**Dining Service**

**Detail Simple List Menu Analysis**

**Unit**: Moulton Union Service Unit  
**Service Date**: Sunday, November 28, 2021  
**Meal Period**: Breakfast  
**Customer Count**: 100

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| Service Item Portion Count | Serving Size | KCAL | FAT | SFA | FATRN | PUFA | MONO | CHOL | NA | CHO | TDFB | SUGAR | PRO | VTAIU | VITC | CA | FE | K |%
|---------------------------|--------------|------|-----|-----|-------|------|------|------|----|-----|------|-------|-----|-------|------|----|----|---|---
| CLOSED Closed             |              | 0    | 0   | 0   | 0     | 0    | 0    | 7    | 0  | 0   | 0    | 0     | 4   | 0     | 0.02 | 0  |    |   |**

**Meal Total:**

**Amount:**

**% of Goal:**

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**% of Goal:**

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**Notes:**

- "**" 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

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Monday, November 22, 2021  08:56:50  
Dining Service  
The CBORD Group, Inc.  
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### Report for Nutritional Goal:

**2000 Cal Standard Goal**

| Service Item | Serving Size | Portion Count | KCAL | FAT Gram | SFA | FATRN Gram | PUFA Gram | MONO Gram | CHOL MG | NA MG | CHO Gram | TDFB Gram | SUGAR Gram | PRO Gram | VTAIU IU | VITC MG | CA MG | FE MG | K MG |
|--------------|--------------|---------------|------|----------|-----|------------|-----------|-----------|--------|------|---------|----------|-----------|---------|--------|--------|------|------|------|-----|
| Soup of the Day | Cup | % of Goal : | 111 | 4.2 | 0.414 | 0 | 1.117 | 0 | 0.263 | 0 | 16 | 15.33 | 4.3 | 0 | 6.8 | 47 | 1.36 | 439 |
| Crispy Fried Ch | piece | % of Goal : | 233 | 15.08 | 0.097 | 0 | 5.403 | 5 | 0.145 | 93 | 538 | 6.77 | 2 | 0 | 17.54 | 54 | 21 | 0.77 | 202 |
| Tasso Ham & Gri | 6 oz portion | % of Goal : | 49 | 0.19 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 10.88 | 0.8 | 0 | 1.13 | 0 | 0 | 1 | 0.01 | 0 |
| Crispy Fried To | 6 oz portion | % of Goal : | 129 | 8.13 | 6 | 0 | 4.591 | 1.796 | 0 | 12 | 3.2 | 0.6 | 13.74 | 145 | 0.2 | 595 | 9.12 | 206 |
| Country Gravy | 2 oz portion | % of Goal : | 39 | 2.9 | 0 | 0 | 0.844 | 0 | 1.215 | 0 | 277 | 2.39 | 0.1 | 0.03 | 0.44 | 115 | 0 | 3 | 0.16 | 5 |
| Hoppin’ John | 4 oz portion | % of Goal : | 102 | 1.19 | 0 | 0 | 0.4 | 0.532 | 0 | 238 | 19.51 | 1.5 | 0.55 | 3.06 | 329 | 10.2 | 16 | 1.21 | 135 |
| Vegan Gravy | 2 oz portion | % of Goal : | 37 | 2.63 | 0 | 0 | 0.845 | 0 | 1.215 | 0 | 249 | 2.79 | 0.1 | 0.03 | 0.44 | 115 | 0 | 3 | 0.16 | 5 |
| Salad Of The Da | 4 oz portion | % of Goal : | 17 | 0.17 | 0 | 0 | 0.093 | 0 | 0.007 | 0 | 32 | 3.25 | 1.5 | 0.88 | 1.54 | 8397 | 10.4 | 41 | 0.98 | 220 |
| Collard Greens | 3 oz portion | % of Goal : | 26 | 0.89 | 0 | 0 | 0.276 | 0 | 0.333 | 0 | 52 | 3.82 | 2.4 | 0.51 | 1.81 | 2903 | 20.8 | 136 | 0.29 | 132 |
| Country Style R | 4.5 oz. portion | % of Goal : | 160 | 7.99 | 0 | 0 | 2.438 | 2 | 3.569 | 2 | 532 | 19.28 | 1.7 | 2.68 | 3.11 | 445 | 13 | 46 | 0.72 | 543 |
| Ice Cream Bar | Each | % of Goal : | 427 | 24.23 | 0 | 0 | 0.947 | 95 | 6.242 | 69 | 135 | 50.96 | 1.8 | 18.98 | 5.65 | 657 | 1.6 | 161 | 0.83 | 319 |

### Meal Total:

<table>
<thead>
<tr>
<th>Amount</th>
<th>% of Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Notes:**
- ***** 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

<table>
<thead>
<tr>
<th>Service Item</th>
<th>Portion Count</th>
<th>Serving Size</th>
<th>KCAL</th>
<th>FAT (Gram)</th>
<th>SFA (Gram)</th>
<th>SATRN (Gram)</th>
<th>PUFA (Gram)</th>
<th>MONO (Gram)</th>
<th>CHOL (MG)</th>
<th>NA (MG)</th>
<th>CHO (Gram)</th>
<th>TDFB (Gram)</th>
<th>SUGAR (Gram)</th>
<th>PRO (Gram)</th>
<th>VTAIU (IU)</th>
<th>VITC (MG)</th>
<th>CA (MG)</th>
<th>FE (MG)</th>
<th>K (MG)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deli Platter -</td>
<td>2 oz</td>
<td></td>
<td>129</td>
<td>10.25</td>
<td>4.363</td>
<td>0</td>
<td>0.345</td>
<td>2.116</td>
<td>39</td>
<td>475</td>
<td>0.88</td>
<td>0</td>
<td>0.35</td>
<td>8.6</td>
<td>171</td>
<td>0.1</td>
<td>106</td>
<td>0.81</td>
<td>73</td>
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<tr>
<td>Soup of the Day</td>
<td>40 Cup</td>
<td></td>
<td>62</td>
<td>2.42</td>
<td>0.243</td>
<td>0</td>
<td>0.654</td>
<td>1.423</td>
<td>0</td>
<td>194</td>
<td>7.99</td>
<td>2.5</td>
<td>0.79</td>
<td>2.55</td>
<td>568</td>
<td>2.9</td>
<td>26</td>
<td>0.8</td>
<td>263</td>
</tr>
<tr>
<td>Scrambled Organ</td>
<td>5 oz. Each 100</td>
<td></td>
<td>120</td>
<td>7.94</td>
<td>1.139</td>
<td>0</td>
<td>3.523</td>
<td>2.791</td>
<td>0</td>
<td>14</td>
<td>4.26</td>
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<td>0.11</td>
<td>10.34</td>
<td>831</td>
<td>12.2</td>
<td>444</td>
<td>7.15</td>
<td>213</td>
</tr>
<tr>
<td>Cream of Rice</td>
<td>2/3 Cup</td>
<td></td>
<td>143</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>3</td>
<td>32.22</td>
<td>0</td>
<td>1.79</td>
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<td>0</td>
<td>2</td>
<td>0.01</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Texas French To</td>
<td>250 each</td>
<td></td>
<td>276</td>
<td>4.87</td>
<td>0.97</td>
<td>0</td>
<td>0.358</td>
<td>1.052</td>
<td>110</td>
<td>464</td>
<td>47.25</td>
<td>2.1</td>
<td>6.4</td>
<td>11.76</td>
<td>57</td>
<td>0.1</td>
<td>152</td>
<td>2.59</td>
<td>51</td>
</tr>
<tr>
<td>Scrambled Eggs</td>
<td>6 oz. 400</td>
<td></td>
<td>260</td>
<td>18.19</td>
<td>5.359</td>
<td>0</td>
<td>2.815</td>
<td>7.074</td>
<td>694</td>
<td>227</td>
<td>2.01</td>
<td>0</td>
<td>0</td>
<td>20.42</td>
<td>393</td>
<td>0</td>
<td>81</td>
<td>2.35</td>
<td>199</td>
</tr>
<tr>
<td>Hard Boiled Egg</td>
<td>60 each</td>
<td></td>
<td>141</td>
<td>9.49</td>
<td>2.935</td>
<td>0</td>
<td>1.288</td>
<td>3.608</td>
<td>402</td>
<td>119</td>
<td>1.16</td>
<td>0</td>
<td>0</td>
<td>11.83</td>
<td>181</td>
<td>0</td>
<td>46</td>
<td>1.36</td>
<td>115</td>
</tr>
<tr>
<td>'Veggie Patty B</td>
<td>150 Each</td>
<td></td>
<td>60</td>
<td>2.24</td>
<td>0.373</td>
<td>0</td>
<td>3.926</td>
<td>0.982</td>
<td>0</td>
<td>194</td>
<td>2.24</td>
<td>0.7</td>
<td>0</td>
<td>7.46</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>1.07</td>
<td>216</td>
</tr>
<tr>
<td>Grilled Ham</td>
<td>4 oz. 60</td>
<td></td>
<td>308</td>
<td>19.89</td>
<td>7.306</td>
<td>0</td>
<td>1.897</td>
<td>8.898</td>
<td>107</td>
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<td>0</td>
<td>0</td>
<td>0</td>
<td>30.3</td>
<td>11</td>
<td>0.3</td>
<td>16</td>
<td>1.15</td>
<td>398</td>
</tr>
<tr>
<td>Grilled Turkey</td>
<td>1 sandwich 60</td>
<td></td>
<td>415</td>
<td>14.08</td>
<td>5.098</td>
<td>0</td>
<td>1.465</td>
<td>4.357</td>
<td>40</td>
<td>1052</td>
<td>47.27</td>
<td>2.5</td>
<td>2.53</td>
<td>29.51</td>
<td>513</td>
<td>0</td>
<td>528</td>
<td>2.66</td>
<td>226</td>
</tr>
<tr>
<td>Home Fries (VE)</td>
<td>4 oz. 350</td>
<td></td>
<td>204</td>
<td>8.71</td>
<td>0.647</td>
<td>0</td>
<td>2.598</td>
<td>5.045</td>
<td>0</td>
<td>217</td>
<td>29.65</td>
<td>2.7</td>
<td>0</td>
<td>2.76</td>
<td>0</td>
<td>19.1</td>
<td>8</td>
<td>0.49</td>
<td>558</td>
</tr>
<tr>
<td>Assorted Bagels</td>
<td>1 each</td>
<td></td>
<td>232</td>
<td>1.45</td>
<td>0.318</td>
<td>0</td>
<td>0.601</td>
<td>0.402</td>
<td>0</td>
<td>435</td>
<td>45.73</td>
<td>2</td>
<td>4.64</td>
<td>8.9</td>
<td>9</td>
<td>0.7</td>
<td>70</td>
<td>4.85</td>
<td>76</td>
</tr>
</tbody>
</table>

**% Calories from Protein**
**% Calories from Carbohydrates**
**% Calories from Fats**

*** 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: Sunday, November 28, 2021
Meal Period: Brunch
Customer Count: 400

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

Report for Nutritional Goal:
Service Date: Sunday, November 28, 2021

<table>
<thead>
<tr>
<th>Service Item</th>
<th>Serving Size</th>
<th>Serving Portion Count</th>
<th>Total KCAL</th>
<th>Total FAT</th>
<th>Total SFA</th>
<th>Total FATRN</th>
<th>Total PUFA</th>
<th>Total MONO</th>
<th>Total CHOL</th>
<th>Total NA</th>
<th>Total CHO</th>
<th>Total TDFB</th>
<th>Total SUGAR</th>
<th>Total PRO</th>
<th>Total VTAIU</th>
<th>Total VITC</th>
<th>Total CA</th>
<th>Total FE</th>
<th>Total K</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assorted Muffin</td>
<td>Muffin</td>
<td>% of Goal</td>
<td></td>
<td>226</td>
<td>8.71</td>
<td>0.81</td>
<td>0.4</td>
<td>2.33</td>
<td>4.43</td>
<td>17</td>
<td>255</td>
<td>32.37</td>
<td>2.3</td>
<td>8.71</td>
<td>4.33</td>
<td>72</td>
<td>2.4</td>
<td>88</td>
<td>1.67</td>
</tr>
<tr>
<td>Crumb Coffee Cake</td>
<td>Portions</td>
<td>% of Goal</td>
<td></td>
<td>318</td>
<td>10.26</td>
<td>2.62</td>
<td>0.0</td>
<td>2.61</td>
<td>4.15</td>
<td>28</td>
<td>189</td>
<td>46.58</td>
<td>1.8</td>
<td>20.25</td>
<td>4.61</td>
<td>418</td>
<td>0.4</td>
<td>45</td>
<td>1.63</td>
</tr>
<tr>
<td>Blueberry Sauce</td>
<td>2 Fluid Oz</td>
<td>% of Goal</td>
<td></td>
<td>61</td>
<td>0.12</td>
<td>0.01</td>
<td>0.0</td>
<td>0.051</td>
<td>0.016</td>
<td>0</td>
<td>1</td>
<td>13.52</td>
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<td>10.57</td>
<td>0.26</td>
<td>18</td>
<td>3.5</td>
<td>2</td>
<td>0.1</td>
</tr>
</tbody>
</table>

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

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<table>
<thead>
<tr>
<th>Service Item Portion Count</th>
<th>Serving Size</th>
<th>KCAL</th>
<th>FAT Gram</th>
<th>SFA Gram</th>
<th>SATRN Gram</th>
<th>PUFA Gram</th>
<th>MONO Gram</th>
<th>CHOL MG</th>
<th>NA MG</th>
<th>CHO Gram</th>
<th>TDFB Gram</th>
<th>SUGAR Gram</th>
<th>PRO Gram</th>
<th>VTAIU MG</th>
<th>VITC IU</th>
<th>CA MG</th>
<th>FE MG</th>
<th>K MG</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scrambled &quot;Tofu&quot;</td>
<td>3 oz portion</td>
<td>80</td>
<td>3.41</td>
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<td>1.007</td>
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<td>0.25</td>
<td>6.52</td>
<td>202</td>
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<td>199</td>
<td>3.29</td>
<td>207</td>
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<tr>
<td></td>
<td>150</td>
<td></td>
<td>4</td>
<td>5</td>
<td>2</td>
<td>*</td>
<td>4</td>
<td></td>
<td></td>
<td>2</td>
<td>8</td>
<td>25</td>
<td>13</td>
<td>4</td>
<td>*</td>
<td>20</td>
<td></td>
<td>18</td>
</tr>
<tr>
<td>Oatmeal</td>
<td>4 OZ PORT</td>
<td>21</td>
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<td>0.063</td>
<td>0</td>
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<td>0.24</td>
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<td></td>
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<td>*</td>
<td>*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Scrambled Eggs</td>
<td>6 oz portion</td>
<td>260</td>
<td>18.19</td>
<td>5.359</td>
<td>0</td>
<td>2.815</td>
<td>7.074</td>
<td>694</td>
<td>227</td>
<td>2.01</td>
<td>0</td>
<td>0</td>
<td>20.42</td>
<td>393</td>
<td>0</td>
<td>81</td>
<td>2.35</td>
<td>199</td>
</tr>
<tr>
<td></td>
<td>300</td>
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<td>13</td>
<td>28</td>
<td>27</td>
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<td>231</td>
<td>9</td>
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<td>41</td>
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<td>5</td>
<td>13</td>
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</tr>
<tr>
<td>Hard Boiled Egg</td>
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<td>141</td>
<td>9.49</td>
<td>2.935</td>
<td>0</td>
<td>1.288</td>
<td>3.608</td>
<td>402</td>
<td>119</td>
<td>1.16</td>
<td>0</td>
<td>0</td>
<td>11.83</td>
<td>181</td>
<td>0</td>
<td>46</td>
<td>1.36</td>
<td>115</td>
</tr>
<tr>
<td></td>
<td>60</td>
<td></td>
<td>7</td>
<td>15</td>
<td>15</td>
<td>*</td>
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<td>*</td>
<td>*</td>
<td></td>
<td>24</td>
<td>4</td>
<td>*</td>
<td>5</td>
<td>8</td>
</tr>
<tr>
<td>Assorted Cold C</td>
<td>serving</td>
<td>567</td>
<td>7.31</td>
<td>2.005</td>
<td>0.011</td>
<td>2.146</td>
<td>2.188</td>
<td>0</td>
<td>998</td>
<td>117.27</td>
<td>10.3</td>
<td>25.3</td>
<td>14.99</td>
<td>3028</td>
<td>46.9</td>
<td>232</td>
<td>22.9</td>
<td>415</td>
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<tr>
<td>Pancakes Homemix</td>
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<td>2.492</td>
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<td>74</td>
<td>387</td>
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<td>6.53</td>
<td>12.39</td>
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<td>0.4</td>
<td>164</td>
<td>3.31</td>
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<tr>
<td></td>
<td>325</td>
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<td>19</td>
<td>18</td>
<td>12</td>
<td>*</td>
<td>289</td>
<td>500</td>
<td>25</td>
<td>16</td>
<td>18</td>
<td>23</td>
<td>65</td>
<td>25</td>
<td>3</td>
<td>*</td>
<td>16</td>
<td>18</td>
</tr>
<tr>
<td>Scrambled Egg W</td>
<td>3oz portion</td>
<td>43</td>
<td>0.14</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>267</td>
<td>0.61</td>
<td>0.59</td>
<td>9.05</td>
<td>0</td>
<td>0</td>
<td>6</td>
<td>0.07</td>
<td>0.07</td>
<td></td>
<td>135</td>
</tr>
<tr>
<td></td>
<td>50</td>
<td></td>
<td>2</td>
<td></td>
<td>*</td>
<td>*</td>
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<td></td>
<td>*</td>
<td></td>
<td>*</td>
<td></td>
<td>*</td>
<td>*</td>
<td>*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>*Veggie Patty B</td>
<td>2 Each</td>
<td>60</td>
<td>2.24</td>
<td>0.373</td>
<td>0</td>
<td>3.926</td>
<td>0.982</td>
<td>0</td>
<td>194</td>
<td>2.24</td>
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<td>7.46</td>
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<td>7.301</td>
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<td>11</td>
<td>*</td>
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</tr>
</tbody>
</table>

**Total Calories**

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

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

*** Indicates the selected items used in nutritional totals.
### 2000 Cal Standard Goal

<table>
<thead>
<tr>
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<th>KCAL</th>
<th>FAT</th>
<th>SFA</th>
<th>FATRN</th>
<th>PUFA</th>
<th>MONO</th>
<th>CHOL</th>
<th>NA</th>
<th>CHO</th>
<th>TDFB</th>
<th>SUGAR</th>
<th>PRO</th>
<th>VTAIU</th>
<th>VITC</th>
<th>CA</th>
<th>FE</th>
<th>K</th>
</tr>
</thead>
<tbody>
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<td>1 each</td>
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</tr>
</tbody>
</table>

**% of Goal:**
- **Amount:**
- **% of Goal:**

**Total Calories**
- % Calories from Protein
- % Calories from Carbohydrates
- % Calories from Fat

( %Saturated Fat )

**Courses selected:** Selected All

---

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

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

---

**Report for Nutritional Goal:**
- **Breakfast**
- **Service Date:** Monday, November 29, 2021
- **Unit:** Moulton Union Service Unit
- **Customer Count:** 450
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<th>SFA Gram</th>
<th>SFA TRN Gram</th>
<th>PUFA Gram</th>
<th>MONO Gram</th>
<th>CHOL MG</th>
<th>NA MG</th>
<th>CHO Gram</th>
<th>TDFB Gram</th>
<th>SUGAR Gram</th>
<th>PRO Gram</th>
<th>VTAIU IU</th>
<th>VITC MG</th>
<th>CA MG</th>
<th>FE MG</th>
<th>K MG</th>
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</thead>
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<td>0.00</td>
<td>0.00</td>
<td>0.00</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kale &amp; White Be</td>
<td>6oz portion</td>
<td></td>
<td>87</td>
<td>2.2</td>
<td>0.183</td>
<td>0</td>
<td>0.716</td>
<td>1.085</td>
<td>0</td>
<td>248</td>
<td>13.41</td>
<td>3.6</td>
<td>0.56</td>
<td>4.51</td>
<td>1800</td>
<td>25.7</td>
<td>51</td>
<td>1.64</td>
<td>341</td>
</tr>
<tr>
<td>Corn Chowder</td>
<td>6oz portion</td>
<td></td>
<td>114</td>
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<td>0.952</td>
<td>0</td>
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<tr>
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<td>333</td>
<td>8.17</td>
<td>2.259</td>
<td>0</td>
<td>0.954</td>
<td>3.012</td>
<td>0</td>
<td>611</td>
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<td>6.5</td>
<td>2.46</td>
<td>8.81</td>
<td>205</td>
<td>19</td>
<td>182</td>
<td>4.02</td>
<td>574</td>
</tr>
<tr>
<td>Grilled Chicken</td>
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<td>136</td>
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<td>2.294</td>
<td>0.002</td>
<td>0.926</td>
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<td>728</td>
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<td>65</td>
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<td>0.002</td>
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<td>728</td>
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<td>64</td>
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<td>292</td>
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<td>128</td>
<td>1.31</td>
<td>218</td>
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<tr>
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<td>87</td>
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<td>76</td>
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<td>434</td>
</tr>
<tr>
<td>Sweet Potato &amp;</td>
<td>burrito</td>
<td></td>
<td>333</td>
<td>8.17</td>
<td>2.259</td>
<td>0</td>
<td>0.954</td>
<td>3.012</td>
<td>0</td>
<td>611</td>
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<td>2.46</td>
<td>8.81</td>
<td>205</td>
<td>19</td>
<td>182</td>
<td>4.02</td>
<td>574</td>
</tr>
<tr>
<td>African Vegetar</td>
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<td>4.5</td>
<td>62</td>
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<tr>
<td>Com &amp; Maine B</td>
<td>salad</td>
<td></td>
<td>92</td>
<td>1.11</td>
<td>0.156</td>
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<td>0.492</td>
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<td>24</td>
<td>0.95</td>
<td>340</td>
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</tbody>
</table>

** 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

Monday, November 22, 2021 08:56:50 Dining Service
## Detail Simple List Menu Analysis

**Unit:** Moulton Union Service Unit  
**Service Date:** Monday, November 29, 2021  
**Meal Period:** Lunch  
**Customer Count:** 750

### Report for Nutritional Goal:

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<th>Service Item</th>
<th>Serving Size</th>
<th>Serving Size % of Goal</th>
<th>Portion Count</th>
<th>Portion Count % of Goal</th>
<th>KCAL</th>
<th>FAT</th>
<th>SFA</th>
<th>FATRN</th>
<th>PUFA</th>
<th>MONO</th>
<th>CHOL</th>
<th>NA</th>
<th>CHO</th>
<th>TDFB</th>
<th>SUGAR</th>
<th>PRO</th>
<th>VTAIU</th>
<th>VITC</th>
<th>CA</th>
<th>FE</th>
<th>K</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steamed Mixed V</td>
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<td>52</td>
<td>3</td>
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</tr>
<tr>
<td></td>
<td>4 oz portion</td>
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<td>0</td>
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<td>0.062</td>
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<td>28</td>
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<td>0</td>
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<td>1.1</td>
<td>43</td>
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</tr>
<tr>
<td>Whoppie Pies</td>
<td>portions</td>
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</tbody>
</table>

**Meal Total:**

- **Amount:**
- **% of Goal:**

---

**Total Calories**
- % Calories from Protein
- % Calories from Carbohydrates
- % Calories from Fat

( %Saturated Fat )

---

**Notes:**
- **** 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

---

**Page 8 of 38**

<table>
<thead>
<tr>
<th>Service Item</th>
<th>Serving Size</th>
<th>KCAL</th>
<th>FAT</th>
<th>SFA</th>
<th>FATRN</th>
<th>PUFA</th>
<th>MONO</th>
<th>CHOL</th>
<th>NA</th>
<th>CHO</th>
<th>TDFB</th>
<th>SUGAR</th>
<th>PRO</th>
<th>VTAIU</th>
<th>VITC</th>
<th>CA</th>
<th>FE</th>
<th>K</th>
<th>% Calories from Protein</th>
<th>% Calories from Carbohydrates</th>
<th>% Calories from Fat</th>
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<td>0</td>
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<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Kale &amp; White Be</td>
<td>6oz portion</td>
<td>87</td>
<td>2.2</td>
<td>0.183</td>
<td>0</td>
<td>0.716</td>
<td>1.085</td>
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<td>1.64</td>
<td>43</td>
<td>341</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Corn Chowder</td>
<td>6oz portion</td>
<td>114</td>
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<td>0.952</td>
<td>0</td>
<td>0.406</td>
<td>0.734</td>
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<td>1.9</td>
<td>4.05</td>
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<tr>
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</tr>
<tr>
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<td>292</td>
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<tr>
<td>Corn &amp; Maine B</td>
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<td>0</td>
<td>161</td>
<td>21.17</td>
<td>3.2</td>
<td>6.48</td>
<td>2.77</td>
<td>1285</td>
<td>22.6</td>
<td>24</td>
<td>0.95</td>
<td>340</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Summer Squash w 4 oz portion</td>
<td>23</td>
<td>0.33</td>
<td>0.067</td>
<td>0</td>
<td>0.145</td>
<td>0.02</td>
<td>0</td>
<td>2</td>
<td>4.98</td>
<td>1.7</td>
<td>1.02</td>
<td>0.98</td>
<td>992</td>
<td>35.4</td>
<td>24</td>
<td>0.4</td>
<td>208</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Assorted Fruit</td>
<td>Cup</td>
<td>360</td>
<td>9.15</td>
<td>1.491</td>
<td>0</td>
<td>3.056</td>
<td>3.742</td>
<td>0</td>
<td>177</td>
<td>65.45</td>
<td>6</td>
<td>66.35</td>
<td>5.65</td>
<td>396</td>
<td>4.5</td>
<td>46</td>
<td>2.42</td>
<td>205</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Total Calories**
- % Calories from Protein
- % Calories from Carbohydrates
- % Calories from Fat

** 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

---

**Meal Total:**
- Amount:
- % of Goal:
**Dining Service**

<table>
<thead>
<tr>
<th>Unit</th>
<th>Moulton Union Service Unit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Service Date</td>
<td>Tuesday, November 30, 2021</td>
</tr>
<tr>
<td>Meal Period</td>
<td>Breakfast</td>
</tr>
<tr>
<td>Customer Count</td>
<td>325</td>
</tr>
</tbody>
</table>

**Report for Nutritional Goal:**

<table>
<thead>
<tr>
<th>Service Item</th>
<th>Serving Size</th>
<th>Portion Count</th>
<th>% of Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Potato hash Bro</strong></td>
<td>Each</td>
<td>235</td>
<td></td>
</tr>
<tr>
<td><strong>Scrambled &quot;Tofu&quot;</strong></td>
<td>3 oz portion</td>
<td>108</td>
<td></td>
</tr>
<tr>
<td><strong>Old Fashioned S</strong></td>
<td>4 OZ PORT</td>
<td>72</td>
<td></td>
</tr>
<tr>
<td><strong>Scrambled Eggs</strong></td>
<td>6 oz portion</td>
<td>253</td>
<td></td>
</tr>
<tr>
<td><strong>Hard Boiled Egg</strong></td>
<td>2 each</td>
<td>58</td>
<td></td>
</tr>
<tr>
<td><strong>Cage Free Eggs</strong></td>
<td>2 eggs</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>French Toast</strong></td>
<td>2 each</td>
<td>235</td>
<td></td>
</tr>
<tr>
<td><strong>Assorted Cold C</strong></td>
<td>serving</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Scrambled Egg W</strong></td>
<td>3 oz portion</td>
<td>47</td>
<td></td>
</tr>
<tr>
<td><strong>Canadian Bacon</strong></td>
<td>3 OZ PORT</td>
<td>90</td>
<td></td>
</tr>
<tr>
<td><strong>Assorted Bagels</strong></td>
<td>1 each</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>White Chocolate</strong></td>
<td>Dozen</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**% of Goal:**

- **KCAL:**
- **FAT Gram:**
- **SFA Gram:**
- **FATRN Gram:**
- **PUFA Gram:**
- **MONO Gram:**
- **CHOL MG:**
- **NA MG:**
- **CHO Gram:**
- **TDFB Gram:**
- **SUGAR Gram:**
- **PRO Gram:**
- **VTAIU IU:**
- **VITC MG:**
- **CA MG:**
- **FE MG:**
- **K MG:**

**Total Calories:**

- % Calories from Protein
- % Calories from Carbohydrates
- % Calories from Fat

( %Saturated Fat )

**Date:** Monday, November 22, 2021 08:56:51

---

**Detail Simple List Menu Analysis**

**2000 Cal Standard Goal**

- **KCAL:**
- **FAT Gram:**
- **SFA Gram:**
- **FATRN Gram:**
- **PUFA Gram:**
- **MONO Gram:**
- **CHOL MG:**
- **NA MG:**
- **CHO Gram:**
- **TDFB Gram:**
- **SUGAR Gram:**
- **PRO Gram:**
- **VTAIU IU:**
- **VITC MG:**
- **CA MG:**
- **FE MG:**
- **K MG:**

**% of Goal:**

- 2000 Cal Standard Goal
- 567 KCAL
- 4.87 KAL
- 1.41 KAL
- 0.318 KAL
- 0.528 KAL
- 1.932 KAL
- 45 KAL
- 1094 KAL
- 0.86 KAL
- 0.89 KAL
- 18.4 KAL
- 0.75 KAL
- 6.75 KAL
- 4.21 KAL
- 0.318 KAL
- 0.528 KAL
- 1.932 KAL
- 45 KAL
- 1094 KAL
- 0.86 KAL
- 0.89 KAL
- 18.4 KAL
- 0.75 KAL

---

**Courses selected:**

- Selected All

---

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

** Indicates the selected items used in nutritional totals.
### Dining Service

**Unit:** Moulton Union Service Unit  
**Service Date:** Tuesday, November 30, 2021  
**Meal Period:** Breakfast  
**Customer Count:** 325

<table>
<thead>
<tr>
<th>Service Item</th>
<th>Serving Size</th>
<th>Portion Count</th>
<th>KCAL</th>
<th>FAT</th>
<th>SFA</th>
<th>FATRN</th>
<th>PUFA</th>
<th>MONO</th>
<th>CHOL</th>
<th>NA</th>
<th>CHO</th>
<th>TDFB</th>
<th>SUGAR</th>
<th>PRO</th>
<th>VTAIU</th>
<th>VITC</th>
<th>CA</th>
<th>FE</th>
<th>K</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blueberry Sauce</td>
<td>2 Fluid Oz</td>
<td>72</td>
<td>61</td>
<td>0.12</td>
<td>0.01</td>
<td>0</td>
<td>0.051</td>
<td>0.016</td>
<td>0.01</td>
<td>0</td>
<td>1</td>
<td>13.52</td>
<td>0.8</td>
<td>10.57</td>
<td>0.26</td>
<td>3.5</td>
<td>2</td>
<td>0.1</td>
<td>27</td>
</tr>
</tbody>
</table>

**Meal Total:**

<table>
<thead>
<tr>
<th>总热量 (Total Calories)</th>
<th>% Calories from Protein</th>
<th>% Calories from Carbohydrates</th>
<th>% Calories from Fat</th>
</tr>
</thead>
</table>

**% of Goal:**

<table>
<thead>
<tr>
<th>Blueberry Sauce</th>
<th>2 Fluid Oz</th>
<th>% of Goal</th>
<th>Amount</th>
<th>Meal Total</th>
</tr>
</thead>
</table>

**Notes:**

**
** 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

---

Monday, November 22, 2021  08:56:51  
Dining Service  
The CBORD Group, Inc.  
Page 11 of 38
<table>
<thead>
<tr>
<th>Service Item</th>
<th>Serving Size</th>
<th>% of Goal</th>
<th>Portion Count</th>
<th>KCAL</th>
<th>FAT</th>
<th>SFA</th>
<th>FATTN</th>
<th>PUFA</th>
<th>MONO</th>
<th>CHOL</th>
<th>NA</th>
<th>CHO</th>
<th>TDFB</th>
<th>SUGAR</th>
<th>PRO</th>
<th>VTAIU</th>
<th>VITC</th>
<th>CA</th>
<th>FE</th>
<th>K</th>
</tr>
</thead>
<tbody>
<tr>
<td>Raisin Bread Tu sandwich</td>
<td></td>
<td>401</td>
<td>20</td>
<td>15.64</td>
<td>8.33</td>
<td>0.232</td>
<td>0.904</td>
<td>90</td>
<td>4.663</td>
<td>61</td>
<td>774</td>
<td>39.51</td>
<td>2.7</td>
<td>0.57</td>
<td>27.28</td>
<td>460</td>
<td>1.6</td>
<td>253</td>
<td>2.89</td>
<td></td>
</tr>
<tr>
<td>Sweet Potato &amp; 6oz portion</td>
<td></td>
<td>134</td>
<td>7</td>
<td>1.37</td>
<td>0.22</td>
<td>0.017</td>
<td>0.197</td>
<td>20</td>
<td>0.891</td>
<td>0</td>
<td>187</td>
<td>29.2</td>
<td>4.1</td>
<td>0.63</td>
<td>1.65</td>
<td>112</td>
<td>13.4</td>
<td>21</td>
<td>0.67</td>
<td></td>
</tr>
<tr>
<td>French Onion So 6oz portion</td>
<td></td>
<td>65</td>
<td>3</td>
<td>4.4</td>
<td>0.614</td>
<td>0</td>
<td>1.207</td>
<td>121</td>
<td>1.715</td>
<td>0</td>
<td>784</td>
<td>5.04</td>
<td>0.7</td>
<td>1.31</td>
<td>0.65</td>
<td>165</td>
<td>2.5</td>
<td>15</td>
<td>0.33</td>
<td></td>
</tr>
<tr>
<td>Thai Carmel Por 8oz portion</td>
<td></td>
<td>359</td>
<td>18</td>
<td>11.79</td>
<td>3.983</td>
<td>0</td>
<td>1.719</td>
<td>172</td>
<td>5.707</td>
<td>86</td>
<td>2710</td>
<td>24.44</td>
<td>0.3</td>
<td>72.44</td>
<td>34.73</td>
<td>339</td>
<td>3.1</td>
<td>48</td>
<td>3.09</td>
<td></td>
</tr>
<tr>
<td>Grilled Lemon G Each</td>
<td></td>
<td>382</td>
<td>19</td>
<td>34.74</td>
<td>2.602</td>
<td>0</td>
<td>10.115</td>
<td>1012</td>
<td>19.891</td>
<td>36</td>
<td>321</td>
<td>4.09</td>
<td>0.5</td>
<td>0.5</td>
<td>14.93</td>
<td>140</td>
<td>7.7</td>
<td>26</td>
<td>0.96</td>
<td></td>
</tr>
<tr>
<td>Fried Vegetable 2 each</td>
<td></td>
<td>250</td>
<td>12</td>
<td>3.99</td>
<td>1.123</td>
<td>0.087</td>
<td>1.703</td>
<td>87</td>
<td>170</td>
<td>9</td>
<td>33</td>
<td>4.23</td>
<td>1.3</td>
<td>0.15</td>
<td>9.77</td>
<td>77</td>
<td>1.1</td>
<td>18</td>
<td>0.9</td>
<td></td>
</tr>
<tr>
<td>Broccoli &amp; Tofu 5oz portion</td>
<td></td>
<td>105</td>
<td>5</td>
<td>1.75</td>
<td>0.286</td>
<td>0</td>
<td>0.831</td>
<td>83</td>
<td>0.454</td>
<td>0</td>
<td>155</td>
<td>19.1</td>
<td>3.2</td>
<td>0.18</td>
<td>4.96</td>
<td>903</td>
<td>53.4</td>
<td>102</td>
<td>1.91</td>
<td></td>
</tr>
<tr>
<td>Pasta Bar Fri 6 oz portion</td>
<td></td>
<td>426</td>
<td>21</td>
<td>7.33</td>
<td>1.95</td>
<td>0</td>
<td>2.026</td>
<td>203</td>
<td>2.563</td>
<td>10</td>
<td>249</td>
<td>73.34</td>
<td>3.2</td>
<td>4.44</td>
<td>15.2</td>
<td>257</td>
<td>0.6</td>
<td>84</td>
<td>1.81</td>
<td></td>
</tr>
<tr>
<td>Black Bean Mang 6 oz portion</td>
<td></td>
<td>49</td>
<td>2</td>
<td>1.33</td>
<td>0.194</td>
<td>0</td>
<td>0.505</td>
<td>51</td>
<td>0.511</td>
<td>0</td>
<td>84</td>
<td>7.82</td>
<td>1.5</td>
<td>4.44</td>
<td>2.05</td>
<td>1370</td>
<td>8.8</td>
<td>36</td>
<td>0.86</td>
<td></td>
</tr>
<tr>
<td>Tossed Garden S 4.5 oz Porti</td>
<td></td>
<td>26</td>
<td>2</td>
<td>0.36</td>
<td>0.053</td>
<td>0</td>
<td>0.132</td>
<td>51</td>
<td>0.059</td>
<td>0</td>
<td>38</td>
<td>5.21</td>
<td>1.7</td>
<td>2.69</td>
<td>1.32</td>
<td>3305</td>
<td>10.1</td>
<td>29</td>
<td>0.67</td>
<td></td>
</tr>
<tr>
<td>Steam Whole G 3 OZ</td>
<td></td>
<td>22</td>
<td>2</td>
<td>0.13</td>
<td>0.033</td>
<td>0</td>
<td>0.065</td>
<td>7</td>
<td>0.006</td>
<td>0</td>
<td>434</td>
<td>5.06</td>
<td>2.4</td>
<td>0.95</td>
<td>1.16</td>
<td>310</td>
<td>3.2</td>
<td>33</td>
<td>0.53</td>
<td></td>
</tr>
<tr>
<td>Steamed Jasmine 4 oz portion</td>
<td></td>
<td>205</td>
<td>10</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0.098</td>
<td>10</td>
<td>0</td>
<td>2</td>
<td>44.63</td>
<td>0</td>
<td>0</td>
<td>4.83</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>1.75</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*** 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

Monday, November 22, 2021 08:56:51 Dining Service The CBORD Group, Inc. Page 12 of 38
### Detail Simple List Menu Analysis

**Unit:** Moulton Union Service Unit  
**Service Date:** Tuesday, November 30, 2021  
**Meal Period:** Lunch  
**Customer Count:** 700

---

**Report for Nutritional Goal:**

#### 2000 Cal Standard Goal

<table>
<thead>
<tr>
<th>Service Item</th>
<th>Serving Size</th>
<th>KCAL</th>
<th>FAT</th>
<th>SFA</th>
<th>FATRN</th>
<th>PUFA</th>
<th>MONO</th>
<th>CHOL</th>
<th>NA</th>
<th>CHO</th>
<th>TDFB</th>
<th>SUGAR</th>
<th>PRO</th>
<th>VTAIU</th>
<th>VITC</th>
<th>CA</th>
<th>FE</th>
<th>K</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pumpkin Chip Bar</td>
<td>9 <em>bar</em></td>
<td>184</td>
<td>15.67</td>
<td>2.373</td>
<td>0</td>
<td>7.972</td>
<td>4.445</td>
<td>17</td>
<td>42</td>
<td>9.62</td>
<td>2.1</td>
<td>3.08</td>
<td>3.85</td>
<td>2654</td>
<td>0.8</td>
<td>57</td>
<td>0.92</td>
<td>115</td>
</tr>
</tbody>
</table>

**% of Goal:**  
- Calories: **2.373%**
- Saturated Fat: **0%**
- Trans Fat: **7.972%**
- Monounsaturated Fat: **4.445%**
- Polyunsaturated Fat: **17%**
- Cholesterol: **42%**
- Sodium: **9.62%**
- Total Fat: **2.1%**
- Carbohydrates: **3.08%**
- Total Sugar: **3.85%**
- Total Fiber: **2654%**
- Protein: **0.8%**
- Vitamin A: **57%**
- Calcium: **0.92%**
- Iron: **115%**

---

**Meal Total:**

- **Amount:**
- **% of Goal:**

---

**Notes:**
- **** 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

| Service Item         | Serving Size | KCAL 2,000 | FAT Gram | SFA Gram | SATRN Gram | PUFA Gram | MONO Gram | CHOL MG | NA MG | CHO Gram 300.00 | TDFB Gram 25.0 | SUGAR Gram 1.00 | PRO Gram 50.00 | VTAIU IU 5,000 | VITC MG 60.00 | CA MG 1,000 | FE MG 18.00 | K MG |
|----------------------|--------------|------------|----------|----------|------------|-----------|-----------|---------|------|----------------|---------------|----------------|-------------|--------------|--------------|-------------|-------------|------------|-------|
| Sweet Potato an      | portion      | 87         | 1.04     | 0.101    | 0          | 0.312     | 0.565     | 0        | 329  | 18.53          | 2.5           | 0.31           | 1.07        | 9            | 8.1          | 16          | 0.55       | 423    |
|                      |              | 40         | 3.01     | 0.17     | 0          | 0.568     | 0.565     | 0        | 329  | 18.53          | 2.5           | 0.31           | 1.07        | 9            | 8.1          | 16          | 0.55       | 423    |
| French Onion So      | 6 oz portion | 65         | 2.00     | 0.15     | 0          | 0.312     | 0.565     | 0        | 329  | 18.53          | 2.5           | 0.31           | 1.07        | 9            | 8.1          | 16          | 0.55       | 423    |
|                      |              | 60         | 3.01     | 0.17     | 0          | 0.568     | 0.565     | 0        | 329  | 18.53          | 2.5           | 0.31           | 1.07        | 9            | 8.1          | 16          | 0.55       | 423    |
| Apple Cider Gla      | 8 oz portion | 3          | 2.00     | 0.15     | 0          | 0.312     | 0.565     | 0        | 329  | 18.53          | 2.5           | 0.31           | 1.07        | 9            | 8.1          | 16          | 0.55       | 423    |
|                      |              | 450        | 3.01     | 0.17     | 0          | 0.568     | 0.565     | 0        | 329  | 18.53          | 2.5           | 0.31           | 1.07        | 9            | 8.1          | 16          | 0.55       | 423    |
| Penne w/ Carmel      | 6 oz portion | 386        | 2.00     | 0.15     | 0          | 0.312     | 0.565     | 0        | 329  | 18.53          | 2.5           | 0.31           | 1.07        | 9            | 8.1          | 16          | 0.55       | 423    |
|                      |              | 300        | 3.01     | 0.17     | 0          | 0.568     | 0.565     | 0        | 329  | 18.53          | 2.5           | 0.31           | 1.07        | 9            | 8.1          | 16          | 0.55       | 423    |
| Beef Bourguignon     | portion      | 452        | 2.00     | 0.15     | 0          | 0.312     | 0.565     | 0        | 329  | 18.53          | 2.5           | 0.31           | 1.07        | 9            | 8.1          | 16          | 0.55       | 423    |
|                      |              | 350        | 3.01     | 0.17     | 0          | 0.568     | 0.565     | 0        | 329  | 18.53          | 2.5           | 0.31           | 1.07        | 9            | 8.1          | 16          | 0.55       | 423    |
| Squash, Brussel      | 6 oz portion | 23         | 2.00     | 0.15     | 0          | 0.312     | 0.565     | 0        | 329  | 18.53          | 2.5           | 0.31           | 1.07        | 9            | 8.1          | 16          | 0.55       | 423    |
|                      |              | 180        | 3.01     | 0.17     | 0          | 0.568     | 0.565     | 0        | 329  | 18.53          | 2.5           | 0.31           | 1.07        | 9            | 8.1          | 16          | 0.55       | 423    |
| Black Bean Mang      | 6 oz portion | 49         | 2.00     | 0.15     | 0          | 0.312     | 0.565     | 0        | 329  | 18.53          | 2.5           | 0.31           | 1.07        | 9            | 8.1          | 16          | 0.55       | 423    |
|                      |              | 120        | 3.01     | 0.17     | 0          | 0.568     | 0.565     | 0        | 329  | 18.53          | 2.5           | 0.31           | 1.07        | 9            | 8.1          | 16          | 0.55       | 423    |
| Tossed Garden S      | 4.5 oz Porti | 26         | 2.00     | 0.15     | 0          | 0.312     | 0.565     | 0        | 329  | 18.53          | 2.5           | 0.31           | 1.07        | 9            | 8.1          | 16          | 0.55       | 423    |
|                      |              | 100        | 3.01     | 0.17     | 0          | 0.568     | 0.565     | 0        | 329  | 18.53          | 2.5           | 0.31           | 1.07        | 9            | 8.1          | 16          | 0.55       | 423    |
| Carrots Steamed      | 3 oz. Porti  | 41         | 2.00     | 0.15     | 0          | 0.312     | 0.565     | 0        | 329  | 18.53          | 2.5           | 0.31           | 1.07        | 9            | 8.1          | 16          | 0.55       | 423    |
|                      |              | 450        | 3.01     | 0.17     | 0          | 0.568     | 0.565     | 0        | 329  | 18.53          | 2.5           | 0.31           | 1.07        | 9            | 8.1          | 16          | 0.55       | 423    |
| Roasted Red Pot      | 5 oz portion | 183        | 2.00     | 0.15     | 0          | 0.312     | 0.565     | 0        | 329  | 18.53          | 2.5           | 0.31           | 1.07        | 9            | 8.1          | 16          | 0.55       | 423    |
|                      |              | 400        | 3.01     | 0.17     | 0          | 0.568     | 0.565     | 0        | 329  | 18.53          | 2.5           | 0.31           | 1.07        | 9            | 8.1          | 16          | 0.55       | 423    |
| Tollhouse Pie        | 1/16 portion | 250        | 2.00     | 0.15     | 0          | 0.312     | 0.565     | 0        | 329  | 18.53          | 2.5           | 0.31           | 1.07        | 9            | 8.1          | 16          | 0.55       | 423    |
|                      |              | 13         | 3.01     | 0.17     | 0          | 0.568     | 0.565     | 0        | 329  | 18.53          | 2.5           | 0.31           | 1.07        | 9            | 8.1          | 16          | 0.55       | 423    |

**Meal Total:**

- **% Calories from Protein:**
- **% Calories from Carbohydrates:**
- **% Calories from Fat:**
- **% Saturated Fat:**

*** 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
```
<table>
<thead>
<tr>
<th>Service Item</th>
<th>Serving Size</th>
<th>KCAL</th>
<th>FAT</th>
<th>SFA</th>
<th>FATRN</th>
<th>PUFA</th>
<th>MONO</th>
<th>CHOL</th>
<th>NA</th>
<th>CHO</th>
<th>TDFB</th>
<th>SUGAR</th>
<th>PRO</th>
<th>VTAIU</th>
<th>VITC</th>
<th>CA</th>
<th>FE</th>
<th>K</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scrambled &quot;Tofu&quot;</td>
<td>3 oz portion</td>
<td>160</td>
<td>3</td>
<td>0.492</td>
<td>0</td>
<td>1.703</td>
<td>1.007</td>
<td>0</td>
<td>97</td>
<td>1.25</td>
<td>7.25</td>
<td>8.75</td>
<td>4</td>
<td>107</td>
<td>101</td>
<td>10</td>
<td>4</td>
<td>727</td>
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<tr>
<td>Cream of Wheat</td>
<td>2/3 Cup</td>
<td>76</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>427</td>
<td>16.49</td>
<td>0.7</td>
<td>0.69</td>
<td>2.75</td>
<td>0</td>
<td>0</td>
<td>18</td>
<td>0</td>
<td>18</td>
<td>0</td>
</tr>
<tr>
<td>Scrambled Egg W</td>
<td>3 oz portion</td>
<td>43</td>
<td>0.14</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>267</td>
<td>0.61</td>
<td>0</td>
<td>0.59</td>
<td>9.05</td>
<td>0</td>
<td>0</td>
<td>6</td>
<td>0</td>
<td>6</td>
<td>1.07</td>
</tr>
<tr>
<td>Scrambled Eggs</td>
<td>6 oz portion</td>
<td>260</td>
<td>18.19</td>
<td>5.359</td>
<td>0</td>
<td>2.815</td>
<td>7.074</td>
<td>694</td>
<td>227</td>
<td>2.01</td>
<td>0</td>
<td>0</td>
<td>20.42</td>
<td>393</td>
<td>0</td>
<td>81</td>
<td>199</td>
<td></td>
</tr>
<tr>
<td>Hard Boiled Egg</td>
<td>2 each</td>
<td>141</td>
<td>15</td>
<td>15</td>
<td>*</td>
<td>129</td>
<td>361</td>
<td>134</td>
<td>5</td>
<td>*</td>
<td>1.16</td>
<td>0</td>
<td>11.83</td>
<td>181</td>
<td>0</td>
<td>46</td>
<td>115</td>
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</tr>
<tr>
<td>Assorted Cold C</td>
<td>serving size</td>
<td>567</td>
<td>7.31</td>
<td>2.005</td>
<td>0.011</td>
<td>2.146</td>
<td>2.188</td>
<td>0</td>
<td>998</td>
<td>117.27</td>
<td>10.3</td>
<td>25.3</td>
<td>14.99</td>
<td>3028</td>
<td>46.9</td>
<td>232</td>
<td>22.9</td>
<td>415</td>
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<tr>
<td>Blueberry Pancake</td>
<td>portion</td>
<td>389</td>
<td>11.74</td>
<td>2.5</td>
<td>0</td>
<td>2.93</td>
<td>5.016</td>
<td>74</td>
<td>388</td>
<td>57.99</td>
<td>6.5</td>
<td>9.42</td>
<td>12.61</td>
<td>168</td>
<td>3.3</td>
<td>166</td>
<td>3.93</td>
<td>363</td>
</tr>
<tr>
<td>Chicken Breakfast</td>
<td>2 sausage</td>
<td>72</td>
<td>3.97</td>
<td>1.71</td>
<td>9</td>
<td>129</td>
<td>361</td>
<td>134</td>
<td>5</td>
<td>*</td>
<td>1.16</td>
<td>0</td>
<td>11.83</td>
<td>181</td>
<td>0</td>
<td>46</td>
<td>115</td>
<td></td>
</tr>
<tr>
<td>Veggie Patty B</td>
<td>2 Each</td>
<td>60</td>
<td>2.24</td>
<td>0.373</td>
<td>0</td>
<td>3.26</td>
<td>0.882</td>
<td>0</td>
<td>194</td>
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<td>0.7</td>
<td>0</td>
<td>7.46</td>
<td>0.1</td>
<td>0</td>
<td>0</td>
<td>1.07</td>
<td>216</td>
</tr>
<tr>
<td>Yogurt Bar w/ A</td>
<td>4 oz portion</td>
<td>100</td>
<td>0.53</td>
<td>0.343</td>
<td>0</td>
<td>0.16</td>
<td>0.146</td>
<td>3</td>
<td>68</td>
<td>19.64</td>
<td>0</td>
<td>12.43</td>
<td>4.86</td>
<td>22</td>
<td>0.9</td>
<td>172</td>
<td>0.1</td>
<td>219</td>
</tr>
<tr>
<td>Home Fries (VE)</td>
<td>4 oz portion</td>
<td>204</td>
<td>8.71</td>
<td>0.647</td>
<td>0</td>
<td>2.598</td>
<td>5.045</td>
<td>0</td>
<td>217</td>
<td>29.65</td>
<td>2.7</td>
<td>0</td>
<td>2.76</td>
<td>0</td>
<td>19.1</td>
<td>8</td>
<td>0.49</td>
<td>558</td>
</tr>
<tr>
<td>Lowfat Pumpkin</td>
<td>16 scoops</td>
<td>86</td>
<td>1.85</td>
<td>0.302</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>131</td>
<td>16.6</td>
<td>0.3</td>
<td>0.25</td>
<td>1.94</td>
<td>947</td>
<td>0.1</td>
<td>25</td>
<td>0.65</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>
```

** 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, December 1, 2021  
**Meal Period:** Breakfast  
**Customer Count:** 350

### Report for Nutritional Goal:

#### 2000 Cal Standard Goal

<table>
<thead>
<tr>
<th>Service Item</th>
<th>Serving Portion Count</th>
<th>Serving Size</th>
<th>KCAL</th>
<th>FAT</th>
<th>SFA</th>
<th>FATRN</th>
<th>PUFA</th>
<th>MONO</th>
<th>CHOL</th>
<th>NA</th>
<th>CHO</th>
<th>TDFB</th>
<th>SUGAR</th>
<th>PRO</th>
<th>VTAIU</th>
<th>VITC</th>
<th>CA</th>
<th>FE</th>
<th>K</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assorted Bagels</td>
<td>1 each</td>
<td>232 Grams</td>
<td>65.00</td>
<td>1.45</td>
<td>0.318</td>
<td>0</td>
<td>0.601</td>
<td>60</td>
<td>0.402</td>
<td>40</td>
<td>0</td>
<td>435</td>
<td>45.73</td>
<td>2</td>
<td>4.64</td>
<td>8.9</td>
<td>9</td>
<td>0.7</td>
<td>70</td>
</tr>
</tbody>
</table>

**% of Goal:**

<table>
<thead>
<tr>
<th>% of Goal:</th>
<th>Amount:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Total Calories**

- % Calories from Protein
- % Calories from Carbohydrates
- % Calories from Fat

*( %Saturated Fat )*

---

**Courses selected:** Selected All

---

**Notes:**

- **** Indicates that less than 2% of the goal requirements for this nutrient are provided.
- ***** Indicates the selected items used in nutritional totals.

<table>
<thead>
<tr>
<th>Service Item</th>
<th>Serving Size</th>
<th>Portion Count</th>
<th>KCAL</th>
<th>FAT Gram</th>
<th>SFA Gram</th>
<th>FATRN Gram</th>
<th>PUFA Gram</th>
<th>MONO Gram</th>
<th>CHOL MG</th>
<th>NA MG</th>
<th>CHO Gram</th>
<th>TDFB Gram</th>
<th>SUGAR Gram</th>
<th>PRO Gram</th>
<th>VTAIU IU</th>
<th>VITC MG</th>
<th>CA MG</th>
<th>FE MG</th>
<th>K MG</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Tortilla</td>
<td>6 oz portion</td>
<td>160</td>
<td>167</td>
<td>7.4</td>
<td>2,462</td>
<td>137</td>
<td>5.0</td>
<td>1,000</td>
<td>2,000</td>
<td>1,000</td>
<td>300</td>
<td>2,400</td>
<td>4.0</td>
<td>3.0</td>
<td>15.69</td>
<td>2.5</td>
<td>0.84</td>
<td>9.94</td>
<td>332</td>
</tr>
<tr>
<td>Chilled Strawberries</td>
<td>6 oz. Portion</td>
<td>400</td>
<td>75</td>
<td>1.63</td>
<td>1,037</td>
<td>0.06</td>
<td>0.06</td>
<td>1,000</td>
<td>2,000</td>
<td>1,000</td>
<td>300</td>
<td>2,400</td>
<td>0.0</td>
<td>0</td>
<td>10.43</td>
<td>0</td>
<td>10.64</td>
<td>3.63</td>
<td>47</td>
</tr>
<tr>
<td>Indian Lentil &amp; Rice</td>
<td>4 oz portion</td>
<td>130</td>
<td>6</td>
<td>0.38</td>
<td>0.07</td>
<td>0.124</td>
<td>0.06</td>
<td>1,000</td>
<td>2,000</td>
<td>1,000</td>
<td>300</td>
<td>2,400</td>
<td>4.1</td>
<td>3.0</td>
<td>27.35</td>
<td>9</td>
<td>1064</td>
<td>7.0</td>
<td>*</td>
</tr>
<tr>
<td>Basswich Wrap</td>
<td>1/2 wrap</td>
<td>350</td>
<td>351</td>
<td>19.71</td>
<td>7,661</td>
<td>0.01</td>
<td>0.06</td>
<td>1,000</td>
<td>2,000</td>
<td>1,000</td>
<td>300</td>
<td>2,400</td>
<td>4.1</td>
<td>3.0</td>
<td>27.35</td>
<td>9</td>
<td>1064</td>
<td>7.0</td>
<td>*</td>
</tr>
<tr>
<td>Roasted Red Pepper</td>
<td>1 Serving</td>
<td>120</td>
<td>90</td>
<td>4.71</td>
<td>0.692</td>
<td>0.043</td>
<td>0.06</td>
<td>1,000</td>
<td>2,000</td>
<td>1,000</td>
<td>300</td>
<td>2,400</td>
<td>4.1</td>
<td>3.0</td>
<td>27.35</td>
<td>9</td>
<td>1064</td>
<td>7.0</td>
<td>*</td>
</tr>
<tr>
<td>Chicken Vindaloo</td>
<td>8oz. portion</td>
<td>209</td>
<td>10</td>
<td>3.59</td>
<td>0.594</td>
<td>0.05</td>
<td>0.06</td>
<td>1,000</td>
<td>2,000</td>
<td>1,000</td>
<td>300</td>
<td>2,400</td>
<td>4.1</td>
<td>3.0</td>
<td>27.35</td>
<td>9</td>
<td>1064</td>
<td>7.0</td>
<td>*</td>
</tr>
<tr>
<td>&quot;Champs&quot; Red Cu</td>
<td>7oz portion</td>
<td>325</td>
<td>518</td>
<td>16.12</td>
<td>10,146</td>
<td>0.045</td>
<td>0.06</td>
<td>1,000</td>
<td>2,000</td>
<td>1,000</td>
<td>300</td>
<td>2,400</td>
<td>4.1</td>
<td>3.0</td>
<td>27.35</td>
<td>9</td>
<td>1064</td>
<td>7.0</td>
<td>*</td>
</tr>
<tr>
<td>Shells W/ Spina</td>
<td>6oz portion</td>
<td>413</td>
<td>21</td>
<td>3.07</td>
<td>1.189</td>
<td>0.0678</td>
<td>0.06</td>
<td>1,000</td>
<td>2,000</td>
<td>1,000</td>
<td>300</td>
<td>2,400</td>
<td>4.1</td>
<td>3.0</td>
<td>27.35</td>
<td>9</td>
<td>1064</td>
<td>7.0</td>
<td>*</td>
</tr>
<tr>
<td>Pasta Bar Fried</td>
<td>6 oz portion</td>
<td>426</td>
<td>21</td>
<td>7.33</td>
<td>1.95</td>
<td>0.068</td>
<td>0.068</td>
<td>1,000</td>
<td>2,000</td>
<td>1,000</td>
<td>300</td>
<td>2,400</td>
<td>4.1</td>
<td>3.0</td>
<td>27.35</td>
<td>9</td>
<td>1064</td>
<td>7.0</td>
<td>*</td>
</tr>
<tr>
<td>Japanese Style</td>
<td>6oz portion</td>
<td>292</td>
<td>15</td>
<td>8.27</td>
<td>1.483</td>
<td>0.0678</td>
<td>0.0678</td>
<td>1,000</td>
<td>2,000</td>
<td>1,000</td>
<td>300</td>
<td>2,400</td>
<td>4.1</td>
<td>3.0</td>
<td>27.35</td>
<td>9</td>
<td>1064</td>
<td>7.0</td>
<td>*</td>
</tr>
<tr>
<td>Peas &amp; Mushroom</td>
<td>3 oz portion</td>
<td>62</td>
<td>3</td>
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<td>0.032</td>
<td>0.086</td>
<td>0.086</td>
<td>1,000</td>
<td>2,000</td>
<td>1,000</td>
<td>300</td>
<td>2,400</td>
<td>4.1</td>
<td>3.0</td>
<td>27.35</td>
<td>9</td>
<td>1064</td>
<td>7.0</td>
<td>*</td>
</tr>
<tr>
<td>Steamed Rice (V)</td>
<td>4 oz portion</td>
<td>129</td>
<td>6</td>
<td>0</td>
<td>0</td>
<td>0.062</td>
<td>0.062</td>
<td>1,000</td>
<td>2,000</td>
<td>1,000</td>
<td>300</td>
<td>2,400</td>
<td>4.1</td>
<td>3.0</td>
<td>27.35</td>
<td>9</td>
<td>1064</td>
<td>7.0</td>
<td>*</td>
</tr>
</tbody>
</table>

** Indicates that less than 2% of the goal requirements for this nutrient are provided.
*** Indicates the selected items used in nutritional totals.

**Courses selected:** Selected All

---

Unit: Moulton Union Service Unit
Service Date: Wednesday, December 1, 2021
Meal Period: Lunch
Customer Count: 700

---

Monday, November 22, 2021 08:56:51
## Dining Service

- **Unit**: Moulton Union Service Unit
- **Service Date**: Wednesday, December 1, 2021
- **Meal Period**: Lunch
- **Customer Count**: 700

### Report for Nutritional Goal:

<table>
<thead>
<tr>
<th>Service Item</th>
<th>Portion Count</th>
<th>Serving Size</th>
<th>KCAL</th>
<th>FAT</th>
<th>SFA</th>
<th>FATRN</th>
<th>PUFA</th>
<th>MONO</th>
<th>CHOL</th>
<th>NA</th>
<th>CHO</th>
<th>TDFB</th>
<th>SUGAR</th>
<th>PRO</th>
<th>VTAIU</th>
<th>VITC</th>
<th>CA</th>
<th>FE</th>
<th>K</th>
</tr>
</thead>
<tbody>
<tr>
<td>Princess Bars</td>
<td>350</td>
<td>2.4oz portion</td>
<td>231</td>
<td>14.23</td>
<td>5.586</td>
<td>0</td>
<td>4.288</td>
<td>2.553</td>
<td>0</td>
<td>207</td>
<td>24.31</td>
<td>1.2</td>
<td>0</td>
<td>2.67</td>
<td>203</td>
<td>0.3</td>
<td>22</td>
<td>0.4</td>
<td>91</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>207</td>
<td>14.23</td>
<td>5.586</td>
<td>0</td>
<td>4.288</td>
<td>2.553</td>
<td>0</td>
<td>207</td>
<td>24.31</td>
<td>1.2</td>
<td>0</td>
<td>2.67</td>
<td>203</td>
<td>0.3</td>
<td>22</td>
<td>0.4</td>
<td>91</td>
</tr>
</tbody>
</table>

### Meal Total:

- **Amount:**
- **% of Goal:**

---

**Note:**

- **** 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
<table>
<thead>
<tr>
<th>Service Item</th>
<th>Portion Count</th>
<th>Serving Size</th>
<th>% of Goal</th>
<th>KCAL</th>
<th>FAT</th>
<th>SFA</th>
<th>SFA TRN</th>
<th>PUFA</th>
<th>MONO</th>
<th>CHOL</th>
<th>NA</th>
<th>CHO</th>
<th>TDFB</th>
<th>SUGAR</th>
<th>PRO</th>
<th>VTAIU</th>
<th>VITC</th>
<th>CA</th>
<th>FE</th>
<th>K</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Chicken Tortilla</strong></td>
<td>6 oz portion</td>
<td>40</td>
<td>%</td>
<td>167</td>
<td>6.6</td>
<td>26.2</td>
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<td>2.67</td>
<td>21.6</td>
<td>5.6</td>
<td>5</td>
<td>1.59</td>
<td>2.0</td>
<td>0.84</td>
<td>9.7</td>
<td>3.32</td>
<td>7.5</td>
<td>139</td>
<td>1.14</td>
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<tr>
<td><strong>Chilled Strawbe</strong></td>
<td>6 oz. Portion</td>
<td>100</td>
<td>%</td>
<td>75</td>
<td>4</td>
<td>1.63</td>
<td>1.07</td>
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<td>7.52</td>
<td>0</td>
<td>10.43</td>
<td>0</td>
<td>10.64</td>
<td>0.47</td>
<td>0.2</td>
<td>0.135</td>
<td>0.02</td>
<td>116</td>
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<tr>
<td><strong>Ropa Vieja (Beef)</strong></td>
<td>5 oz portion</td>
<td>325</td>
<td>%</td>
<td>143</td>
<td>7</td>
<td>6.6</td>
<td>2.722</td>
<td>0.258</td>
<td>2.659</td>
<td>57</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>19.53</td>
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<td>0</td>
<td>0</td>
<td>13</td>
<td>1.28</td>
<td>231</td>
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<tr>
<td><strong>Arroz con Pollo</strong></td>
<td>6 oz portion</td>
<td>425</td>
<td>%</td>
<td>230</td>
<td>12</td>
<td>5.35</td>
<td>0.737</td>
<td>0.006</td>
<td>1.29</td>
<td>2.24</td>
<td>49</td>
<td>795</td>
<td>27.25</td>
<td>1.3</td>
<td>1.55</td>
<td>17.07</td>
<td>599</td>
<td>35.6</td>
<td>26</td>
<td>1.96</td>
</tr>
<tr>
<td><strong>Mojo Grilled To</strong></td>
<td>4 oz portion</td>
<td>160</td>
<td>%</td>
<td>124</td>
<td>6</td>
<td>9.04</td>
<td>1.279</td>
<td>0</td>
<td>3.449</td>
<td>3.808</td>
<td>0</td>
<td>14</td>
<td>3.73</td>
<td>0.6</td>
<td>0.07</td>
<td>9.42</td>
<td>575</td>
<td>3.3</td>
<td>406</td>
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<tr>
<td><strong>Pressed Cuban P</strong></td>
<td>sandwich</td>
<td>350</td>
<td>%</td>
<td>527</td>
<td>26</td>
<td>22.04</td>
<td>5.838</td>
<td>0</td>
<td>1.413</td>
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<td>59</td>
<td>1454</td>
<td>53.56</td>
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<td>8.75</td>
<td>27.64</td>
<td>551</td>
<td>14.5</td>
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<td><strong>Japanese Style</strong></td>
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<td>120</td>
<td>%</td>
<td>292</td>
<td>15</td>
<td>8.27</td>
<td>1.483</td>
<td>0.035</td>
<td>2.705</td>
<td>3.395</td>
<td>48</td>
<td>163</td>
<td>43.7</td>
<td>2.3</td>
<td>2.85</td>
<td>11.73</td>
<td>369</td>
<td>3.6</td>
<td>176</td>
<td>4.73</td>
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<tr>
<td><strong>Braised Mixed G</strong></td>
<td>8 oz portion</td>
<td>400</td>
<td>%</td>
<td>20</td>
<td>4</td>
<td>0.25</td>
<td>0.037</td>
<td>0</td>
<td>0.109</td>
<td>0.014</td>
<td>0</td>
<td>79</td>
<td>3.61</td>
<td>1.8</td>
<td>0.15</td>
<td>1.91</td>
<td>5763</td>
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<td>1.73</td>
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<tr>
<td><strong>Black Beans &amp; R</strong></td>
<td>6 oz portion</td>
<td>350</td>
<td>%</td>
<td>258</td>
<td>13</td>
<td>7.71</td>
<td>0.891</td>
<td>0</td>
<td>5.317</td>
<td>5.317</td>
<td>0</td>
<td>268</td>
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<td>1.7</td>
<td>4.48</td>
<td>5.47</td>
<td>42</td>
<td>5.4</td>
<td>48</td>
<td>1.99</td>
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<tr>
<td><strong>Oven Baked Plan</strong></td>
<td>4 oz portion</td>
<td>425</td>
<td>%</td>
<td>138</td>
<td>7</td>
<td>0.42</td>
<td>0.162</td>
<td>0</td>
<td>0.078</td>
<td>0.036</td>
<td>0</td>
<td>5</td>
<td>36.16</td>
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<td>1.47</td>
<td>1278</td>
<td>20.9</td>
<td>3</td>
<td>0.68</td>
<td>566</td>
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<tr>
<td><strong>Sourdough Bread</strong></td>
<td>slice</td>
<td>225</td>
<td>%</td>
<td>55</td>
<td>3</td>
<td>0.35</td>
<td>0.094</td>
<td>0</td>
<td>0.149</td>
<td>0.066</td>
<td>0</td>
<td>97</td>
<td>10.67</td>
<td>0.5</td>
<td>0.48</td>
<td>2.22</td>
<td>0</td>
<td>0</td>
<td>8</td>
<td>0.69</td>
</tr>
</tbody>
</table>

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

**Total Calories**

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

**Dining Service**

Unit: Moulton Union Service Unit
Service Date: Wednesday, December 1, 2021
Meal Period: Dinner
Customer Count: 500

Selected All

**Dining Service**

Monday, November 22, 2021 08:56:52
**Dining Service**

**Detail Simple List Menu Analysis**

**Unit:** Moulton Union Service Unit

**Service Date:** Wednesday, December 1, 2021

**Meal Period:** Dinner

**Customer Count:** 500

---

**Report for Nutritional Goal:**

<table>
<thead>
<tr>
<th>Service Item</th>
<th>Serving Size</th>
<th>2000 Cal Standard Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ice Cream Bar</td>
<td>Each 400</td>
<td></td>
</tr>
<tr>
<td></td>
<td>% of Goal:</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>KCAL</th>
<th>FAT</th>
<th>SFA</th>
<th>FATRN</th>
<th>PUFA</th>
<th>MONO</th>
<th>CHOL</th>
<th>NA</th>
<th>CHO</th>
<th>TDFB</th>
<th>SUGAR</th>
<th>PRO</th>
<th>VTAIU</th>
<th>VITC</th>
<th>CA</th>
<th>FE</th>
<th>K</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000</td>
<td>65.00</td>
<td>20.00</td>
<td>1.000</td>
<td>1.000</td>
<td>300.00</td>
<td>25.0</td>
<td>1.00</td>
<td>50.00</td>
<td>1.8</td>
<td>18.98</td>
<td>6.5</td>
<td>5.00</td>
<td>60.0</td>
<td>18.00</td>
<td>0.83</td>
<td>319</td>
<td></td>
</tr>
<tr>
<td>21</td>
<td>24.23</td>
<td>15.345</td>
<td>0.109</td>
<td>0.947</td>
<td>6.242</td>
<td>69</td>
<td>135</td>
<td>50.96</td>
<td>1.8</td>
<td>18.98</td>
<td>5.65</td>
<td>5.00</td>
<td>5.00</td>
<td>5.65</td>
<td>0.83</td>
<td>319</td>
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</tr>
<tr>
<td>37</td>
<td>77</td>
<td>11</td>
<td>95</td>
<td>624</td>
<td>23</td>
<td>6</td>
<td>17</td>
<td>1.6</td>
<td>161</td>
<td>1.6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>77</td>
<td>11</td>
<td>95</td>
<td>624</td>
<td>23</td>
<td>6</td>
<td>17</td>
<td>1.6</td>
<td>161</td>
<td>1.6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

---

**Meal Total:**

**Amount:**

**% of Goal:**

---

**Notes:**

**Total Calories**
- % Calories from Protein
- % Calories from Carbohydrates
- % Calories from Fat

( %Saturated Fat )

---

**Additional Information:**

- **** 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
### Report for Nutritional Goal:

#### 2000 Cal Standard Goal

<table>
<thead>
<tr>
<th>Service Item</th>
<th>Portion Count</th>
<th>Serving Size</th>
<th>KCAL</th>
<th>FAT</th>
<th>SFA</th>
<th>FATRN</th>
<th>PUFA</th>
<th>MONO</th>
<th>CHOL</th>
<th>NA</th>
<th>CHO</th>
<th>TDFB</th>
<th>SUGAR</th>
<th>PRO</th>
<th>VTAIU</th>
<th>VITC</th>
<th>CA</th>
<th>ME</th>
<th>FE</th>
<th>K</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scrambled Organ</td>
<td>120</td>
<td>5 oz. Each</td>
<td>120</td>
<td>7.94</td>
<td>1.139</td>
<td>0</td>
<td>3.523</td>
<td>2.791</td>
<td>0</td>
<td>14</td>
<td>4.26</td>
<td>0.8</td>
<td>0.11</td>
<td>10.34</td>
<td>831</td>
<td>12.2</td>
<td>444</td>
<td>7.15</td>
<td>213</td>
<td></td>
</tr>
<tr>
<td>Penobscot Porridge</td>
<td>100</td>
<td>2/3 cup</td>
<td>41</td>
<td>0.45</td>
<td>0.069</td>
<td>0</td>
<td>0.214</td>
<td>0.102</td>
<td>0</td>
<td>247</td>
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<td>0.8</td>
<td>0</td>
<td>1.4</td>
<td>235</td>
<td>0</td>
<td>17</td>
<td>1.12</td>
<td>28</td>
<td></td>
</tr>
<tr>
<td>Scrambled Egg W</td>
<td>20</td>
<td>3 oz portion</td>
<td>43</td>
<td>0.14</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>267</td>
<td>0.61</td>
<td>0</td>
<td>0.59</td>
<td>9.05</td>
<td>0</td>
<td>0</td>
<td>6</td>
<td>0.07</td>
<td>135</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Scrambled Eggs</td>
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<td>6 oz portion</td>
<td>260</td>
<td>18.19</td>
<td>5.359</td>
<td>0</td>
<td>2.815</td>
<td>7.074</td>
<td>694</td>
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<td>20.42</td>
<td>393</td>
<td>0</td>
<td>81</td>
<td>2.35</td>
<td>199</td>
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<tr>
<td>Quiche Assorted</td>
<td>16</td>
<td>1/9 portion</td>
<td>317</td>
<td>20.12</td>
<td>8.255</td>
<td>0</td>
<td>2.263</td>
<td>7.651</td>
<td>123</td>
<td>464</td>
<td>24.06</td>
<td>1.8</td>
<td>2.59</td>
<td>10.62</td>
<td>1281</td>
<td>10.5</td>
<td>188</td>
<td>1.77</td>
<td>221</td>
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<tr>
<td>Quiche Assorted</td>
<td>16</td>
<td>1/9 portion</td>
<td>317</td>
<td>20.12</td>
<td>8.255</td>
<td>0</td>
<td>2.263</td>
<td>7.651</td>
<td>123</td>
<td>464</td>
<td>24.06</td>
<td>1.8</td>
<td>2.59</td>
<td>10.62</td>
<td>1281</td>
<td>10.5</td>
<td>188</td>
<td>1.77</td>
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<tr>
<td>Assorted Cold C</td>
<td>567</td>
<td>serving</td>
<td>567</td>
<td>7.31</td>
<td>2.005</td>
<td>0.011</td>
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<td>0</td>
<td>998</td>
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<td>25.3</td>
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<td>3028</td>
<td>46.9</td>
<td>232</td>
<td>22.9</td>
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<td>Roasted Ham Car</td>
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<td>4 oz portion</td>
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<td>0</td>
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<td>11</td>
<td>0.3</td>
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<tr>
<td>French Toast</td>
<td>276</td>
<td>2 each</td>
<td>276</td>
<td>4.87</td>
<td>0.97</td>
<td>0</td>
<td>0.358</td>
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<td>110</td>
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<td>6.4</td>
<td>11.76</td>
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<td>0.1</td>
<td>152</td>
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<tr>
<td>Hash Browns</td>
<td>137</td>
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<td>137</td>
<td>9.13</td>
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<td>0.402</td>
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<td>4.85</td>
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</tbody>
</table>

** 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**

**Unit:** Moulton Union Service Unit  
**Service Date:** Thursday, December 2, 2021  
**Meal Period:** Breakfast  
**Customer Count:** 400

**Report for Nutritional Goal:**

<table>
<thead>
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<th>Service Item</th>
<th>Serving Size</th>
<th>Service Item Portion Count</th>
<th>% of Goal:</th>
</tr>
</thead>
<tbody>
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<td></td>
<td></td>
<td>Each</td>
<td></td>
</tr>
<tr>
<td>Double Chocolat</td>
<td>each</td>
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<td>11.79</td>
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<td>3.441</td>
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<td>17</td>
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</tr>
<tr>
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<td></td>
<td>2.202</td>
<td>2.202</td>
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<td></td>
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<td>5.526</td>
<td>5.526</td>
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<td></td>
<td></td>
<td>16</td>
<td>16</td>
</tr>
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<td></td>
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<td>224</td>
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<td>2.6</td>
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<td></td>
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<td>15.93</td>
<td>15.93</td>
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<td>4.06</td>
<td>4.06</td>
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<td></td>
<td></td>
<td>1.71</td>
<td>1.71</td>
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<td>138</td>
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**Meal Total:**

<table>
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<tr>
<th>KCal</th>
<th>FAT</th>
<th>SFA</th>
<th>FATRN</th>
<th>PUFA</th>
<th>MONO</th>
<th>CHOL</th>
<th>NA</th>
<th>CHO</th>
<th>TDFB</th>
<th>SUGAR</th>
<th>PRO</th>
<th>VTAIU</th>
<th>VITC</th>
<th>CA</th>
<th>FE</th>
<th>K</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000</td>
<td>65.00</td>
<td>20.000</td>
<td>1.000</td>
<td>1.000</td>
<td>1.000</td>
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<td>25.0</td>
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<td>50.00</td>
<td>50.00</td>
<td>60.0</td>
<td>100</td>
<td>18.0</td>
<td></td>
</tr>
</tbody>
</table>

**Total Calories**

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

**2000 Cal Standard Goal**

- **KCal:** 2,000
- **GAM:** 65.00
- **SFA:** 20.000
- **FATRN:** 1.000
- **PUFA:** 1.000
- **MONO:** 1.000
- **CHOL:** 300.00
- **NA:** 25.0
- **CHO:** 1.00
- **TDFB:** 50.00
- **SUGAR:** 50.00
- **PRO:** 60.0
- **VTAIU:** 100
- **VITC:** 18.0

- **CA:** 9
- **FE:** 11
- **K:** 10

**% of Goal:**

- Double Chocolat
- % of Goal:

---

**Notes:**

- **** Indicates that less than 2% of the goal requirements for this nutrient are provided.
- ***** Indicates the selected items used in nutritional totals.

<table>
<thead>
<tr>
<th>Service Item</th>
<th>Portion Count</th>
<th>Serving Size</th>
<th>KCAL</th>
<th>FAT Gram</th>
<th>SFA Gram</th>
<th>SFA TRN Gram</th>
<th>PUFA Gram</th>
<th>MONO Gram</th>
<th>CHOL MG</th>
<th>NA MG</th>
<th>CHO Gram</th>
<th>TDFB Gram</th>
<th>SUGAR Gram</th>
<th>PRO Gram</th>
<th>VTAIU IU</th>
<th>VITC MG</th>
<th>CA MG</th>
<th>FE MG</th>
<th>K MG</th>
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<tbody>
<tr>
<td>Korean Style Mi</td>
<td>45</td>
<td>6 oz portion</td>
<td>53</td>
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<td>48</td>
<td>7.12</td>
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<td>1.76</td>
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<td>220</td>
<td>7.2</td>
<td>127</td>
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<td>207</td>
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<tr>
<td>Turkey Wild Ric</td>
<td>80</td>
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<td>3.28</td>
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<tr>
<td>Kale Grape Quin</td>
<td>200</td>
<td>portion</td>
<td>206</td>
<td>10.84</td>
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<td>0</td>
<td>1.682</td>
<td>7.208</td>
<td>0</td>
<td>135</td>
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<td>8</td>
<td>3.41</td>
<td>1345</td>
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<td>31</td>
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</tr>
<tr>
<td>Turkey, Beer On</td>
<td>1113</td>
<td>sandwich</td>
<td>10</td>
<td>17</td>
<td>7</td>
<td>*</td>
<td>168</td>
<td>721</td>
<td>*</td>
<td>6</td>
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<td>800</td>
<td>7</td>
<td>27</td>
<td>15</td>
<td>3</td>
<td>8</td>
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<td>Jackfruit &amp; Be</td>
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<td>sandwich</td>
<td>56</td>
<td>90</td>
<td>64</td>
<td>*</td>
<td>73</td>
<td>303</td>
<td>36</td>
<td>98</td>
<td>36</td>
<td>36</td>
<td>8017</td>
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<td>28</td>
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<td>39</td>
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</tr>
<tr>
<td>Fried Buffalo C</td>
<td>750</td>
<td>Each</td>
<td>44</td>
<td>93</td>
<td>55</td>
<td>*</td>
<td>1128</td>
<td>1291</td>
<td>23</td>
<td>85</td>
<td>19</td>
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<td>601</td>
<td>50</td>
<td>23</td>
<td>6</td>
<td>11</td>
<td>17</td>
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<tr>
<td>BBQ Pulled Pork</td>
<td>267</td>
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<td>13</td>
<td>17</td>
<td>19</td>
<td>*</td>
<td>163</td>
<td>552</td>
<td>27</td>
<td>83</td>
<td>3</td>
<td>2</td>
<td>2022</td>
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<td>10</td>
<td>2</td>
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<td>Homemade Buffa</td>
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<td>93</td>
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<td>0.721</td>
<td>0</td>
<td>2.863</td>
<td>4.303</td>
<td>0</td>
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<tr>
<td>Black Bean &amp; Co</td>
<td>159</td>
<td>4 Oz</td>
<td>8</td>
<td>4</td>
<td>5</td>
<td>*</td>
<td>7</td>
<td>71</td>
<td>*</td>
<td>34</td>
<td>9</td>
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<td>178</td>
<td>11</td>
<td>8</td>
<td>12</td>
<td>14</td>
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<tr>
<td>Pasta Bar Mond</td>
<td>441</td>
<td>6 oz portion</td>
<td>22</td>
<td>4.09</td>
<td>1.269</td>
<td>0</td>
<td>1.064</td>
<td>1.077</td>
<td>5</td>
<td>117</td>
<td>83.95</td>
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<td>4.31</td>
<td>15.45</td>
<td>237</td>
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<td>3.75</td>
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<td>Vegetable Succo</td>
<td>83</td>
<td>3 oz portion</td>
<td>4</td>
<td>9.96</td>
<td>0.693</td>
<td>0</td>
<td>0.611</td>
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<td>8.76</td>
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<td>0.45</td>
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<td>Roasted Sweet P</td>
<td>164</td>
<td>1 ea</td>
<td>8</td>
<td>0.2</td>
<td>0.041</td>
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<td>17.2</td>
<td>20</td>
<td>0.74</td>
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</tr>
</tbody>
</table>

** Indicates that less than 2% of the goal requirements for this nutrient are provided.  
*** Indicates the selected items used in nutritional totals.
### 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

<table>
<thead>
<tr>
<th>Service Item</th>
<th>Portion Count</th>
<th>Serving Size</th>
<th>Portion Count</th>
<th>KCAL</th>
<th>FAT</th>
<th>SFA</th>
<th>FATRN</th>
<th>PUFA</th>
<th>MONO</th>
<th>CHOL</th>
<th>MG</th>
<th>NA</th>
<th>CHO</th>
<th>TDFB</th>
<th>SUGAR</th>
<th>PRO</th>
<th>VTAIU</th>
<th>VITC</th>
<th>CA</th>
<th>FE</th>
<th>K</th>
</tr>
</thead>
<tbody>
<tr>
<td>Korean Style Mi</td>
<td>25</td>
<td>6oz portion</td>
<td>% of Goal:</td>
<td>53</td>
<td>1.66</td>
<td>0.255</td>
<td>0</td>
<td>0.911</td>
<td>0.347</td>
<td>0.91</td>
<td>35</td>
<td>2</td>
<td>7.12</td>
<td>1.2</td>
<td>1.76</td>
<td>3.65</td>
<td>220</td>
<td>7.2</td>
<td>127</td>
<td>1.99</td>
<td>207</td>
</tr>
<tr>
<td>Turkey Wild Ric</td>
<td>50</td>
<td>5 oz portion</td>
<td>% of Goal:</td>
<td>63</td>
<td>3.28</td>
<td>0.32</td>
<td>0</td>
<td>0.883</td>
<td>1.661</td>
<td>88</td>
<td>166</td>
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<td>0.8</td>
<td>0.45</td>
<td>3.46</td>
<td>275</td>
<td>3.8</td>
<td>14</td>
<td>0.36</td>
<td>85</td>
<td></td>
</tr>
<tr>
<td>Kale Grape Quin</td>
<td>65</td>
<td>portion</td>
<td>% of Goal:</td>
<td>206</td>
<td>10.84</td>
<td>1.472</td>
<td>0</td>
<td>1.682</td>
<td>7.208</td>
<td>168</td>
<td>721</td>
<td>6</td>
<td>24.71</td>
<td>2.4</td>
<td>8</td>
<td>3.41</td>
<td>1345</td>
<td>9.2</td>
<td>31</td>
<td>1.35</td>
<td>255</td>
</tr>
<tr>
<td>Bibimbop Beef</td>
<td>500</td>
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<td>% of Goal:</td>
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<td>9.72</td>
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<td>0.791</td>
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<td>79</td>
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<td>555</td>
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<tr>
<td>Bulgogi Chicken</td>
<td>400</td>
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<td>% of Goal:</td>
<td>208</td>
<td>6.41</td>
<td>1.58</td>
<td>0.026</td>
<td>1.685</td>
<td>2.323</td>
<td>168</td>
<td>232</td>
<td>41</td>
<td>10.09</td>
<td>0.5</td>
<td>26.97</td>
<td>26.41</td>
<td>137</td>
<td>2.5</td>
<td>47</td>
<td>1.61</td>
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<tr>
<td>Tofu Bulgogi Wr</td>
<td>8 oz 1/2 wrap</td>
<td>% of Goal:</td>
<td>240</td>
<td>9.34</td>
<td>1.969</td>
<td>0</td>
<td>3.133</td>
<td>2.62</td>
<td>168</td>
<td>232</td>
<td>18</td>
<td>10.09</td>
<td>0.5</td>
<td>26.97</td>
<td>26.41</td>
<td>137</td>
<td>2.5</td>
<td>47</td>
<td>1.61</td>
<td>427</td>
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<tr>
<td>Fried Eggs</td>
<td>1100</td>
<td>2 each</td>
<td>% of Goal:</td>
<td>163</td>
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<td>3.317</td>
<td>0</td>
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<td>505</td>
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<tr>
<td>Sauteed Mushro</td>
<td>600</td>
<td>4oz portion</td>
<td>% of Goal:</td>
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<td>0.11</td>
<td>0.016</td>
<td>0</td>
<td>0.048</td>
<td>0.002</td>
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<td>2</td>
<td>4.88</td>
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<td>0</td>
<td>0</td>
<td>20</td>
<td>0.45</td>
<td>508</td>
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<tr>
<td>Seasoned Zucchini</td>
<td>300</td>
<td>3 OZ</td>
<td>% of Goal:</td>
<td>39</td>
<td>3.04</td>
<td>0.263</td>
<td>0</td>
<td>0.945</td>
<td>1.605</td>
<td>94</td>
<td>161</td>
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<td>2.8</td>
<td>1</td>
<td>1.73</td>
<td>1.17</td>
<td>1129</td>
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<td>19</td>
<td>0.38</td>
<td>267</td>
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<tr>
<td>Carrots Steamed</td>
<td>225</td>
<td>3 oz. Portion</td>
<td>% of Goal:</td>
<td>41</td>
<td>1.6</td>
<td>0.319</td>
<td>0</td>
<td>0.716</td>
<td>0.478</td>
<td>72</td>
<td>48</td>
<td>12</td>
<td>6.53</td>
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<td>2.72</td>
<td>0.61</td>
<td>1971</td>
<td>3.1</td>
<td>25</td>
<td>0.28</td>
<td>187</td>
</tr>
<tr>
<td>Steamed Rice (V)</td>
<td>1000</td>
<td>4 oz portion</td>
<td>% of Goal:</td>
<td>129</td>
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<td>0</td>
<td>0</td>
<td>0.062</td>
<td>0.001</td>
<td>0</td>
<td>1</td>
<td>9</td>
<td>3.03</td>
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<td>0</td>
<td>3.03</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>1.1</td>
<td>43</td>
</tr>
</tbody>
</table>

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

***% Saturated Fat**: Indicates the selected items used in nutritional totals.

Courses selected: Selected All
### Dining Service

**Unit:** Moulton Union Service Unit  
**Service Date:** Thursday, December 2, 2021  
**Meal Period:** Dinner  
**Customer Count:** 450

#### Report for Nutritional Goal:

**2000 Cal Standard Goal**

| Service Item | Serving Size | KCAL | Total Calories | % Calories from Protein | % Calories from Carbohydrates | % Calories from Fat | % Saturated Fat | Total Calories | % Calories from Protein | % Calories from Carbohydrates | % Calories from Fat | % Saturated Fat |
|--------------|--------------|------|----------------|-------------------------|-------------------------------|---------------------|-----------------|----------------|-------------------------|-------------------------|----------------------|----------------|----------------|
| Brownie Pie  | 1 serving    | 156  | 8              | 1.685                   | 3.264                        | 24.0                | 17.44           | 0.9            | 11.59                   | 4.0                     | 5.0                  | *              | *              |

**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
**Report for Nutritional Goal:**

<table>
<thead>
<tr>
<th>Dining Service</th>
<th>Detail Simple List Menu Analysis</th>
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<tr>
<td><strong>Unit:</strong></td>
<td>Moulton Union Service Unit</td>
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<tr>
<td><strong>Service Date:</strong></td>
<td>Friday, December 3, 2021</td>
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<tr>
<td><strong>Meal Period:</strong></td>
<td>Breakfast</td>
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<table>
<thead>
<tr>
<th><strong>2000 Cal Standard Goal</strong></th>
<th><strong>Total Calories</strong></th>
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</thead>
<tbody>
<tr>
<td><strong>% Calories from Protein</strong></td>
<td></td>
</tr>
<tr>
<td><strong>% Calories from Carbohydrates</strong></td>
<td></td>
</tr>
<tr>
<td><strong>% Calories from Fat</strong></td>
<td></td>
</tr>
<tr>
<td><strong>( %Saturated Fat )</strong></td>
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</table>

<table>
<thead>
<tr>
<th>Service Item</th>
<th>Portion Count</th>
<th>Serving Size</th>
<th>KCAL</th>
<th>FAT</th>
<th>SFA</th>
<th>FATRN</th>
<th>PUFA</th>
<th>MONO</th>
<th>CHOL</th>
<th>NA</th>
<th>CHG</th>
<th>TDFB</th>
<th>SUGAR</th>
<th>PRO</th>
<th>VTAIU</th>
<th>VITC</th>
<th>CA</th>
<th>FE</th>
<th>K</th>
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</thead>
<tbody>
<tr>
<td>Oatmeal</td>
<td>4 OZ PORT 117</td>
<td>% of Goal:</td>
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<td>0.37</td>
<td>0.063</td>
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<td>0.13</td>
<td>0.112</td>
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<td>0.06</td>
<td>0.75</td>
<td>6</td>
<td>0</td>
<td>3</td>
<td>0.24</td>
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<tr>
<td>Scrambled Egg W</td>
<td>3oz portion 16</td>
<td>% of Goal:</td>
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<td>0</td>
<td>0</td>
<td>0</td>
<td>267</td>
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<td>5.359</td>
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<td>694</td>
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<td>393</td>
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<td>Hard Boiled Egg</td>
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<td>% of Goal:</td>
<td>141</td>
<td>9.49</td>
<td>2.935</td>
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<td>1.288</td>
<td>3.608</td>
<td>402</td>
<td>119</td>
<td>1.16</td>
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<td>0</td>
<td>11.83</td>
<td>181</td>
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<td>46</td>
<td>1.36</td>
<td>115</td>
</tr>
<tr>
<td>Pancakes Homemi</td>
<td>2 pancake 211</td>
<td>% of Goal:</td>
<td>372</td>
<td>11.65</td>
<td>2.492</td>
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<td>387</td>
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<td>153</td>
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<tr>
<td>Assorted Cold C</td>
<td>serving 567</td>
<td>% of Goal:</td>
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<td>0</td>
<td>1.216</td>
<td>1.216</td>
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<td>998</td>
<td>117.27</td>
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<td>14.99</td>
<td>3028</td>
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<tr>
<td>Yogurt Bar w/ A</td>
<td>4oz portion 100</td>
<td>% of Goal:</td>
<td>5</td>
<td>0.53</td>
<td>0.343</td>
<td>0</td>
<td>0.016</td>
<td>0.146</td>
<td>3</td>
<td>68</td>
<td>19.64</td>
<td>0</td>
<td>12.43</td>
<td>4.86</td>
<td>22</td>
<td>0.9</td>
<td>172</td>
<td>0.1</td>
<td></td>
</tr>
<tr>
<td>Bacon</td>
<td>2 slice portion 73</td>
<td>% of Goal:</td>
<td>4</td>
<td>1.851</td>
<td>9</td>
<td>0</td>
<td>0.613</td>
<td>2.495</td>
<td>15</td>
<td>311</td>
<td>0.19</td>
<td>0</td>
<td>0</td>
<td>4.99</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>0.19</td>
<td></td>
</tr>
<tr>
<td>Home Fries (VE)</td>
<td>4 oz potion 228</td>
<td>% of Goal:</td>
<td>204</td>
<td>8.71</td>
<td>0.647</td>
<td>0</td>
<td>2.598</td>
<td>5.045</td>
<td>0</td>
<td>217</td>
<td>29.65</td>
<td>2.7</td>
<td>0</td>
<td>2.76</td>
<td>0</td>
<td>19.1</td>
<td>8</td>
<td>0.49</td>
<td></td>
</tr>
<tr>
<td>Lowfat Peach Ci</td>
<td>16 scoop 163</td>
<td>% of Goal:</td>
<td>8</td>
<td>3.46</td>
<td>0.577</td>
<td>0</td>
<td>0.012</td>
<td>0.012</td>
<td>0</td>
<td>246</td>
<td>32.14</td>
<td>0.9</td>
<td>0</td>
<td>3.49</td>
<td>27</td>
<td>0.7</td>
<td>41</td>
<td>1.7</td>
<td></td>
</tr>
<tr>
<td>Assorted Bagels</td>
<td>1 each 229</td>
<td>% of Goal:</td>
<td>11</td>
<td>0.238</td>
<td>0</td>
<td>0</td>
<td>0.515</td>
<td>0.38</td>
<td>0</td>
<td>457</td>
<td>45.57</td>
<td>1.9</td>
<td>4.78</td>
<td>8.9</td>
<td>0</td>
<td>0.6</td>
<td>68</td>
<td>4.37</td>
<td></td>
</tr>
</tbody>
</table>

**%** 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

**Monday, November 22, 2021 08:56:52**

Dining Service

The CBORD Group, Inc.

Page 27 of 38

<table>
<thead>
<tr>
<th>Service Item</th>
<th>Serving Size</th>
<th>KCAL</th>
<th>FAT</th>
<th>SFA</th>
<th>FATRN</th>
<th>PUFA</th>
<th>MONO</th>
<th>CHOL</th>
<th>NA</th>
<th>CHO</th>
<th>TDFB</th>
<th>SUGAR</th>
<th>PRO</th>
<th>VTAIU</th>
<th>VITC</th>
<th>CA</th>
<th>K</th>
<th>FE</th>
<th>K</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blueberry Sauce</td>
<td>2 Fluid Oz</td>
<td>61</td>
<td>0.12</td>
<td>0.01</td>
<td>0</td>
<td>0.051</td>
<td>0.016</td>
<td>0</td>
<td>1</td>
<td>13.52</td>
<td>0.8</td>
<td>0.051</td>
<td>0</td>
<td>0.26</td>
<td>0.26</td>
<td>18</td>
<td>3.5</td>
<td>2</td>
<td>0.1</td>
</tr>
</tbody>
</table>

**% of Goal:**

- **Blueberry Sauce**: 81%

**Amount:**

- Blueberry Sauce: 2 Fluid Oz

**% of Goal:**

- Blueberry Sauce: 81%

---

**Notes:**

- * 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
## Detail Simple List Menu Analysis

### Report for Nutritional Goal:

<table>
<thead>
<tr>
<th>Service Item</th>
<th>Serving Size</th>
<th>Portion Count</th>
<th>KCAL</th>
<th>FAT Gram</th>
<th>SFA Gram</th>
<th>FATRN Gram</th>
<th>PUFA Gram</th>
<th>MONO Gram</th>
<th>CHOL Gram</th>
<th>NA MG</th>
<th>CHG 300 MG</th>
<th>TDFB Gram</th>
<th>SUGAR Gram</th>
<th>PRO Gram</th>
<th>VTAIU IU</th>
<th>VITC MG</th>
<th>CA MG</th>
<th>FE MG</th>
<th>K MG</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fish Chowder II</td>
<td>6 oz portion</td>
<td>150</td>
<td>147</td>
<td>6.23</td>
<td>3.268</td>
<td>0</td>
<td>0.656</td>
<td>1.843</td>
<td>37</td>
<td>285</td>
<td>13.6</td>
<td>1.1</td>
<td>2.48</td>
<td>9.11</td>
<td>246</td>
<td>7.2</td>
<td>100</td>
<td>0.35</td>
<td>383</td>
</tr>
<tr>
<td>Fall Root Veg</td>
<td>4 oz portion</td>
<td>80</td>
<td>82</td>
<td>2.05</td>
<td>0.327</td>
<td>0</td>
<td>0.429</td>
<td>1.181</td>
<td>0</td>
<td>192</td>
<td>15.38</td>
<td>3.4</td>
<td>2.66</td>
<td>13.2</td>
<td>766</td>
<td>11.2</td>
<td>39</td>
<td>0.48</td>
<td>395</td>
</tr>
<tr>
<td>Maine Broccoli</td>
<td>4 oz portion</td>
<td>150</td>
<td>254</td>
<td>19.75</td>
<td>3.288</td>
<td>0</td>
<td>1.584</td>
<td>0.023</td>
<td>16</td>
<td>249</td>
<td>19</td>
<td>2.2</td>
<td>1.49</td>
<td>1.24</td>
<td>591</td>
<td>34.2</td>
<td>22</td>
<td>0.51</td>
<td>179</td>
</tr>
<tr>
<td>Pizza Assorted</td>
<td>2 slices</td>
<td>350</td>
<td>225</td>
<td>8.31</td>
<td>2.809</td>
<td>0</td>
<td>0.647</td>
<td>3.244</td>
<td>20</td>
<td>1489</td>
<td>7.71</td>
<td>2.6</td>
<td>5.14</td>
<td>29.61</td>
<td>963</td>
<td>7.8</td>
<td>537</td>
<td>1.23</td>
<td>53</td>
</tr>
<tr>
<td>Linguine w/ Lem</td>
<td>6 oz portion</td>
<td>280</td>
<td>625</td>
<td>20.05</td>
<td>2.853</td>
<td>0</td>
<td>2.622</td>
<td>13.454</td>
<td>0</td>
<td>10</td>
<td>93.55</td>
<td>5.4</td>
<td>3.44</td>
<td>16.99</td>
<td>407</td>
<td>11.4</td>
<td>40</td>
<td>2.22</td>
<td>360</td>
</tr>
<tr>
<td>Merluzzo Medite</td>
<td>4 oz portion</td>
<td>325</td>
<td>138</td>
<td>3.4</td>
<td>0.638</td>
<td>0</td>
<td>0.771</td>
<td>1.515</td>
<td>61</td>
<td>901</td>
<td>1.34</td>
<td>0.3</td>
<td>0.37</td>
<td>24.48</td>
<td>281</td>
<td>8.3</td>
<td>58</td>
<td>1.38</td>
<td>579</td>
</tr>
<tr>
<td>Grilled Reuben</td>
<td>1/2 sandwich</td>
<td>150</td>
<td>277</td>
<td>13.44</td>
<td>4.911</td>
<td>0</td>
<td>1.605</td>
<td>3.905</td>
<td>55</td>
<td>933</td>
<td>18.2</td>
<td>1.9</td>
<td>0.79</td>
<td>20.37</td>
<td>61</td>
<td>2.5</td>
<td>164</td>
<td>2.21</td>
<td>188</td>
</tr>
<tr>
<td>Veg. Br. Rice</td>
<td>4 Oz</td>
<td>250</td>
<td>95</td>
<td>4.35</td>
<td>0.365</td>
<td>0</td>
<td>1.346</td>
<td>2.345</td>
<td>0</td>
<td>220</td>
<td>12.6</td>
<td>1.5</td>
<td>0.81</td>
<td>1.93</td>
<td>194</td>
<td>13.4</td>
<td>17</td>
<td>1.01</td>
<td>141</td>
</tr>
<tr>
<td>Pasta Bar Frd</td>
<td>6 oz portion</td>
<td>120</td>
<td>426</td>
<td>7.33</td>
<td>1.95</td>
<td>0</td>
<td>2.026</td>
<td>2.563</td>
<td>10</td>
<td>249</td>
<td>73.34</td>
<td>3.2</td>
<td>4.41</td>
<td>15.2</td>
<td>257</td>
<td>0.6</td>
<td>84</td>
<td>1.81</td>
<td>269</td>
</tr>
<tr>
<td>Italian Green B</td>
<td>3 oz portion</td>
<td>400</td>
<td>21</td>
<td>0.13</td>
<td>0.032</td>
<td>0</td>
<td>0.064</td>
<td>0.005</td>
<td>0</td>
<td>210</td>
<td>4.9</td>
<td>2.3</td>
<td>0.93</td>
<td>1.13</td>
<td>305</td>
<td>3.1</td>
<td>32</td>
<td>0.51</td>
<td>121</td>
</tr>
<tr>
<td>Herb Roasted Re</td>
<td>5 oz. portion</td>
<td>450</td>
<td>195</td>
<td>9.72</td>
<td>0.72</td>
<td>0</td>
<td>2.873</td>
<td>5.609</td>
<td>0</td>
<td>250</td>
<td>24.38</td>
<td>2.3</td>
<td>1.75</td>
<td>2.89</td>
<td>18</td>
<td>15.6</td>
<td>14</td>
<td>0.95</td>
<td>674</td>
</tr>
</tbody>
</table>

** 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

Monday, November 22, 2021 08:56:52  Dining Service  The CBORD Group, Inc.
**Detail Simple List Menu Analysis**

**Unit:** Moulton Union Service Unit  
**Service Date:** Friday, December 3, 2021  
**Meal Period:** Lunch  
**Customer Count:** 650

### Report for Nutritional Goal:

#### 2000 Cal Standard Goal

<table>
<thead>
<tr>
<th>Service Item</th>
<th>Serving Size</th>
<th>Portion Count</th>
<th>KCAL</th>
<th>FAT Gram</th>
<th>SFA Gram</th>
<th>FATRN Gram</th>
<th>PUFA Gram</th>
<th>MONO Gram</th>
<th>CHOL MG</th>
<th>NA MG</th>
<th>CHO Gram</th>
<th>TDFB Gram</th>
<th>SUGAR Gram</th>
<th>PRO Gram</th>
<th>VTAIU IU</th>
<th>VITC MG</th>
<th>CA MG</th>
<th>FE MG</th>
<th>K MG</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oatmeal Cookies</td>
<td>cookie</td>
<td>150</td>
<td>195</td>
<td>7.63</td>
<td>1.909</td>
<td>0.041</td>
<td>2.128</td>
<td>2.971</td>
<td>17</td>
<td>142</td>
<td>28.22</td>
<td>1.7</td>
<td>45.54</td>
<td>3.07</td>
<td>393</td>
<td>0</td>
<td>21</td>
<td>1.18</td>
<td>63</td>
</tr>
</tbody>
</table>

**Meal Total:**

<table>
<thead>
<tr>
<th>Amount:</th>
<th>% of Goal:</th>
</tr>
</thead>
</table>

**Total Calories**

<table>
<thead>
<tr>
<th>Calories from Protein</th>
<th>Calories from Carbohydrates</th>
<th>Calories from Fat</th>
</tr>
</thead>
</table>

* 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
### Detail Simple List Menu Analysis

**Unit:** Moulton Union Service Unit  
**Service Date:** Friday, December 3, 2021  
**Meal Period:** Dinner  
**Customer Count:** 350


<table>
<thead>
<tr>
<th>Service Item Portion Count</th>
<th>Serving Size</th>
<th>KCAL</th>
<th>FAT Gram</th>
<th>SFA Gram</th>
<th>FATRN Gram</th>
<th>PUFA Gram</th>
<th>MONO Gram</th>
<th>CHOL MG</th>
<th>NA MG</th>
<th>CHO Gram</th>
<th>TDFB Gram</th>
<th>SUGAR Gram</th>
<th>PRO Gram</th>
<th>VTAIU IU</th>
<th>VITC MG</th>
<th>CA MG</th>
<th>FE MG</th>
<th>K MG</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fish Chowder II 6oz portion</td>
<td>65</td>
<td>147</td>
<td>6.23</td>
<td>3.268</td>
<td>0</td>
<td>0.656</td>
<td>1.843</td>
<td>37</td>
<td>285</td>
<td>13.6</td>
<td>1.1</td>
<td>2.48</td>
<td>9.11</td>
<td>246</td>
<td>7.2</td>
<td>100</td>
<td>0.35</td>
<td>383</td>
</tr>
<tr>
<td>Fall Root Vege 4oz portion</td>
<td>25</td>
<td>82</td>
<td>2.05</td>
<td>0.327</td>
<td>0</td>
<td>0.429</td>
<td>1.181</td>
<td>0</td>
<td>192</td>
<td>15.38</td>
<td>3.4</td>
<td>2.66</td>
<td>1.32</td>
<td>766</td>
<td>11.2</td>
<td>39</td>
<td>0.48</td>
<td>395</td>
</tr>
<tr>
<td>Haddock w/ Lemo 6oz portion</td>
<td>325</td>
<td>518</td>
<td>39.62</td>
<td>6.046</td>
<td>0.004</td>
<td>2.838</td>
<td>17.064</td>
<td>62</td>
<td>1078</td>
<td>22.36</td>
<td>2.6</td>
<td>1.23</td>
<td>19.01</td>
<td>2466</td>
<td>58.1</td>
<td>115</td>
<td>3.78</td>
<td>536</td>
</tr>
<tr>
<td>Five Cheese Mac 8 Oz</td>
<td>32</td>
<td>642</td>
<td>24.16</td>
<td>9.562</td>
<td>0.099</td>
<td>4.298</td>
<td>5.179</td>
<td>38</td>
<td>1061</td>
<td>81.92</td>
<td>3.2</td>
<td>7.02</td>
<td>21.59</td>
<td>737</td>
<td>0.1</td>
<td>327</td>
<td>1.85</td>
<td>323</td>
</tr>
<tr>
<td>Beef Angry Burg 400</td>
<td>149</td>
<td>149</td>
<td>3.2</td>
<td>1.368</td>
<td>0</td>
<td>0.493</td>
<td>1.021</td>
<td>49</td>
<td>137</td>
<td>7.91</td>
<td>0.4</td>
<td>0</td>
<td>21.94</td>
<td>0</td>
<td>0</td>
<td>30</td>
<td>2.15</td>
<td>22</td>
</tr>
<tr>
<td>Roasted Beet &amp;</td>
<td>15</td>
<td>297</td>
<td>7.4</td>
<td>1.297</td>
<td>0</td>
<td>5.04</td>
<td>2.039</td>
<td>0</td>
<td>766</td>
<td>37.93</td>
<td>5.5</td>
<td>1.38</td>
<td>18.07</td>
<td>215</td>
<td>0.1</td>
<td>126</td>
<td>2.6</td>
<td>319</td>
</tr>
<tr>
<td>Pasta W/ Ghost 8 Oz</td>
<td>14</td>
<td>290</td>
<td>20.16</td>
<td>8.385</td>
<td>0.099</td>
<td>3.696</td>
<td>4.834</td>
<td>41</td>
<td>1058</td>
<td>14.5</td>
<td>0.3</td>
<td>4.61</td>
<td>10.82</td>
<td>662</td>
<td>0.2</td>
<td>320</td>
<td>0.67</td>
<td>128</td>
</tr>
<tr>
<td>Maine Broccoli 4oz portion</td>
<td>125</td>
<td>254</td>
<td>19.75</td>
<td>3.288</td>
<td>0</td>
<td>1.584</td>
<td>0.023</td>
<td>16</td>
<td>249</td>
<td>19</td>
<td>2.2</td>
<td>1.49</td>
<td>1.24</td>
<td>591</td>
<td>34.2</td>
<td>22</td>
<td>0.51</td>
<td>179</td>
</tr>
<tr>
<td>Roasted Cauliff 3 oz portion</td>
<td>350</td>
<td>37</td>
<td>2.54</td>
<td>0.354</td>
<td>0</td>
<td>0.333</td>
<td>1.735</td>
<td>0</td>
<td>247</td>
<td>3.13</td>
<td>2.2</td>
<td>0</td>
<td>1.3</td>
<td>18</td>
<td>24.8</td>
<td>15</td>
<td>0.41</td>
<td>113</td>
</tr>
<tr>
<td>Onion Rings 400</td>
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<td>279</td>
<td>16.5</td>
<td>3.094</td>
<td>0</td>
<td>5.92</td>
<td>6.523</td>
<td>26</td>
<td>401</td>
<td>26.93</td>
<td>1.4</td>
<td>4.16</td>
<td>5.82</td>
<td>16</td>
<td>2.2</td>
<td>78</td>
<td>1.48</td>
<td>177</td>
</tr>
<tr>
<td>Carrot Cake w/ Servings</td>
<td>8</td>
<td>162</td>
<td>9.7</td>
<td>0.84</td>
<td>0</td>
<td>2.838</td>
<td>5.506</td>
<td>21</td>
<td>135</td>
<td>15.23</td>
<td>0.7</td>
<td>8.9</td>
<td>1.58</td>
<td>264</td>
<td>0.4</td>
<td>10</td>
<td>0.46</td>
<td>39</td>
</tr>
</tbody>
</table>

**% Calories from Protein**

**% Calories from Carbohydrates**

**% Calories from Fat**

*(%Saturated Fat)*

**Total Calories**

**% Calories from Protein**

**% Calories from Carbohydrates**

**% Calories from Fat**

*** 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

---

Monday, November 22, 2021 08:56:53  | Dining Service  | The CBORD Group, Inc.  | Page 31 of 38
Dining Service

**Unit:** Moulton Union Service Unit  
**Service Date:** Friday, December 3, 2021  
**Meal Period:** Dinner  
**Customer Count:** 350

---

**Report for Nutritional Goal:**

<table>
<thead>
<tr>
<th>Service Item</th>
<th>Serving Size</th>
<th>KCAL</th>
<th>FAT</th>
<th>SFA</th>
<th>FATRN</th>
<th>PUFA</th>
<th>MONO</th>
<th>CHOL</th>
<th>NA</th>
<th>CHO</th>
<th>TDFB</th>
<th>SUGAR</th>
<th>PRO</th>
<th>VTAIU</th>
<th>VITC</th>
<th>CA</th>
<th>FE</th>
<th>K</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk Shakes</td>
<td>10 oz.</td>
<td>405</td>
<td>19.22</td>
<td>11.89</td>
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<td>5.526</td>
<td>77</td>
<td>177</td>
<td>51.53</td>
<td>1.2</td>
<td>41.29</td>
<td>8.97</td>
<td>666</td>
<td>1.2</td>
<td>324</td>
<td>0.27</td>
<td>466</td>
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</tbody>
</table>

**% of Goal:**

- **KCAL:** 65.00%
- **FAT:** 20.00%
- **SFA:** 1.00%
- **FATRN:** 1.00%
- **PUFA:** 1.00%
- **MONO:** 300.00%
- **CHOL:** 2,400.00%
- **NA:** 300.00%
- **CHO:** 2,400.00%
- **TDFB:** 2,400.00%
- **SUGAR:** 2,400.00%
- **PRO:** 2,400.00%
- **VTAIU:** 2,400.00%
- **VITC:** 2,400.00%
- **CA:** 2,400.00%
- **FE:** 2,400.00%
- **K:** 2,400.00%

**Meal Total:**

- **Amount:**
- **% of Goal:**

---

**Notes:**

**%** 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

---

Monday, November 22, 2021  08:56:53  Dining Service  The CBORD Group, Inc.  Page 32 of 38
## Meal Total:

**Amount:**

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Serving Size</th>
<th>Serving Count</th>
<th>KCAL</th>
<th>FAT (Gram)</th>
<th>SFA (Gram)</th>
<th>FATRN (Gram)</th>
<th>PUFA (Gram)</th>
<th>MONO (Gram)</th>
<th>CHOL (MG)</th>
<th>NA (MG)</th>
<th>CHO (Gram)</th>
<th>TDFB (Gram)</th>
<th>SUGAR (Gram)</th>
<th>PRO (Gram)</th>
<th>VTAIU (Gram)</th>
<th>VITC (MG)</th>
<th>CA (MG)</th>
<th>FE (MG)</th>
<th>K (MG)</th>
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<tbody>
<tr>
<td>Soup of the Day</td>
<td>6 oz portion</td>
<td>65</td>
<td>62</td>
<td>2.42</td>
<td>0.243</td>
<td>0</td>
<td>0.654</td>
<td>1.423</td>
<td>0</td>
<td>194</td>
<td>7.99</td>
<td>2.5</td>
<td>0.79</td>
<td>2.55</td>
<td>568</td>
<td>2.9</td>
<td>26</td>
<td>0.8</td>
<td>263</td>
</tr>
<tr>
<td>Grilled Eggplant</td>
<td>4 oz portion</td>
<td>200</td>
<td>103</td>
<td>4.13</td>
<td>0.71</td>
<td>0</td>
<td>1.216</td>
<td>1.942</td>
<td>1</td>
<td>65</td>
<td>12.6</td>
<td>2.6</td>
<td>1.69</td>
<td>4.5</td>
<td>97</td>
<td>2.3</td>
<td>79</td>
<td>0.69</td>
<td>167</td>
</tr>
<tr>
<td>Chicken Parmesana</td>
<td>5 oz portion</td>
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<td>458</td>
<td>23.42</td>
<td>5.685</td>
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<td>0.7</td>
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<tr>
<td>Hot Sausage w/relish</td>
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<td>350</td>
<td>210</td>
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<td>1.414</td>
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<td>1.73</td>
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<td>603</td>
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<td>1.92</td>
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<tr>
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<td>348</td>
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<td>0</td>
<td>0.432</td>
<td>1.026</td>
<td>28</td>
<td>721</td>
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<td>4.01</td>
<td>13.94</td>
<td>598</td>
<td>3.8</td>
<td>279</td>
<td>0.35</td>
<td>151</td>
</tr>
<tr>
<td>Penna with Marinara</td>
<td>10 oz portion</td>
<td>350</td>
<td>567</td>
<td>4.79</td>
<td>0.766</td>
<td>0</td>
<td>1.724</td>
<td>1.406</td>
<td>65</td>
<td>0</td>
<td>567</td>
<td>109.7</td>
<td>6.4</td>
<td>3.53</td>
<td>19.14</td>
<td>509</td>
<td>10.8</td>
<td>58</td>
<td>5.33</td>
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<tr>
<td>Salad Of The Day</td>
<td>4 oz portion</td>
<td>150</td>
<td>17</td>
<td>0.17</td>
<td>0.023</td>
<td>0</td>
<td>0.093</td>
<td>0.007</td>
<td>0</td>
<td>32</td>
<td>3.25</td>
<td>1.5</td>
<td>0.88</td>
<td>1.54</td>
<td>8397</td>
<td>10.4</td>
<td>41</td>
<td>0.98</td>
<td>220</td>
</tr>
<tr>
<td>California Vege Soup</td>
<td>3 oz portion</td>
<td>300</td>
<td>53</td>
<td>2.45</td>
<td>0.451</td>
<td>0</td>
<td>0.782</td>
<td>1.035</td>
<td>0</td>
<td>245</td>
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<td>2.12</td>
<td>1.71</td>
<td>5218</td>
<td>17.1</td>
<td>22</td>
<td>0.46</td>
<td>149</td>
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<tr>
<td>Garlic Knots</td>
<td>roll</td>
<td>200</td>
<td>48</td>
<td>5.26</td>
<td>3.33</td>
<td>0.212</td>
<td>0.201</td>
<td>1.363</td>
<td>14</td>
<td>42</td>
<td>0.32</td>
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<td>0.01</td>
<td>0.12</td>
<td>169</td>
<td>0.3</td>
<td>4</td>
<td>0.06</td>
<td>7</td>
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<tr>
<td>Peanut Butter C</td>
<td>cookie</td>
<td></td>
<td>233</td>
<td>12.05</td>
<td>2.699</td>
<td>0.041</td>
<td>3.299</td>
<td>5.201</td>
<td>16</td>
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<td>4.07</td>
<td>374</td>
<td>0</td>
<td>9</td>
<td>0.85</td>
<td>19</td>
</tr>
</tbody>
</table>

**Total Calories**

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

**Notes:**

**Meal Total:**

- % of Goal:

**Courses selected:**

- Selected All

---

**Additional Notes:**

**Report for Nutritional Goal:**

- 2000 Cal Standard Goal

**Course Details:**

- Moulton Union Service Unit
- Saturday, December 4, 2021
- Dinner

**Customer Count:**

- 350

---

**Additional Information:**

- Monday, November 22, 2021 08:56:53

---

**References:**

- The CBORD Group, Inc.
## Dining Service

**Unit:** Moulton Union Service Unit  
**Service Date:** Saturday, December 4, 2021  
**Meal Period:** Brunch  
**Customer Count:** 350

### 2000 Cal Standard Goal

<table>
<thead>
<tr>
<th>Service Item</th>
<th>Portion Count</th>
<th>Serving Size</th>
<th>KCAL</th>
<th>FAT (Grams)</th>
<th>SFA (Grams)</th>
<th>FATRN (Grams)</th>
<th>PUFA (Grams)</th>
<th>MONO (Grams)</th>
<th>CHOL (MG)</th>
<th>NA (MG)</th>
<th>CHO (Grams 300)</th>
<th>TDFB (Grams 25.0)</th>
<th>SUGAR (Gram 1.0)</th>
<th>PRO (Gram 50.0)</th>
<th>VTAIU (MG)</th>
<th>VITC (IU)</th>
<th>CA (MG)</th>
<th>FE (MG)</th>
<th>K (MG)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deli Platter -</td>
<td>2 oz</td>
<td>% of Goal:</td>
<td>129</td>
<td>10.25</td>
<td>4.363</td>
<td>0</td>
<td>0.345</td>
<td>2.116</td>
<td>39</td>
<td>475</td>
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<td>0.35</td>
<td>8.6</td>
<td>0.1</td>
<td>106</td>
<td>0.81</td>
<td>73</td>
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</tr>
<tr>
<td>Soup of the Day</td>
<td>60 Cup</td>
<td>% of Goal:</td>
<td>111</td>
<td>4.2</td>
<td>0.414</td>
<td>0</td>
<td>1.117</td>
<td>2.628</td>
<td>0</td>
<td>381</td>
<td>15.33</td>
<td>4.3</td>
<td>2.29</td>
<td>4.32</td>
<td>1045</td>
<td>6.8</td>
<td>47</td>
<td>1.36</td>
<td></td>
</tr>
<tr>
<td>Pork Breakfast</td>
<td>2 each</td>
<td>% of Goal:</td>
<td>109</td>
<td>9.15</td>
<td>2.952</td>
<td>0</td>
<td>1.202</td>
<td>3.992</td>
<td>27</td>
<td>242</td>
<td>0</td>
<td>0</td>
<td>6.27</td>
<td>0.2</td>
<td>4</td>
<td>0.44</td>
<td>95</td>
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<tr>
<td>Pancakes of the</td>
<td>225</td>
<td>% of Goal:</td>
<td>313</td>
<td>10.64</td>
<td>2.252</td>
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<td>2.817</td>
<td>4.713</td>
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<td>462</td>
<td>45.71</td>
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<td>2.23</td>
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<tr>
<td>Vegan Pancakes</td>
<td>10 pancake</td>
<td>% of Goal:</td>
<td>92</td>
<td>1.85</td>
<td>0.147</td>
<td>0</td>
<td>0.573</td>
<td>1</td>
<td>0</td>
<td>242</td>
<td>16.12</td>
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<td>1.86</td>
<td>0</td>
<td>56</td>
<td>0.88</td>
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<tr>
<td>Oatmeal</td>
<td>4 OZ PORT</td>
<td>% of Goal:</td>
<td>21</td>
<td>0.37</td>
<td>0.063</td>
<td>0</td>
<td>0.13</td>
<td>0.112</td>
<td>0</td>
<td>89</td>
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<td>0.06</td>
<td>0.75</td>
<td>6</td>
<td>0</td>
<td>3</td>
<td>0.24</td>
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</tr>
<tr>
<td>Scrambled Eggs</td>
<td>6 oz portion</td>
<td>% of Goal:</td>
<td>260</td>
<td>18.19</td>
<td>5.359</td>
<td>0</td>
<td>2.815</td>
<td>7.074</td>
<td>694</td>
<td>227</td>
<td>2.01</td>
<td>0</td>
<td>0</td>
<td>20.42</td>
<td>393</td>
<td>0</td>
<td>81</td>
<td>2.35</td>
<td>199</td>
</tr>
<tr>
<td>Hard Boiled Egg</td>
<td>40</td>
<td>% of Goal:</td>
<td>141</td>
<td>9.49</td>
<td>2.935</td>
<td>0</td>
<td>1.288</td>
<td>3.608</td>
<td>402</td>
<td>119</td>
<td>1.16</td>
<td>0</td>
<td>0</td>
<td>11.83</td>
<td>181</td>
<td>0</td>
<td>46</td>
<td>1.36</td>
<td>115</td>
</tr>
<tr>
<td>Salad Of The Da</td>
<td>4 oz portion</td>
<td>% of Goal:</td>
<td>17</td>
<td>0.17</td>
<td>0.023</td>
<td>0</td>
<td>0.093</td>
<td>0.007</td>
<td>0</td>
<td>32</td>
<td>3.25</td>
<td>1.5</td>
<td>0.88</td>
<td>1.54</td>
<td>8397</td>
<td>10.4</td>
<td>41</td>
<td>0.98</td>
<td>220</td>
</tr>
<tr>
<td>Home Fries (VE)</td>
<td>4 oz portion</td>
<td>% of Goal:</td>
<td>204</td>
<td>8.71</td>
<td>0.647</td>
<td>0</td>
<td>2.598</td>
<td>5.045</td>
<td>0</td>
<td>217</td>
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<td>0</td>
<td>2.76</td>
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<td>19.1</td>
<td>8</td>
<td>0.49</td>
<td>558</td>
</tr>
<tr>
<td>Assorted Bagels</td>
<td>1 each</td>
<td>% of Goal:</td>
<td>232</td>
<td>1.45</td>
<td>0.318</td>
<td>0</td>
<td>0.601</td>
<td>0.402</td>
<td>0</td>
<td>435</td>
<td>45.73</td>
<td>2</td>
<td>4.64</td>
<td>8.9</td>
<td>9</td>
<td>0.7</td>
<td>70</td>
<td>4.85</td>
<td>76</td>
</tr>
<tr>
<td>Chocolate Chip</td>
<td>16 Scoop</td>
<td>% of Goal:</td>
<td>559</td>
<td>27.76</td>
<td>7.799</td>
<td>0</td>
<td>5.34</td>
<td>13.146</td>
<td>39</td>
<td>544</td>
<td>70.14</td>
<td>3.9</td>
<td>35.13</td>
<td>8.45</td>
<td>74</td>
<td>0.1</td>
<td>156</td>
<td>3.16</td>
<td>225</td>
</tr>
</tbody>
</table>

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

**2 oz** Indicates that less than 2% of the goal requirements for this nutrient are provided.  
**4 OZ PORT** Indicates the selected items used in nutritional totals.

Courses selected: Selected All

---

Monday, November 22, 2021 08:56:53  
Dining Service  
The CBORD Group, Inc.  
Page 34 of 38
**Dining Service**

**Unit:** Moulton Union Service Unit

**Service Date:** Saturday, December 4, 2021

**Meal Period:** Brunch

**Customer Count:** 350

---

**Report for Nutritional Goal:**

**2000 Cal Standard Goal**

<table>
<thead>
<tr>
<th>Service Item</th>
<th>Serving Size</th>
<th>KCAL</th>
<th>FAT</th>
<th>SFA</th>
<th>SATRN</th>
<th>PUFA</th>
<th>MONO</th>
<th>CHOL</th>
<th>NA</th>
<th>CHO</th>
<th>TDFB</th>
<th>SUGAR</th>
<th>PRO</th>
<th>VTAIU</th>
<th>VITC</th>
<th>CA</th>
<th>FE</th>
<th>K</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cinnamon Rolls</td>
<td>1 each</td>
<td>103</td>
<td>3.74</td>
<td>0.949</td>
<td>0.49</td>
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<td>0</td>
<td>236</td>
<td>15.9</td>
<td>1.53</td>
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<td>0.1</td>
<td>10</td>
<td>0.75</td>
<td>18</td>
<td></td>
<td></td>
<td></td>
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</table>

**% of Goal:**

- **% of Goal:**

---

**Total Calories**

- % Calories from Protein
- % Calories from Carbohydrates
- % Calories from Fat

---

**Courses selected:**

- **Selected All**

---

**Notes:**

- **** Indicates that less than 2% of the goal requirements for this nutrient are provided.
- ***** Indicates the selected items used in nutritional totals.

---

**Monday, November 22, 2021 08:56:53**

Dining Service

The CBORD Group, Inc.
## Dining Service

**Unit:** Moulton Union Service Unit  
**Service Date:** Sunday, December 5, 2021  
**Meal Period:** Dinner  
**Customer Count:** 300

---


<table>
<thead>
<tr>
<th>Service Item</th>
<th>Serving Size</th>
<th>KCAL</th>
<th>FAT Gram</th>
<th>SFA Gram</th>
<th>FATRN Gram</th>
<th>PUFA Gram</th>
<th>MONO Gram</th>
<th>CHOL MG</th>
<th>NA MG</th>
<th>CHO Gram</th>
<th>TDFB Gram</th>
<th>SUGAR Gram</th>
<th>PRO Gram</th>
<th>VTAIU</th>
<th>VITC</th>
<th>CA MG</th>
<th>FE MG</th>
<th>K MG</th>
<th>% Calories from Protein</th>
<th>% Calories from Carbohydrates</th>
<th>% Calories from Fat</th>
<th>% Saturated Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Soup of the Day</strong></td>
<td>Cup</td>
<td>111</td>
<td>4.2</td>
<td>0.414</td>
<td>0</td>
<td>1.117</td>
<td>2.628</td>
<td>0</td>
<td>381</td>
<td>15.33</td>
<td>4.3</td>
<td>2.29</td>
<td>4.32</td>
<td>1045</td>
<td>6.8</td>
<td>47</td>
<td>1.36</td>
<td>439</td>
<td>65.00</td>
<td>20.000</td>
<td>0.414</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>112</td>
<td>2.63</td>
<td>*</td>
<td>16</td>
<td>5</td>
<td>17</td>
<td>229</td>
<td>9</td>
<td>21</td>
<td>11</td>
<td>5</td>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1.117</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Herb Roasted Ch</strong></td>
<td>quarter</td>
<td>452</td>
<td>32.96</td>
<td>7.305</td>
<td>0.15</td>
<td>7.65</td>
<td>14.878</td>
<td>115</td>
<td>397</td>
<td>6.15</td>
<td>0.6</td>
<td>3.65</td>
<td>29.06</td>
<td>238</td>
<td>8</td>
<td>33</td>
<td>1.9</td>
<td>339</td>
<td>60.00</td>
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<tr>
<td></td>
<td></td>
<td>49</td>
<td>355</td>
<td>21</td>
<td>9</td>
<td>*</td>
<td>*</td>
<td>128</td>
<td>45</td>
<td>2</td>
<td>*</td>
<td>2</td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2.638</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Roast Loin of P</strong></td>
<td>4oz portion</td>
<td>176</td>
<td>7.75</td>
<td>2.753</td>
<td>0</td>
<td>0.494</td>
<td>3.548</td>
<td>62</td>
<td>213</td>
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<td>9.821</td>
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<td><strong>Mashed Maine Po</strong></td>
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<td>3.267</td>
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<td>2.87</td>
<td>311</td>
<td>16.7</td>
<td>24</td>
<td>0.45</td>
<td>503</td>
<td>60.00</td>
<td>1.292</td>
<td>0</td>
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<td></td>
<td></td>
<td>9</td>
<td>11</td>
<td>6</td>
<td>*</td>
<td>229</td>
<td>327</td>
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<td></td>
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<tr>
<td><strong>Ice Cream Bar</strong></td>
<td>Each</td>
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<td>0.947</td>
<td>6.242</td>
<td>69</td>
<td>135</td>
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<td>657</td>
<td>1.6</td>
<td>161</td>
<td>0.83</td>
<td>319</td>
<td>60.00</td>
<td>15.345</td>
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**Meal Total:**

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<tr>
<th>Amount</th>
<th>% of Goal</th>
<th>% of Goal</th>
<th>% of Goal</th>
<th>% of Goal</th>
<th>% of Goal</th>
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<tbody>
<tr>
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</tbody>
</table>

**** 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
### Report for Nutritional Goal:

#### 2000 Cal Standard Goal

<table>
<thead>
<tr>
<th>Service Item Portion Count</th>
<th>Serving Size</th>
<th>KCAL</th>
<th>FAT Gram</th>
<th>SFA Gram</th>
<th>FATRN Gram</th>
<th>PUFA Gram</th>
<th>MONO Gram</th>
<th>CHOL MG</th>
<th>NA MG</th>
<th>CHO Gram</th>
<th>TDFB Gram</th>
<th>SUGAR Gram</th>
<th>PRO Gram</th>
<th>VTAIU IU</th>
<th>VITC MG</th>
<th>CA MG</th>
<th>FE MG</th>
<th>K MG</th>
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</thead>
<tbody>
<tr>
<td>Soup of the Day</td>
<td>6 oz portion</td>
<td>62</td>
<td>2.42</td>
<td>0.243</td>
<td>0</td>
<td>0.654</td>
<td>1.423</td>
<td>0</td>
<td>194</td>
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<td>0.79</td>
<td>2.55</td>
<td>568</td>
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<td>26</td>
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<tr>
<td>Scrambled &quot;Tofu&quot;</td>
<td>3 oz portion</td>
<td>80</td>
<td>3.41</td>
<td>0.492</td>
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<tr>
<td>Cream of Rice</td>
<td>2/3 Cup</td>
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<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>3</td>
<td>32.22</td>
<td>0</td>
<td>0</td>
<td>1.79</td>
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<td>0</td>
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<tr>
<td>Texas French To</td>
<td>2 each</td>
<td>276</td>
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<td>0</td>
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<td>110</td>
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<td>11.76</td>
<td>57</td>
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<td>152</td>
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<tr>
<td>Scrambled Eggs</td>
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<tr>
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<tr>
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<td>8.898</td>
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<td>16</td>
<td>1.15</td>
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<tr>
<td>Grilled Turkey</td>
<td>1 sandwich</td>
<td>415</td>
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<td>1.465</td>
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<td>1052</td>
<td>47.27</td>
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<td>2.53</td>
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<td>513</td>
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<td>528</td>
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<tr>
<td>Home Fries (VE)</td>
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**% Calories from Protein**

**% Calories from Carbohydrates**

**% Calories from Fat**

### Courses selected:

- Total Calories
- Customer Count: 400,100
- Meal Period: Brunch
- Service Date: Sunday, December 5, 2021

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

**/*** Indicates the selected items used in nutritional totals.
**Dining Service**

Unit: Moulton Union Service Unit
Service Date: Sunday, December 5, 2021
Meal Period: Brunch
Customer Count: 400,100

Report for Nutritional Goal:

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<th>Serving Size</th>
<th>KAEL</th>
<th>FAT</th>
<th>SFA</th>
<th>FATRN</th>
<th>PUFA</th>
<th>MONO</th>
<th>CHOL</th>
<th>NA</th>
<th>CHO</th>
<th>TDFB</th>
<th>SUGAR</th>
<th>PRO</th>
<th>VTAIU</th>
<th>VITC</th>
<th>CA</th>
<th>FE</th>
<th>K</th>
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<tbody>
<tr>
<td><strong>Crumb Coffee Ca</strong></td>
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**Meal Total:**

<table>
<thead>
<tr>
<th>Amount</th>
<th>% of Goal</th>
</tr>
</thead>
</table>

**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