

# Dining Service

# Detail Simple List Menu Analysis

Unit : Moulton Union Service Unit  
 Service Date : Monday, May 20, 2019  
 Meal Period : Lunch  
 Customer Count : 400

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

## Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Deli Bar - Moul	portion	214	8.34	2.759	0	0.407	1.64	24	632	24.36	2.5	2.18	11.41	519	3.1	116	2.64	209			
	% of Goal :	11	13	14	*	41	164	8	26	8	10	218	23	10	5	12	15				
Chicken Noodle	6oz portion	42	1.25	0.083	0	0.072	0.074	13	451	1.15	0.3	0.54	5.41	96	2.1	12	0.26	94			
	% of Goal :	2	2	*	*	7	7	4	19	*	*	54	11	2	4	*	*				
Pasta Bar	6oz portion	477	5.68	2.769	0.095	0.823	1.253	12	74	88.8	3.9	3.93	15.98	180	1.7	55	3.96	275			
	% of Goal :	24	9	14	10	82	125	4	3	30	16	393	32	4	3	5	22				
Sweet Potato Ca	3oz patty	87	1.57	1.219	0	0.105	0.122	0	134	16.36	3.3	0.89	2.48	493	8.6	46	1.02	449			
	% of Goal :	4	2	6	*	11	12	*	6	5	13	89	5	10	14	5	6				
Omelette Bar	1 each	240	15.08	6.119	0	1.559	5.402	232	672	6.45	1.3	2.78	19.5	1146	40.7	135	1.55	357			
	% of Goal :	12	23	31	*	156	540	77	28	2	5	278	39	23	68	14	9				
Blueberry Panca	portion	389	11.74	2.5	0	2.93	5.016	74	388	57.99	6.5	9.42	12.61	168	3.3	166	3.39	363			
	% of Goal :	19	18	13	*	293	502	25	16	19	26	942	25	3	5	17	19				
Eggs Cooked	Portions	141	9.49	2.935	0	1.288	3.608	402	119	1.16	0	0	11.83	181	0	46	1.36	115			
	% of Goal :	7	15	15	*	129	361	134	5	*	*	*	24	4	*	5	8				
Chicken Breakfa	sausage	36	1.98	0.855		0.357	0.54	12	210	1.05	0.2	0.73	3.41	0	6.9	5	2.18	45			
	% of Goal :	2	3	4		36	54	4	9	*	*	73	7	*	11	*	12				
Salad Bar Lunch	servings	325	23.31	3.552	0	4.728	8.072	25	646	22.06	2.4	5.89	6.19	1892	15.6	95	1.56	254			
	% of Goal :	16	36	18	*	473	807	8	27	7	9	589	12	38	26	10	9				
Spinach Quinoa	4oz portion	41	0.39	0.062		0.15	0.024	0	60	8.79	2.3	3.24	2.37	7105	22.5	79	2.16	480			
	% of Goal :	2	*	*		15	2	*	3	3	9	324	5	142	38	8	12				
Sweet Potato Fr	3 oz portion	143	7.4	1.846	0	2.102	2.99	0	429	18.26	2.6	5.92	1.41	0	13.2	28	0.75	237			
	% of Goal :	7	11	9	*	210	299	*	18	6	10	592	3	*	22	3	4				

\*\*\* 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 Union Service Unit  
 Service Date : Monday, May 20, 2019  
 Meal Period : Lunch  
 Customer Count : 400

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

**Report for Nutritional Goal: 2000 Cal Standard Goal**

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Fresh Seasonal	1 piece	78	0.44	0.092	0	0.118	0.029	0	0	19.94	3.2	1.61	0.55	111	12.6	12	0.25	216			
	% of Goal :	4	*	*	*	12	3	*	*	7	13	161	*	2	21	*	*				

**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 Union Service Unit  
 Service Date : Monday, May 20, 2019  
 Meal Period : Dinner  
 Customer Count : 400

**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			
Butternut Squa	6oz portion	185	11.22	3.447	0	2.152	5.006	17	811	21.5	1.3	7.24	2.05	7793	28.4	76	1.29	464		
	% of Goal :	9	17	17	*	215	501	6	34	7	5	724	4	156	47	8	7			
Soup of the Day	Cup	83	3.23	0.324	0	0.871	1.898	0	259	10.66	3.3	1.05	3.4	757	3.9	35	1.06	351		
	% of Goal :	4	5	2	*	87	190	*	11	4	13	105	7	15	6	3	6			
Chicken Parmesa	5 oz portion	458	23.42	5.685	0	7.914	7.191	63	1028	34.47	1.9	0	27.51	310	0.7	132	1.56	374		
	% of Goal :	23	36	28	*	791	719	21	43	11	8	*	55	6	*	13	9			
Chicken Parmesa	5 oz portion	397	15.23	5.46	0	2.677	4.377	107	472	22.53	1.2	0	40.59	249	0.7	128	2.23	312		
	% of Goal :	20	23	27	*	268	438	36	20	8	5	*	81	5	*	13	12			
Chicken Parmesa	5 oz portion	255	6.6	2.965	0	0.473	0.387	77	130	16.61	1	0	32.46	220	2.1	118	1.64	310		
	% of Goal :	13	10	15	*	47	39	26	5	6	4	*	65	4	3	12	9			
Eggplant Parmes	portions	348	29.2	7.139	0	0.432	1.026	28	721	32.95	4.8	4.01	13.94	598	3.8	279	0.35	151		
	% of Goal :	17	45	36	*	43	103	9	30	11	19	401	28	12	6	28	2			
Eggplant Parmes	portions	159	7.05	2.042	0	1.217	3.174	73	450	17.27	3.7	2.55	7.76	717	5.8	239	0.93	522		
	% of Goal :	8	11	10	*	122	317	24	19	6	15	255	16	14	10	24	5			
Stromboli Vege	1/8 th portio	317	8.13	3.011	0	1.015	2.703	22	534	47.41	3.3	6.21	14.49	1079	54.7	92	2.98	306		
	% of Goal :	16	13	15	*	101	270	7	22	16	13	621	29	22	91	9	17			
Stromboli Pepp	1/6 th portio	475	23.36	9.42	0	1.809	7.022	61	1007	43.57	2.1	4.2	22.93	563	12.9	198	3.02	212		
	% of Goal :	24	36	47	*	181	702	20	42	15	8	420	46	11	22	20	17			
Spaghetti w/ Me	portion	517	10.96	3.815	0	0.932	4.364	57	298	75.48	3.6	2.1	26.61	13	0.5	47	4.91	359		
	% of Goal :	26	17	19	*	93	436	19	12	25	14	210	53	*	*	5	27			
Spinach Quinoa	4oz portion	41	0.39	0.062		0.15	0.024	0	60	8.79	2.3	3.24	2.37	7105	22.5	79	2.16	480		
	% of Goal :	2	*	*		15	2	*	3	3	9	324	5	142	38	8	12			
Salad Bar Dinne	servings	304	22.32	3.227	0	4.546	7.655	20	502	21.09	2.5	6.19	4.49	1973	22.2	62	1.24	287		
	% of Goal :	15	34	16	*	455	766	7	21	7	10	619	9	39	37	6	7			

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

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

Courses selected: Selected All

Dining Service

**Detail Simple List Menu Analysis**

Unit : Moulton Union Service Unit  
 Service Date : Monday, May 20, 2019  
 Meal Period : Dinner  
 Customer Count : 400

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

**Report for Nutritional Goal: 2000 Cal Standard Goal**

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Roasted Caulifl	3 oz portion	37	2.54	0.354	0	0.333	1.735	0	247	3.13	2.2	0	1.3	18	24.8	15	0.41	113			
	% of Goal :	2	4	2	*	33	174	*	10	*	9	*	3	*	41	*	2				
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				
Garlic Knots	roll	48	5.26	3.33	0.212	0.201	1.363	14	42	0.32	0	0.01	0.12	169	0.3	4	0.06	7			
	% of Goal :	2	8	17	21	20	136	5	2	*	*	*	*	3	*	*	*				
Flan and Churru	1 Each	32	0	0.001	0	0.001	0.001	0	0	6.47	0.1	6.37	0	0	0	1	0.05	1			
	% of Goal :	2	*	*	*	*	*	*	*	2	*	637	*	*	*	*	*				
Ice Cream Bar	Each	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			
	% of Goal :	21	37	77	11	95	624	23	6	17	7	1898	11	13	3	16	5				

**Meal Total:** Amount:  
 % of Goal:

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

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

Courses selected: Selected All

# Dining Service

# Detail Simple List Menu Analysis

Unit : Moulton Union Service Unit  
 Service Date : Tuesday, May 21, 2019  
 Meal Period : Lunch  
 Customer Count : 375

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

## Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Deli Bar - Moul	portion	214	8.34	2.759	0	0.407	1.64	24	632	24.36	2.5	2.18	11.41	519	3.1	116	2.64	209			
	% of Goal :	11	13	14	*	41	164	8	26	8	10	218	23	10	5	12	15				
Chilled Strawbe	6 oz. Portion	75	1.63	1.037	0	0.06	0.462	7	52	10.43	0	10.64	3.63	47	0.2	135	0.02	116			
	% of Goal :	4	3	5	*	6	46	2	2	3	*	1064	7	*	*	14	*				
Soup of the Day	Cup	83	3.23	0.324	0	0.871	1.898	0	259	10.66	3.3	1.05	3.4	757	3.9	35	1.06	351			
	% of Goal :	4	5	2	*	87	190	*	11	4	13	105	7	15	6	3	6				
Pasta Bar Tues	6 oz portion	479	8	3.241	0	1.275	2.054	16	167	83.62	4.2	2.89	18.3	326	1.3	114	3.81	278			
	% of Goal :	24	12	16	*	128	205	5	7	28	17	289	37	7	2	11	21				
Sesame Beef & V	8 oz portion	230	9.76	2.301	0	2.359	3.849	63	93	9.81	2.4	1.7	25.93	850	58.1	49	2.78	495			
	% of Goal :	12	15	12	*	236	385	21	4	3	9	170	52	17	97	5	15				
Spring Vegetabl	Portions	322	13.06	2.742	0	3.119	5.711	9	413	42.56	5.8	1.55	8.17	1141	12.8	155	1.34	440			
	% of Goal :	16	20	14	*	312	571	3	17	14	23	155	16	23	21	15	7				
Omelette Bar	1 each	240	15.08	6.119	0	1.559	5.402	232	672	6.45	1.3	2.78	19.5	1146	40.7	135	1.55	357			
	% of Goal :	12	23	31	*	156	540	77	28	2	5	278	39	23	68	14	9				
Homemade French	2sticks	169	2.05	0.444	0.015	0.986	0.423	1	338	31.28	1.7	2.87	5.68	4	0	160	2.18	82			
	% of Goal :	8	3	2	2	99	42	*	14	10	7	287	11	*	*	16	12				
Cage Free Eggs	2 eggs	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				
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			
	% of Goal :	8	15	18		95	445	18	5	*	*	*	30	*	*	*	3				
Grilled Cheese	Each	320	24.98	7.439	0	4.754	7.632	25	877	19.91	1.3	1.27	7.76	953	0	208	0.91	94			
	% of Goal :	16	38	37	*	475	763	8	37	7	5	127	16	19	*	21	5				
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			
	% of Goal :	28	11	10	*	215	219	*	42	39	41	2530	30	61	78	23	127				

\*\* 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 Union Service Unit  
 Service Date : Tuesday, May 21, 2019  
 Meal Period : Lunch  
 Customer Count : 375

**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 Brunc	Servings	261	19.69	3.804	0	1.286	0.909	18	472	19.28	2.7	10.09	2.56	4155	35.9	54	0.97	441			
	% of Goal :	13	30	19	*	129	91	6	20	6	11	1009	5	83	60	5	5				
Deconstructed C	6oz Portion	352	25.42	7.879	0	0.823	3.759	63	869	14.83	1.3	2.1	23.14	1288	6.2	331	1.16	291			
	% of Goal :	18	39	39	*	82	376	21	36	5	5	210	46	26	10	33	6				
Breakfast Acco	Servings	162	3.54	1.41	0.051	0.546	1.045	5	113	32.85	3.8	6.53	3.04	1135	47.6	39	0.77	493			
	% of Goal :	8	5	7	5	55	105	2	5	11	15	653	6	23	79	4	4				
Vegetable of th	4oz portion	65	0.17	0.034		0.079	0.011	0	38	14.4	4.8		3.15	4705	3.5	27	0.9	186			
	% of Goal :	3	*	*		8	*	*	2	5	19		6	94	6	3	5				
Maine Hash Brow	4oz portion	87	0.1	0.03		0.049	0.002	0	7	19.81	2.5	0.88	2.29	0	22.3	14	0.88	477			
	% of Goal :	4	*	*		5	*	*	*	7	10	88	5	*	37	*	5				
Assorted Muffin	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				
Fresh Seasonal	1 piece	78	0.44	0.092	0	0.118	0.029	0	0	19.94	3.2	1.61	0.55	111	12.6	12	0.25	216			
	% of Goal :	4	*	*	*	12	3	*	*	7	13	161	*	2	21	*	*				

**Meal Total:** Amount:  
 % of Goal:

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

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

Courses selected: Selected All

# Dining Service

# Detail Simple List Menu Analysis

Unit : Moulton Union Service Unit  
 Service Date : Wednesday, May 22, 2019  
 Meal Period : Lunch  
 Customer Count : 375

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

## Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Deli Bar - Moul	portion	214	8.34	2.759	0	0.407	1.64	24	632	24.36	2.5	2.18	11.41	519	3.1	116	2.64	209			
	% of Goal :	11	13	14	*	41	164	8	26	8	10	218	23	10	5	12	15				
Chicken Tortill	6 oz portion	124	5.11	2.294	0	0.363	1.88	23	257	10.38	2.1	0.75	10.06	350	7	127	0.95	259			
	% of Goal :	6	8	11	*	36	188	8	11	3	8	75	20	7	12	13	5				
Soup of the Day	Cup	83	3.23	0.324	0	0.871	1.898	0	259	10.66	3.3	1.05	3.4	757	3.9	35	1.06	351			
	% of Goal :	4	5	2	*	87	190	*	11	4	13	105	7	15	6	3	6				
Pasta Bar Tues	6 oz portion	479	8	3.241	0	1.275	2.054	16	167	83.62	4.2	2.89	18.3	326	1.3	114	3.81	278			
	% of Goal :	24	12	16	*	128	205	5	7	28	17	289	37	7	2	11	21				
Southwestern Ch	4oz portion	418	11.53	2.609	0	2.952	4.563	94	837	41.47	2.7	6.3	33.71	177	0.5	35	4.18	306			
	% of Goal :	21	18	13	*	295	456	31	35	14	11	630	67	4	*	3	23				
Sizzling Tofu w	4 oz portion	119	7.66	1.102	0	4	2.073	0	364	4.91	0.9	0.37	9.75	223	4	416	6.54	197			
	% of Goal :	6	12	6	*	400	207	*	15	2	3	37	19	4	7	42	36				
Omelette Bar	1 each	240	15.08	6.119	0	1.559	5.402	232	672	6.45	1.3	2.78	19.5	1146	40.7	135	1.55	357			
	% of Goal :	12	23	31	*	156	540	77	28	2	5	278	39	23	68	14	9				
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				
Chocolate Chip	2 each	421	14.67	4.281	0	2.985	6.007	74	390	60.22	6.4	12.03	12.81	153	0.4	168	3.63	377			
	% of Goal :	21	23	21	*	299	601	25	16	20	26	1203	26	3	*	17	20				
Bacon	2 slice portio	73	5.63	1.851		0.613	2.495	15	311	0.19	0	0	4.99	0	0	1	0.19	76			
	% of Goal :	4	9	9		61	250	5	13	*	*	*	10	*	*	*	*				
Cage Free Eggs	2 eggs	141	9.49	2.935	0	1.288	3.608	402	119	1.16	0	0	11.83	181	0	46	1.36	115			
	% of Goal :	7	15	15	*	129	361	134	5	*	*	*	24	4	*	5	8				
Assorted 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			
	% of Goal :	28	11	10	*	215	219	*	42	39	41	2530	30	61	78	23	127				

\*\* 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 Union Service Unit  
 Service Date : Wednesday, May 22, 2019  
 Meal Period : Lunch  
 Customer Count : 375

**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 Brunc	Servings	261	19.69	3.804	0	1.286	0.909	18	472	19.28	2.7	10.09	2.56	4155	35.9	54	0.97	441			
	% of Goal :	13	30	19	*	129	91	6	20	6	11	1009	5	83	60	5	5				
Asparagus Kale	portion	94	4.38	0.402	0	1.228	2.213	0	149	11.8	3.7	3.01	4.52	7826	93	126	2.05	458			
	% of Goal :	5	7	2	*	123	221	*	6	4	15	301	9	157	155	13	11				
Breakfast Acco	Servings	162	3.54	1.41	0.051	0.546	1.045	5	113	32.85	3.8	6.53	3.04	1135	47.6	39	0.77	493			
	% of Goal :	8	5	7	5	55	105	2	5	11	15	653	6	23	79	4	4				
Vegetable of th	4oz portion	65	0.17	0.034		0.079	0.011	0	38	14.4	4.8		3.15	4705	3.5	27	0.9	186			
	% of Goal :	3	*	*		8	*	*	2	5	19		6	94	6	3	5				
Tater Tots (V)	3 oz portion	172	7.82	1.654		0.406	5.47	0	435	25.17	2.3	0.23	1.86	2	5.7	13	0.58	283			
	% of Goal :	9	12	8		41	547	*	18	8	9	23	4	*	10	*	3				
Assorted Muffin	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				
Fresh Seasonal	1 piece	78	0.44	0.092	0	0.118	0.029	0	0	19.94	3.2	1.61	0.55	111	12.6	12	0.25	216			
	% of Goal :	4	*	*	*	12	3	*	*	7	13	161	*	2	21	*	*				

**Meal Total:** Amount:  
 % of Goal:

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

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

Courses selected: Selected All



# Dining Service

# Detail Simple List Menu Analysis

Unit : Moulton Union Service Unit  
 Service Date : Wednesday, May 22, 2019  
 Meal Period : Dinner  
 Customer Count : 350

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

## Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Chicken Tortill	6 oz portion	124	5.11	2.294	0	0.363	1.88	23	257	10.38	2.1	0.75	10.06	350	7	127	0.95	259			
	% of Goal :	6	8	11	*	36	188	8	11	3	8	75	20	7	12	13	5				
Fried Chicken T	portion	705	38.11	6.227	0	15.545	14.398	102	2096	47.64	2	11.47	42.6	692	2.5	56	1.59	763			
	% of Goal :	35	59	31	*	1555	1440	34	87	16	8	1147	85	14	4	6	9				
Chicken Tender	5oz portion	332	13.51	3.591		3.153	5.413	119	520	7.41	0.2		42.91	65	0	28	1.75	364			
	% of Goal :	17	21	18		315	541	40	22	2	*		86	*	*	3	10				
Honolulu Tofu M	5 oz Servin	110	1.99	0.297	0	1.11	0.431	0	179	17.6	0.8	13.37	4.01	236	18.5	150	2.37	132			
	% of Goal :	5	3	*	*	111	43	*	7	6	3	1337	8	5	31	15	13				
Tacos	2 Tacos	173	9.72	3.877	0	0.307	1.787	19	552	16.09	1.3	1.32	6.97	977	6.7	177	1.24	172			
	% of Goal :	9	15	19	*	31	179	6	23	5	5	132	14	20	11	18	7				
Black Bean & V	2 Tacos	225	5.21	1.286	0.038	1.721	1.554	0	637	39.11	8.2	3.52	8.4	2633	44.4	177	4.16	761			
	% of Goal :	11	8	6	4	172	155	*	27	13	33	352	17	53	74	18	23				
Aptz Mac & Chee	4oz portion																				
	% of Goal :																				
Spinach & Artic	3oz portion	239	18.7	4.685	0.236	1.698	1.661	18	444	15.32	3.2	1.17	4	462	5.9	79	1.4	222			
	% of Goal :	12	29	23	24	170	166	6	19	5	13	117	8	9	10	8	8				
Beet & Kale Sal	Portion	163	9.95	3.718	0	0.83	4.899	11	158	14.22	3.3	0.06	5.91	3918	24.9	96	1.61	484			
	% of Goal :	8	15	19	*	83	490	4	7	5	13	6	12	78	41	10	9				
Salad Bar Dinne	servings	304	22.32	3.227	0	4.546	7.655	20	502	21.09	2.5	6.19	4.49	1973	22.2	62	1.24	287			
	% of Goal :	15	34	16	*	455	766	7	21	7	10	619	9	39	37	6	7				
Peas & Pearl On	3 oz portion	67	0.17	0.031	0	0.08	0.016	0	104	12.71	4.3	0.37	4.15	454	11.4	24	1.21	218			
	% of Goal :	3	*	*	*	8	2	*	4	4	17	37	8	9	19	2	7				
Curley Fries	3 oz portion	291	15.67	3.274	0	2.661	9.053	0	7211	33.86	3	0	3.66	0	9.9	16	0.72	587			
	% of Goal :	15	24	16	*	266	905	*	300	11	12	*	7	*	16	2	4				

\*\*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 Union Service Unit  
 Service Date : Wednesday, May 22, 2019  
 Meal Period : Dinner  
 Customer Count : 350

**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				
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				
Corn Bread	1 serving	187	6.9	1.874	0	1.808	2.698	25	258	25.69	1.2	8.72	3.41	49	0.1	80	0.97	63			
	% of Goal :	9	11	9	*	181	270	8	11	9	5	872	7	*	*	8	5				
Carrot Cake w/	Servings	162	9.7	0.84	0	2.838	5.506	21	135	15.23	0.7	8.9	1.58	264	0.4	10	0.46	39			
	% of Goal :	8	15	4	*	284	551	7	6	5	3	890	3	5	*	*	3				

**Meal Total:** Amount:  
 % of Goal:

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

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

Courses selected: Selected All

# Dining Service

# Detail Simple List Menu Analysis

Unit : Moulton Union Service Unit  
 Service Date : Thursday, May 23, 2019  
 Meal Period : Lunch  
 Customer Count : 100

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

## Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Deli Bar - Moul	portion	214	8.34	2.759	0	0.407	1.64	24	632	24.36	2.5	2.18	11.41	519	3.1	116	2.64	209			
	% of Goal :	11	13	14	*	41	164	8	26	8	10	218	23	10	5	12	15				
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			
	% of Goal :	9	17	27	*	146	382	8	13	3	4	465	17	16	45	25	4				
Soup of the Day	Cup	83	3.23	0.324	0	0.871	1.898	0	259	10.66	3.3	1.05	3.4	757	3.9	35	1.06	351			
	% of Goal :	4	5	2	*	87	190	*	11	4	13	105	7	15	6	3	6				
Pasta Bar	6oz portion	477	5.68	2.769	0.095	0.823	1.253	12	74	88.8	3.9	3.93	15.98	180	1.7	55	3.96	275			
	% of Goal :	24	9	14	10	82	125	4	3	30	16	393	32	4	3	5	22				
Indian Vegetabl	3 oz. portion	100	7.15	4.545	0	0.328	1.921	0	148	8.37	2.3	1.64	1.91	247	6.3	23	0.76	321			
	% of Goal :	5	11	23	*	33	192	*	6	3	9	164	4	5	11	2	4				
Broiled MSC Fis	4 oz. portion	162	8.11	4.548	0	0.739	2.146	97	238	1.48	0.2	0.27	19.94	350	4.6	78	0.55	383			
	% of Goal :	8	12	23	*	74	215	32	10	*	*	27	40	7	8	8	3				
Mongolian Hot B	6oz portion	241	6.99	1.544	0	0.633	3.485	43	356	23.31	2	4.8	19.63	707	4.7	30	2.24	264			
	% of Goal :	12	11	8	*	63	348	14	15	8	8	480	39	14	8	3	12				
Salad Bar Lunch	servings	325	23.31	3.552	0	4.728	8.072	25	646	22.06	2.4	5.89	6.19	1892	15.6	95	1.56	254			
	% of Goal :	16	36	18	*	473	807	8	27	7	9	589	12	38	26	10	9				
Chef's Choice	Portions	191	9.5	0.815	0	2.379	4.475	53	290	3.63	0.1	2.91	21.03	29	5.1	17	0.8	248			
	% of Goal :	10	15	4	*	238	448	18	12	*	*	291	42	*	8	2	4				
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			
	% of Goal :	3	4	2	*	42	158	*	11	2	13	23	7	198	71	12	17				
Roasted Red Pot	5 oz portion	183	8.34	1.36	0	2.72	3.797	0	345	24.33	2.3	1.75	2.97	564	15.7	15	0.95	679			
	% of Goal :	9	13	7	*	272	380	*	14	8	9	175	6	11	26	2	5				
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			
	% of Goal :	7	2	*	*	34	62	*	*	10	2	*	6	*	*	*	7				

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

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

Courses selected: Selected All

Dining Service

**Detail Simple List Menu Analysis**

Unit : Moulton Union Service Unit  
 Service Date : Thursday, May 23, 2019  
 Meal Period : Lunch  
 Customer Count : 100

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

**Report for Nutritional Goal: 2000 Cal Standard Goal**

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Fresh Seasonal	1 piece	78	0.44	0.092	0	0.118	0.029	0	0	19.94	3.2	1.61	0.55	111	12.6	12	0.25	216			
	% of Goal :	4	*	*	*	12	3	*	*	7	13	161	*	2	21	*	*				
Assorted Cookie	Each	198	8.02	2.486	0.028	2.109	2.875	17	157	27.73	1.2	26.04	2.76	261	0	22	1.14	73			
	% of Goal :	10	12	12	3	211	288	6	7	9	5	2604	6	5	*	2	6				

**Meal Total:** Amount:  
 % of Goal:

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

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

Courses selected: Selected All

# Dining Service

# Detail Simple List Menu Analysis

Unit : Moulton Union Service Unit  
 Service Date : Thursday, May 23, 2019  
 Meal Period : Dinner  
 Customer Count : 200

**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	259	10.66	3.3	1.05	3.4	757	3.9	35	1.06	351			
	% of Goal :	4	5	2	*	87	190	*	11	4	13	105	7	15	6	3	6				
Broccoli And Ch	6oz portion	179	11.61	5.484	0	1.607	3.944	25	365	10.37	1	5.03	8.69	902	11	245	0.56	194			
	% of Goal :	9	18	27	*	161	394	8	15	3	4	503	17	18	18	25	3				
Cajun Meatloaf	6 oz. Portion	109	5.46	1.14	0	1.484	2.378	52	432	12.06	0.9	12.46	3.33	392	13.8	65	1.07	130			
	% of Goal :	5	8	6	*	148	238	17	18	4	3	1246	7	8	23	7	6				
General Tso's C	4oz portion	233	10.86	1.955	0.01	3.94	4.143	82	289	20.4	1.5	7.03	12.14	622	37.9	29	1.07	284			
	% of Goal :	12	17	10	*	394	414	27	12	7	6	703	24	12	63	3	6				
Szechuan Vegeta	6 oz portion	109	5.44	0.721	0	2.643	1.7	0	206	9.98	2.7	3.44	7.5	1740	53.2	281	4.34	368			
	% of Goal :	5	8	4	*	264	170	*	9	3	11	344	15	35	89	28	24				
Bowdoin Mac Piz	slice	418	20.34	8.594	0	4.144	3.469	40	943	43.73	1.6	2.52	15.3	423	0.4	306	2.65	129			
	% of Goal :	21	31	43	*	414	347	13	39	15	6	252	31	8	*	31	15				
Grilled Veggie	slice	403	17.28	7.581	0	1.927	5.701	33	778	44.73	2.5	1.1	16.19	450	6.3	293	2.74	121			
	% of Goal :	20	27	38	*	193	570	11	32	15	10	110	32	9	10	29	15				
Beef Bibimbop	5oz portion	339	3	0.507	0	0.427	0.9	16	197	62.7	0.4	1.52	12.77	531	1.8	19	3	186			
	% of Goal :	17	5	3	*	43	90	5	8	21	2	152	26	11	3	2	17				
Salad Bar Dinne	servings	304	22.32	3.227	0	4.546	7.655	20	502	21.09	2.5	6.19	4.49	1973	22.2	62	1.24	287			
	% of Goal :	15	34	16	*	455	766	7	21	7	10	619	9	39	37	6	7				
Chef's Choice	Portions	191	9.5	0.815	0	2.379	4.475	53	290	3.63	0.1	2.91	21.03	29	5.1	17	0.8	248			
	% of Goal :	10	15	4	*	238	448	18	12	*	*	291	42	*	8	2	4				
Martha's Carrot	5oz portion	235	14.25	8.009	0.465	1.145	3.928	100	355	21.09	1.7	16.15	2.87	1700	2.1	55	0.62	152			
	% of Goal :	12	22	40	46	114	393	33	15	7	7	1615	6	34	3	6	3				
Baked Pot & Swt	Each	251	5.94	3.583	0	0.217	1.527	20	250	42.46	5.2	2.02	6.98	400	24.9	128	1.54	1036			
	% of Goal :	13	9	18	*	22	153	7	10	14	21	202	14	8	42	13	9				

\*\* 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 Union Service Unit  
 Service Date : Thursday, May 23, 2019  
 Meal Period : Dinner  
 Customer Count : 200

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

**Report for Nutritional Goal: 2000 Cal Standard Goal**

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Steamed Rice (V	4 oz portion	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				
Garlic Naan bak	slice																				
	% of Goal :																				
Apple Crisp	6oz portion	448	8.39	1.379	0	2.781	3.272	0	222	88.09	6.8	121.1	6.17	361	0.5	55	3.06	226			
	% of Goal :	22	13	7	*	278	327	*	9	29	27	12110	12	7	*	6	17				

**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 Union Service Unit  
 Service Date : Friday, May 24, 2019  
 Meal Period : Breakfast  
 Customer Count : 250

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

## Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Scrambled Eggs	6 oz portion	260	18.19	5.359	0	2.815	7.074	694	227	2.01	0	0	20.42	393	0	81	2.35	199			
	% of Goal :	13	28	27	*	282	707	231	9	*	*	*	41	8	*	8	13				
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			
	% of Goal :	2	*	*		*	*	*	11	*	*	59	18	*	*	*	*				
Blueberry Panca	2 each	195	5.87	1.25	0	1.465	2.508	37	194	28.99	3.3	4.71	6.3	84	1.6	83	1.7	181			
	% of Goal :	10	9	6	*	147	251	12	8	10	13	471	13	2	3	8	9				
Oatmeal	Cup	43	0.74	0.126	0	0.261	0.225	0	178	7.68	1.1	0.11	1.49	11	0	7	0.49	41			
	% of Goal :	2	*	*	*	26	22	*	7	3	5	11	3	*	*	*	3				
Frittata w/ Mai	1/24	158	8.25	1.48	0	1.849	4.026	156	154	14.69	1.6	2.18	6.25	80	9.6	32	1.03	403			
	% of Goal :	8	13	7	*	185	403	52	6	5	6	218	13	2	16	3	6				
Chicken Breakfa	sausage	36	1.98	0.855		0.357	0.54	12	210	1.05	0.2	0.73	3.41	0	6.9	5	2.18	45			
	% of Goal :	2	3	4		36	54	4	9	*	*	73	7	*	11	*	12				
'Veggie Patty B	2 Each	60	2.24	0.373	0	3.926	0.982	0	194	2.24	0.7	0	7.46	0	0	0	1.07	216			
	% of Goal :	3	3	2	*	393	98	*	8	*	3	*	15	*	*	*	6				
Pork Breakfast	2 each	109	9.15	2.952		1.202	3.992	27	242	0	0	0	6.27	0	0.2	4	0.44	95			
	% of Goal :	5	14	15		120	399	9	10	*	*	*	13	*	*	*	2				
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			
	% of Goal :	28	11	10	*	215	219	*	42	39	41	2530	30	61	78	23	127				
Breakfast Acco	Servings	162	3.54	1.41	0.051	0.546	1.045	5	113	32.85	3.8	6.53	3.04	1135	47.6	39	0.77	493			
	% of Goal :	8	5	7	5	55	105	2	5	11	15	653	6	23	79	4	4				
Home Fries	4 oz potion	158	7.9	0.581	0	2.354	4.598	0	298	20.56	1.8	0	1.91	0	13.3	5	0.33	387			
	% of Goal :	8	12	3	*	235	460	*	12	7	7	*	4	*	22	*	2				
Assorted Muffin	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				

\*\* 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 Union Service Unit  
 Service Date : Friday, May 24, 2019  
 Meal Period : Breakfast  
 Customer Count : 250

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

**Report for Nutritional Goal: 2000 Cal Standard Goal**

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Fresh Seasonal	1 piece	78	0.44	0.092	0	0.118	0.029	0	0	19.94	3.2	1.61	0.55	111	12.6	12	0.25	216			
	% of Goal :	4	*	*	*	12	3	*	*	7	13	161	*	2	21	*	*				
Fresh Squeezed	10 oz. Porti	153	0.4	0.05		0.096	0.07	0	6	36.6	0.6		1.67	495	97.3	23	1.25	495			
	% of Goal :	8	*	*		10	7	*	*	12	2		3	10	162	2	7				

**Meal Total:** Amount:  
 % of Goal:

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

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

Courses selected: Selected All



# Dining Service

# Detail Simple List Menu Analysis

Unit : Moulton Union Service Unit  
 Service Date : Friday, May 24, 2019  
 Meal Period : Lunch  
 Customer Count : 550

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

## Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Deli Bar - Moul	portion	214	8.34	2.759	0	0.407	1.64	24	632	24.36	2.5	2.18	11.41	519	3.1	116	2.64	209			
	% of Goal :	11	13	14	*	41	164	8	26	8	10	218	23	10	5	12	15				
Gulf of Maine F	6oz portion	182	9.48	5.354	0	0.751	2.823	48	295	14.52	1.1	2.02	9.8	69	7.6	124	0.37	414			
	% of Goal :	9	15	27	*	75	282	16	12	5	4	202	20	*	13	12	2				
Hungarian Mushr	6 oz. serving	145	10.46	3.382	0.001	2.191	3.87	15	296	10.14	0.9	2.2	2.99	830	2	59	0.79	187			
	% of Goal :	7	16	17	*	219	387	5	12	3	4	220	6	17	3	6	4				
Maine Pollock w	5 oz. portion	126	2.26	0.324	0	1.015	0.526	81	248	2.74	0.6	0.67	22.67	641	8.6	86	0.94	488			
	% of Goal :	6	3	2	*	101	53	27	10	*	2	67	45	13	14	9	5				
Pasta w/ SunTom	portion	19	0.29	0.033	0	0.143	0.017	0	3	3.08	1.3	0.05	2.1	828	4.2	27	1.11	290			
	% of Goal :	*	*	*	*	14	2	*	*	*	5	5	4	17	7	3	6				
Chicken Chimi F	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			
	% of Goal :	6	8	4	*	63	272	14	3	*	*	22	33	13	14	2	5				
Quinoa /Brown R	4 Oz	95	4.35	0.365	0	1.346	2.345	0	220	12.6	1.5	0.81	1.93	194	13.4	17	1.01	141			
	% of Goal :	5	7	2	*	135	234	*	9	4	6	81	4	4	22	2	6				
Smoked Turkey w	Each	454	14.45	4.225	0	1.925	6.3	40	1123	53.99	3.4	0.47	26.17	407	3.8	227	7.98	201			
	% of Goal :	23	22	21	*	192	630	13	47	18	14	47	52	8	6	23	44				
Grilled Veg. Sa	portion	106	2.59	0.229	0	0.86	1.276	0	29	18.86	3.7	1.85	2.79	1130	14.3	44	1.06	321			
	% of Goal :	5	4	*	*	86	128	*	*	6	15	185	6	23	24	4	6				
Salad Bar Lunch	servings	325	23.31	3.552	0	4.728	8.072	25	646	22.06	2.4	5.89	6.19	1892	15.6	95	1.56	254			
	% of Goal :	16	36	18	*	473	807	8	27	7	9	589	12	38	26	10	9				
Carrots in Main	4oz portion	88	2.18	0.432		0.972	0.648	0	340	17.68	3.2	12.52	0.85	2658	3.9	34	0.41	259			
	% of Goal :	4	3	2		97	65	*	14	6	13	1252	2	53	7	3	2				
Steamed Zucchini	3 OZ	11	0.26	0.053		0.111	0.021	0	176	1.98	0.7	1.26	0.84	821	9.5	13	0.27	194			
	% of Goal :	*	*	*		11	2	*	7	*	3	126	2	16	16	*	2				

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

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

Courses selected: Selected All

Dining Service

**Detail Simple List Menu Analysis**

Unit : Moulton Union Service Unit  
 Service Date : Friday, May 24, 2019  
 Meal Period : Lunch  
 Customer Count : 550

**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				
Sweet Potato Fr	3 oz portion	143	7.4	1.846	0	2.102	2.99	0	429	18.26	2.6	5.92	1.41	0	13.2	28	0.75	237			
	% of Goal :	7	11	9	*	210	299	*	18	6	10	592	3	*	22	3	4				
Brown Rice - St	4 oz portion	128	1.04	0.208	0	0.373	0.378	0	6	26.52	2.1	0	2.98	0	0	12	0.49	50			
	% of Goal :	6	2	*	*	37	38	*	*	9	8	*	6	*	*	*	3				
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				
Cape Cod Cookie	Each	192	4.46	1.157	0.026	2.197	1.714	10	143	33.1	1	43.44	2.67	237	0	27	1.08	31			
	% of Goal :	10	7	6	3	220	171	3	6	11	4	4344	5	5	*	3	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