	13.14	1.293	0	17.412	8.205	0	100	24.44	3.6	15.5	2.3	86	9.6	8	1.19	358			
0	% of Goal :	10	20	6	*	1741	821	*	4	8	14	1550	5	2	16	*	7				
Steamed Mixed V	3 oz portion	52	0.13	0.027		0.063	0.009	0	31	11.52	3.9		2.52	3764	2.8	22	0.72	149			
	% of Goal :	3	*	*		6	*	*	*	4	15		5	75	5	2	4				
Fries, Shoestri	3 oz portion	268	14.87	3.656	0	0	0	0	546	33.37	2.4	0.4	2.41	0	8.4	2	0.65	0			
1	% of Goal :	13	23	18	*	*	*	*	23	11	10	40	5	*	14	*	4				
Steamed Rice (V	4 oz portion	129	0	0	0	0	0.062	0	1	28	0	0	3.03	0	0	1	1.1	43			
0	% of Goal :	6	*	*	*	*	6	*	*	9	*	*	6	*	*	*	6				
Snickerdoodle C	1 each	170	7.56	2.075	0.019	2.453	2.55	15	97	20.76	0.7	10.1	2.06	180	0	6	0.71	53			
1	% of Goal :	8	12	10	2	245	255	5	4	7	3	1010	4	4	*	*	4				

Meal Total: Amount:
 % of Goal:

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Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Monday, February 11, 2019
 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				
Express Meals - 0	1 each % of Goal :	1084 54	38.91 60	10.309 52	0.027 3	7.319 732	10.837 1084	50 17	1598 67	160.62 54	10.5 42	60.43 6043	27.75 56	2062 41	54 90	322 32	8.44 47	935			
Chicken Parmesa 0	5 oz portion % of Goal :	255 13	6.6 10	2.965 15	0 *	0.473 47	0.387 39	77 26	130 5	16.61 6	1 4	0 *	32.46 65	220 4	2.1 3	118 12	1.64 9	310			
Pasta with Mari 0	10 oz portio % of Goal :	263 13	3.68 6	0.525 3		1.34 134	1.284 128	0 *	560 23	48.57 16	3.9 16		8.22 16	509 10	10.8 18	39 4	2.83 16	441			
Chicken Barley 0	6oz portion % of Goal :	75 4	0.74 *	0.168 *	0.003 *	0.119 12	0.06 6	8 3	158 7	13.27 4	1.8 7	0.51 51	4.18 8	95 2	1.9 3	21 2	0.79 4	108			
Broccoli & Chee 0	6oz portion % of Goal :	176 9	11.28 17	5.413 27	0 *	1.462 146	3.818 382	25 8	311 13	10.47 3	1.1 4	4.65 465	8.73 17	822 16	27.1 45	248 25	0.65 4	245			
Baked MSC Fish 0	4 oz. portio % of Goal :	162 8	8.11 12	4.548 23	0 *	0.739 74	2.146 215	97 32	238 10	1.48 *	0.2 *	0.27 27	19.94 40	350 7	4.6 8	78 8	0.55 3	383			
Spaghetti with 1	10 oz portio % of Goal :	301 15	6.88 11	1.435 7	0 *	1.77 177	2.725 273	3 *	1210 50	50.21 17	5 20	0 *	9.81 20	771 15	14.8 25	87 9	3.08 17	565			
Chicken Parmesa 0	5 oz portion % of Goal :	255 13	6.6 10	2.965 15	0 *	0.473 47	0.387 39	77 26	130 5	16.61 6	1 4	0 *	32.46 65	220 4	2.1 3	118 12	1.64 9	310			
Chicken Parmesa 1	5 oz portion % of Goal :	255 13	6.6 10	2.965 15	0 *	0.473 47	0.387 39	77 26	130 5	16.61 6	1 4	0 *	32.46 65	220 4	2.1 3	118 12	1.64 9	310			
Make Your Own - 0	8 oz. Portio % of Goal :	220 11	9.07 14	1.295 6	0 *	2.509 251	4.899 490	0 *	646 27	31.06 10	2.8 11	1.92 192	4.79 10	1233 25	47.3 79	55 5	1.84 10	361			
Avacado Quinoa 0	portion % of Goal :	210 10	13.14 20	1.293 6	0 *	17.412 1741	8.205 821	0 *	100 4	24.44 8	3.6 14	15.5 1550	2.3 5	86 2	9.6 16	8 *	1.19 7	358			
Garlic Bread St 0	2 oz stick % of Goal :	87 4	2.27 3	0.515 3	0 *	0.27 27	0.937 94	1 *	232 10	14.28 5	0.9 4	0.27 27	2.69 5	119 2	2.3 4	17 2	0.93 5	106			

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Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Monday, February 11, 2019
 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				
Grilled Eggplan	4oz portion	103	4.13	0.71	0	1.216	1.942	1	65	12.6	2.6	1.69	4.5	97	2.3	79	0.69	167			
0	% of Goal :	5	6	4	*	122	194	*	3	4	11	169	9	2	4	8	4				
Salad Bar Dinne	servings	284	22.25	3.212	0	4.521	7.647	20	502	17.13	2.4	5.96	3.79	1973	22.2	61	1.08	271			
1	% of Goal :	14	34	16	*	452	765	7	21	6	10	596	8	39	37	6	6				
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				
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			
	% of Goal :	6	2	*	*	37	38	*	*	9	8	*	6	*	*	*	3				
Italian Bread	slices	149	4.1	0.326	0	1.258	2.244	0	383	23.85	1.4	1.06	3.58	0	0	6	1.34	52			
0	% of Goal :	7	6	2	*	126	224	*	16	8	6	106	7	*	*	*	7				
Lemon Gelatin	1/2 Cup	74	0	0	0	0	0	0	53	17.59	0	0	1.52	0	0	3	0.04	1			
0	% of Goal :	4	*	*	*	*	*	*	2	6	*	*	3	*	*	*	*				
Pudding Vanill	1/2 cup port	82	3.71	2.145		0.218	0.951	12	101	8.7	0	8.59	3.57	142	0.2	129	0.04	153			
0	% of Goal :	4	6	11		22	95	4	4	3	*	859	7	3	*	13	*				
Ricotta Pie	slice	138	6.34	3.877	0	0.244	1.84	40	86	10.02	0	7.65	6.93	269	0	138	0.29	71			
	% of Goal :	7	10	19	*	24	184	13	4	3	*	765	14	5	*	14	2				

Meal Total: Amount:
 % of Goal:

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Unit : Moulton
 Service Date : Tuesday, February 12, 2019
 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				
Cream of Rice	2/3 Cup	281	0.54	0.146	0	0.146	0.168	0	41	61.71	0.5	0	4.87	0	0	19	1.1	108			
0	% of Goal :	14	*	*	*	15	17	*	2	21	2	*	10	*	*	2	6				
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				
French Toast	2 each	276	4.87	0.97	0	0.358	1.052	110	464	47.25	2.1	6.4	11.76	57	0.1	152	2.59	51			
0	% of Goal :	14	7	5	*	36	105	37	19	16	8	640	24	*	*	15	14				
Eggs Cooked	Portions	141	9.49	2.935	0	1.288	3.608	402	119	1.16	0	0	11.83	181	0	46	1.36	115			
1	% of Goal :	7	15	15	*	129	361	134	5	*	*	*	24	4	*	5	8				
Scrambled Eggs	6 oz portion	260	18.19	5.359	0	2.815	7.074	694	227	2.01	0	0	20.42	393	0	81	2.35	199			
0	% of Goal :	13	28	27	*	282	707	231	9	*	*	*	41	8	*	8	13				
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	*	*	*	*				
'Veggie Patty B	2 Each																				
0	% of Goal :																				
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				
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				
Assorted Cold C	serving	567	7.31	2.005	0.011	2.146	2.188	0	998	117.27	10.3	25.3	14.99	3028	46.9	232	22.9	415			
0	% of Goal :	28	11	10	*	215	219	*	42	39	41	2530	30	61	78	23	127				
Breakfast Acco	Servings	132	3.3	1.385	0.051	0.447	1.015	5	107	25.63	3	4.62	2.46	205	19.5	31	0.51	317			
1	% of Goal :	7	5	7	5	45	102	2	4	9	12	462	5	4	32	3	3				

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Tuesday, February 12, 2019
 Meal Period : Breakfast
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Home Fries	4 oz portion	1490	9.44	0.978	0	3.012	4.627	0	359	328.73	29.4	0	30.54	0	212.3	82	5.07	6189			
0	% of Goal :	74	15	5	*	301	463	*	15	110	118	*	61	*	354	8	28				
Assorted Muffin	Each	232	7.96	0.847	0	1.77	3.373	13	267	35.66	1.1	6.31	4.5	19	2	75	1.43	52			
0	% of Goal :	12	12	4	*	177	337	4	11	12	5	631	9	*	3	7	8				
Assorted Bagels	1 each	232	1.45	0.318	0	0.601	0.402	0	435	45.73	2	4.64	8.9	9	0.7	70	4.85	76			
0	% of Goal :	12	2	2	*	60	40	*	18	15	8	464	18	*	*	7	27				
Blueberry Sauce	2 Fluid Oz	61	0.12	0.01	0	0.051	0.016	0	1	13.52	0.8	10.57	0.26	18	3.5	2	0.1	27			
0	% of Goal :	3	*	*	*	5	2	*	*	5	3	1057	*	*	6	*	*				

Meal Total: Amount:
 % of Goal:

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Tuesday, February 12, 2019
 Meal Period : Lunch
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Express Meals - 1	1 each	1084	38.91	10.309	0.027	7.319	10.837	50	1598	160.62	10.5	60.43	27.75	2062	54	322	8.44	935			
	% of Goal :	54	60	52	3	732	1084	17	67	54	42	6043	56	41	90	32	47				
Pasta Bar 0	6oz portion	245	4.83	2.586	0.095	0.53	1.16	12	36	41.94	2.4	1.18	7.64	162	1.6	41	2.04	82			
	% of Goal :	12	7	13	10	53	116	4	*	14	10	118	15	3	3	4	11				
Potato and pepp 0	6oz portion	122	4.96	1.879	0.001	0.488	1.889	14	661	13.81	1.1	1.84	5.7	45	7.3	48	0.43	311			
	% of Goal :	6	8	9	*	49	189	5	28	5	4	184	11	*	12	5	2				
Armenian Lentil 0	6oz portion	98	2.63	0.357	0	0.32	1.826	0	297	17.39	2.5	1.46	2.55	261	4.6	19	1.27	168			
	% of Goal :	5	4	2	*	32	183	*	12	6	10	146	5	5	8	2	7				
Pasta Bar 0	6oz portion	245	4.83	2.586	0.095	0.53	1.16	12	36	41.94	2.4	1.18	7.64	162	1.6	41	2.04	82			
	% of Goal :	12	7	13	10	53	116	4	*	14	10	118	15	3	3	4	11				
Busta Wrap Extr 2	1 Wrap	375	15.37	5.607	0.007	1.495	6.143	66	1744	36.74	2.6	21.23	23.07	871	13.4	180	3.68	473			
	% of Goal :	19	24	28	*	150	614	22	73	12	11	2123	46	17	22	18	20				
Jamaican Red Be 0	4.5 oz. porti	126	2.55	1.225	0	0.237	0.935	0	316	22.01	1.8	1.14	3.53	88	3.1	15	1.49	150			
	% of Goal :	6	4	6	*	24	94	*	13	7	7	114	7	2	5	2	8				
Chargrilled Egg 1	3 oz Portion	30	1.71	0.137	0	0.519	0.943	0	2	3.77	2	1.55	0.68	168	13.1	8	0.21	147			
	% of Goal :	*	3	*	*	52	94	*	*	*	8	155	*	3	22	*	*				
Deli Bar - Moul 0	portion	233	8.59	2.782	0	0.488	1.764	24	673	27.9	2.7	2.49	11.92	519	3.1	117	2.83	216			
	% of Goal :	12	13	14	*	49	176	8	28	9	11	249	24	10	5	12	16				
Moroccan Chickp 0	5 oz. potion	209	4.93	0.612	0	1.209	2.868	0	530	37.62	8.5	4.11	5.79	1878	31.4	82	3.31	788			
	% of Goal :	10	8	3	*	121	287	*	22	13	34	411	12	38	52	8	18				
Tuscan Chicken 0	Serving	322	18.19	2.827	0	0.927	3.454	36	564	23.72	3.3	3.83	14.55	1403	14	47	2.28	434			
	% of Goal :	16	28	14	*	93	345	12	24	8	13	383	29	28	23	5	13				
Roasted Beet & 0	5oz portion	190	9.44	0.706	0	2.816	5.333	0	295	24.66	7.1	17.45	4.07	361	15.2	52	2.2	825			
	% of Goal :	9	15	4	*	282	533	*	12	8	28	1745	8	7	25	5	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 : Moulton
 Service Date : Tuesday, February 12, 2019
 Meal Period : Lunch
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Salad Bar Lunch	servings	300	23.22	3.532	0	4.697	8.062	25	645	17.1	2.2	5.61	5.3	1892	15.6	94	1.35	233			
0	% of Goal :	15	36	18	*	470	806	8	27	6	9	561	11	38	26	9	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			
0	% of Goal :	*	*	*	*	14	2	*	*	*	10	*	5	26	132	4	4				
Roasted Ranch P	5 oz	156	5.35	0.839	0	1.637	2.276	0	82	24.22	2.2	1.83	2.89	230	15.5	14	0.86	670			
0	% of Goal :	8	8	4	*	164	228	*	3	8	9	183	6	5	26	*	5				
Steamed Rice (V	4 oz portion	129	0	0	0	0	0.062	0	1	28	0	0	3.03	0	0	1	1.1	43			
0	% of Goal :	6	*	*	*	*	6	*	*	9	*	*	6	*	*	*	6				
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			
0	% of Goal :	11	19	22	*	217	475	10	6	9	6	1816	5	6	*	2	5				

Meal Total: Amount:
 % of Goal:

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Tuesday, February 12, 2019
 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				
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			
0	% of Goal :	13	16	19	*	149	275	6	9	11	6	191	18	4	*	14	9				
Express Meals -	1 each	1084	38.91	10.309	0.027	7.319	10.837	50	1598	160.62	10.5	60.43	27.75	2062	54	322	8.44	935			
0	% of Goal :	54	60	52	3	732	1084	17	67	54	42	6043	56	41	90	32	47				
Potato and pepp	6oz portion	122	4.96	1.879	0.001	0.488	1.889	14	661	13.81	1.1	1.84	5.7	45	7.3	48	0.43	311			
0	% of Goal :	6	8	9	*	49	189	5	28	5	4	184	11	*	12	5	2				
Armenian Lentil	6oz portion	98	2.63	0.357	0	0.32	1.826	0	297	17.39	2.5	1.46	2.55	261	4.6	19	1.27	168			
0	% of Goal :	5	4	2	*	32	183	*	12	6	10	146	5	5	8	2	7				
Sriracha & Hone	portion	193	8.18	1.575	0.024	2.112	3.221	123	369	3.05	0	9.97	27.11	27	0.1	14	0.96	341			
1	% of Goal :	10	13	8	2	211	322	41	15	*	*	997	54	*	*	*	5				
Tamari Ginger G	4oz portion	168	7.37	1.139		2.956	2.451	62	51	1.23	0.1		22.58	45	0.1	20	1.03	583			
1	% of Goal :	8	11	6		296	245	21	2	*	*		45	*	*	2	6				
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			
0	% of Goal :	13	16	19	*	149	275	6	9	11	6	191	18	4	*	14	9				
Korean BBQ- Dis	portion	315	8.57	2.372	0	1.285	3.654	106	435	24.56	2.7	1.75	33.34	2095	22.6	72	4.67	573			
0	% of Goal :	16	13	12	*	129	365	35	18	8	11	175	67	42	38	7	26				
Stir-Fried Veg	6 oz portion	97	5.58	0.639	0	2.372	2.195	0	97	7.89	2.4	2.76	5.83	1203	54.5	204	3.43	307			
0	% of Goal :	5	9	3	*	237	219	*	4	3	9	276	12	24	91	20	19				
Salad Bar Dinne	servings	284	22.25	3.212	0	4.521	7.647	20	502	17.13	2.4	5.96	3.79	1973	22.2	61	1.08	271			
0	% of Goal :	14	34	16	*	452	765	7	21	6	10	596	8	39	37	6	6				
Moroccan Chickp	5 oz. potion	209	4.93	0.612	0	1.209	2.868	0	530	37.62	8.5	4.11	5.79	1878	31.4	82	3.31	788			
0	% of Goal :	10	8	3	*	121	287	*	22	13	34	411	12	38	52	8	18				
Sauteed Garden	3 oz portion	55	2.56	0.358	0	0.415	1.58	0	262	6.91	3.2	0.23	3.39	9889	42.9	116	3.06	684			
1	% of Goal :	3	4	2	*	42	158	*	11	2	13	23	7	198	71	12	17				

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Tuesday, February 12, 2019
 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				
Basmati Rice (4 oz portion	145	1.19	0.145	0	0.344	0.618	0	1	29.81	0.4	0	2.85	0	0	11	1.27	37			
1	% of Goal :	7	2	*	*	34	62	*	*	10	2	*	6	*	*	*	7				
Sunflower Bread	loaf	1571	46.19	9.24	0	0	0	0	2033	230.96	18.5	18.48	55.43	0	0	0	13.3				
0	% of Goal :	79	71	46	*	*	*	*	85	77	74	1848	111	*	*	*	74				
Cherry Gelatin	1/2 Cup	74	0	0	0	0	0	0	53	17.59	0	0	1.52	0	0	3	0.04	1			
0	% of Goal :	4	*	*	*	*	*	*	2	6	*	*	3	*	*	*	*				
Pudding Butter	1/2 cup port	136	3.44	1.936		0.191	0.796	10	359	23.93	0.5	19.26	3.41	124	0	114	0.49	192			
0	% of Goal :	7	5	10		19	80	3	15	8	2	1926	7	2	*	11	3				
Maine Blueberry	Cup	123	2.19	0.351	0	0.744	0.882	0	66	24.63	1.6	26.13	1.81	97	1	14	0.81	50			
1	% of Goal :	6	3	2	*	74	88	*	3	8	6	2613	4	2	2	*	4				

Meal Total: Amount:
 % of Goal:

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Wednesday, February 13, 2019
 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				
Penobscot Porri	2/3 cup	41	0.45	0.069	0	0.214	0.102	0	247	8.2	0.8	0	1.4	235	0	17	1.12	28			
0	% of Goal :	2	*	*	*	21	10	*	10	3	3	*	3	5	*	2	6				
Pancakes Homema	2 pancake	372	11.54	2.349	0	2.921	4.91	72	407	53.95	5.8	6.82	12.42	151	0	170	3.3	280			
0	% of Goal :	19	18	12	*	292	491	24	17	18	23	682	25	3	*	17	18				
Chocolate Chip	2 each	421	14.57	4.138	0	3.018	5.914	72	410	60.39	6.4	12.32	12.84	151	0	174	3.62	317			
0	% of Goal :	21	22	21	*	302	591	24	17	20	26	1232	26	3	*	17	20				
'Veggie Patty B	2 Each																				
0	% of Goal :																				
Grilled Ham	2 oz portion	154	9.95	3.653		0.949	4.449	53	126	0	0	0	15.15	6	0.2	8	0.57	199			
0	% of Goal :	8	15	18		95	445	18	5	*	*	*	30	*	*	*	3				
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				
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	*	*	*	*				
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				
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				
Assorted Cold C	serving	567	7.31	2.005	0.011	2.146	2.188	0	998	117.27	10.3	25.3	14.99	3028	46.9	232	22.9	415			
0	% of Goal :	28	11	10	*	215	219	*	42	39	41	2530	30	61	78	23	127				
Vegetable Fritt	1/24	160	8.25	1.491	0	1.861	4.028	156	150	15.84	1.9	1.8	6.17	141	24.4	31	0.87	340			
0	% of Goal :	8	13	7	*	186	403	52	6	5	8	180	12	3	41	3	5				

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Wednesday, February 13, 2019
 Meal Period : Breakfast
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Breakfast Acco	Servings	132	3.3	1.385	0.051	0.447	1.015	5	107	25.63	3	4.62	2.46	205	19.5	31	0.51	317			
1	% of Goal :	7	5	7	5	45	102	2	4	9	12	462	5	4	32	3	3				
Home Fries	4 oz portion	1490	9.44	0.978	0	3.012	4.627	0	359	328.73	29.4	0	30.54	0	212.3	82	5.07	6189			
0	% of Goal :	74	15	5	*	301	463	*	15	110	118	*	61	*	354	8	28				
Assorted Muffin	Each	342	14.27	1.492	0	4.217	7.051	32	393	45.65	1.5	14.78	6.06	505	1.8	150	2.05	95			
0	% of Goal :	17	22	7	*	422	705	11	16	15	6	1478	12	10	3	15	11				
Assorted Bagels	1 each	229	1.34	0.283	0	0.515	0.38	0	457	45.57	1.9	4.78	8.9	0	0.6	68	4.37	57			
0	% of Goal :	11	2	*	*	52	38	*	19	15	8	478	18	*	*	7	24				
Peach Sauce	2 oz portion	38	0.1	0.014		0.033	0.024	0	3	9.68	0.6	7.07	0.26	246	0.4	2	0.16	46			
0	% of Goal :	2	*	*		3	2	*	*	3	3	707	*	5	*	*	*				

Meal Total: Amount:
 % of Goal:

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Wednesday, February 13, 2019
 Meal Period : Lunch
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Express Meals - 0	1 each % of Goal :	1084 54	38.91 60	10.309 52	0.027 3	7.319 732	10.837 1084	50 17	1598 67	160.62 54	10.5 42	60.43 6043	27.75 56	2062 41	54 90	322 32	8.44 47	935			
Southwestern SI 0	6 Oz Portion % of Goal :	270 14	7.13 11	3.807 19	0 *	0.468 47	2.299 230	78 26	472 20	17.32 6	1.3 5	1.85 185	34.13 68	532 11	9 15	138 14	4.04 22	111			
Caribbean Turke 0	6oz portion % of Goal :	75 4	0.49 *	0.058 *	0 *	0.032 3	0.024 2	14 5	197 8	8.77 3	1.1 4	0.98 98	9.42 19	152 3	19.3 32	12 *	0.86 5	163			
Roasted Fall Ve 0	6 oz portion % of Goal :	41 2	0.84 *	0.095 *	0 *	0.277 28	0.409 41	0 *	78 3	7.9 3	1.3 5	1.29 129	0.78 2	436 9	5.4 9	14 *	0.26 *	199			
Pasta Bar - fea 0	6 oz portion % of Goal :	298 15	2.4 4	0.42 2		0.838 84	0.697 70	4 *	240 10	58.25 19	6.4 26	0 *	12.16 24	213 4	4.5 8	28 3	3.16 18	270			
Southwest Beef 0	6 Oz Portion % of Goal :	270 14	7.13 11	3.807 19	0 *	0.468 47	2.299 230	78 26	472 20	17.32 6	1.3 5	1.85 185	34.13 68	532 11	9 15	138 14	4.04 22	111			
Grilled Lemon G 0	Each % of Goal :	382 19	34.74 53	2.602 13	0 *	10.115 1012	19.891 1989	36 12	321 13	4.09 *	0.5 2	0.5 50	14.93 30	140 3	7.7 13	26 3	0.96 5	233			
Indian Veg. Cur 0	6 oz. portion % of Goal :	220 11	7.42 11	2.882 14	0 *	0.828 83	3.358 336	0 *	340 14	34.44 11	3.2 13	1.91 191	4.37 9	547 11	7.4 12	41 4	1.94 11	403			
Cheddar, Bacon 0	1/3 panini % of Goal :																				
Sweet potato, P 0	4 oz portion % of Goal :	147 7	5.12 8	0.667 3	0.001 *	0.577 58	3.253 325	0 *	506 21	24.47 8	3.7 15	5.52 552	1.96 4	1797 36	14.4 24	34 3	1.14 6	529			
Deli Bar - Moul 0	portion % of Goal :	233 12	8.59 13	2.782 14	0 *	0.488 49	1.764 176	24 8	673 28	27.9 9	2.7 11	2.49 249	11.92 24	519 10	3.1 5	117 12	2.83 16	216			
Salad Bar Lunch 1	servings % of Goal :	300 15	23.22 36	3.532 18	0 *	4.697 470	8.062 806	25 8	645 27	17.1 6	2.2 9	5.61 561	5.3 11	1892 38	15.6 26	94 9	1.35 8	233			

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Wednesday, February 13, 2019
 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				
Parmesan Vegeta	6oz portion	252	21.98	3.945	0	0.218	0.207	19	234	10.7	3.1	4.82	3.25	758	58.8	58	0.7	250			
0	% of Goal :	13	34	20	*	22	21	6	10	4	12	482	6	15	98	6	4				
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				
Spicy Cajun Fri	3 oz portion	291	15.66	3.268	0	2.673	9.027	0	309	34.02	3.1	0	3.71	129	10	14	0.79	592			
0	% of Goal :	15	24	16	*	267	903	*	13	11	12	*	7	3	17	*	4				
Steamed Rice (V	4 oz portion	129	0	0	0	0	0.062	0	1	28	0	0	3.03	0	0	1	1.1	43			
	% of Goal :	6	*	*	*	*	6	*	*	9	*	*	6	*	*	*	6				
Aple Brownies	portion	198	10.96	0.972	0	3.127	6.227	18	74	21.58	0.5	23.25	1.9	26	0.3	9	0.66	24			
	% of Goal :	10	17	5	*	313	623	6	3	7	2	2325	4	*	*	*	4				

Meal Total: Amount:
 % of Goal:

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Wednesday, February 13, 2019
 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				
Express Meals - 0	1 each % of Goal :	1084 54	38.91 60	10.309 52	0.027 3	7.319 732	10.837 1084	50 17	1598 67	160.62 54	10.5 42	60.43 6043	27.75 56	2062 41	54 90	322 32	8.44 47	935			
Pasta with Mea 0	10 Oz % of Goal :	656 33	3.86 6	0.874 4		1.229 123	0.691 69	19 6	24 *	123.73 41	6.9 27	0 *	28.86 58	0 *	0 *	34 3	6.76 38	135			
Caribbean Turke 0	6oz portion % of Goal :	75 4	0.49 *	0.058 *	0 *	0.032 3	0.024 2	14 5	197 8	8.77 3	1.1 4	0.98 98	9.42 19	152 3	19.3 32	12 *	0.86 5	163			
Roasted Fall Ve 0	6 oz portion % of Goal :	41 2	0.84 *	0.095 *	0 *	0.277 28	0.409 41	0 *	78 3	7.9 3	1.3 5	1.29 129	0.78 2	436 9	5.4 9	14 *	0.26 *	199			
Rotisserie Herb 2	1/4 portion % of Goal :	818 41	34.7 53	8.78 44	0 *	8.243 824	14.333 1433	285 95	1267 53	17.91 6	0.6 2	0.03 3	103 206	168 3	0.3 *	68 7	4.22 23	876			
Country Gravy 0	2 oz portion % of Goal :	40 2	2.79 4	0.473 2	0.001 *	0.844 84	1.215 121	1 *	177 7	3.1 *	0.1 *	0.03 3	0.76 2	117 2	0 *	6 *	0.21 *	10			
Swt Pot. Kale B 0	4 oz portion % of Goal :	410 21	0 *	0 *	0 *	0 *	0.196 20	0 *	0 *	89.27 30	0 *	0 *	9.65 19	0 *	0 *	0 *	3.48 19	136			
Msc Fish w/Pick 0	4 oz. Portion % of Goal :	153 8	7.05 11	1.124 6	0 *	2.452 245	2.957 296	64 21	434 18	3.09 *	0.4 *	1.44 144	17.88 36	498 10	3.8 6	60 6	0.57 3	353			
Pasta with Beef 0	6oz portion % of Goal :	375 19	2.21 3	0.5 2		0.702 70	0.395 40	11 4	13 *	70.7 24	3.9 16	0 *	16.49 33	0 *	0 *	19 2	3.86 21	77			
Make Your Own - 0	8 oz. Portion % of Goal :	220 11	9.07 14	1.295 6	0 *	2.509 251	4.899 490	0 *	646 27	31.06 10	2.8 11	1.92 192	4.79 10	1233 25	47.3 79	55 5	1.84 10	361			
Bread Dressing 1	4.5 Oz % of Goal :	156 8	8.56 13	1.203 6	0 *	2.39 239	3.65 365	0 *	440 18	19.52 7	1.6 6	1.7 170	2.71 5	369 7	0.9 2	61 6	1.1 6	74			
Sweet potato, P 0	4 oz portion % of Goal :	147 7	5.12 8	0.667 3	0.001 *	0.577 58	3.253 325	0 *	506 21	24.47 8	3.7 15	5.52 552	1.96 4	1797 36	14.4 24	34 3	1.14 6	529			

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Wednesday, February 13, 2019
 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			
Vegetable Korma	Ounce	25	0.68	0.093	0	0.105	0.442	0	7	4.32	0.3	0.45	0.56	110	4.6	6	0.25	45		
0	% of Goal :	*	*	*	*	11	44	*	*	*	*	45	*	2	8	*	*			
Sriracha & Hone	portion	193	8.18	1.575	0.024	2.112	3.221	123	369	3.05	0	9.97	27.11	27	0.1	14	0.96	341		
0	% of Goal :	10	13	8	2	211	322	41	15	*	*	997	54	*	*	*	5			
Salad Bar Dinne	servings	284	22.25	3.212	0	4.521	7.647	20	502	17.13	2.4	5.96	3.79	1973	22.2	61	1.08	271		
1	% of Goal :	14	34	16	*	452	765	7	21	6	10	596	8	39	37	6	6			
Steamed Whole G	3 OZ	22	0.13	0.033	0	0.065	0.006	0	434	5.06	2.4	0.95	1.16	310	3.2	33	0.53	123		
0	% of Goal :	*	*	*	*	7	*	*	18	2	9	95	2	6	5	3	3			
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			
French Bread	Loaves	1075	29.51	2.349	0	9.053	16.156	0	2759	171.61	10.4	7.61	25.8	0	0	45	9.65	377		
0	% of Goal :	54	45	12	*	905	1616	*	115	57	42	761	52	*	*	4	54			
Ice Cream Bar	1 portion	427	24.23	15.345	0.109	0.947	6.242	69	135	50.96	1.8	18.98	5.65	657	1.6	161	0.83	319		
1	% of Goal :	21	37	77	11	95	624	23	6	17	7	1898	11	13	3	16	5			
Lime Gelatin --	1/2 Cup	74	0	0	0	0	0	0	53	17.59	0	0	1.52	0	0	3	0.04	1		
0	% of Goal :	4	*	*	*	*	*	*	2	6	*	*	3	*	*	*	*			
Pudding Chocola	1/2 cup port	97	4.45	2.569		0.266	1.149	14	119	10.11	0.2	5.73	4.34	173	0.2	153	0.11	191		
0	% of Goal :	5	7	13		27	115	5	5	3	*	573	9	3	*	15	*			

Meal Total: Amount:
 % of Goal:

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Thursday, February 14, 2019
 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				
French Toast	2 each	276	4.87	0.97	0	0.358	1.052	110	464	47.25	2.1	6.4	11.76	57	0.1	152	2.59	51			
0	% of Goal :	14	7	5	*	36	105	37	19	16	8	640	24	*	*	15	14				
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			
0	% of Goal :	4	4	5		35	129	10	30	*	*	60	25	*	*	*	3				
'Veggie Patty B	2 Each																				
0	% of Goal :																				
Oatmeal	2/3 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				
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				
Scrambled Egg W	3oz portion	43	0.14	0		0	0	0	267	0.61	0	0.59	9.05	0	0	6	0.07	135			
0	% of Goal :	2	*	*		*	*	*	11	*	*	59	18	*	*	*	*				
Belgion Waffles	6 oz waffle	234	7.22	1.482	0	1.408	3.858	11	547	36.92	1.9	3.57	5.52	917	0	231	5.11	107			
0	% of Goal :	12	11	7	*	141	386	4	23	12	8	357	11	18	*	23	28				
Assorted Cold C	serving	567	7.31	2.005	0.011	2.146	2.188	0	998	117.27	10.3	25.3	14.99	3028	46.9	232	22.9	415			
0	% of Goal :	28	11	10	*	215	219	*	42	39	41	2530	30	61	78	23	127				
Breakfast Acco	Servings	132	3.3	1.385	0.051	0.447	1.015	5	107	25.63	3	4.62	2.46	205	19.5	31	0.51	317			
1	% of Goal :	7	5	7	5	45	102	2	4	9	12	462	5	4	32	3	3				
Home Fries	4 oz potion	1490	9.44	0.978	0	3.012	4.627	0	359	328.73	29.4	0	30.54	0	212.3	82	5.07	6189			
0	% of Goal :	74	15	5	*	301	463	*	15	110	118	*	61	*	354	8	28				
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				

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Thursday, February 14, 2019
 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				
Apple Raisin Sa	2 oz portion	102	2.39	1.204		0.323	0.211	0	12	23.49	7.6	5.22	1.08	63	5.3	139	3.98	180			
0	% of Goal :	5	4	6		32	21	*	*	8	30	522	2	*	9	14	22				

Meal Total: Amount:
 % of Goal:

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Thursday, February 14, 2019
 Meal Period : Lunch
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Express Meals - 0	1 each % of Goal :	1084 54	38.91 60	10.309 52	0.027 3	7.319 732	10.837 1084	50 17	1598 67	160.62 54	10.5 42	60.43 6043	27.75 56	2062 41	54 90	322 32	8.44 47	935			
Bkd Ziti & Chi 0	6 oz. portion % of Goal :	222 11	3.17 5	0.934 5	0 *	0.72 72	0.82 82	9 3	357 15	36.22 12	2 8	1.03 103	12.29 25	1779 36	5.2 9	77 8	2.39 13	187			
Chicken Soup a 0	6 oz % of Goal :	60 3	2.47 4	0.273 *	0.002 *	0.625 62	1.11 111	10 3	152 6	4.98 2	1.2 5	0.51 51	5.04 10	402 8	12 20	29 3	0.56 3	197			
Creole Style Bl 0	6oz portion % of Goal :	67 3	2.4 4	0.185 *	0 *	0.723 72	1.371 137	0 *	613 26	9.24 3	2.5 10	1.13 113	2.57 5	519 10	17.6 29	67 7	1.03 6	262			
Grilled Turkey 0	1/2 sandwich % of Goal :	187 9	9.7 15	4.514 23	0 *	1.5 150	1.608 161	40 13	618 26	9.68 3	1.2 5	0.81 81	15.04 30	184 4	2.1 4	234 23	4.07 23	77			
Stir-Fried Vegg 0	8 oz. portion % of Goal :	199 10	4.75 7	0.677 3	0 *	0.63 63	3.114 311	0 *	229 10	35.26 12	2.8 11	1.72 172	3.56 7	938 19	35.3 59	27 3	0.54 3	189			
Baked Ziti & Ch 0	6 oz. portion % of Goal :	165 8	2.85 4	0.808 4	0 *	0.578 58	0.709 71	22 7	308 13	20.74 7	1.4 6	0.86 86	14.49 29	2194 44	6.8 11	70 7	1.89 11	251			
Zucchini Herb C 0	portion % of Goal :	177 9	11.23 17	5.385 27	0 *	1.211 121	4.019 402	26 9	296 12	11.74 4	1.4 6	2.1 210	8.12 16	1336 27	14.7 25	201 20	1.01 6	319			
Cheese Steak S 0	Sandwich % of Goal :	530 26	13.68 21	4.396 22	0 *	0.207 21	3.491 349	82 27	1382 58	62.58 21	2.7 11	10.8 1080	38.89 78	152 3	0 *	251 25	4.78 27	407			
Ancient Grain S 0	4oz portion % of Goal :	85 4	3.8 6	0.456 2	0 *	4.185 418	2.214 221	0 *	25 *	12.46 4	1.5 6	4 400	1.52 3	807 16	15.5 26	21 2	1.39 8	119			
Deli Bar - Moul 0	portion % of Goal :	233 12	8.59 13	2.782 14	0 *	0.488 49	1.764 176	24 8	673 28	27.9 9	2.7 11	2.49 249	11.92 24	519 10	3.1 5	117 12	2.83 16	216			
Pasta Bar Thur 0	6oz portion % of Goal :	201 10	2.07 3	0.224 *	0 *	0.678 68	0.819 82	0 *	98 4	38.28 13	2.2 9	0.12 12	6.47 13	188 4	4.6 8	18 2	2.02 11	93			

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Thursday, February 14, 2019
 Meal Period : Lunch
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Salad Bar Lunch	servings	300	23.22	3.532	0	4.697	8.062	25	645	17.1	2.2	5.61	5.3	1892	15.6	94	1.35	233			
0	% of Goal :	15	36	18	*	470	806	8	27	6	9	561	11	38	26	9	8				
Maine Broccoli	4oz portion	254	19.75	3.288	0	1.584	0.023	16	249	19	2.2	1.49	1.24	591	34.2	22	0.51	179			
0	% of Goal :	13	30	16	*	158	2	5	10	6	9	149	2	12	57	2	3				
Steamed Spinach	3 oz portion	28	0.7	0.126	0	0.298	0	0	343	3.88	3	0.41	3.22	6242	1.8	123	1.58	243			
0	% of Goal :	*	*	*	*	30	*	*	14	*	12	41	6	125	3	12	9				
Potatoes Au Gra	4 oz portion	184	11.07	4.572	0	1.556	2.381	19	382	14.6	1.2	1.6	5.96	391	9.5	160	0.81	252			
0	% of Goal :	9	17	23	*	156	238	6	16	5	5	160	12	8	16	16	5				
Steamed Rice (V	4 oz portion	129	0	0	0	0	0.062	0	1	28	0	0	3.03	0	0	1	1.1	43			
0	% of Goal :	6	*	*	*	*	6	*	*	9	*	*	6	*	*	*	6				
Rice Krispie Sq	portion	85	2.55	0.661	0.017	0.703	1.036	0	34	15.91	0	0	0.35	149	0	1	0.04	2			
0	% of Goal :	4	4	3	2	70	104	*	*	5	*	*	*	3	*	*	*				

Meal Total: Amount:
 % of Goal:

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Thursday, February 14, 2019
 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 Chipotl 0	6oz portion % of Goal :	259 13	7.29 11	3.174 16	0.05 5	0.786 79	2.239 224	31 10	113 5	36.86 12	1.9 8	1.05 105	12.12 24	455 9	15.2 25	86 9	1.98 11	139			
Express Meals - 0	1 each % of Goal :	1084 54	38.91 60	10.309 52	0.027 3	7.319 732	10.837 1084	50 17	1598 67	160.62 54	10.5 42	60.43 6043	27.75 56	2062 41	54 90	322 32	8.44 47	935			
Chicken Soup a 0	6 oz % of Goal :	60 3	2.47 4	0.273 *	0.002 *	0.625 62	1.11 111	10 3	152 6	4.98 2	1.2 5	0.51 51	5.04 10	402 8	12 20	29 3	0.56 3	197			
Creole Style Bl 0	6oz portion % of Goal :	67 3	2.4 4	0.185 *	0 *	0.723 72	1.371 137	0 *	613 26	9.24 3	2.5 10	1.13 113	2.57 5	519 10	17.6 29	67 7	1.03 6	262			
Cheese Quesadil 1	Tortilla % of Goal :	379 19	22.45 35	11.921 60	0 *	0 *	6.143 614	63 21	701 29	27.07 9	2.1 8	0.7 70	18.95 38	668 13	0.1 *	526 53	1.9 11	74			
Tenderloin Tips 1	4 oz portion % of Goal :																				
Grilled Eggplan 0	4oz portion % of Goal :	103 5	4.13 6	0.71 4	0 *	1.216 122	1.942 194	1 *	65 3	12.6 4	2.6 11	1.69 169	4.5 9	97 2	2.3 4	79 8	0.69 4	167			
Dessert Crepes 0	crepe % of Goal :	226 11	8.74 13	3.848 19	0.001 *	1.075 107	3.126 313	39 13	52 2	33.81 11	1.5 6	8.54 854	4.56 9	288 6	2.7 5	58 6	1 6	197			
Chicken Chipotl 0	6oz portion % of Goal :	259 13	7.29 11	3.174 16	0.05 5	0.786 79	2.239 224	31 10	113 5	36.86 12	1.9 8	1.05 105	12.12 24	455 9	15.2 25	86 9	1.98 11	139			
Ancient Grain S 0	4oz portion % of Goal :	85 4	3.8 6	0.456 2	0 *	4.185 418	2.214 221	0 *	25 *	12.46 4	1.5 6	4 400	1.52 3	807 16	15.5 26	21 2	1.39 8	119			
Salad Bar Dinne 1	servings % of Goal :	284 14	22.25 34	3.212 16	0 *	4.521 452	7.647 765	20 7	502 21	17.13 6	2.4 10	5.96 596	3.79 8	1973 39	22.2 37	61 6	1.08 6	271			
Roasted Root V 1	4oz portion % of Goal :	71 4	1.95 3	0.307 2	0 *	0.389 39	1.155 115	0 *	169 7	12.83 4	2.9 11	2.25 225	1.11 2	666 13	9.4 16	33 3	0.41 2	330			

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Thursday, February 14, 2019
 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				
Three Pepper Br	3 oz portion	83	2.09	0.327	0	0.371	1.295	0	192	14.5	1.5	0.69	1.71	290	21.4	8	0.37	69			
	% of Goal :	4	3	2	*	37	130	*	8	5	6	69	3	6	36	*	2				
Anadam Bread	Loaves	1109	29.92	2.383	0	9.233	16.446	0	2312	185.37	13	0.85	22.57	390	0	90	7.85	833			
0	% of Goal :	55	46	12	*	923	1645	*	96	62	52	85	45	8	*	9	44				
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 Banana	1/2 cup port	113	3.86	2.208		0.244	0.971	12	115	16.65	0.7	9.35	3.88	167	3	131	0.14	273			
0	% of Goal :	6	6	11		24	97	4	5	6	3	935	8	3	5	13	*				
Decorate Your O	1 each	336	14.5	6.462	0.047	2.446	4.65	19	205	47.37	2.2	48.65	3.88	463	0.1	34	1.68	114			
1	% of Goal :	17	22	32	5	245	465	6	9	16	9	4865	8	9	*	3	9				

Meal Total: Amount:
 % of Goal:

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Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Friday, February 15, 2019
 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				
Cream of Wheat	2/3 Cup	15	0.05	0.008	0	0.025	0.006	0	359	2.97	0.3	0	0.41	0	0	10	1.16	5			
0	% of Goal :	*	*	*	*	3	*	*	15	*	*	*	*	*	*	*	6				
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				
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	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				
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	*	*	*	*				
'Veggie Patty B	2 Each																				
0	% of Goal :																				
Grilled Ham	2 oz portion	154	9.95	3.653		0.949	4.449	53	126	0	0	0	15.15	6	0.2	8	0.57	199			
0	% of Goal :	8	15	18		95	445	18	5	*	*	*	30	*	*	*	3				
Pancakes	2 each	157	1.46	0.288	0	0.484	0.486	6	349	32.13	1.5	5.51	2.99	29	2.5	72	1	127			
0	% of Goal :	8	2	*	*	48	49	2	15	11	6	551	6	*	4	7	6				
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				
Assorted Cold C	serving	567	7.31	2.005	0.011	2.146	2.188	0	998	117.27	10.3	25.3	14.99	3028	46.9	232	22.9	415			
0	% of Goal :	28	11	10	*	215	219	*	42	39	41	2530	30	61	78	23	127				
Chicken Breakfa	3.5 patty	175	7.35	2.013	0	1.713	2.664	81	424	1.78	0.2	2.13	23.89	68	0.2	16	1.42	179			
0	% of Goal :	9	11	10	*	171	266	27	18	*	*	213	48	*	*	2	8				

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Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Friday, February 15, 2019
 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	291	18.27	5.376	0	2.853	7.08	694	246	8.92	2.3	0	21.93	2651	1.7	94	2.78	288			
1	% of Goal :	15	28	27	*	285	708	231	10	3	9	*	44	53	3	9	15				
Breakfast Acco	Servings	132	3.3	1.385	0.051	0.447	1.015	5	107	25.63	3	4.62	2.46	205	19.5	31	0.51	317			
1	% of Goal :	7	5	7	5	45	102	2	4	9	12	462	5	4	32	3	3				
Home Fries	4 oz potion	1490	9.44	0.978	0	3.012	4.627	0	359	328.73	29.4	0	30.54	0	212.3	82	5.07	6189			
0	% of Goal :	74	15	5	*	301	463	*	15	110	118	*	61	*	354	8	28				
Assorted Bagels	1 each	229	1.34	0.283	0	0.515	0.38	0	457	45.57	1.9	4.78	8.9	0	0.6	68	4.37	57			
0	% of Goal :	11	2	*	*	52	38	*	19	15	8	478	18	*	*	7	24				
Assorted Muffin	Each	284	9.44	1.035	0	1.99	3.791	15	336	44.6	1.4	7.09	5.56	21	2.3	90	1.87	59			
0	% of Goal :	14	15	5	*	199	379	5	14	15	6	709	11	*	4	9	10				
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	*	*				
Apple Raisin Sa	1 OZ PORT	66	1.54	0.777		0.209	0.136	0	8	15.16	4.9	3.37	0.7	40	3.4	90	2.57	116			
0	% of Goal :	3	2	4		21	14	*	*	5	20	337	*	*	6	9	14				

Meal Total: Amount:
 % of Goal:

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Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Friday, February 15, 2019
 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			
Taco Casserole	6 oz portion	233	12.03	5.073	0	2.171	4.018	21	484	23.07	5.2	2.01	9.83	1015	29	204	1.87	454		
0	% of Goal :	12	19	25	*	217	402	7	20	8	21	201	20	20	48	20	10			
Express Meals -	1 each	1084	38.91	10.309	0.027	7.319	10.837	50	1598	160.62	10.5	60.43	27.75	2062	54	322	8.44	935		
0	% of Goal :	54	60	52	3	732	1084	17	67	54	42	6043	56	41	90	32	47			
Hearty Vegetabl	Cup	86	0.47	0.097	0	0.196	0.1	0	741	18.89	2.5	1.28	2.27	682	12.6	30	0.89	248		
0	% of Goal :	4	*	*	*	20	10	*	31	6	10	128	5	14	21	3	5			
Clam Chowder, N	6oz portion	133	5.6	2.774	0.087	0.739	1.648	23	322	13.75	0.7	4.5	7.09	215	4.4	119	0.64	261		
0	% of Goal :	7	9	14	9	74	165	8	13	5	3	450	14	4	7	12	4			
Roast Beef Fren	panini	471	13.96	6.28	0	0.387	4.068	61	870	50.69	2	0	31.98	235	0	430	14.7	431		
0	% of Goal :	24	21	31	*	39	407	20	36	17	8	*	64	5	*	43	82			
Sauteed Vegetab	4 oz portion	147	9.3	1.284	0	1.306	6.359	0	143	14.25	2.8	1.15	3.09	1327	9.9	41	1.43	275		
0	% of Goal :	7	14	6	*	131	636	*	6	5	11	115	6	27	16	4	8			
3 Bean Chili	8 oz portion	103	2.64	0.373	0	0.403	1.731	0	185	15.7	4.3	1.31	5.09	561	24.3	62	1.94	365		
0	% of Goal :	5	4	2	*	40	173	*	8	5	17	131	10	11	41	6	11			
Taco Casserole	6 oz portion	253	13.72	5.726	0	2.542	4.595	23	467	23.07	5	1.45	10.44	608	13.5	211	1.74	355		
0	% of Goal :	13	21	29	*	254	460	8	19	8	20	145	21	12	22	21	10			
Grilled Chicken	3oz portion	114	4.88	0.702	0	0.63	2.715	41	78	1.43	0.3	0.22	16.6	640	8.6	18	0.91	240		
0	% of Goal :	6	8	4	*	63	272	14	3	*	*	22	33	13	14	2	5			
Spicy Baja Fish	Each	228	8.55	1.784	0	0.692	0.521	57	130	14.81	2.3	1.22	22.26	326	11.9	55	0.99	587		
0	% of Goal :	11	13	9	*	69	52	19	5	5	9	122	45	7	20	6	5			
Deli Bar - Moul	portion	233	8.59	2.782	0	0.488	1.764	24	673	27.9	2.7	2.49	11.92	519	3.1	117	2.83	216		
0	% of Goal :	12	13	14	*	49	176	8	28	9	11	249	24	10	5	12	16			
Cuban Garbanzo	4 oz portion	38	2.91	0.41	0	0.306	2.092	0	62	2.82	1	0.94	0.57	290	13.2	13	0.43	99		
0	% of Goal :	2	4	2	*	31	209	*	3	*	4	94	*	6	22	*	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 : Moulton
 Service Date : Friday, February 15, 2019
 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				
Pasta Bar Frid	10 oz portion	190	1.19	0.171	0	0.408	0.305	0	34	37.78	2.1	0.17	6.39	92	3.8	14	1.91	79			
0	% of Goal :	10	2	*	*	41	31	*	*	13	8	17	13	2	6	*	11				
Tuscan Bean and	4oz portion	179	11.76	0.915	0	3.455	6.682	0	446	14.97	4.5	1.17	5.22	4347	17.6	78	3.12	621			
0	% of Goal :	9	18	5	*	345	668	*	19	5	18	117	10	87	29	8	17				
Salad Bar Lunch	servings	300	23.22	3.532	0	4.697	8.062	25	645	17.1	2.2	5.61	5.3	1892	15.6	94	1.35	233			
0	% of Goal :	15	36	18	*	470	806	8	27	6	9	561	11	38	26	9	8				
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				
Krinkle Cut Fri	3 oz serving	323	17.42	3.638		2.957	10.059	0	187	37.62	3.3	0	4.06	0	11	13	0.74	651			
1	% of Goal :	16	27	18		296	1006	*	8	13	13	*	8	*	18	*	4				
Steamed Rice (V	4 oz portion	129	0	0	0	0	0.062	0	1	28	0	0	3.03	0	0	1	1.1	43			
	% of Goal :	6	*	*	*	*	6	*	*	9	*	*	6	*	*	*	6				
Derby's Peanut	1 Each	330	17.07	3.824	0.058	4.673	7.368	22	273	34.9	1.6	47.1	5.77	530	0	13	1.21	27			
1	% of Goal :	16	26	19	6	467	737	7	11	12	6	4710	12	11	*	*	7				

Meal Total: Amount:
 % of Goal:

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Friday, February 15, 2019
 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				
Tortellini w/ A	10 oz portio	549	20.2	10.316	0.155	0.415	2.859	85	670	69.52	0.2	1.92	24.47	746	0.3	358	2.2	79			
0	% of Goal :	27	31	52	15	42	286	28	28	23	*	192	49	15	*	36	12				
Express Meals -	1 each	1084	38.91	10.309	0.027	7.319	10.837	50	1598	160.62	10.5	60.43	27.75	2062	54	322	8.44	935			
0	% of Goal :	54	60	52	3	732	1084	17	67	54	42	6043	56	41	90	32	47				
Clam Chowder, N	6oz portion	133	5.6	2.774	0.087	0.739	1.648	23	322	13.75	0.7	4.5	7.09	215	4.4	119	0.64	261			
0	% of Goal :	7	9	14	9	74	165	8	13	5	3	450	14	4	7	12	4				
Hearty Vegetabl	Cup	86	0.47	0.097	0	0.196	0.1	0	741	18.89	2.5	1.28	2.27	682	12.6	30	0.89	248			
0	% of Goal :	4	*	*	*	20	10	*	31	6	10	128	5	14	21	3	5				
Beef Hamburgers	Hamburger	149	3.2	1.368		0.493	1.021	49	137	7.91	0.4	0	21.94	0	0	30	2.15	22			
1	% of Goal :	7	5	7		49	102	16	6	3	2	*	44	*	*	3	12				
Tortellini w/ A	10 oz portio	549	20.2	10.316	0.155	0.415	2.859	85	670	69.52	0.2	1.92	24.47	746	0.3	358	2.2	79			
1	% of Goal :	27	31	52	15	42	286	28	28	23	*	192	49	15	*	36	12				
Vegan Three Bea	8 oz portion	201	2.95	0.418	0	0.566	1.779	0	401	33.83	9.4	1.61	11.5	929	33.7	138	4.19	816			
1	% of Goal :	10	5	2	*	57	178	*	17	11	38	161	23	19	56	14	23				
Ten Vegetable V	burger	158	5.04	0.719	0	3.934	1.686	0	504	12.95	4.3	1.44	14.39	225	0	58	1.04	259			
0	% of Goal :	8	8	4	*	393	169	*	21	4	17	144	29	4	*	6	6				
Baked MSC Fish	3.5 oz portio	91	0.97	0.134		0.479	0.111	70	85	0	0	0	19.29	46	0	60	0.46	353			
1	% of Goal :	5	*	*		48	11	23	4	*	*	*	39	*	*	6	3				
Grilled Teriyak	6 oz portion	177	3.28	0.484	0	0.586	0.835	74	85	7.85	0.7	9.21	29.79	236	30.9	24	1.22	392			
1	% of Goal :	9	5	2	*	59	84	25	4	3	3	921	60	5	51	2	7				
Cuban Garbanzo	4 oz portion	38	2.91	0.41	0	0.306	2.092	0	62	2.82	1	0.94	0.57	290	13.2	13	0.43	99			
1	% of Goal :	2	4	2	*	31	209	*	3	*	4	94	*	6	22	*	2				
Salad Bar Dinne	servings	284	22.25	3.212	0	4.521	7.647	20	502	17.13	2.4	5.96	3.79	1973	22.2	61	1.08	271			
1	% of Goal :	14	34	16	*	452	765	7	21	6	10	596	8	39	37	6	6				

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Friday, February 15, 2019
 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				
Steamed Broccol	3 oz	24	0.3	0.046	0	0.142	0.02	0	23	4.46	2.6	0	2.53	1311	79.3	41	0.75	276			
1	% of Goal :	*	*	*	*	14	2	*	*	*	10	*	5	26	132	4	4				
Steak Fries	3 oz portion	291	15.67	3.274	0	2.661	9.053	0	239	33.86	3	0	3.66	0	9.9	12	0.66	586			
2	% of Goal :	15	24	16	*	266	905	*	10	11	12	*	7	*	16	*	4				
Multi-Grain Bre	loaves	643	7.02	1.41	0	3.081	1.232	0	558	115.88	14.1	9.77	27.65	0	0.1	164	6.71	454			
0	% of Goal :	32	11	7	*	308	123	*	23	39	56	977	55	*	*	16	37				
Orange Gelatin	1/2 Cup	74	0	0	0	0	0	0	53	17.59	0	0	1.52	0	0	3	0.04	1			
0	% of Goal :	4	*	*	*	*	*	*	2	6	*	*	3	*	*	*	*				
Pudding Vanill	1/2 cup port	82	3.71	2.145		0.218	0.951	12	101	8.7	0	8.59	3.57	142	0.2	129	0.04	153			
0	% of Goal :	4	6	11		22	95	4	4	3	*	859	7	3	*	13	*				
Assorted Cream	1/10th Slice	102	4.58	1.804	0	0.519	1.956	6	78	14.48	0.2	12.59	1.6	135	0.1	49	0.32	88			
1	% of Goal :	5	7	9	*	52	196	2	3	5	*	1259	3	3	*	5	2				

Meal Total: Amount:
 % of Goal:

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Saturday, February 16, 2019
 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	567	7.31	2.005	0.011	2.146	2.188	0	998	117.27	10.3	25.3	14.99	3028	46.9	232	22.9	415		
	% of Goal :	28	11	10	*	215	219	*	42	39	41	2530	30	61	78	23	127			
Chicken Breakfa	0 sausage	18	0.86	0.29		0.082	0.413	6	138	0.55	0		1.96	0	0	1	0.11	36		
	% of Goal :	*	*	*		8	41	2	6	*	*		4	*	*	*	*			
'Veggie Patty B	0 2 Each																			
	% of Goal :																			
Oatmeal	0 2/3 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			
Belgion Waffles	0 6 oz waffle	234	7.22	1.482	0	1.408	3.858	11	547	36.92	1.9	3.57	5.52	917	0	231	5.11	107		
	% of Goal :	12	11	7	*	141	386	4	23	12	8	357	11	18	*	23	28			
Scrambled Egg W	0 3oz portion	43	0.14	0		0	0	0	267	0.61	0	0.59	9.05	0	0	6	0.07	135		
	% of Goal :	2	*	*		*	*	*	11	*	*	59	18	*	*	*	*			
Scrambled Eggs	0 6 oz portion	260	18.19	5.359	0	2.815	7.074	694	227	2.01	0	0	20.42	393	0	81	2.35	199		
	% of Goal :	13	28	27	*	282	707	231	9	*	*	*	41	8	*	8	13			
Eggs Cooked	1 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			
Home Fries (VE)	0 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	0 Each	412	13.45	3.563	0.058	2.773	5.724	31	627	63.4	3.5	11.57	9.03	225	3	148	3.99	139		
	% of Goal :	21	21	18	6	277	572	10	26	21	14	1157	18	5	5	15	22			
Apple Raisin Sa	0 2 oz portion	102	2.39	1.204		0.323	0.211	0	12	23.49	7.6	5.22	1.08	63	5.3	139	3.98	180		
	% of Goal :	5	4	6		32	21	*	*	8	30	522	2	*	9	14	22			

Meal Total: Amount:
 % of Goal:

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Saturday, February 16, 2019
 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	83	3.23	0.324	0	0.871	1.898	0	316	10.86	3.3	1.05	3.4	836	3.9	35	1.06	351			
0	% of Goal :	4	5	2	*	87	190	*	13	4	13	105	7	17	6	3	6				
General Tso's C	8 oz portion	245	9.83	1.582	0.024	2.174	3.756	115	1878	12.47	1	2.15	26.19	1016	31.5	37	2.02	475			
1	% of Goal :	12	15	8	2	217	376	38	78	4	4	215	52	20	52	4	11				
General Tso's T	4oz portion	217	11.3	1.627	0	5.233	3.822	0	1229	22.09	1.5	6.51	7.33	406	21.4	265	4.48	234			
0	% of Goal :	11	17	8	*	523	382	*	51	7	6	651	15	8	36	27	25				
Fresh Zucchini	2 cake porti	242	16.33	5.106	0	0.47	1.969	93	781	16.6	1.2	1.5	10.65	928	7.4	191	1.45	212			
0	% of Goal :	12	25	26	*	47	197	31	33	6	5	150	21	19	12	19	8				
Vegetable Egg R	1 each	281	10.2	2.158		2.541	4.848	0	574	42.16	2.4	13.81	5.41	108	11.2	40	1.67	224			
1	% of Goal :	14	16	11		254	485	*	24	14	9	1381	11	2	19	4	9				
Seame Beef Fry	8 oz portion	228	9.59	2.286	0	2.311	3.843	63	48	9.61	2.2	1.7	25.84	908	34.4	48	2.64	427			
1	% of Goal :	11	15	11	*	231	384	21	2	3	9	170	52	18	57	5	15				
Pasta Bar	6oz portion	245	4.83	2.586	0.095	0.53	1.16	12	36	41.94	2.4	1.18	7.64	162	1.6	41	2.04	82			
0	% of Goal :	12	7	13	10	53	116	4	*	14	10	118	15	3	3	4	11				
Salad Bar Dinne	servings	284	22.25	3.212	0	4.521	7.647	20	502	17.13	2.4	5.96	3.79	1973	22.2	61	1.08	271			
1	% of Goal :	14	34	16	*	452	765	7	21	6	10	596	8	39	37	6	6				
Steamed Mixed V	3 oz portior	52	0.13	0.027		0.063	0.009	0	31	11.52	3.9		2.52	3764	2.8	22	0.72	149			
1	% of Goal :	3	*	*		6	*	*	*	4	15		5	75	5	2	4				
Veg. Fried Ric	4oz serving	117	1.28	0.124	0	0.408	0.7	0	29	23.73	1.2	3.2	2.54	322	5	14	1.06	189			
1	% of Goal :	6	2	*	*	41	70	*	*	8	5	320	5	6	8	*	6				
Assorted Homema	Loaves	1034	29.7	2.388	0	9.131	16.292	0	2644	165.8	11.6	3.55	23.7	167	0.2	99	8.26	608			
0	% of Goal :	52	46	12	*	913	1629	*	110	55	46	355	47	3	*	10	46				
Raspberry Gelat	1/2 Cup	74	0	0	0	0	0	0	53	17.59	0	0	1.52	0	0	3	0.04	1			
0	% of Goal :	4	*	*	*	*	*	*	2	6	*	*	3	*	*	*	*				

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Saturday, February 16, 2019
 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				
Pudding Butter	1/2 cup port	136	3.44	1.936		0.191	0.796	10	359	23.93	0.5	19.26	3.41	124	0	114	0.49	192			
0	% of Goal :	7	5	10		19	80	3	15	8	2	1926	7	2	*	11	3				
Blonde Brownies	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			
1	% 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 : Moulton
 Service Date : Saturday, February 16, 2019
 Meal Period : Brunch
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Soup of the Day	Cup	83	3.23	0.324	0	0.871	1.898	0	316	10.86	3.3	1.05	3.4	836	3.9	35	1.06	351			
0	% of Goal :	4	5	2	*	87	190	*	13	4	13	105	7	17	6	3	6				
Pancakes Homema	2 pancake	372	11.54	2.349	0	2.921	4.91	72	407	53.95	5.8	6.82	12.42	151	0	170	3.3	280			
0	% of Goal :	19	18	12	*	292	491	24	17	18	23	682	25	3	*	17	18				
Vegan Pancakes	pancake	92	1.85	0.147	0	0.573	1	0	242	16.12	0.4	2.39	1.86	0	0	56	0.88	17			
0	% of Goal :	5	3	*	*	57	100	*	10	5	2	239	4	*	*	6	5				
'Veggie Patty B	2 Each																				
0	% of Goal :																				
Chicken Breakfa	sausage	18	0.86	0.29		0.082	0.413	6	138	0.55	0		1.96	0	0	1	0.11	36			
0	% of Goal :	*	*	*		8	41	2	6	*	*		4	*	*	*	*				
Oatmeal	2/3 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				
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				
Grilled Turkey	1 sandwich	328	11.44	3.15	0	1.238	2.543	35	990	39.49	2.5	2.53	21.9	431	0	179	2.61	98			
0	% of Goal :	16	18	16	*	124	254	12	41	13	10	253	44	9	*	18	15				
Cheese Ravioli	4 each	56	2.59	0.97	0	0.356	0.725	4	215	7.4	1.6	0.99	3.1	934	11.2	78	0.96	321			
0	% of Goal :	3	4	5	*	36	73	*	9	2	7	99	6	19	19	8	5				
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	227	13.55	5.632	0	1.338	4.758	229	706	6.8	1.3	2.78	19.34	1146	40.6	135	1.52	359			
0	% of Goal :	11	21	28	*	134	476	76	29	2	5	278	39	23	68	14	8				
Scrambled Eggs	6 oz portion	260	18.19	5.359	0	2.815	7.074	694	227	2.01	0	0	20.42	393	0	81	2.35	199			
0	% of Goal :	13	28	27	*	282	707	231	9	*	*	*	41	8	*	8	13				

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Saturday, February 16, 2019
 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	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 Egg W 0	3oz portion % of Goal :	43 2	0.14 *	0 *		0 *	0 *	0 *	267 11	0.61 *	0 *	0.59 59	9.05 18	0 *	0 *	6 *	0.07 *	135		
Eggs Cooked 0	Portions % of Goal :	141 7	9.49 15	2.935 15	0 *	1.288 129	3.608 361	402 134	119 5	1.16 *	0 *	0 *	11.83 24	181 4	0 *	46 5	1.36 8	115		
Assorted Cold C 0	serving % of Goal :	567 28	7.31 11	2.005 10	0.011 *	2.146 215	2.188 219	0 *	998 42	117.27 39	10.3 41	25.3 2530	14.99 30	3028 61	46.9 78	232 23	22.9 127	415		
Egg Muffin Sand 0	Sandwiches % of Goal :	244 12	9.87 15	4.421 22	0.017 2	1.121 112	2.119 212	176 59	572 24	25.76 9	2 8	2.16 216	13.18 26	395 8	1 2	196 20	3.04 17	149		
Scrambled Eggs 0	6 oz portion % of Goal :	291 15	18.27 28	5.376 27	0 *	2.853 285	7.08 708	694 231	246 10	8.92 3	2.3 9	0 *	21.93 44	2651 53	1.7 3	94 9	2.78 15	288		
Breakfast Acco 1	Servings % of Goal :	132 7	3.3 5	1.385 7	0.051 5	0.447 45	1.015 102	5 2	107 4	25.63 9	3 12	4.62 462	2.46 5	205 4	19.5 32	31 3	0.51 3	317		
Tossed Garden S 0	4.5 oz. Porti % of Goal :	26 *	0.36 *	0.053 *	0 *	0.132 13	0.059 6	0 *	38 2	5.21 2	1.7 7	2.69 269	1.32 3	3305 66	10.1 17	29 3	0.67 4	263		
French Cut Gree 0	3 OZ % of Goal :	21 *	0.13 *	0.032 *	0 *	0.063 6	0.006 *	0 *	241 10	4.9 2	2.3 9	0.93 93	1.13 2	303 6	3.1 5	32 3	0.51 3	120		
Home Fries 0	4 oz potion % of Goal :	1490 74	9.44 15	0.978 5	0 *	3.012 301	4.627 463	0 *	359 15	328.73 110	29.4 118	0 *	30.54 61	0 *	212.3 354	82 8	5.07 28	6189		
Assorted Muffin 0	Each % of Goal :	412 21	13.45 21	3.563 18	0.058 6	2.773 277	5.724 572	31 10	627 26	63.4 21	3.5 14	11.57 1157	9.03 18	225 5	3 5	148 15	3.99 22	139		
Apple Raisin Sa 0	2 oz portion % of Goal :	102 5	2.39 4	1.204 6		0.323 32	0.211 21	0 *	12 *	23.49 8	7.6 30	5.22 522	1.08 2	63 *	5.3 9	139 14	3.98 22	180		

Meal Total: Amount:
 % of Goal:

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Sunday, February 17, 2019
 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				
Grilled Ham	4 oz portion	308	19.89	7.306		1.897	8.898	107	252	0	0	0	30.3	11	0.3	16	1.15	398			
0	% of Goal :	15	31	37		190	890	36	10	*	*	*	61	*	*	2	6				
'Veggie Patty B	2 Each																				
0	% of Goal :																				
French Toast	2 each	276	4.87	0.97	0	0.358	1.052	110	464	47.25	2.1	6.4	11.76	57	0.1	152	2.59	51			
0	% of Goal :	14	7	5	*	36	105	37	19	16	8	640	24	*	*	15	14				
Assorted Cold C	serving	567	7.31	2.005	0.011	2.146	2.188	0	998	117.27	10.3	25.3	14.99	3028	46.9	232	22.9	415			
0	% of Goal :	28	11	10	*	215	219	*	42	39	41	2530	30	61	78	23	127				
Oatmeal	4 OZ PORT	21	0.37	0.063	0	0.13	0.112	0	89	3.84	0.6	0.06	0.75	6	0	3	0.24	21			
0	% of Goal :	*	*	*	*	13	11	*	4	*	2	6	*	*	*	*	*				
Scrambled Eggs	6 oz portion	291	18.27	5.376	0	2.853	7.08	694	246	8.92	2.3	0	21.93	2651	1.7	94	2.78	288			
0	% of Goal :	15	28	27	*	285	708	231	10	3	9	*	44	53	3	9	15				
Scrambled Eggs	6 oz portion	260	18.19	5.359	0	2.815	7.074	694	227	2.01	0	0	20.42	393	0	81	2.35	199			
0	% of Goal :	13	28	27	*	282	707	231	9	*	*	*	41	8	*	8	13				
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				
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				
Corned Beef Has	6 oz portion	319	20.22	6.248	0	1.591	9.731	89	1292	15.64	1.4	0.26	17.94	130	9.9	14	1.93	417			
0	% of Goal :	16	31	31	*	159	973	30	54	5	6	26	36	3	16	*	11				
Breakfast Acco	Servings	132	3.3	1.385	0.051	0.447	1.015	5	107	25.63	3	4.62	2.46	205	19.5	31	0.51	317			
0	% of Goal :	7	5	7	5	45	102	2	4	9	12	462	5	4	32	3	3				

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Sunday, February 17, 2019
 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				
Bagel Bar Bonan	bagel	259	6.07	2.981	0	0.647	1.462	17	483	41.51	1.7	5.44	10.06	208	0.3	92	2.77	106			
0	% of Goal :	13	9	15	*	65	146	6	20	14	7	544	20	4	*	9	15				
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	Muffin	226	8.71	0.881	0	2.338	4.43	17	255	32.37	2.3	8.71	4.33	72	2.4	88	1.67	92			
0	% of Goal :	11	13	4	*	234	443	6	11	11	9	871	9	*	4	9	9				
Almond Coffee R	slices	344	16.54	4.464	0.001	0.544	1.441	68	302	41.68	0.8	18.8	5.96	0	0.1	12	0.16	162			
0	% of Goal :	17	25	22	*	54	144	23	13	14	3	1880	12	*	*	*	*				
Blueberry Sauce	2 Fluid Oz	61	0.12	0.01	0	0.051	0.016	0	1	13.52	0.8	10.57	0.26	18	3.5	2	0.1	27			
0	% of Goal :	3	*	*	*	5	2	*	*	5	3	1057	*	*	6	*	*				

Meal Total: Amount:
 % of Goal:

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Sunday, February 17, 2019
 Meal Period : Lunch
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K		
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG		
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00			
Deli Platter - 0	2 oz % of Goal :	129 6	10.25 16	4.363 22	0 *	0.345 34	2.116 212	39 13	475 20	0.88 *	0 *	0.35 35	8.6 17	171 3	0.1 *	106 11	0.81 4	73		
Hearty Vegetabl 0	6oz portion % of Goal :	64 3	0.35 *	0.073 *	0 *	0.147 15	0.075 7	0 *	556 23	14.16 5	1.9 7	0.96 96	1.71 3	511 10	9.4 16	23 2	0.67 4	186		
French Toast 0	2 each % of Goal :	276 14	4.87 7	0.97 5	0 *	0.358 36	1.052 105	110 37	464 19	47.25 16	2.1 8	6.4 640	11.76 24	57 *	0.1 *	152 15	2.59 14	51		
'Veggie Patty B 1	2 Each % of Goal :																			
Grilled Ham 0	4 oz portion % of Goal :	308 15	19.89 31	7.306 37		1.897 190	8.898 890	107 36	252 10	0 *	0 *	0 *	30.3 61	11 *	0.3 *	16 2	1.15 6	398		
Oatmeal 0	4 OZ PORT % of Goal :	21 *	0.37 *	0.063 *	0 *	0.13 13	0.112 11	0 *	89 4	3.84 *	0.6 2	0.06 6	0.75 *	6 *	0 *	3 *	0.24 *	21		
Omelette Bar 1	1 each % of Goal :	227 11	13.55 21	5.632 28	0 *	1.338 134	4.758 476	229 76	706 29	6.8 2	1.3 5	2.78 278	19.34 39	1146 23	40.6 68	135 14	1.52 8	359		
Belgion Waffles 1	6 oz waffle % of Goal :	234 12	7.22 11	1.482 7	0 *	1.408 141	3.858 386	11 4	547 23	36.92 12	1.9 8	3.57 357	5.52 11	917 18	0 *	231 23	5.11 28	107		
Cage Free Eggs 1	2 eggs % of Goal :	71 4	4.74 7	1.468 7	0 *	0.644 64	1.804 180	201 67	60 2	0.58 *	0 *	0 *	5.91 12	90 2	0 *	23 2	0.68 4	57		
Scrambled Eggs 0	6 oz portion % of Goal :	260 13	18.19 28	5.359 27	0 *	2.815 282	7.074 707	694 231	227 9	2.01 *	0 *	0 *	20.42 41	393 8	0 *	81 8	2.35 13	199		
Scrambled Eggs 0	6 oz portion % of Goal :	291 15	18.27 28	5.376 27	0 *	2.853 285	7.08 708	694 231	246 10	8.92 3	2.3 9	0 *	21.93 44	2651 53	1.7 3	94 9	2.78 15	288		
Ziti with Marin 1	6oz portion % of Goal :	164 8	3.05 5	0.437 2		1.095 110	1.157 116	0 *	524 22	28.83 10	2.9 12		4.9 10	477 10	10.2 17	33 3	1.82 10	395		

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Sunday, February 17, 2019
 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				
Corned Beef Has	6 oz portion	319	20.22	6.248	0	1.591	9.731	89	1292	15.64	1.4	0.26	17.94	130	9.9	14	1.93	417			
0	% of Goal :	16	31	31	*	159	973	30	54	5	6	26	36	3	16	*	11				
Tuna Melt MU	1 sandwich	314	23.54	5.692	0	0.262	1.16	25	398	17.12	1.2	1.18	7.67	151	2.6	262	1.2	126			
0	% of Goal :	16	36	28	*	26	116	8	17	6	5	118	15	3	4	26	7				
Tossed Garden S	4.5 oz. Port	26	0.36	0.053	0	0.132	0.059	0	38	5.21	1.7	2.69	1.32	3305	10.1	29	0.67	263			
1	% of Goal :	*	*	*	*	13	6	*	2	2	7	269	3	66	17	3	4				
Normandy Blend	3 oz portion	49	2.27	0.418	0	0.726	0.96	0	219	6.83	2.3	1.97	1.58	4842	15.8	20	0.42	138			
0	% of Goal :	2	3	2	*	73	96	*	9	2	9	197	3	97	26	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				
Bagel Bar Bonan	bagel	259	6.07	2.981	0	0.647	1.462	17	483	41.51	1.7	5.44	10.06	208	0.3	92	2.77	106			
0	% of Goal :	13	9	15	*	65	146	6	20	14	7	544	20	4	*	9	15				
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				
Coffee Ring	slices	205	9.55	2.865	0	0.002	0.002	45	201	27.14	0.2	12.42	3.34	0	0	0	0	86			
0	% of Goal :	10	15	14	*	*	*	15	8	9	*	1242	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:

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Sunday, February 17, 2019
 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				
Hearty Vegetabl 0	6oz portion % of Goal :	64 3	0.35 *	0.073 *	0 *	0.147 15	0.075 7	0 *	556 23	14.16 5	1.9 7	0.96 96	1.71 3	511 10	9.4 16	23 2	0.67 4	186			
Fried Shrimp w/ 1	3 oz portion % of Goal :	372 19	26.55 41	5.044 25	3.806 381	1.458 146	10.833 1083	60 20	1122 47	27.01 9	0.9 4	0.21 21	7.22 14	953 19	3.2 5	28 3	0.88 5	129			
Garlic Roasted 1	1/4 % of Goal :	165 8	12.81 20	2.246 11	0.041 4	3.088 309	6.029 603	32 11	701 29	2.36 *	0.3 *	0.06 6	8.34 17	70 *	2.9 5	24 2	0.77 4	112			
Macaroni & Chee 1	6oz portion % of Goal :	257 13	9.6 15	5.204 26	0.071 7	0.626 63	2.634 263	32 11	477 20	28.91 10	1.4 6	1.89 189	13.63 27	376 8	4.5 8	185 18	1.58 9	156			
Baked Macaroni 0	6oz portion % of Goal :	302 15	11.03 17	1.957 10	0 *	3.744 374	4.542 454	5 2	446 19	35.94 12	1.8 7	0.32 32	14.07 28	224 4	0 *	230 23	2.07 11	73			
Vegetarian Bake 0	cup % of Goal :	121 6	0.59 *	0.151 *		0.252 25	0.051 5	0 *	517 22	26.69 9	6.5 26		6.23 12	223 4	4 7	65 7	0.38 2	385			
Stir-Fried Veg 1	6 oz portion % of Goal :	97 5	5.58 9	0.639 3	0 *	2.372 237	2.195 219	0 *	97 4	7.89 3	2.4 9	2.76 276	5.83 12	1203 24	54.5 91	204 20	3.43 19	307			
Salad Bar Dinne 1	servings % of Goal :	284 14	22.25 34	3.212 16	0 *	4.521 452	7.647 765	20 7	502 21	17.13 6	2.4 10	5.96 596	3.79 8	1973 39	22.2 37	61 6	1.08 6	271			
Summer Squash w 0	4 oz portion % of Goal :	23 *	0.33 *	0.067 *	0 *	0.145 14	0.02 2	0 *	2 *	4.98 2	1.7 7	1.02 102	0.98 2	992 20	35.4 59	24 2	0.4 2	208			
Steamed Rice (V 0	4 oz portion % of Goal :	129 6	0 *	0 *	0 *	0 *	0.062 6	0 *	1 *	28 9	0 *	0 *	3.03 6	0 *	0 *	1 *	1.1 6	43			
Mashed Maine Po 1	5 oz. % of Goal :	179 9	7.21 11	1.292 6	0 *	2.294 229	3.267 327	1 *	443 18	26.54 9	2.4 10	0.57 57	2.87 6	311 6	16.7 28	24 2	0.45 3	503			
Sourdough Bread 0	Loaves % of Goal :	1311 66	8.3 13	2.254 11		3.57 357	1.574 157	0 *	2327 97	256.01 85	10.9 44	11.61 1161	53.3 107	0 *	0.9 2	200 20	16.47 91	581			

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Sunday, February 17, 2019
 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	1 portion	427	24.23	15.345	0.109	0.947	6.242	69	135	50.96	1.8	18.98	5.65	657	1.6	161	0.83	319			
0	% of Goal :	21	37	77	11	95	624	23	6	17	7	1898	11	13	3	16	5				
Jello Parfaits	6oz portion	148	0	0	0	0	0	0	105	35.18	0	0	3.03	0	0	5	0.08	3			
0	% of Goal :	7	*	*	*	*	*	*	4	12	*	*	6	*	*	*	*				
Assorted Popsyc	popsicle																				
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 : Moulton
 Service Date : Sunday, February 17, 2019
 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				
'Veggie Patty B	2 Each																				
	% of Goal :																				
Deli Platter -	2 oz	129	10.25	4.363	0	0.345	2.116	39	475	0.88	0	0.35	8.6	171	0.1	106	0.81	73			
	% of Goal :	6	16	22	*	34	212	13	20	*	*	35	17	3	*	11	4				
Hearty Vegetabl	6oz portion	64	0.35	0.073	0	0.147	0.075	0	556	14.16	1.9	0.96	1.71	511	9.4	23	0.67	186			
	% of Goal :	3	*	*	*	15	7	*	23	5	7	96	3	10	16	2	4				
French Toast	2 each	276	4.87	0.97	0	0.358	1.052	110	464	47.25	2.1	6.4	11.76	57	0.1	152	2.59	51			
	% of Goal :	14	7	5	*	36	105	37	19	16	8	640	24	*	*	15	14				
Vegan French To	slice	89	2.35	0.207	0	0.798	1.205	0	192	14.29	1	2.53	2.15	47	0.1	34	0.77	67			
	% of Goal :	4	4	*	*	80	121	*	8	5	4	253	4	*	*	3	4				
Grilled Ham	4 oz portion	308	19.89	7.306		1.897	8.898	107	252	0	0	0	30.3	11	0.3	16	1.15	398			
	% of Goal :	15	31	37		190	890	36	10	*	*	*	61	*	*	2	6				
Oatmeal	4 OZ PORT	21	0.37	0.063	0	0.13	0.112	0	89	3.84	0.6	0.06	0.75	6	0	3	0.24	21			
	% of Goal :	*	*	*	*	13	11	*	4	*	2	6	*	*	*	*	*				
Omelette Bar	1 each	227	13.55	5.632	0	1.338	4.758	229	706	6.8	1.3	2.78	19.34	1146	40.6	135	1.52	359			
	% of Goal :	11	21	28	*	134	476	76	29	2	5	278	39	23	68	14	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			
	% of Goal :	12	11	7	*	141	386	4	23	12	8	357	11	18	*	23	28				
Cage Free Eggs	2 eggs	71	4.74	1.468	0	0.644	1.804	201	60	0.58	0	0	5.91	90	0	23	0.68	57			
	% of Goal :	4	7	7	*	64	180	67	2	*	*	*	12	2	*	2	4				
Scrambled Eggs	6 oz portion	260	18.19	5.359	0	2.815	7.074	694	227	2.01	0	0	20.42	393	0	81	2.35	199			
	% of Goal :	13	28	27	*	282	707	231	9	*	*	*	41	8	*	8	13				
Scrambled Eggs	6 oz portion	291	18.27	5.376	0	2.853	7.08	694	246	8.92	2.3	0	21.93	2651	1.7	94	2.78	288			
	% of Goal :	15	28	27	*	285	708	231	10	3	9	*	44	53	3	9	15				

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Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Moulton
 Service Date : Sunday, February 17, 2019
 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			
Pasta with Mari	10 oz portio	263	3.68	0.525		1.34	1.284	0	560	48.57	3.9		8.22	509	10.8	39	2.83	441		
	% of Goal :	13	6	3		134	128	*	23	16	16		16	10	18	4	16			
Corned Beef Has	6 oz portion	319	20.22	6.248	0	1.591	9.731	89	1292	15.64	1.4	0.26	17.94	130	9.9	14	1.93	417		
	% of Goal :	16	31	31	*	159	973	30	54	5	6	26	36	3	16	*	11			
Tuna Melt MU	1 sandwich	314	23.54	5.692	0	0.262	1.16	25	398	17.12	1.2	1.18	7.67	151	2.6	262	1.2	126		
	% of Goal :	16	36	28	*	26	116	8	17	6	5	118	15	3	4	26	7			
Tossed Garden S	4.5 oz. Porti	26	0.36	0.053	0	0.132	0.059	0	38	5.21	1.7	2.69	1.32	3305	10.1	29	0.67	263		
	% of Goal :	*	*	*	*	13	6	*	2	2	7	269	3	66	17	3	4			
Normandy Blend	3 oz portion	49	2.27	0.418	0	0.726	0.96	0	219	6.83	2.3	1.97	1.58	4842	15.8	20	0.42	138		
	% of Goal :	2	3	2	*	73	96	*	9	2	9	197	3	97	26	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		
	% of Goal :	10	13	3	*	260	504	*	9	10	11	*	6	*	32	*	3			
Bagel Bar Bonan	bagel	259	6.07	2.981	0	0.647	1.462	17	483	41.51	1.7	5.44	10.06	208	0.3	92	2.77	106		
	% of Goal :	13	9	15	*	65	146	6	20	14	7	544	20	4	*	9	15			
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			
Coffee Ring	slices	205	9.55	2.865	0	0.002	0.002	45	201	27.14	0.2	12.42	3.34	0	0	0	0	86		
	% of Goal :	10	15	14	*	*	*	15	8	9	*	1242	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		
	% of Goal :	3	*	*	*	5	2	*	*	5	3	1057	*	*	6	*	*			

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