

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Sunday, November 11, 2018
 Meal Period : Dinner
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Soup of the Day	Cup	111	4.2	0.414	0	1.117	2.628	0	381	15.33	4.3	2.29	4.32	1045	6.8	47	1.36	439			
0	% of Goal :	6	6	2	*	112	263	*	16	5	17	229	9	21	11	5	8				
Fried Shrimp w/	3 oz portion	372	26.55	5.044	3.806	1.458	10.833	60	1122	27.01	0.9	0.21	7.22	953	3.2	28	0.88	129			
1	% of Goal :	19	41	25	381	146	1083	20	47	9	4	21	14	19	5	3	5				
Charbroiled Egg	Portion	172	13.31	1.057	0	4.017	7.525	0	338	13.01	4.7	2.68	2.52	569	18.3	49	1.37	509			
0	% of Goal :	9	20	5	*	402	752	*	14	4	19	268	5	11	31	5	8				
Beef Stew	7 Oz	155	4	1.113	0	0.471	1.297	34	681	16.27	1.8	1.33	13.07	670	6.9	25	2.02	452			
1	% of Goal :	8	6	6	*	47	130	11	28	5	7	133	26	13	11	2	11				
Grilled Cheddar	Each	501	32.28	11.96	0	5.228	11.582	48	835	40.93	3.2	4.26	17.02	1576	7.2	439	2.28	257			
0	% of Goal :	25	50	60	*	523	1158	16	35	14	13	426	34	32	12	44	13				
Salad Bar Dinne	servings	296	20.74	4.304	0	1.412	1.348	20	628	21.75	3.4	6.93	5.69	1850	23.4	85	1.42	349			
1	% of Goal :	15	32	22	*	141	135	7	26	7	14	693	11	37	39	9	8				
Peas & Mushroom	3 oz portion	62	0.19	0.032	0	0.086	0.014	0	25	11.5	4	0	4.08	423	10.3	20	1.2	228			
0	% of Goal :	3	*	*	*	9	*	*	*	4	16	*	8	8	17	2	7				
Mashed Maine Po	5 oz.	179	7.21	1.292	0	2.294	3.267	1	443	26.54	2.4	0.57	2.87	311	16.7	24	0.45	503			
1	% of Goal :	9	11	6	*	229	327	*	18	9	10	57	6	6	28	2	3				
Steamed Rice (V	4 oz portion	129	0	0	0	0	0.062	0	1	28	0	0	3.03	0	0	1	1.1	43			
0	% of Goal :	6	*	*	*	*	6	*	*	9	*	*	6	*	*	*	6				
Sourdough Bread	Loaves	1311	8.3	2.254		3.57	1.574	0	2327	256.01	10.9	11.61	53.3	0	0.9	200	16.47	581			
0	% of Goal :	66	13	11		357	157	*	97	85	44	1161	107	*	2	20	91				
Jello Parfaits	6oz portion	148	0	0	0	0	0	0	105	35.18	0	0	3.03	0	0	5	0.08	3			
0	% of Goal :	7	*	*	*	*	*	*	4	12	*	*	6	*	*	*	*				
Ice Cream Bar	Each	427	24.23	15.345	0.109	0.947	6.242	69	135	50.96	1.8	18.98	5.65	657	1.6	161	0.83	319			
1	% of Goal :	21	37	77	11	95	624	23	6	17	7	1898	11	13	3	16	5				

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

Courses selected: Selected All

Unit : Thorne
 Service Date : Sunday, November 11, 2018
 Meal Period : Dinner
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
Assorted Popsyc	popsicle	2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
0	% of Goal :																				

Meal Total: Amount:
 % of Goal:

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Sunday, November 11, 2018
 Meal Period : Brunch
 Customer Count : 1

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

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

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Soup of the Day	Cup	111	4.2	0.414	0	1.117	2.628	0	381	15.33	4.3	2.29	4.32	1045	6.8	47	1.36	439			
0	% of Goal :	6	6	2	*	112	263	*	16	5	17	229	9	21	11	5	8				
Cream of Rice	portion	281	0.54	0.146	0	0.146	0.168	0	41	61.71	0.5	0	4.87	0	0	19	1.1	108			
0	% of Goal :	14	*	*	*	15	17	*	2	21	2	*	10	*	*	2	6				
French Toast	2 each	6	0.1	0.019	0	0.007	0.021	2	9	0.95	0	0.13	0.23	1	0	3	0.05	1			
0	% of Goal :	*	*	*	*	*	2	*	*	*	*	13	*	*	*	*	*				
Vegan French To	slice	89	2.35	0.207	0	0.798	1.205	0	192	14.29	1	2.53	2.15	47	0.1	34	0.77	67			
0	% of Goal :	4	4	*	*	80	121	*	8	5	4	253	4	*	*	3	4				
Deli Platter -	2 oz	129	10.25	4.363	0	0.345	2.116	39	475	0.88	0	0.35	8.6	171	0.1	106	0.81	73			
0	% of Goal :	6	16	22	*	34	212	13	20	*	*	35	17	3	*	11	4				
Belgion Waffles	6 oz waffle	234	7.22	1.482	0	1.408	3.858	11	547	36.92	1.9	3.57	5.52	917	0	231	5.11	107			
0	% of Goal :	12	11	7	*	141	386	4	23	12	8	357	11	18	*	23	28				
Omelette Bar	1 each	227	13.55	5.632	0	1.338	4.758	229	706	6.8	1.3	2.78	19.34	1146	40.6	135	1.52	359			
0	% of Goal :	11	21	28	*	134	476	76	29	2	5	278	39	23	68	14	8				
Scrambled Eggs	6 oz portion	260	18.19	5.359	0	2.815	7.074	694	227	2.01	0	0	20.42	393	0	81	2.35	199			
0	% of Goal :	13	28	27	*	282	707	231	9	*	*	*	41	8	*	8	13				
Hard Boiled Egg	2 each	141	9.49	2.935	0	1.288	3.608	402	119	1.16	0	0	11.83	181	0	46	1.36	115			
0	% of Goal :	7	15	15	*	129	361	134	5	*	*	*	24	4	*	5	8				
Eggs Cooked	Portions	141	9.49	2.935	0	1.288	3.608	402	119	1.16	0	0	11.83	181	0	46	1.36	115			
0	% of Goal :	7	15	15	*	129	361	134	5	*	*	*	24	4	*	5	8				
Assorted Cold C	serving	567	7.31	2.005	0.011	2.146	2.188	0	998	117.27	10.3	25.3	14.99	3028	46.9	232	22.9	415			
0	% of Goal :	28	11	10	*	215	219	*	42	39	41	2530	30	61	78	23	127				
'Veggie Patty B	2 Each																				
0	% of Goal :																				

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Sunday, November 11, 2018
 Meal Period : Brunch
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Grilled Ham	2 oz portion	154	9.95	3.653		0.949	4.449	53	126	0	0	0	15.15	6	0.2	8	0.57	199			
0	% of Goal :	8	15	18		95	445	18	5	*	*	*	30	*	*	*	3				
Grilled Turkey	1 sandwich	415	14.08	5.098	0	1.465	4.357	40	1052	47.27	2.5	2.53	29.51	513	0	528	2.66	226			
0	% of Goal :	21	22	25	*	146	436	13	44	16	10	253	59	10	*	53	15				
Maine Blueberry	4.5oz portio	299	17	7.99	0	1.17	5.359	310	454	19.37	1.1	3.74	18.28	415	0.2	317	1.9	205			
0	% of Goal :	15	26	40	*	117	536	103	19	6	4	374	37	8	*	32	11				
Salad Bar Brunc	Servings	261	19.69	3.804	0	1.286	0.909	18	472	19.2	2.7	10.01	2.56	4155	35.9	54	0.97	441			
1	% of Goal :	13	30	19	*	129	91	6	20	6	11	1001	5	83	60	5	5				
Breakfast Acco	Servings	132	3.3	1.385	0.051	0.447	1.015	5	107	25.63	3	4.62	2.46	205	19.5	31	0.51	317			
1	% of Goal :	7	5	7	5	45	102	2	4	9	12	462	5	4	32	3	3				
Home Fries (VE)	4 oz potion	204	8.71	0.647	0	2.598	5.045	0	217	29.65	2.7	0	2.76	0	19.1	8	0.49	558			
1	% of Goal :	10	13	3	*	260	504	*	9	10	11	*	6	*	32	*	3				
Assorted Bagels	1 each	232	1.45	0.318	0	0.601	0.402	0	435	45.73	2	4.64	8.9	9	0.7	70	4.85	76			
0	% of Goal :	12	2	2	*	60	40	*	18	15	8	464	18	*	*	7	27				
Assorted Muffin	Each	304	11.69	1.182	0	3.137	5.945	23	342	43.44	3.1	11.69	5.81	97	3.2	119	2.24	123			
0	% of Goal :	15	18	6	*	314	594	8	14	14	12	1169	12	2	5	12	12				
Crumb Coffee Ca	Portions	318	10.26	2.626	0	2.609	4.115	28	189	46.58	1.8	20.25	4.61	418	0.4	45	1.63	53			
0	% of Goal :	16	16	13	*	261	412	9	8	16	7	2025	9	8	*	4	9				
Blueberry Sauce	2 Fluid Oz	61	0.12	0.01	0	0.051	0.016	0	1	13.52	0.8	10.57	0.26	18	3.5	2	0.1	27			
0	% of Goal :	3	*	*	*	5	2	*	*	5	3	1057	*	*	6	*	*				

Meal Total: Amount:
 % of Goal:

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Monday, November 12, 2018
 Meal Period : Breakfast
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Oatmeal	2/3 Cup	43	0.74	0.126	0	0.261	0.225	0	178	7.68	1.1	0.11	1.49	11	0	7	0.49	41			
0	% of Goal :	2	*	*	*	26	22	*	7	3	5	11	3	*	*	*	3				
Assorted Egg S	3 oz portion	179	12.76	5.822	0	1.247	4.208	233	402	2.8	0.2	1.55	13.22	358	5.1	172	0.93	112			
1	% of Goal :	9	20	29	*	125	421	78	17	*	*	155	26	7	8	17	5				
Assorted Cold C	serving	567	7.31	2.005	0.011	2.146	2.188	0	998	117.27	10.3	25.3	14.99	3028	46.9	232	22.9	415			
0	% of Goal :	28	11	10	*	215	219	*	42	39	41	2530	30	61	78	23	127				
Hard Boiled Egg	2 each	141	9.49	2.935	0	1.288	3.608	402	119	1.16	0	0	11.83	181	0	46	1.36	115			
0	% of Goal :	7	15	15	*	129	361	134	5	*	*	*	24	4	*	5	8				
Eggs Cooked	Portions	141	9.49	2.935	0	1.288	3.608	402	119	1.16	0	0	11.83	181	0	46	1.36	115			
1	% of Goal :	7	15	15	*	129	361	134	5	*	*	*	24	4	*	5	8				
Pork Breakfast	2 each	52	2.45	0.826		0.232	1.174	16	394	1.56	0		5.57	0	0	2	0.3	104			
0	% of Goal :	3	4	4		23	117	5	16	*	*		11	*	*	*	2				
'Veggie Patty B	2 Each																				
0	% of Goal :																				
Chicken Breakfa	sausage	18	0.86	0.29		0.082	0.413	6	138	0.55	0		1.96	0	0	1	0.11	36			
0	% of Goal :	*	*	*		8	41	2	6	*	*		4	*	*	*	*				
Scrambled Tofu	5 oz. Each	120	7.94	1.139	0	3.523	2.791	0	14	4.26	0.8	0.11	10.34	831	12.2	444	7.15	213			
0	% of Goal :	6	12	6	*	352	279	*	*	*	3	11	21	17	20	44	40				
Scrambled Egg W	3oz portion	43	0.14	0		0	0	0	267	0.61	0	0.59	9.05	0	0	6	0.07	135			
0	% of Goal :	2	*	*		*	*	*	11	*	*	59	18	*	*	*	*				
Scrambled Eggs	6 oz portion	260	18.19	5.359	0	2.815	7.074	694	227	2.01	0	0	20.42	393	0	81	2.35	199			
1	% of Goal :	13	28	27	*	282	707	231	9	*	*	*	41	8	*	8	13				
Breakfast Acco	Servings	132	3.3	1.385	0.051	0.447	1.015	5	107	25.63	3	4.62	2.46	205	19.5	31	0.51	317			
1	% of Goal :	7	5	7	5	45	102	2	4	9	12	462	5	4	32	3	3				

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Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Monday, November 12, 2018
 Meal Period : Breakfast
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Home Fries (VE)	4 oz portion	204	8.71	0.647	0	2.598	5.045	0	217	29.65	2.7	0	2.76	0	19.1	8	0.49	558			
1	% of Goal :	10	13	3	*	260	504	*	9	10	11	*	6	*	32	*	3				
Assorted Bagels	1 each	229	1.34	0.283	0	0.515	0.38	0	457	45.57	1.9	4.78	8.9	0	0.6	68	4.37	57			
0	% of Goal :	11	2	*	*	52	38	*	19	15	8	478	18	*	*	7	24				
Assorted Muffin	Each	412	18.87	2.995	0	5.134	9.67	38	429	51.87	2.2	21.56	6.83	71	1.7	165	2.34	141			
0	% of Goal :	21	29	15	*	513	967	13	18	17	9	2156	14	*	3	17	13				

Meal Total: Amount:
 % of Goal:

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Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Monday, November 12, 2018
 Meal Period : Lunch
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Deli Bar Lunch	portion	298	11.64	4.326	0	0.927	2.89	42	714	33.34	2.9	3.55	14.73	801	4.3	150	3.06	242			
0	% of Goal :	15	18	22	*	93	289	14	30	11	11	355	29	16	7	15	17				
Beef with three	6 oz serving	61	1.81	0.4	0	0.212	0.699	10	136	7.73	1.3	0.85	4.22	412	6.4	24	0.91	181			
0	% of Goal :	3	3	2	*	21	70	3	6	3	5	85	8	8	11	2	5				
Zesty Italian S	6oz portion	24	0.24	0.047	0	0.106	0.044	0	386	5.21	1.2	1.99	1.03	856	11.6	29	0.42	188			
0	% of Goal :	*	*	*	*	11	4	*	16	2	5	199	2	17	19	3	2				
Spinach & Chees	1/8th slice	254	17.75	7.656	0	2.637	5.787	191	603	12.84	2.1	2.43	11.72	3863	8.9	235	1.92	297			
0	% of Goal :	13	27	38	*	264	579	64	25	4	8	243	23	77	15	24	11				
Pasta Bar	10 oz ortion	408	8.05	4.31	0.159	0.883	1.934	20	60	69.9	4	1.96	12.74	271	2.7	68	3.4	136			
0	% of Goal :	20	12	22	16	88	193	7	2	23	16	196	25	5	4	7	19				
Bowdoins Season	4oz portion	191	9.5	0.815	0	2.38	4.477	53	290	3.63	0.1	2.91	21.03	29	5.1	17	0.8	248			
0	% of Goal :	10	15	4	*	238	448	18	12	*	*	291	42	*	8	2	4				
Beef Skillet L	6 OZ PORT	253	9.89	5.026	0	0.834	2.87	45	560	22.73	1.7	0.02	19.53	544	5	212	2.18	235			
0	% of Goal :	13	15	25	*	83	287	15	23	8	7	2	39	11	8	21	12				
Beef Hamburgers	Hamburger	149	3.2	1.368		0.493	1.021	49	137	7.91	0.4	0	21.94	0	0	30	2.15	22			
	% of Goal :	7	5	7		49	102	16	6	3	2	*	44	*	*	3	12				
Half Hamburge	Hamburger	149	3.2	1.368		0.493	1.021	49	137	7.91	0.4	0	21.94	0	0	30	2.15	22			
	% of Goal :	7	5	7		49	102	16	6	3	2	*	44	*	*	3	12				
Grilled Cheese	Each	320	24.98	7.439	0	4.754	7.632	25	877	19.91	1.3	1.27	7.76	953	0	208	0.91	94			
0	% of Goal :	16	38	37	*	475	763	8	37	7	5	127	16	19	*	21	5				
Grilled Chicken	portion	168	9.24	2.586	0.002	1.947	3.932	28	189	13.19	2.7	0.79	10.77	732	23.1	68	1.36	313			
0	% of Goal :	8	14	13	*	195	393	9	8	4	11	79	22	15	38	7	8				
Creamy Polenta	portion	87	3.98	0.636	0	1.318	1.813	0	253	11.73	1.2	0.73	1.39	503	9.4	10	0.31	98			
0	% of Goal :	4	6	3	*	132	181	*	11	4	5	73	3	10	16	*	2				

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Monday, November 12, 2018
 Meal Period : Lunch
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Corn Salad w/ P	portion	165	13.38	1.373	0	2.331	8.377	0	221	12.52	3.1	2.05	3.22	627	15.1	13	1.12	467			
0	% of Goal :	8	21	7	*	233	838	*	9	4	13	205	6	13	25	*	6				
Feta, Kale Sala	portion	219	13.08	2.634	0	5.274	7.231	6	291	20.74	5.1	4.67	7.13	1498	11.1	123	1.87	482			
0	% of Goal :	11	20	13	*	527	723	2	12	7	21	467	14	30	19	12	10				
Salad Bar Lunch	servings	283	20.62	4.271	0	1.394	1.275	20	601	19.86	2.6	6.55	4.51	1796	22.3	82	1.24	276			
1	% of Goal :	14	32	21	*	139	128	7	25	7	10	655	9	36	37	8	7				
Steamed Brussel	3 oz portion	35	0.32	0.068	0	0.166	0.025	0	160	6.93	3.4	0	3.02	487	37.8	20	0.62	269			
0	% of Goal :	2	*	*	*	17	3	*	7	2	14	*	6	10	63	2	3				
Krinkle Cut Fri	3 oz serving	323	17.42	3.638		2.957	10.059	0	187	37.62	3.3	0	4.06	0	11	13	0.74	651			
1	% of Goal :	16	27	18		296	1006	*	8	13	13	*	8	*	18	*	4				
Brown Rice - St	4 oz portion	128	1.04	0.208	0	0.373	0.378	0	6	26.52	2.1	0	2.98	0	0	12	0.49	50			
0	% of Goal :	6	2	*	*	37	38	*	*	9	8	*	6	*	*	*	3				
Pudding / Jell	portion	85	2.23	1.284	0	0.133	0.575	7	86	13.85	0.1	2.86	2.93	86	0.1	78	0.07	96			
	% of Goal :	4	3	6	*	13	57	2	4	5	*	286	6	2	*	8	*				
Snickerdoodle C	1 each	170	7.56	2.075	0.019	2.453	2.55	15	97	20.76	0.7	10.1	2.06	180	0	6	0.71	53			
	% of Goal :	8	12	10	2	245	255	5	4	7	3	1010	4	4	*	*	4				

Meal Total: Amount:
 % of Goal:

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Monday, November 12, 2018
 Meal Period : Dinner
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Beef with three	6 oz serving	61	1.81	0.4	0	0.212	0.699	10	136	7.73	1.3	0.85	4.22	412	6.4	24	0.91	181			
0	% of Goal :	3	3	2	*	21	70	3	6	3	5	85	8	8	11	2	5				
Zesty Italian S	6oz portion	24	0.24	0.047	0	0.106	0.044	0	386	5.21	1.2	1.99	1.03	856	11.6	29	0.42	188			
0	% of Goal :	*	*	*	*	11	4	*	16	2	5	199	2	17	19	3	2				
Chicken Parmesa	5 oz portion	255	6.6	2.965	0	0.473	0.387	77	130	16.61	1	0	32.46	220	2.1	118	1.64	310			
1	% of Goal :	13	10	15	*	47	39	26	5	6	4	*	65	4	3	12	9				
Chicken Parmesa	5 oz portion	255	6.6	2.965	0	0.473	0.387	77	130	16.61	1	0	32.46	220	2.1	118	1.64	310			
0	% of Goal :	13	10	15	*	47	39	26	5	6	4	*	65	4	3	12	9				
Chicken Parmesa	5 oz portion	397	15.23	5.46	0	2.677	4.377	107	472	22.53	1.2	0	40.59	249	0.7	128	2.23	312			
0	% of Goal :	20	23	27	*	268	438	36	20	8	5	*	81	5	*	13	12				
Spaghetti with	10 oz portio	301	6.88	1.435	0	1.77	2.725	3	1210	50.21	5	0	9.81	771	14.8	87	3.08	565			
0	% of Goal :	15	11	7	*	177	273	*	50	17	20	*	20	15	25	9	17				
Spaghetti w/ Fr	10 oz potior	475	30.38	5.186	0	5.127	18.131	8	118	42.87	3.2	0.2	11.38	728	7.4	158	2.66	196			
0	% of Goal :	24	47	26	*	513	1813	3	5	14	13	20	23	15	12	16	15				
Pizza Margherit	1. 5 slice	651	30.08	11.088	0	3.638	13.571	44	832	69.38	3.8	4.69	25.28	1297	13.5	491	4.5	415			
1	% of Goal :	33	46	55	*	364	1357	15	35	23	15	469	51	26	22	49	25				
Italian Sausage	6oz portion	210	9.25	3.038	0	1.414	4.459	65	1984	4.98	1.3	1.73	25.62	603	25.8	21	1.92	524			
0	% of Goal :	10	14	15	*	141	446	22	83	2	5	173	51	12	43	2	11				
Radiator w/ Rst	6oz portion	182	1.51	0.263	0	0.488	0.193	0	403	34.19	2.6	0.9	7.39	796	35.5	40	1.95	138			
0	% of Goal :	9	2	*	*	49	19	*	17	11	10	90	15	16	59	4	11				
Corn Salad w/ P	portion	165	13.38	1.373	0	2.331	8.377	0	221	12.52	3.1	2.05	3.22	627	15.1	13	1.12	467			
0	% of Goal :	8	21	7	*	233	838	*	9	4	13	205	6	13	25	*	6				
Salad Bar Dinne	servings	296	20.74	4.304	0	1.412	1.348	20	628	21.75	3.4	6.93	5.69	1850	23.4	85	1.42	349			
1	% of Goal :	15	32	22	*	141	135	7	26	7	14	693	11	37	39	9	8				

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Monday, November 12, 2018
 Meal Period : Dinner
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Italian Green B 0	3 oz portion % of Goal :	21 *	0.13 *	0.032 *		0.064 6	0.005 *	0 *	210 9	4.9 2	2.3 9	0.93 93	1.13 2	305 6	3.1 5	32 3	0.51 3	121			
Steamed Rice (V)	4 oz portion % of Goal :	129 6	0 *	0 *	0 *	0 *	0.062 6	0 *	1 *	28 9	0 *	0 *	3.03 6	0 *	0 *	1 *	1.1 6	43			
Italian Bread 0	slices % of Goal :	149 7	4.1 6	0.326 2	0 *	1.258 126	2.244 224	0 *	383 16	23.85 8	1.4 6	1.06 106	3.58 7	0 *	0 *	6 *	1.34 7	52			
Jello Parfaits	6oz portion % of Goal :	148 7	0 *	0 *	0 *	0 *	0 *	0 *	105 4	35.18 12	0 *	0 *	3.03 6	0 *	0 *	5 *	0.08 *	3			
Cannolis - fill	cannoli % of Goal :	113 6	5.36 8	3.346 17		0.171 17	1.576 158	17 6	43 2	12.07 4	0.2 *	1.95 195	4.8 10	189 4	0 *	100 10	0.28 2	60			

Meal Total: Amount:
 % of Goal:

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Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Tuesday, November 13, 2018
 Meal Period : Breakfast
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count	Size	KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Belgion Waffles	6 oz waffle	234	7.22	1.482	0	1.408	3.858	11	547	36.92	1.9	3.57	5.52	917	0	231	5.11	107			
0	% of Goal :	12	11	7	*	141	386	4	23	12	8	357	11	18	*	23	28				
Scrambled Eggs	6 oz portion	260	18.19	5.359	0	2.815	7.074	694	227	2.01	0	0	20.42	393	0	81	2.35	199			
0	% of Goal :	13	28	27	*	282	707	231	9	*	*	*	41	8	*	8	13				
Hard Boiled Egg	2 each	141	9.49	2.935	0	1.288	3.608	402	119	1.16	0	0	11.83	181	0	46	1.36	115			
0	% of Goal :	7	15	15	*	129	361	134	5	*	*	*	24	4	*	5	8				
Eggs Cooked	Portions	141	9.49	2.935	0	1.288	3.608	402	119	1.16	0	0	11.83	181	0	46	1.36	115			
1	% of Goal :	7	15	15	*	129	361	134	5	*	*	*	24	4	*	5	8				
'Veggie Patty B	2 Each																				
	% of Goal :																				
Grilled Ham	2 oz portion	154	9.95	3.653		0.949	4.449	53	126	0	0	0	15.15	6	0.2	8	0.57	199			
0	% of Goal :	8	15	18		95	445	18	5	*	*	*	30	*	*	*	3				
French Toast	2 each	6	0.1	0.019	0	0.007	0.021	2	9	0.95	0	0.13	0.23	1	0	3	0.05	1			
0	% of Goal :	*	*	*	*	*	2	*	*	*	*	13	*	*	*	*	*				
Congee w/ Ass	portion	131	1.04	0.155	0	0.383	0.434	0	158	27.13	1.2	0.31	2.61	74	2.1	25	0.81	49			
0	% of Goal :	7	2	*	*	38	43	*	7	9	5	31	5	*	4	3	5				
Vegan French To	slice	89	2.35	0.207	0	0.798	1.205	0	192	14.29	1	2.53	2.15	47	0.1	34	0.77	67			
0	% of Goal :	4	4	*	*	80	121	*	8	5	4	253	4	*	*	3	4				
Grits	2/3 Cup	27	0.09	0.014	0	0.036	0.023	0	6	5.9	0.1	0	0.64	0	0	4	0.31	10			
0	% of Goal :	*	*	*	*	4	2	*	*	2	*	*	*	*	*	*	2				
Scrambled Egg W	3oz portion	43	0.14	0		0	0	0	267	0.61	0	0.59	9.05	0	0	6	0.07	135			
0	% of Goal :	2	*	*		*	*	*	11	*	*	59	18	*	*	*	*				
Scambled "Tofu"	3 oz portion	80	3.41	0.492	0	1.703	1.007	0	97	7.25	2	0.25	6.52	202	0.7	199	3.29	207			
0	% of Goal :	4	5	2	*	170	101	*	4	2	8	25	13	4	*	20	18				

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Tuesday, November 13, 2018
 Meal Period : Breakfast
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Assorted Cold C	0 serving	567	7.31	2.005	0.011	2.146	2.188	0	998	117.27	10.3	25.3	14.99	3028	46.9	232	22.9	415			
	% of Goal :	28	11	10	*	215	219	*	42	39	41	2530	30	61	78	23	127				
Breakfast Acco	1 Servings	132	3.3	1.385	0.051	0.447	1.015	5	107	25.63	3	4.62	2.46	205	19.5	31	0.51	317			
	% of Goal :	7	5	7	5	45	102	2	4	9	12	462	5	4	32	3	3				
Assorted Bagels	0 1 each	232	1.45	0.318	0	0.601	0.402	0	435	45.73	2	4.64	8.9	9	0.7	70	4.85	76			
	% of Goal :	12	2	2	*	60	40	*	18	15	8	464	18	*	*	7	27				
Assorted Muffin	0 Each	232	7.96	0.847	0	1.77	3.373	13	267	35.66	1.1	6.31	4.5	19	2	75	1.43	52			
	% of Goal :	12	12	4	*	177	337	4	11	12	5	631	9	*	3	7	8				
Starwberry sauc	0 2 oz portion	50	0.06	0.003		0.031	0.009	0	2	13.46	0.9		0.25	11	19.6	5	0.29	46			
	% of Goal :	3	*	*		3	*	*	*	4	4		*	*	33	*	2				

Meal Total: Amount:
 % of Goal:

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Tuesday, November 13, 2018
 Meal Period : Lunch
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Deli Bar Lunch	portion	298	11.64	4.326	0	0.927	2.89	42	714	33.34	2.9	3.55	14.73	801	4.3	150	3.06	242			
0	% of Goal :	15	18	22	*	93	289	14	30	11	11	355	29	16	7	15	17				
Hearty Vegetabl	6oz portion	64	0.35	0.073	0	0.147	0.075	0	556	14.16	1.9	0.96	1.71	511	9.4	23	0.67	186			
0	% of Goal :	3	*	*	*	15	7	*	23	5	7	96	3	10	16	2	4				
Cream of Chicke	6oz portion	103	4.75	1.347	0.003	1.091	1.734	13	471	9.03	0.6	3.47	6.1	361	1.2	87	0.46	169			
0	% of Goal :	5	7	7	*	109	173	4	20	3	2	347	12	7	2	9	3				
Pasta Bar Tues	6 oz portion	260	7.2	3.068	0	0.999	1.966	16	162	39.57	2.4	0.35	10.44	326	1.3	101	2	95			
0	% of Goal :	13	11	15	*	100	197	5	7	13	9	35	21	7	2	10	11				
Grilled Cheese	Each	320	24.98	7.439	0	4.754	7.632	25	877	19.91	1.3	1.27	7.76	953	0	208	0.91	94			
0	% of Goal :	16	38	37	*	475	763	8	37	7	5	127	16	19	*	21	5				
Tacos - Chicken	2 Tacos	389	19.23	6.472	0	2.524	5.242	124	643	15.65	1.3	1.32	37.94	1048	6.7	189	2.88	396			
1	% of Goal :	19	30	32	*	252	524	41	27	5	5	132	76	21	11	19	16				
Shells W/ Spina	6oz portion	182	3.04	1.534	0	0.398	0.698	8	170	30.86	1.9	0.83	7.63	1167	4.9	81	1.73	113			
0	% of Goal :	9	5	8	*	40	70	3	7	10	8	83	15	23	8	8	10				
Spicy Southwest	1 each	228	10.54	5.784	0.009	0.883	3.201	25	564	20.91	5.8	2.86	13.11	744	6.6	246	2.72	381			
0	% of Goal :	11	16	29	*	88	320	8	23	7	23	286	26	15	11	25	15				
Portobello, Bro	melt	517	26.13	7.612	0.001	0.849	4.82	42	764	52.99	6.7	2.46	17.6	3209	158.1	258	14.6	720			
0	% of Goal :	26	40	38	*	85	482	14	32	18	27	246	35	64	263	26	81				
Lentil Salad w/	portion	154	3.34	0.486	0	0.549	2.158	0	20	23.86	9	3.13	9.01	620	11	43	3.66	553			
0	% of Goal :	8	5	2	*	55	216	*	*	8	36	313	18	12	18	4	20				
Sesame Chicken	portion	145	3.66	0.482	0.003	1.018	1.588	33	133	15.64	1.6	13.13	12.03	3342	22.6	59	1.74	441			
0	% of Goal :	7	6	2	*	102	159	11	6	5	6	1313	24	67	38	6	10				
Salad Bar Lunch	servings	283	20.62	4.271	0	1.394	1.275	20	601	19.86	2.6	6.55	4.51	1796	22.3	82	1.24	276			
1	% of Goal :	14	32	21	*	139	128	7	25	7	10	655	9	36	37	8	7				

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Tuesday, November 13, 2018
 Meal Period : Lunch
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Steamed Caulifl	3 oz portion	15	0.17	0.026		0.082	0.012	0	14	2.98	2.1		1.28	17	24.9	13	0.33	110			
0	% of Goal :	*	*	*		8	*	*	*	*	9		3	*	41	*	2				
Fries, Shoestri	3 oz portion	268	14.87	3.656	0	0	0	0	546	33.37	2.4	0.4	2.41	0	8.4	2	0.65	0			
1	% of Goal :	13	23	18	*	*	*	*	23	11	10	40	5	*	14	*	4				
Steamed Rice (V	4 oz portion	129	0	0	0	0	0.062	0	1	28	0	0	3.03	0	0	1	1.1	43			
	% of Goal :	6	*	*	*	*	6	*	*	9	*	*	6	*	*	*	6				
Pudding / Jell	portion	85	2.23	1.284	0	0.133	0.575	7	86	13.85	0.1	2.86	2.93	86	0.1	78	0.07	96			
	% of Goal :	4	3	6	*	13	57	2	4	5	*	286	6	2	*	8	*				
Lemon Bar	2oz portion	270	11.66	2.342		3.42	5.446	43	141	39.15	0.5	26.38	3.14	615	2.2	26	1	41			
	% of Goal :	14	18	12		342	545	14	6	13	2	2638	6	12	4	3	6				

Meal Total: Amount:
 % of Goal:

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Tuesday, November 13, 2018
 Meal Period : Dinner
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Hearty Vegetabl 0	6oz portion % of Goal :	64 3	0.35 *	0.073 *	0 *	0.147 15	0.075 7	0 *	556 23	14.16 5	1.9 7	0.96 96	1.71 3	511 10	9.4 16	23 2	0.67 4	186			
Cream of Chicke 0	6oz portion % of Goal :	103 5	4.75 7	1.347 7	0.003 *	1.091 109	1.734 173	13 4	471 20	9.03 3	0.6 2	3.47 347	6.1 12	361 7	1.2 2	87 9	0.46 3	169			
Sriracha & Hone 1	portion % of Goal :	193 10	8.18 13	1.575 8	0.024 2	2.112 211	3.221 322	123 41	369 15	3.05 *	0 *	9.97 997	27.11 54	27 *	0.1 *	14 *	0.96 5	341			
Fettuccini & Br 0	5 Ounce % of Goal :	204 10	9.55 15	5.149 26	0.119 12	0.765 76	2.722 272	26 9	113 5	23.92 8	2 8	1.48 148	6.48 13	731 15	24.3 41	95 9	1.35 8	168			
Teriyaki Tempeh 0	5oz portion % of Goal :	212 11	12.46 19	3.177 16	0 *	2.877 288	4.906 491	0 *	156 6	12.22 4	2.1 8	1.62 162	16.39 33	169 3	13.1 22	91 9	2.16 12	501			
Green Curry Noo 0	10 oz portio % of Goal :	301 15	19.06 29	16.197 81	0 *	0.438 44	1.139 114	0 *	392 16	30.99 10	3.7 15	7.88 788	4.55 9	656 13	9.9 16	34 3	1.95 11	365			
Thai Five Spice 0	6oz portion % of Goal :	270 14	12.05 19	3.998 20	0.001 *	1.729 173	5.875 588	87 29	2405 100	4.05 *	0 *	2.52 252	33.49 67	1 *	0.1 *	16 2	2.2 12	555			
Lentil Salad w/ 0	portion % of Goal :	154 8	3.34 5	0.486 2	0 *	0.549 55	2.158 216	0 *	20 *	23.86 8	9 36	3.13 313	9.01 18	620 12	11 18	43 4	3.66 20	553			
Salad Bar Dinne 1	servings % of Goal :	296 15	20.74 32	4.304 22	0 *	1.412 141	1.348 135	20 7	628 26	21.75 7	3.4 14	6.93 693	5.69 11	1850 37	23.4 39	85 9	1.42 8	349			
Summer Squash w 1	4 oz portion % of Goal :	23 *	0.33 *	0.067 *	0 *	0.145 14	0.02 2	0 *	2 *	4.98 2	1.7 7	1.02 102	0.98 2	992 20	35.4 59	24 2	0.4 2	208			
Steamed Rice (V 0	4 oz portion % of Goal :	129 6	0 *	0 *	0 *	0 *	0.062 6	0 *	1 *	28 9	0 *	0 *	3.03 6	0 *	0 *	1 *	1.1 6	43			
Sunflower Bread 0	loaf % of Goal :	1571 79	46.19 71	9.24 46	0 *	0 *	0 *	0 *	2033 85	230.96 77	18.5 74	18.48 1848	55.43 111	0 *	0 *	0 *	13.3 74				

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Tuesday, November 13, 2018
 Meal Period : Dinner
 Customer Count : 1

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

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

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count	Size	KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Jello Parfaits	6oz portion	148	0	0	0	0	0	0	105	35.18	0	0	3.03	0	0	5	0.08	3			
	% of Goal :	7	*	*	*	*	*	*	4	12	*	*	6	*	*	*	*				
Maine Blueberry	Cup	123	2.19	0.351	0	0.744	0.882	0	66	24.63	1.6	26.13	1.81	97	1	14	0.81	50			
	% of Goal :	6	3	2	*	74	88	*	3	8	6	2613	4	2	2	*	4				

Meal Total: Amount:
 % of Goal:

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Wednesday, November 14, 2018
 Meal Period : Breakfast
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Assorted Cold C	0 serving	567	7.31	2.005	0.011	2.146	2.188	0	998	117.27	10.3	25.3	14.99	3028	46.9	232	22.9	415			
	% of Goal :	28	11	10	*	215	219	*	42	39	41	2530	30	61	78	23	127				
Scrambled Eggs	0 6 oz portion	260	18.19	5.359	0	2.815	7.074	694	227	2.01	0	0	20.42	393	0	81	2.35	199			
	% of Goal :	13	28	27	*	282	707	231	9	*	*	*	41	8	*	8	13				
Hard Boiled Egg	0 2 each	141	9.49	2.935	0	1.288	3.608	402	119	1.16	0	0	11.83	181	0	46	1.36	115			
	% of Goal :	7	15	15	*	129	361	134	5	*	*	*	24	4	*	5	8				
Eggs Cooked	0 Portions	141	9.49	2.935	0	1.288	3.608	402	119	1.16	0	0	11.83	181	0	46	1.36	115			
	% of Goal :	7	15	15	*	129	361	134	5	*	*	*	24	4	*	5	8				
Pancakes of the	0 serving	313	10.56	2.145	0	2.841	4.644	45	477	45.84	2.4	9.44	7.7	362	0.3	168	2.22	175			
	% of Goal :	16	16	11	*	284	464	15	20	15	10	944	15	7	*	17	12				
'Veggie Patty B	2 Each																				
	% of Goal :																				
Pork Breakfast	0 2 each	52	2.45	0.826		0.232	1.174	16	394	1.56	0		5.57	0	0	2	0.3	104			
	% of Goal :	3	4	4		23	117	5	16	*	*		11	*	*	*	2				
Chicken Breakfa	0 sausage	18	0.86	0.29		0.082	0.413	6	138	0.55	0		1.96	0	0	1	0.11	36			
	% of Goal :	*	*	*		8	41	2	6	*	*		4	*	*	*	*				
Parker's Cream	0 2/3 cup	84	0.79	0.407	0.021	0.134	0.18	2	344	15.38	1.2	0.06	3.26	41	0.4	113	5.1	90			
	% of Goal :	4	*	2	2	13	18	*	14	5	5	6	7	*	*	11	28				
Oatmeal	0 2/3 Cup	43	0.74	0.126	0	0.261	0.225	0	178	7.68	1.1	0.11	1.49	11	0	7	0.49	41			
	% of Goal :	2	*	*	*	26	22	*	7	3	5	11	3	*	*	*	3				
Assorted Egg S	0 3 oz portion	179	12.76	5.822	0	1.247	4.208	233	402	2.8	0.2	1.55	13.22	358	5.1	172	0.93	112			
	% of Goal :	9	20	29	*	125	421	78	17	*	*	155	26	7	8	17	5				
Scambled "Tofu"	0 3 oz portion	80	3.41	0.492	0	1.703	1.007	0	97	7.25	2	0.25	6.52	202	0.7	199	3.29	207			
	% of Goal :	4	5	2	*	170	101	*	4	2	8	25	13	4	*	20	18				

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Wednesday, November 14, 2018
 Meal Period : Breakfast
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Scrambled Egg W 0	3oz portion % of Goal :	43 2	0.14 *	0 *		0 *	0 *	0 *	267 11	0.61 *	0 *	0.59 59	9.05 18	0 *	0 *	6 *	0.07 *	135			
Breakfast Acco 1	Servings % of Goal :	132 7	3.3 5	1.385 7	0.051 5	0.447 45	1.015 102	5 2	107 4	25.63 9	3 12	4.62 462	2.46 5	205 4	19.5 32	31 3	0.51 3	317			
Assorted Bagels 0	1 each % of Goal :	229 11	1.34 2	0.283 *	0 *	0.515 52	0.38 38	0 *	457 19	45.57 15	1.9 8	4.78 478	8.9 18	0 *	0.6 *	68 7	4.37 24	57			
Assorted Muffin 0	Each % of Goal :	342 17	14.27 22	1.492 7	0 *	4.217 422	7.051 705	32 11	393 16	45.65 15	1.5 6	14.78 1478	6.06 12	505 10	1.8 3	150 15	2.05 11	95			
Mandarine Orang 0	2 oz portion % of Goal :	66 3	0.05 *	0.007 *	0 *	0.014 *	0.02 2	0 *	78 3	15.93 5	0.5 2	11.12 1112	0.66 *	110 2	22.5 37	12 *	0.51 3	111			

Meal Total: Amount:
 % of Goal:

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

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Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Wednesday, November 14, 2018
 Meal Period : Lunch
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Deli Bar Lunch	portion	298	11.64	4.326	0	0.927	2.89	42	714	33.34	2.9	3.55	14.73	801	4.3	150	3.06	242			
0	% of Goal :	15	18	22	*	93	289	14	30	11	11	355	29	16	7	15	17				
Macaroni and Be	6oz portion	58	0.67	0.223	0	0.15	0.188	7	99	8.94	1.1	0.6	4.38	393	6.2	22	0.82	126			
0	% of Goal :	3	*	*	*	15	19	2	4	3	4	60	9	8	10	2	5				
Hungarian Mushr	6 oz. serving	145	10.46	3.382	0.001	2.191	3.87	15	342	10.3	0.9	2.2	2.99	894	2	59	0.79	187			
0	% of Goal :	7	16	17	*	219	387	5	14	3	4	220	6	18	3	6	4				
Chicken Enchila	6 oz.	242	10.6	4.871	0	1.407	3.241	55	194	20.46	1.2	2.33	15.76	442	14	128	1.31	218			
0	% of Goal :	12	16	24	*	141	324	18	8	7	5	233	32	9	23	13	7				
Pasta Bar	6oz portion	245	4.83	2.586	0.095	0.53	1.16	12	36	41.94	2.4	1.18	7.64	162	1.6	41	2.04	82			
0	% of Goal :	12	7	13	10	53	116	4	*	14	10	118	15	3	3	4	11				
Maine Beef Chee	3 oz portion	317	9.85	4.391	0	1.525	1.65	62	625	28.9	1.5	0	27.95	152	0.1	163	3.45	105			
0	% of Goal :	16	15	22	*	152	165	21	26	10	6	*	56	3	*	16	19				
Halelf Hamburge	Hamburger	149	3.2	1.368		0.493	1.021	49	137	7.91	0.4	0	21.94	0	0	30	2.15	22			
	% of Goal :	7	5	7		49	102	16	6	3	2	*	44	*	*	3	12				
Grilled Cheese	Each	320	24.98	7.439	0	4.754	7.632	25	877	19.91	1.3	1.27	7.76	953	0	208	0.91	94			
0	% of Goal :	16	38	37	*	475	763	8	37	7	5	127	16	19	*	21	5				
African Vegetar	8oz Portion	137	0.61	0.13	0	0.132	0.23	0	375	30.51	4.3	0.44	3.54	2768	19.9	67	2.02	631			
0	% of Goal :	7	*	*	*	13	23	*	16	10	17	44	7	55	33	7	11				
Bowdoins Season	4oz portion	191	9.5	0.815	0	2.38	4.477	53	290	3.63	0.1	2.91	21.03	29	5.1	17	0.8	248			
0	% of Goal :	10	15	4	*	238	448	18	12	*	*	291	42	*	8	2	4				
Caribbean Yam &	5oz portion	149	7.11	0.525	0	2.089	4.004	0	272	20.05	2.9	2.21	2.25	558	11	26	0.86	500			
0	% of Goal :	7	11	3	*	209	400	*	11	7	11	221	4	11	18	3	5				
Pesto, Artichok	sandwich	425	20.53	10.33	0.232	2.634	4.565	49	614	47.85	10.5	6.02	21.73	2191	12.7	404	4.17	404			
0	% of Goal :	21	32	52	23	263	457	16	26	16	42	602	43	44	21	40	23				

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Wednesday, November 14, 2018
 Meal Period : Lunch
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Kale Brussel Sp	portion	121	7.57	1.843	0	0.174	2.147	5	114	10.05	3.5	0.68	7.08	1811	70.1	106	1.58	375			
0	% of Goal :	6	12	9	*	17	215	2	5	3	14	68	14	36	117	11	9				
Salad Bar Lunch	servings	283	20.62	4.271	0	1.394	1.275	20	601	19.86	2.6	6.55	4.51	1796	22.3	82	1.24	276			
1	% of Goal :	14	32	21	*	139	128	7	25	7	10	655	9	36	37	8	7				
Mixed Vegetable	3 oz portion	25	0.68	0.134	0	0.299	0.151	0	116	4.49	1.8	1.97	0.94	1422	38.6	16	0.37	173			
0	% of Goal :	*	*	*	*	30	15	*	5	*	7	197	2	28	64	2	2				
Steamed Rice (V	4 oz portion	129	0	0	0	0	0.062	0	1	28	0	0	3.03	0	0	1	1.1	43			
	% of Goal :	6	*	*	*	*	6	*	*	9	*	*	6	*	*	*	6				
Pudding / Jell	portion	85	2.23	1.284	0	0.133	0.575	7	86	13.85	0.1	2.86	2.93	86	0.1	78	0.07	96			
	% of Goal :	4	3	6	*	13	57	2	4	5	*	286	6	2	*	8	*				
Aple Brownies	portion	198	10.96	0.972	0	3.127	6.227	18	74	21.58	0.5	23.25	1.9	26	0.3	9	0.66	24			
	% of Goal :	10	17	5	*	313	623	6	3	7	2	2325	4	*	*	*	4				

Meal Total: Amount:
 % of Goal:

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Wednesday, November 14, 2018
 Meal Period : Dinner
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Macaroni and Be 0	Cup % of Goal :	78 4	0.89 *	0.298 *	0 *	0.2 20	0.251 25	9 3	131 5	11.92 4	1.4 6	0.8 80	5.84 12	525 10	8.3 14	29 3	1.09 6	169			
Hungarian Mushr 0	6 oz. serving % of Goal :	145 7	10.46 16	3.382 17	0.001 *	2.191 219	3.87 387	15 5	342 14	10.3 3	0.9 4	2.2 220	2.99 6	894 18	2 3	59 6	0.79 4	187			
Penne w/ Carmel 0	6oz portion % of Goal :	190 10	5.14 8	1.093 5	0 *	1.26 126	2.047 205	4 *	260 11	29.18 10	2.7 11	0.52 52	6.51 13	380 8	3.3 5	44 4	1.61 9	89			
Homemade Black 0	4oz portion % of Goal :	110 6	0.31 *	0.043 *	0 *	0.105 10	0.16 16	0 *	421 18	20.51 7	5.6 22	2.26 226	6.53 13	643 13	20.6 34	153 15	2.28 13	500			
Skate Wing in B 0	4oz portion % of Goal :	351 18	24.78 38	14.981 75	0.929 93	1.61 161	6.229 623	138 46	306 13	1.26 *	0.1 *	0.43 43	27.72 55	752 15	4.2 7	31 3	0.47 3	428			
Sweet Potato Ka 0	portion % of Goal :	330 17	11.7 18	4.634 23	0 *	1.702 170	4.511 451	19 6	495 21	44.4 15	2.9 12	1.12 112	11.79 24	2975 60	18.3 30	218 22	2.79 16	284			
Caribbean Yam & 0	5oz portion % of Goal :	149 7	7.11 11	0.525 3	0 *	2.089 209	4.004 400	0 *	272 11	20.05 7	2.9 11	2.21 221	2.25 4	558 11	11 18	26 3	0.86 5	500			
Salad Bar Dinne 1	servings % of Goal :	296 15	20.74 32	4.304 22	0 *	1.412 141	1.348 135	20 7	628 26	21.75 7	3.4 14	6.93 693	5.69 11	1850 37	23.4 39	85 9	1.42 8	349			
Steamed Zucchini 0	3 OZ % of Goal :	11 *	0.26 *	0.053 *		0.111 11	0.021 2	0 *	176 7	1.98 *	0.7 3	1.26 126	0.84 2	821 16	9.5 16	13 *	0.27 2	194			
Steamed Jasmine 1	4 oz portion % of Goal :	205 10	0 *	0 *	0 *	0 *	0.098 10	0 *	2 *	44.63 15	0 *	0 *	4.83 10	0 *	0 *	1 *	1.75 10	68			
French Bread 0	Loaves % of Goal :	1075 54	29.51 45	2.349 12	0 *	9.053 905	16.156 1616	0 *	2759 115	171.61 57	10.4 42	7.61 761	25.8 52	0 *	0 *	45 4	9.65 54	377			
Jello Parfaits 0	6oz portion % of Goal :	148 7	0 *	0 *	0 *	0 *	0 *	0 *	105 4	35.18 12	0 *	0 *	3.03 6	0 *	0 *	5 *	0.08 *	3			

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

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

Courses selected: Selected All

Unit : Thorne
 Service Date : Wednesday, November 14, 2018
 Meal Period : Dinner
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Strawberry Sund	Each	409	25.65	16.332	0.005	1.018	6.585	91	107	41.83	1.1	25.33	5.34	818	1.6	163	0.51	289			
1	% of Goal :	20	39	82	*	102	659	30	4	14	4	2533	11	16	3	16	3				

Meal Total: Amount:
 % of Goal:

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Thursday, November 15, 2018
 Meal Period : Breakfast
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K		
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG		
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00			
Scrambled Eggs	6 oz portion	260	18.19	5.359	0	2.815	7.074	694	227	2.01	0	0	20.42	393	0	81	2.35	199		
0	% of Goal :	13	28	27	*	282	707	231	9	*	*	*	41	8	*	8	13			
Scambled "Tofu"	3 oz portion	80	3.41	0.492	0	1.703	1.007	0	97	7.25	2	0.25	6.52	202	0.7	199	3.29	207		
0	% of Goal :	4	5	2	*	170	101	*	4	2	8	25	13	4	*	20	18			
Hard Boiled Egg	2 each	141	9.49	2.935	0	1.288	3.608	402	119	1.16	0	0	11.83	181	0	46	1.36	115		
0	% of Goal :	7	15	15	*	129	361	134	5	*	*	*	24	4	*	5	8			
Eggs Cooked	Portions	141	9.49	2.935	0	1.288	3.608	402	119	1.16	0	0	11.83	181	0	46	1.36	115		
0	% of Goal :	7	15	15	*	129	361	134	5	*	*	*	24	4	*	5	8			
Belgion Waffles	6 oz waffle	234	7.22	1.482	0	1.408	3.858	11	547	36.92	1.9	3.57	5.52	917	0	231	5.11	107		
0	% of Goal :	12	11	7	*	141	386	4	23	12	8	357	11	18	*	23	28			
French Toast	2 each	6	0.1	0.019	0	0.007	0.021	2	9	0.95	0	0.13	0.23	1	0	3	0.05	1		
0	% of Goal :	*	*	*	*	*	2	*	*	*	*	13	*	*	*	*	*			
Congee w/ Ass	portion	131	1.04	0.155	0	0.383	0.434	0	158	27.13	1.2	0.31	2.61	74	2.1	25	0.81	49		
0	% of Goal :	7	2	*	*	38	43	*	7	9	5	31	5	*	4	3	5			
'Veggie Patty B	2 Each																			
0	% of Goal :																			
Canadian Bacon	2oz portion	79	2.81	0.94		0.352	1.288	30	729	0.57	0	0.6	12.27	0	0	4	0.5	177		
0	% of Goal :	4	4	5		35	129	10	30	*	*	60	25	*	*	*	3			
Quiche Assorted	1/9 portion	317	20.1	8.233	0	2.268	7.637	123	467	24.09	1.8	2.64	10.62	1280	10.4	189	1.77	212		
0	% of Goal :	16	31	41	*	227	764	41	19	8	7	264	21	26	17	19	10			
Scrambled Egg W	3oz portion	43	0.14	0		0	0	0	267	0.61	0	0.59	9.05	0	0	6	0.07	135		
0	% of Goal :	2	*	*		*	*	*	11	*	*	59	18	*	*	*	*			
Assorted Cold C	serving	567	7.31	2.005	0.011	2.146	2.188	0	998	117.27	10.3	25.3	14.99	3028	46.9	232	22.9	415		
0	% of Goal :	28	11	10	*	215	219	*	42	39	41	2530	30	61	78	23	127			

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Thursday, November 15, 2018
 Meal Period : Breakfast
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Grits	2/3 Cup	27	0.09	0.014	0	0.036	0.023	0	6	5.9	0.1	0	0.64	0	0	4	0.31	10			
0	% of Goal :	*	*	*	*	4	2	*	*	2	*	*	*	*	*	*	2				
Breakfast Acco	Servings	132	3.3	1.385	0.051	0.447	1.015	5	107	25.63	3	4.62	2.46	205	19.5	31	0.51	317			
1	% of Goal :	7	5	7	5	45	102	2	4	9	12	462	5	4	32	3	3				
Home Fries (VE)	4 oz portion	204	8.71	0.647	0	2.598	5.045	0	217	29.65	2.7	0	2.76	0	19.1	8	0.49	558			
0	% of Goal :	10	13	3	*	260	504	*	9	10	11	*	6	*	32	*	3				
Assorted Bagels	1 each	232	1.45	0.318	0	0.601	0.402	0	435	45.73	2	4.64	8.9	9	0.7	70	4.85	76			
0	% of Goal :	12	2	2	*	60	40	*	18	15	8	464	18	*	*	7	27				
Assorted Muffin	Each	258	10.38	1.896	0	2.254	4.811	17	266	36.95	2	11.22	4.66	30	1.6	82	1.63	94			
0	% of Goal :	13	16	9	*	225	481	6	11	12	8	1122	9	*	3	8	9				

Meal Total: Amount:
 % of Goal:

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Thursday, November 15, 2018
 Meal Period : Lunch
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Deli Bar Lunch	portion	298	11.64	4.326	0	0.927	2.89	42	714	33.34	2.9	3.55	14.73	801	4.3	150	3.06	242			
0	% of Goal :	15	18	22	*	93	289	14	30	11	11	355	29	16	7	15	17				
Curried Carrot	6 oz portion	69	4.36	0.654	0	0.95	2.476	0	673	6.97	2.2	2.14	1.28	1363	3.2	29	0.86	186			
0	% of Goal :	3	7	3	*	95	248	*	28	2	9	214	3	27	5	3	5				
Soup of the Day	Cup	62	2.42	0.243	0	0.654	1.423	0	237	8.14	2.5	0.79	2.55	627	2.9	26	0.8	263			
0	% of Goal :	3	4	*	*	65	142	*	10	3	10	79	5	13	5	3	4				
Pasta Bar Thur	10 oz portio	201	2.07	0.224	0	0.678	0.819	0	98	38.28	2.2	0.12	6.47	188	4.6	18	2.02	93			
0	% of Goal :	10	3	*	*	68	82	*	4	13	9	12	13	4	8	2	11				
Vegetable Korma	Ounce	25	0.68	0.093	0	0.105	0.442	0	7	4.32	0.3	0.45	0.56	110	4.6	6	0.25	45			
0	% of Goal :	*	*	*	*	11	44	*	*	*	*	45	*	2	8	*	*				
Grilled Cheese	1 each	320	24.98	7.439	0	4.754	7.632	25	877	19.91	1.3	1.27	7.76	953	0	208	0.91	94			
0	% of Goal :	16	38	37	*	475	763	8	37	7	5	127	16	19	*	21	5				
Radiatore w/ Ca	5 oz portion	212	11.5	3.388	0	1.911	4.279	15	428	21.1	2.7	0.57	10.85	1488	12.2	201	1.76	217			
0	% of Goal :	11	18	17	*	191	428	5	18	7	11	57	22	30	20	20	10				
Raisin Bread Tu	sandwich	401	15.64	8.33	0.232	0.904	4.663	61	774	39.51	2.7	0.57	27.28	460	1.6	253	2.89	186			
0	% of Goal :	20	24	42	23	90	466	20	32	13	11	57	55	9	3	25	16				
Szechuan Chicke	6 oz portion	316	12.76	2.49	0	3.407	4.235	78	640	21.99	4.9	2.23	28.5	1835	28	87	3.68	619			
0	% of Goal :	16	20	12	*	341	423	26	27	7	19	223	57	37	47	9	20				
Philly Cheesest	5oz Portion	639	20.43	6.871	0	0.523	6.018	113	1506	64.16	3.1	11.48	49.28	285	9.5	304	5.47	551			
0	% of Goal :	32	31	34	*	52	602	38	63	21	12	1148	99	6	16	30	30				
Salad Bar Lunch	servings	283	20.62	4.271	0	1.394	1.275	20	601	19.86	2.6	6.55	4.51	1796	22.3	82	1.24	276			
1	% of Goal :	14	32	21	*	139	128	7	25	7	10	655	9	36	37	8	7				
Ancient Grain S	4oz portion	85	3.8	0.456	0	4.185	2.214	0	25	12.46	1.5	4	1.52	807	15.5	21	1.39	119			
0	% of Goal :	4	6	2	*	418	221	*	*	4	6	400	3	16	26	2	8				

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Thursday, November 15, 2018
 Meal Period : Lunch
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Steamed Broccol	3 oz	18	0.13	0.02		0.062	0.009	0	16	3.51	2.2		1.81	725	27.6	26	0.39	123			
0	% of Goal :	*	*	*		6	*	*	*	*	9		4	14	46	3	2				
Steamed Rice (V	4 oz portion	129	0	0	0	0	0.062	0	1	28	0	0	3.03	0	0	1	1.1	43			
	% of Goal :	6	*	*	*	*	6	*	*	9	*	*	6	*	*	*	6				
Sweet Potato Fr	3 oz portion	143	7.4	1.846	0	2.102	2.99	0	429	18.26	2.6	5.92	1.41	0	13.2	28	0.75	237			
1	% of Goal :	7	11	9	*	210	299	*	18	6	10	592	3	*	22	3	4				
M & M Cookies	cookie	209	8.09	3.187	0.031	1.482	2.957	13	118	30.67	0.7	39.81	2.34	290	0.1	25	0.9	42			
	% of Goal :	10	12	16	3	148	296	4	5	10	3	3981	5	6	*	2	5				
Pudding / Jell	portion	85	2.23	1.284	0	0.133	0.575	7	86	13.85	0.1	2.86	2.93	86	0.1	78	0.07	96			
	% of Goal :	4	3	6	*	13	57	2	4	5	*	286	6	2	*	8	*				

Meal Total: Amount:
 % of Goal:

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Thursday, November 15, 2018
 Meal Period : Dinner
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Relish Tray	2oz portion	9	0.1	0.024		0.045	0.018	0	45	1.68	0.9	1.04	0.39	255	1.8	23	0.11	147			
0	% of Goal :	*	*	*		4	2	*	2	*	4	104	*	5	3	2	*				
French Onion So	6oz portion	81	5.24	0.968	0	1.577	2.371	1	168	7.7	0.9	1.7	1.48	255	3.1	31	0.36	83			
0	% of Goal :	4	8	5	*	158	237	*	7	3	4	170	3	5	5	3	2				
Roast Turkey	4 oz portion	184	8.55	2.398		1.983	2.888	83	143	0	0	0	25.28	8	0.3	16	1.92	292			
3	% of Goal :	9	13	12		198	289	28	6	*	*	*	51	*	*	2	11				
Bread Dressing	4.5 Oz	156	8.56	1.203	0	2.39	3.65	0	440	19.52	1.6	1.7	2.71	369	0.9	61	1.1	74			
1	% of Goal :	8	13	6	*	239	365	*	18	7	6	170	5	7	2	6	6				
Gravy	2 oz portion	63	4.74	0.777	0	1.519	2.185	0	61	4.26	0.1	0.05	0.79	207	0	3	0.26	9			
1	% of Goal :	3	7	4	*	152	219	*	3	*	*	5	2	4	*	*	*				
Maine Cider Gla	4 oz portion	145	3.86	1.241	0	0.081	0.017	50	1137	10	0.4	17.47	20.12	7	0.9	11	0.78	14			
0	% of Goal :	7	6	6	*	8	2	17	47	3	2	1747	40	*	2	*	4				
Ancient Grain S	4oz portion	85	3.8	0.456	0	4.185	2.214	0	25	12.46	1.5	4	1.52	807	15.5	21	1.39	119			
0	% of Goal :	4	6	2	*	418	221	*	*	4	6	400	3	16	26	2	8				
Roasted Vegetab	8 oz portion	392	20.05	3.11	0	5.334	10.486	0	755	45.51	4.3	1.8	7.75	1152	6.8	70	2.68	338			
0	% of Goal :	20	31	16	*	533	1049	*	31	15	17	180	15	23	11	7	15				
Baby Spinach &	4oz portion	129	8.21	2.417	0	1.558	2.825	10	330	9.09	3	2.14	5.69	7229	22.8	147	2.15	456			
0	% of Goal :	6	13	12	*	156	282	3	14	3	12	214	11	145	38	15	12				
Salad Bar Dinne	servings	296	20.74	4.304	0	1.412	1.348	20	628	21.75	3.4	6.93	5.69	1850	23.4	85	1.42	349			
	% of Goal :	15	32	22	*	141	135	7	26	7	14	693	11	37	39	9	8				
Steamed Peas (V	3 OZ	72	0.19	0.033		0.087	0.016	0	3	13.34	4.7		4.57	509	12.1	23	1.31	231			
0	% of Goal :	4	*	*		9	2	*	*	4	19		9	10	20	2	7				
Bkd Butternut S	3 oz portion	89	3.77	0.607	0	4.163	1.719	0	189	14.42	0.2	11.45	0.65	4926	10.3	32	0.51	197			
1	% of Goal :	4	6	3	*	416	172	*	8	5	*	1145	*	99	17	3	3				

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Thursday, November 15, 2018
 Meal Period : Dinner
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K		
Portion Count	Size	KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG		
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00			
Mashed Potatoes	5 oz.	213	12.44	2.119	0	4.009	5.726	1	775	23.75	2.2	0.45	2.61	544	14.9	23	0.45	448		
1	% of Goal :	11	19	11	*	401	573	*	32	8	9	45	5	11	25	2	2			
Candied Sweet P	6 oz portion	309	0.21	0.031	0	0.063	0.007	0	34	76.54	4.2	97.44	1.59	21	17.3	37	0.87	693		
1	% of Goal :	15	*	*	*	6	*	*	*	26	17	9744	3	*	29	4	5			
Oatmeal Molasse	1 each	265	5.6	0.799	0	1.786	2.339	1	215	45.57	5.1	0.9	8.06	50	0	38	2.78	230		
0	% of Goal :	13	9	4	*	179	234	*	9	15	21	90	16	*	*	4	15			
Corn Bread (VE)	Sheets pan	14056	494.09	37.611	0	151.843	273.322	0	20161	2026.15	104.7	657.18	214.76	2163	0	5297	75.87	3454		
0	% of Goal :	703	760	188	*	15184	27332	*	840	675	419	65718	430	43	*	530	422			
Maine Pumpkin	loaf	2744	81.27	32.307	0.242	12.3	27.511	226	4328	454.81	34.9	567.92	42.56	59511	6.8	1331	19.55	772		
0	% of Goal :	137	125	162	24	1230	2751	75	180	152	140	56792	85	1190	11	133	109			
Apple Pie (VE)	1/8 Portion	435	20.89	5.177		5.504	9.09	0	337	59.41	1.9		3.74	19	1.6	9	1.61	84		
0	% of Goal :	22	32	26		550	909	*	14	20	7		7	*	3	*	9			
Apple Crisp (N)	Cup	298	5.85	0.958	0	1.901	2.666	0	278	63.54	1.5	95.05	0.21	272	1.6	32	0.97	68		
0	% of Goal :	15	9	5	*	190	267	*	12	21	6	9505	*	5	3	3	5			
Homemade Pumpk	slice	280	16.81	5.463		3.463	6.854	78	191	26.52	1.4		6.52	11625	2.3	138	1.83	275		
0	% of Goal :	14	26	27		346	685	26	8	9	6		13	233	4	14	10			
Pecan Pie	1/12th slice	346	14.19	2.257		3.023	7.074	36	134	50.7	1.8	21.42	3.83	149	0	19	0.79	84		
0	% of Goal :	17	22	11		302	707	12	6	17	7	2142	8	3	*	2	4			

Meal Total: Amount:
 % of Goal:

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Friday, November 16, 2018
 Meal Period : Breakfast
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K				
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG				
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00					
Assorted Cold C	0 serving	567	7.31	2.005	0.011	2.146	2.188	0	998	117.27	10.3	25.3	14.99	3028	46.9	232	22.9	415				
	% of Goal :	28	11	10	*	215	219	*	42	39	41	2530	30	61	78	23	127					
Hard Boiled Egg	0 2 each	141	9.49	2.935	0	1.288	3.608	402	119	1.16	0	0	11.83	181	0	46	1.36	115				
	% of Goal :	7	15	15	*	129	361	134	5	*	*	*	24	4	*	5	8					
Scrambled Eggs	1 6 oz portion	260	18.19	5.359	0	2.815	7.074	694	227	2.01	0	0	20.42	393	0	81	2.35	199				
	% of Goal :	13	28	27	*	282	707	231	9	*	*	*	41	8	*	8	13					
Ancient Grain P	0 2/3 cup	0	0	0	0	0	0	0	98	0	0	0	0	0	0	3	0.02	0				
	% of Goal :	*	*	*	*	*	*	*	4	*	*	*	*	*	*	*	*					
Eggs Cooked	0 Portions	141	9.49	2.935	0	1.288	3.608	402	119	1.16	0	0	11.83	181	0	46	1.36	115				
	% of Goal :	7	15	15	*	129	361	134	5	*	*	*	24	4	*	5	8					
'Veggie Patty B	2 Each																					
	% of Goal :																					
Bacon	1 2 slice portio	73	5.63	1.851		0.613	2.495	15	311	0.19	0	0	4.99	0	0	1	0.19	76				
	% of Goal :	4	9	9		61	250	5	13	*	*	*	10	*	*	*	*					
Scambled "Tofu"	0 3 oz portion	80	3.41	0.492	0	1.703	1.007	0	97	7.25	2	0.25	6.52	202	0.7	199	3.29	207				
	% of Goal :	4	5	2	*	170	101	*	4	2	8	25	13	4	*	20	18					
Scrambled Egg W	0 3oz portion	43	0.14	0		0	0	0	267	0.61	0	0.59	9.05	0	0	6	0.07	135				
	% of Goal :	2	*	*		*	*	*	11	*	*	59	18	*	*	*	*					
Breakfast Acco	1 Servings	132	3.3	1.385	0.051	0.447	1.015	5	107	25.63	3	4.62	2.46	205	19.5	31	0.51	317				
	% of Goal :	7	5	7	5	45	102	2	4	9	12	462	5	4	32	3	3					
Assorted Bagels	0 1 each	229	1.34	0.283	0	0.515	0.38	0	457	45.57	1.9	4.78	8.9	0	0.6	68	4.37	57				
	% of Goal :	11	2	*	*	52	38	*	19	15	8	478	18	*	*	7	24					
Assorted Muffin	0 Each	284	9.44	1.035	0	1.99	3.791	15	336	44.6	1.4	7.09	5.56	21	2.3	90	1.87	59				
	% of Goal :	14	15	5	*	199	379	5	14	15	6	709	11	*	4	9	10					

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

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

Courses selected: Selected All

Unit : Thorne
 Service Date : Friday, November 16, 2018
 Meal Period : Breakfast
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Blueberry Sauce	2 oz portion	61	0.12	0.01	0	0.051	0.016	0	1	13.52	0.8	10.57	0.26	18	3.5	2	0.1	27			
0	% of Goal :	3	*	*	*	5	2	*	*	5	3	1057	*	*	6	*	*				

Meal Total: Amount:
 % of Goal:

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Friday, November 16, 2018
 Meal Period : Lunch
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Deli Bar Lunch	portion	298	11.64	4.326	0	0.927	2.89	42	714	33.34	2.9	3.55	14.73	801	4.3	150	3.06	242			
0	% of Goal :	15	18	22	*	93	289	14	30	11	11	355	29	16	7	15	17				
Fish Chowder II	6oz portion	119	3.5	1.607	0.001	0.525	1.067	30	270	13.08	1.1	3.06	8.84	133	7.1	92	0.34	377			
0	% of Goal :	6	5	8	*	53	107	10	11	4	4	306	18	3	12	9	2				
Vegetable Barle	Cup	102	5.18	0.747	0	0.701	3.553	0	513	13.09	2.3	1.69	1.39	693	4.8	21	0.61	154			
0	% of Goal :	5	8	4	*	70	355	*	21	4	9	169	3	14	8	2	3				
Baked Fish with	3.5 oz portic	198	11.57	1.754	0	0.479	0.111	79	371	0.04	0	0.01	19.29	57	0.3	67	0.62	354			
0	% of Goal :	10	18	9	*	48	11	26	15	*	*	*	39	*	*	7	3				
Bowdoins Season	4oz portion	191	9.5	0.815	0	2.38	4.477	53	290	3.63	0.1	2.91	21.03	29	5.1	17	0.8	248			
0	% of Goal :	10	15	4	*	238	448	18	12	*	*	291	42	*	8	2	4				
Beef Hamburgers	Hamburger	149	3.2	1.368		0.493	1.021	49	137	7.91	0.4	0	21.94	0	0	30	2.15	22			
	% of Goal :	7	5	7		49	102	16	6	3	2	*	44	*	*	3	12				
Halelf Hamburge	Hamburger	149	3.2	1.368		0.493	1.021	49	137	7.91	0.4	0	21.94	0	0	30	2.15	22			
	% of Goal :	7	5	7		49	102	16	6	3	2	*	44	*	*	3	12				
Grilled Cheese	Each	320	24.98	7.439	0	4.754	7.632	25	877	19.91	1.3	1.27	7.76	953	0	208	0.91	94			
0	% of Goal :	16	38	37	*	475	763	8	37	7	5	127	16	19	*	21	5				
Eggplant Smothe	2 -3 Slices	284	27.15	3.756	0	3.048	19.446	0	15	11.74	5.5	4.06	2.12	1280	18.1	35	1.55	434			
0	% of Goal :	14	42	19	*	305	1945	*	*	4	22	406	4	26	30	3	9				
Chickpea, Avoca	sandwich	387	18.84	2.833	0	1.883	12.465	1	677	45.63	15	5.87	15.26	1048	15.8	143	3.08	1801			
0	% of Goal :	19	29	14	*	188	1247	*	28	15	60	587	31	21	26	14	17				
Spaghetti Vesuv	6oz portion	282	10.09	3.449	0.017	1.651	3.962	26	117	31.46	2.3	0.01	16.46	469	6.8	189	1.94	230			
0	% of Goal :	14	16	17	2	165	396	9	5	10	9	*	33	9	11	19	11				
Pasta Bar Frid	6 oz portion	244	6.67	1.806	0	1.796	2.49	10	245	36.63	2	2.29	8.64	257	0.6	73	1.89	117			
0	% of Goal :	12	10	9	*	180	249	3	10	12	8	229	17	5	*	7	10				

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Friday, November 16, 2018
 Meal Period : Lunch
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Greek Spinach & 0	6oz portion % of Goal :	159 8	7.64 12	1.117 6	0 *	2.126 213	3.784 378	0 *	276 11	17.55 6	1.5 6	1.38 138	6.72 13	4288 86	15.7 26	74 7	2.18 12	385			
Salad Bar Lunch 0	servings % of Goal :	283 14	20.62 32	4.271 21	0 *	1.394 139	1.275 128	20 7	601 25	19.86 7	2.6 10	6.55 655	4.51 9	1796 36	22.3 37	82 8	1.24 7	276			
Garlic, White B 0	portion % of Goal :	198 10	9.39 14	1.593 8	0 *	2.383 238	4.392 439	5 2	153 6	21.53 7	6.7 27	0.58 58	10.28 21	2401 48	8.2 14	142 14	3.49 19	447			
Wax Beans 0	3 OZ % of Goal :	18 *	0.15 *	0.032 *	0 *	0.075 7	0.007 *	0 *	185 8	4.06 *	1.7 7	0.8 80	0.97 2	42 *	5 8	24 2	0.66 4	153			
Pudding / Jell 0	portion % of Goal :	85 4	2.23 3	1.284 6	0 *	0.133 13	0.575 57	7 2	86 4	13.85 5	0.1 *	2.86 286	2.93 6	86 2	0.1 *	78 8	0.07 *	96			
Derby's Peanut 0	1 Each % of Goal :	330 16	17.07 26	3.824 19	0.058 6	4.673 467	7.368 737	22 7	273 11	34.9 12	1.6 6	47.1 4710	5.77 12	530 11	0 *	13 *	1.21 7	27			

Meal Total: Amount:
 % of Goal:

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Friday, November 16, 2018
 Meal Period : Dinner
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count	Size	KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Vegetable Barle	Cup	102	5.18	0.747	0	0.701	3.553	0	513	13.09	2.3	1.69	1.39	693	4.8	21	0.61	154			
0	% of Goal :	5	8	4	*	70	355	*	21	4	9	169	3	14	8	2	3				
Fish Chowder II	6oz portion	119	3.5	1.607	0.001	0.525	1.067	30	270	13.08	1.1	3.06	8.84	133	7.1	92	0.34	377			
0	% of Goal :	6	5	8	*	53	107	10	11	4	4	306	18	3	12	9	2				
Turkey Pot Pie	8 Oz	224	8.63	2.001	0	2.413	2.551	25	589	22.95	2.7	1.98	13.98	635	6	83	3.01	216			
	% of Goal :	11	13	10	*	241	255	8	25	8	11	198	28	13	10	8	17				
Broccoli & Tofu	5oz portion	105	1.75	0.286	0	0.831	0.454	0	155	19.1	3.2	0.18	4.96	903	53.4	102	1.91	263			
0	% of Goal :	5	3	*	*	83	45	*	6	6	13	18	10	18	89	10	11				
Baked Potato Ba	Each	329	11.65	7.121	0	0.335	3.045	39	347	44.09	4.6	3.44	11.57	598	24.2	232	2.26	1092			
0	% of Goal :	16	18	36	*	33	305	13	14	15	18	344	23	12	40	23	13				
Black Bean & Co	4 Oz	239	9.4	5.272	0	0.244	2.554	21	934	28.88	3.8	1.96	10.34	586	7.3	276	2.33	286			
0	% of Goal :	12	14	26	*	24	255	7	39	10	15	196	21	12	12	28	13				
Beef Pot Roast	4 Oz/2 Oz	214	11.07	3.778	0	0.879	5.734	66	131	2.42	0.5	0.53	24.8	253	2.8	21	2.79	501			
	% of Goal :	11	17	19	*	88	573	22	5	*	2	53	50	5	5	2	16				
Halal beef avai	Each																				
0	% of Goal :																				
Greek Spinach &	6oz portion	159	7.64	1.117	0	2.126	3.784	0	276	17.55	1.5	1.38	6.72	4288	15.7	74	2.18	385			
0	% of Goal :	8	12	6	*	213	378	*	11	6	6	138	13	86	26	7	12				
Salad Bar Dinne	servings	296	20.74	4.304	0	1.412	1.348	20	628	21.75	3.4	6.93	5.69	1850	23.4	85	1.42	349			
1	% of Goal :	15	32	22	*	141	135	7	26	7	14	693	11	37	39	9	8				
Steamed Rice (V	4 oz portion	129	0	0	0	0	0.062	0	1	28	0	0	3.03	0	0	1	1.1	43			
	% of Goal :	6	*	*	*	*	6	*	*	9	*	*	6	*	*	*	6				
Sauteed Green B	3 oz portion	27	0.18	0.043	0	0.088	0.007	0	285	6.1	2.8	1.51	1.36	700	18.4	36	0.61	157			
1	% of Goal :	*	*	*	*	9	*	*	12	2	11	151	3	14	31	4	3				

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Friday, November 16, 2018
 Meal Period : Dinner
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Parsley Red Pot	3 oz portion	66	0.12	0.019	0	0.033	0.011	0	10	14.54	1.4	1.07	1.75	36	9.6	11	0.79	411			
	% of Goal :	3	*	*	*	3	*	*	*	5	6	107	4	*	16	*	4				
Multi-Grain Bre	loaves	643	7.02	1.41	0	3.081	1.232	0	558	115.88	14.1	9.77	27.65	0	0.1	164	6.71	454			
0	% of Goal :	32	11	7	*	308	123	*	23	39	56	977	55	*	*	16	37				
Jello Parfaits	6oz portion	148	0	0	0	0	0	0	105	35.18	0	0	3.03	0	0	5	0.08	3			
	% of Goal :	7	*	*	*	*	*	*	4	12	*	*	6	*	*	*	*				
Tres Leche Cake	slice	129	6.41	1.912	0	0.02	0.006	30	134	16.23	0.4	8.77	2.31	5	4.5	2	0.04	73			
	% of Goal :	6	10	10	*	2	*	10	6	5	2	877	5	*	7	*	*				

Meal Total: Amount:
 % of Goal:

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Saturday, November 17, 2018
 Meal Period : Dinner
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Soup of the Day	Cup	83	3.23	0.324	0	0.871	1.898	0	316	10.86	3.3	1.05	3.4	836	3.9	35	1.06	351			
0	% of Goal :	4	5	2	*	87	190	*	13	4	13	105	7	17	6	3	6				
House Smoked Po	4oz portion	173	7.77	2.758	0	0.499	3.548	62	889	1.47	0	3.76	22.72	6	0.3	26	0.7	325			
	% of Goal :	9	12	14	*	50	355	21	37	*	*	376	45	*	*	3	4				
Jambalaya w Chi	8 oz portion	207	1.81	0.386	0.007	0.366	0.321	66	607	27.9	1.5	0.86	19.43	568	18.1	60	2	384			
	% of Goal :	10	3	2	*	37	32	22	25	9	6	86	39	11	30	6	11				
Southwest Tofu	portion	105	5.84	0.826	0	3.201	1.408	0	41	5.96	0.9	0.91	9.67	157	6.7	401	6.26	195			
	% of Goal :	5	9	4	*	320	141	*	2	2	4	91	19	3	11	40	35				
Chipolte Macaro	8 Oz	412	22.52	10.907	0	2.179	3.163	50	982	33.29	1.4	4.09	16.16	799	0.6	394	1.58	141			
	% of Goal :	21	35	55	*	218	316	17	41	11	6	409	32	16	*	39	9				
Salad Bar Dinne	servings	296	20.74	4.304	0	1.412	1.348	20	628	21.75	3.4	6.93	5.69	1850	23.4	85	1.42	349			
1	% of Goal :	15	32	22	*	141	135	7	26	7	14	693	11	37	39	9	8				
Steamed Brussel	3 oz portion	35	0.32	0.068	0	0.166	0.025	0	160	6.93	3.4	0	3.02	487	37.8	20	0.62	269			
	% of Goal :	2	*	*	*	17	3	*	7	2	14	*	6	10	63	2	3				
Steamed Rice (V	4 oz portion	129	0	0	0	0	0.062	0	1	28	0	0	3.03	0	0	1	1.1	43			
0	% of Goal :	6	*	*	*	*	6	*	*	9	*	*	6	*	*	*	6				
Roasted Sweet P	3 oz portion	113	2.06	0.163	0	0.626	1.15	0	71	22.85	3.2	0	1.25	0	10	12	0.45	554			
	% of Goal :	6	3	*	*	63	115	*	3	8	13	*	2	*	17	*	2				
Assorted Homema	Loaves	1034	29.7	2.388	0	9.131	16.292	0	2644	165.8	11.6	3.55	23.7	167	0.2	99	8.26	608			
0	% of Goal :	52	46	12	*	913	1629	*	110	55	46	355	47	3	*	10	46				
Jello Parfaits	6oz portion	148	0	0	0	0	0	0	105	35.18	0	0	3.03	0	0	5	0.08	3			
	% of Goal :	7	*	*	*	*	*	*	4	12	*	*	6	*	*	*	*				

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Saturday, November 17, 2018
 Meal Period : Dinner
 Customer Count : 1

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

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

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Assorted Browni	1 each	162	7.5	2.162	0	1.754	3.116	23	153	20.86	0.8	31.11	1.97	244	0	23	0.73	44			
	% of Goal :	8	12	11	*	175	312	8	6	7	3	3111	4	5	*	2	4				

Meal Total: Amount:
 % of Goal:

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Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Saturday, November 17, 2018
 Meal Period : Brunch
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Soup of the Day	Cup	83	3.23	0.324	0	0.871	1.898	0	316	10.86	3.3	1.05	3.4	836	3.9	35	1.06	351			
0	% of Goal :	4	5	2	*	87	190	*	13	4	13	105	7	17	6	3	6				
Pancakes of the	serving	313	10.56	2.145	0	2.841	4.644	45	477	45.84	2.4	9.44	7.7	362	0.3	168	2.22	175			
1	% of Goal :	16	16	11	*	284	464	15	20	15	10	944	15	7	*	17	12				
Vegan Pancakes	pancake	92	1.85	0.147	0	0.573	1	0	242	16.12	0.4	2.39	1.86	0	0	56	0.88	17			
0	% of Goal :	5	3	*	*	57	100	*	10	5	2	239	4	*	*	6	5				
Cream of Wheat	2/3 Cup	15	0.05	0.008	0	0.025	0.006	0	359	2.97	0.3	0	0.41	0	0	10	1.16	5			
0	% of Goal :	*	*	*	*	3	*	*	15	*	*	*	*	*	*	*	6				
Deli Platter -	2 oz	129	10.25	4.363	0	0.345	2.116	39	475	0.88	0	0.35	8.6	171	0.1	106	0.81	73			
0	% of Goal :	6	16	22	*	34	212	13	20	*	*	35	17	3	*	11	4				
Belgion Waffles	6 oz waffle	234	7.22	1.482	0	1.408	3.858	11	547	36.92	1.9	3.57	5.52	917	0	231	5.11	107			
0	% of Goal :	12	11	7	*	141	386	4	23	12	8	357	11	18	*	23	28				
'Veggie Patty B	2 Each																				
	% of Goal :																				
Pork Chorizo, C	sandwich	285	8.73	2.888	0	1.406	3.469	210	1328	30.6	3.2	4.07	20.2	407	19.9	131	3.92	354			
0	% of Goal :	14	13	14	*	141	347	70	55	10	13	407	40	8	33	13	22				
Omelette Bar	1 each	227	13.55	5.632	0	1.338	4.758	229	706	6.8	1.3	2.78	19.34	1146	40.6	135	1.52	359			
0	% of Goal :	11	21	28	*	134	476	76	29	2	5	278	39	23	68	14	8				
Assorted Cold C	serving	567	7.31	2.005	0.011	2.146	2.188	0	998	117.27	10.3	25.3	14.99	3028	46.9	232	22.9	415			
1	% of Goal :	28	11	10	*	215	219	*	42	39	41	2530	30	61	78	23	127				
Hard Boiled Egg	2 each	141	9.49	2.935	0	1.288	3.608	402	119	1.16	0	0	11.83	181	0	46	1.36	115			
0	% of Goal :	7	15	15	*	129	361	134	5	*	*	*	24	4	*	5	8				
Scambled "Tofu"	3 oz portion	80	3.41	0.492	0	1.703	1.007	0	97	7.25	2	0.25	6.52	202	0.7	199	3.29	207			
	% of Goal :	4	5	2	*	170	101	*	4	2	8	25	13	4	*	20	18				

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Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne
 Service Date : Saturday, November 17, 2018
 Meal Period : Brunch
 Customer Count : 1

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Scrambled Egg W	3oz portion	43	0.14	0		0	0	0	267	0.61	0	0.59	9.05	0	0	6	0.07	135			
	% of Goal :	2	*	*		*	*	*	11	*	*	59	18	*	*	*	*				
Scrambled Eggs	6 oz portion	260	18.19	5.359	0	2.815	7.074	694	227	2.01	0	0	20.42	393	0	81	2.35	199			
0	% of Goal :	13	28	27	*	282	707	231	9	*	*	*	41	8	*	8	13				
Eggs Cooked	Portions	141	9.49	2.935	0	1.288	3.608	402	119	1.16	0	0	11.83	181	0	46	1.36	115			
0	% of Goal :	7	15	15	*	129	361	134	5	*	*	*	24	4	*	5	8				
Grilled Corned	1 each	395	17.38	7.144	0	2.01	6.689	56	756	32.31	2.9	1.92	26.42	407	0.2	466	2.59	302			
0	% of Goal :	20	27	36	*	201	669	19	31	11	12	192	53	8	*	47	14				
Salad Bar Brunc	Servings	261	19.69	3.804	0	1.286	0.909	18	472	19.2	2.7	10.01	2.56	4155	35.9	54	0.97	441			
0	% of Goal :	13	30	19	*	129	91	6	20	6	11	1001	5	83	60	5	5				
Breakfast Acco	Servings	132	3.3	1.385	0.051	0.447	1.015	5	107	25.63	3	4.62	2.46	205	19.5	31	0.51	317			
1	% of Goal :	7	5	7	5	45	102	2	4	9	12	462	5	4	32	3	3				
Home Fries (VE)	4 oz potion	204	8.71	0.647	0	2.598	5.045	0	217	29.65	2.7	0	2.76	0	19.1	8	0.49	558			
1	% of Goal :	10	13	3	*	260	504	*	9	10	11	*	6	*	32	*	3				
Assorted Muffin	Each	412	13.45	3.563	0.058	2.773	5.724	31	627	63.4	3.5	11.57	9.03	225	3	148	3.99	139			
	% of Goal :	21	21	18	6	277	572	10	26	21	14	1157	18	5	5	15	22				
Blueberry Sauce	2 Fluid Oz	61	0.12	0.01	0	0.051	0.016	0	1	13.52	0.8	10.57	0.26	18	3.5	2	0.1	27			
0	% of Goal :	3	*	*	*	5	2	*	*	5	3	1057	*	*	6	*	*				

Meal Total: Amount:
 % of Goal:

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Courses selected: Selected All