

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne Hall Service Unit
 Service Date : Monday, June 17, 2019
 Meal Period : Breakfast
 Customer Count : 100

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Cage Free Eggs	2 eggs	141	9.49	2.935	0	1.288	3.608	402	119	1.16	0	0	11.83	181	0	46	1.36	115			
32	% of Goal :	7	15	15	*	129	361	134	5	*	*	*	24	4	*	5	8				
Hard Boiled Egg	2 each	141	9.49	2.935	0	1.288	3.608	402	119	1.16	0	0	11.83	181	0	46	1.36	115			
20	% of Goal :	7	15	15	*	129	361	134	5	*	*	*	24	4	*	5	8				
Scrambled Eggs	6 oz portion	260	18.19	5.359	0	2.815	7.074	694	227	2.01	0	0	20.42	393	0	81	2.35	199			
60	% of Goal :	13	28	27	*	282	707	231	9	*	*	*	41	8	*	8	13				
Pancakes Homem	2 pancake	372	11.65	2.492	0	2.888	5.003	74	387	53.78	5.8	6.53	12.39	153	0.4	164	3.31	340			
48	% of Goal :	19	18	12	*	289	500	25	16	18	23	653	25	3	*	16	18				
Oatmeal	4 OZ PORT	21	0.37	0.063	0	0.13	0.112	0	89	3.84	0.6	0.06	0.75	6	0	3	0.24	21			
20	% of Goal :	*	*	*	*	13	11	*	4	*	2	6	*	*	*	*	*				
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			
50	% of Goal :	28	11	10	*	215	219	*	42	39	41	2530	30	61	78	23	127				
Home Fries	4 oz potion	158	7.9	0.581	0	2.354	4.598	0	298	20.56	1.8	0	1.91	0	13.3	5	0.33	387			
120	% of Goal :	8	12	3	*	235	460	*	12	7	7	*	4	*	22	*	2				
Assorted Muffin	Muffin	344	15.75	2.499	0	4.284	8.068	32	358	43.27	1.9	17.99	5.7	59	1.5	138	1.96	118			
36	% of Goal :	17	24	12	*	428	807	11	15	14	7	1799	11	*	2	14	11				
Fresh Seasonal	1 piece	78	0.44	0.092	0	0.118	0.029	0	0	19.94	3.2	1.61	0.55	111	12.6	12	0.25	216			
65	% of Goal :	4	*	*	*	12	3	*	*	7	13	161	*	2	21	*	*				

Meal Total: Amount:
 % of Goal:

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne Hall Service Unit
 Service Date : Monday, June 17, 2019
 Meal Period : Lunch
 Customer Count : 160

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			
32	% of Goal :	6	6	2	*	112	263	*	16	5	17	229	9	21	11	5	8				
Asian Noodle So	6 oz. portion	131	1.52	0.39	0.018	0.485	0.417	25	296	24.36	1.9	1.73	4.92	518	19.9	24	1.62	155			
48	% of Goal :	7	2	2	2	49	42	8	12	8	8	173	10	10	33	2	9				
English - Style	4 oz portion	147	1.75	0.404	0	0.602	0.32	96	205	7.17	0.2	0.54	23.94	64	0	97	1.01	430			
105	% of Goal :	7	3	2	*	60	32	32	9	2	*	54	48	*	*	10	6				
Sloppy Joe on a	6 oz portion	117	2.15	0.584	0	0.784	0.506	3	230	20.66	2.1	4.24	4.64	779	7.1	53	1.93	374			
80	% of Goal :	6	3	3	*	78	51	*	10	7	8	424	9	16	12	5	11				
Yam,Quinoa,Br.	Burger	96	2.49	0.397	0	0.844	1.058	0	153	17.37	2.5	1.53	2.04	498	19.1	20	0.93	313			
65	% of Goal :	5	4	2	*	84	106	*	6	6	10	153	4	10	32	2	5				
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			
60	% of Goal :	16	38	37	*	475	763	8	37	7	5	127	16	19	*	21	5				
Deli Bar - Summ	portion	456	11.88	3.275	0	1.518	3.724	32	1348	65.98	5.3	6.34	20.37	832	5.1	119	5.81	364			
50	% of Goal :	23	18	16	*	152	372	11	56	22	21	634	41	17	9	12	32				
Grilled Mozz, T	serving	146	2.89	1.163	0	0.078	0.524	6	216	22.71	1.4	0.75	6.21	312	3.6	81	6.73	139			
50	% of Goal :	7	4	6	*	8	52	2	9	8	5	75	12	6	6	8	37				
Salad Bar L & D	servings	441	17.68	3.432	0	1.4	1.185	15	473	58.38	3.7	6.87	10.91	1592	13.4	54	2.71	320			
90	% of Goal :	22	27	17	*	140	118	5	20	19	15	687	22	32	22	5	15				
Curry Quinoa Sa	3oz portion	151	6.51	0.498	0	2.012	3.457	0	29	21.85	1.9	8.2	2.79	185	4.2	21	1.83	216			
60	% of Goal :	8	10	2	*	201	346	*	*	7	8	820	6	4	7	2	10				
Steamed Broccol	3 oz	24	0.3	0.046	0	0.142	0.02	0	23	4.46	2.6	0	2.53	1311	79.3	41	0.75	276			
110	% of Goal :	*	*	*	*	14	2	*	*	*	10	*	5	26	132	4	4				
Curly Fries	3 oz portion	291	15.67	3.274	0	2.661	9.053	0	7211	33.86	3	0	3.66	0	9.9	16	0.72	587			
160	% of Goal :	15	24	16	*	266	905	*	300	11	12	*	7	*	16	2	4				

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Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne Hall Service Unit
 Service Date : Monday, June 17, 2019
 Meal Period : Lunch
 Customer Count : 160

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Steamed Rice (V	4 oz portion	129	0	0	0	0	0.062	0	1	28	0	0	3.03	0	0	1	1.1	43			
60	% of Goal :	6	*	*	*	*	6	*	*	9	*	*	6	*	*	*	6				
Fresh Seasonal	1 piece	78	0.44	0.092	0	0.118	0.029	0	0	19.94	3.2	1.61	0.55	111	12.6	12	0.25	216			
80	% of Goal :	4	*	*	*	12	3	*	*	7	13	161	*	2	21	*	*				
Pudding / Jell	portion	85	2.35	1.448	0	0.095	0.681	9	63	13.66	0.1	2.53	2.9	89	0.6	71	0.08	165			
20	% of Goal :	4	4	7	*	10	68	3	3	5	*	253	6	2	*	7	*				
Apple Bars	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			
80	% of Goal :	10	17	5	*	313	623	6	3	7	2	2325	4	*	*	*	4				

Meal Total: Amount:
 % of Goal:

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Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne Hall Service Unit
 Service Date : Tuesday, June 18, 2019
 Meal Period : Breakfast
 Customer Count : 100

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Cage Free Eggs	2 eggs	141	9.49	2.935	0	1.288	3.608	402	119	1.16	0	0	11.83	181	0	46	1.36	115			
36	% of Goal :	7	15	15	*	129	361	134	5	*	*	*	24	4	*	5	8				
Hard Boiled Egg	2 each	141	9.49	2.935	0	1.288	3.608	402	119	1.16	0	0	11.83	181	0	46	1.36	115			
20	% of Goal :	7	15	15	*	129	361	134	5	*	*	*	24	4	*	5	8				
Scrambled Eggs	6 oz portion	260	18.19	5.359	0	2.815	7.074	694	227	2.01	0	0	20.42	393	0	81	2.35	199			
65	% of Goal :	13	28	27	*	282	707	231	9	*	*	*	41	8	*	8	13				
French Toast	2 each	276	4.87	0.97	0	0.358	1.052	110	464	47.25	2.1	6.4	11.76	57	0.1	152	2.59	51			
48	% of Goal :	14	7	5	*	36	105	37	19	16	8	640	24	*	*	15	14				
Grits	2/3 Cup	65	0.25	0	0	0	0	0	3	14.5	1	0	1.5	0	0	2	0.01	0			
20	% of Goal :	3	*	*	*	*	*	*	*	5	4	*	3	*	*	*	*				
Pork Breakfast	2 each	109	9.15	2.952		1.202	3.992	27	242	0	0	0	6.27	0	0.2	4	0.44	95			
80	% of Goal :	5	14	15		120	399	9	10	*	*	*	13	*	*	*	2				
Assorted Cold C	serving	567	7.31	2.005	0.011	2.146	2.188	0	998	117.27	10.3	25.3	14.99	3028	46.9	232	22.9	415			
60	% of Goal :	28	11	10	*	215	219	*	42	39	41	2530	30	61	78	23	127				
Home Fries	4 oz potion	158	7.9	0.581	0	2.354	4.598	0	298	20.56	1.8	0	1.91	0	13.3	5	0.33	387			
95	% of Goal :	8	12	3	*	235	460	*	12	7	7	*	4	*	22	*	2				
Assorted Muffin	Each	232	7.96	0.847	0	1.77	3.373	13	267	35.66	1.1	6.31	4.5	19	2	75	1.43	52			
48	% of Goal :	12	12	4	*	177	337	4	11	12	5	631	9	*	3	7	8				
Fresh Seasonal	1 piece	78	0.44	0.092	0	0.118	0.029	0	0	19.94	3.2	1.61	0.55	111	12.6	12	0.25	216			
65	% of Goal :	4	*	*	*	12	3	*	*	7	13	161	*	2	21	*	*				

Meal Total: Amount:
 % of Goal:

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne Hall Service Unit
 Service Date : Tuesday, June 18, 2019
 Meal Period : Lunch
 Customer Count : 160

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			
32	% of Goal :	6	6	2	*	112	263	*	16	5	17	229	9	21	11	5	8				
Chicken Tortill	6 oz portion	124	5.11	2.294	0	0.363	1.88	23	257	10.38	2.1	0.75	10.06	350	7	127	0.95	259			
60	% of Goal :	6	8	11	*	36	188	8	11	3	8	75	20	7	12	13	5				
Gemelli w/ Garl	4 OZ PORT	632	4.37	0.718	0	1.164	1.589	0	29	124.02	6	5.36	22.04	1582	8.7	54	5.89	529			
65	% of Goal :	32	7	4	*	116	159	*	*	41	24	536	44	32	15	5	33				
Arroz Con Pollo	6oz Serving	197	8.48	0.733	0	2.282	4.261	35	298	14.08	1.8	0.68	16.27	182	6.1	18	1.19	323			
80	% of Goal :	10	13	4	*	228	426	12	12	5	7	68	33	4	10	2	7				
Whole Grain Tur	1/2 sandwich	108	6.2	2.629	0	1.397	0.837	30	504	1.84	0.4	0.78	10.84	94	2.1	108	3.63	39			
64	% of Goal :	5	10	13	*	140	84	10	21	*	2	78	22	2	4	11	20				
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			
42	% of Goal :	16	38	37	*	475	763	8	37	7	5	127	16	19	*	21	5				
Deli Bar - Summ	portion	456	11.88	3.275	0	1.518	3.724	32	1348	65.98	5.3	6.34	20.37	832	5.1	119	5.81	364			
48	% of Goal :	23	18	16	*	152	372	11	56	22	21	634	41	17	9	12	32				
Vegetable or Ch	1 each	185	14.86	8.158	0	1.053	4.871	40	365	3.41	0.7	1.58	9.93	585	13.6	281	0.43	127			
60	% of Goal :	9	23	41	*	105	487	13	15	*	3	158	20	12	23	28	2				
Salad Bar L & D	servings	441	17.68	3.432	0	1.4	1.185	15	473	58.38	3.7	6.87	10.91	1592	13.4	54	2.71	320			
90	% of Goal :	22	27	17	*	140	118	5	20	19	15	687	22	32	22	5	15				
Roasted Radish	portion	145	15.09	2.078	0	1.6	10.947	0	76	2.7	0.8	4.79	0.63	1537	7.7	23	0.64	143			
60	% of Goal :	7	23	10	*	160	1095	*	3	*	3	479	*	31	13	2	4				
Glazed Carrots	3 oz portion	85	1.63	0.324		0.729	0.486	0	268	18.07	2.4	2.78	0.62	1994	2.9	25	0.29	190			
60	% of Goal :	4	3	2		73	49	*	11	6	10	278	*	40	5	3	2				
Onion Rings	3 oz portion	279	16.5	3.094		5.92	6.523	26	401	26.93	1.4	4.16	5.82	16	2.2	78	1.48	177			
140	% of Goal :	14	25	15		592	652	9	17	9	5	416	12	*	4	8	8				

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 Meal Period : Lunch
 Customer Count : 160

Total Calories
 % Calories from Protein
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Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Steamed Rice (V	4 oz portion	129	0	0	0	0	0.062	0	1	28	0	0	3.03	0	0	1	1.1	43			
80	% of Goal :	6	*	*	*	*	6	*	*	9	*	*	6	*	*	*	6				
Fresh Seasonal	1 piece	78	0.44	0.092	0	0.118	0.029	0	0	19.94	3.2	1.61	0.55	111	12.6	12	0.25	216			
65	% of Goal :	4	*	*	*	12	3	*	*	7	13	161	*	2	21	*	*				
Pudding / Jell	portion	85	2.35	1.448	0	0.095	0.681	9	63	13.66	0.1	2.53	2.9	89	0.6	71	0.08	165			
20	% of Goal :	4	4	7	*	10	68	3	3	5	*	253	6	2	*	7	*				
Double Chocolat	1 ea.	365	20.28	9.692	0.04	2.264	7.195	31	152	49.67	4.2	88.16	4.63	382	0	40	2.68	233			
96	% of Goal :	18	31	48	4	226	719	10	6	17	17	8816	9	8	*	4	15				

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Dining Service

Detail Simple List Menu Analysis

Unit : Thorne Hall Service Unit
 Service Date : Wednesday, June 19, 2019
 Meal Period : Breakfast
 Customer Count : 100

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Cage Free Eggs	2 eggs	141	9.49	2.935	0	1.288	3.608	402	119	1.16	0	0	11.83	181	0	46	1.36	115			
36	% of Goal :	7	15	15	*	129	361	134	5	*	*	*	24	4	*	5	8				
Hard Boiled Egg	2 each	141	9.49	2.935	0	1.288	3.608	402	119	1.16	0	0	11.83	181	0	46	1.36	115			
20	% of Goal :	7	15	15	*	129	361	134	5	*	*	*	24	4	*	5	8				
Scrambled Eggs	6 oz portion	260	18.19	5.359	0	2.815	7.074	694	227	2.01	0	0	20.42	393	0	81	2.35	199			
45	% of Goal :	13	28	27	*	282	707	231	9	*	*	*	41	8	*	8	13				
Blueberry Panca	portion	389	11.74	2.5	0	2.93	5.016	74	388	57.99	6.5	9.42	12.61	168	3.3	166	3.39	363			
60	% of Goal :	19	18	13	*	293	502	25	16	19	26	942	25	3	5	17	19				
Cream of Wheat	2/3 Cup	76	0	0	0	0	0	0	427	16.49	0.7	0.69	2.75	0	0	18	34.39	0			
20	% of Goal :	4	*	*	*	*	*	*	18	5	3	69	5	*	*	2	191				
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			
40	% of Goal :	28	11	10	*	215	219	*	42	39	41	2530	30	61	78	23	127				
Home Fries	4 oz potion	158	7.9	0.581	0	2.354	4.598	0	298	20.56	1.8	0	1.91	0	13.3	5	0.33	387			
110	% of Goal :	8	12	3	*	235	460	*	12	7	7	*	4	*	22	*	2				
Assorted Muffin	Each	342	14.27	1.492	0	4.217	7.051	32	393	45.65	1.5	14.78	6.06	505	1.8	150	2.05	95			
36	% of Goal :	17	22	7	*	422	705	11	16	15	6	1478	12	10	3	15	11				
Fresh Seasonal	1 piece	78	0.44	0.092	0	0.118	0.029	0	0	19.94	3.2	1.61	0.55	111	12.6	12	0.25	216			
55	% of Goal :	4	*	*	*	12	3	*	*	7	13	161	*	2	21	*	*				

Meal Total: Amount:
 % of Goal:

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne Hall Service Unit
 Service Date : Wednesday, June 19, 2019
 Meal Period : Lunch
 Customer Count : 160

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			
32	% of Goal :	6	6	2	*	112	263	*	16	5	17	229	9	21	11	5	8				
Chilled Sweet P	portion	72	4.24	2.552	0.047	0.115	1.07	15	560	7.48	1.5	2.06	1.75	549	4.9	29	0.41	68			
48	% of Goal :	4	7	13	5	12	107	5	23	2	6	206	3	11	8	3	2				
Beef Macaroni C	6 Oz Servin	651	5.78	2.054	0	1.267	1.477	8	297	124.75	6.2	6.86	23.62	745	19.8	113	2.76	643			
70	% of Goal :	33	9	10	*	127	148	3	12	42	25	686	47	15	33	11	15				
Grilled Chicken	6 OZ PORT	140	2.45	0.425		0.357	0.383	74	83	0	0	0	29.47	27	1.5	14	0.92	325			
120	% of Goal :	7	4	2		36	38	25	3	*	*	*	59	*	3	*	5				
Falafel Pita w/	1 Serving	300	18.86	1.937	0	4.102	10.807	0	645	26.09	6.1	6.24	7.82	76	4	108	1.66	776			
48	% of Goal :	15	29	10	*	410	1081	*	27	9	24	624	16	2	7	11	9				
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			
42	% of Goal :	16	38	37	*	475	763	8	37	7	5	127	16	19	*	21	5				
Shrimp & Mango	6oz portion	148	1.08	0.323	0.02	0.365	0.247	120	982	20.3	0.8	5.94	13.41	613	12	70	0.76	191			
50	% of Goal :	7	2	2	2	37	25	40	41	7	3	594	27	12	20	7	4				
B L T Wrap	1/2 wrap	285	16.03	4.809	0	1.082	4.823	28	792	23.08	2.7	2.67	12.27	644	8.7	95	2.06	364			
65	% of Goal :	14	25	24	*	108	482	9	33	8	11	267	25	13	14	9	11				
Romaine Salad w	portrion	169	10.13	0.867	0	2.552	5.911	0	195	18.25	5.3	2.2	4.81	287	36.2	97	1.63	580			
60	% of Goal :	8	16	4	*	255	591	*	8	6	21	220	10	6	60	10	9				
Steamed Whole G	3 OZ	22	0.13	0.033	0	0.065	0.006	0	434	5.06	2.4	0.95	1.16	310	3.2	33	0.53	123			
80	% of Goal :	*	*	*	*	7	*	*	18	2	9	95	2	6	5	3	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			
70	% of Goal :	6	*	*	*	*	6	*	*	9	*	*	6	*	*	*	6				
Herb Roasted Po	5 oz. portion	183	7.29	0.552	0	2.174	4.208	0	182	27.68	2.5	0	2.6	4	17.8	9	0.49	520			
120	% of Goal :	9	11	3	*	217	421	*	8	9	10	*	5	*	30	*	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 Hall Service Unit
 Service Date : Wednesday, June 19, 2019
 Meal Period : Lunch
 Customer Count : 160

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Pudding / Jell	portion	85	2.35	1.448	0	0.095	0.681	9	63	13.66	0.1	2.53	2.9	89	0.6	71	0.08	165			
20	% of Goal :	4	4	7	*	10	68	3	3	5	*	253	6	2	*	7	*				
Fresh Seasonal	1 piece	78	0.44	0.092	0	0.118	0.029	0	0	19.94	3.2	1.61	0.55	111	12.6	12	0.25	216			
65	% of Goal :	4	*	*	*	12	3	*	*	7	13	161	*	2	21	*	*				
Downeast Maine	3oz portion	243	9.2	0.689	0	2.715	5.272	0	231	33.14	1.2	19.71	2.03	2098	0.2	32	0.91	21			
80	% of Goal :	12	14	3	*	272	527	*	10	11	5	1971	4	42	*	3	5				

Meal Total: Amount:
 % of Goal:

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne Hall Service Unit
 Service Date : Thursday, June 20, 2019
 Meal Period : Lunch
 Customer Count : 100

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
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			
32	% of Goal :	6	6	2	*	112	263	*	16	5	17	229	9	21	11	5	8				
Thia Chicken So	6oz portion	65	1.59	0.152	0	0.321	0.329	8	939	7.53	1.1	1.38	4.56	318	2.5	20	0.59	175			
32	% of Goal :	3	2	*	*	32	33	3	39	3	4	138	9	6	4	2	3				
Ziti with Sausa	10 Oz	622	10.72	2.805	0.055	2.401	4.036	47	655	95.15	6.5	3.56	33.74	671	21.8	70	5.3	962			
40	% of Goal :	31	16	14	6	240	404	16	27	32	26	356	67	13	36	7	29				
Polenta Cakes w	portion	231	12.92	1.956	0.03	3.583	6.738	0	217	25.95	2.8	4.93	2.88	699	12.3	18	0.63	147			
30	% of Goal :	12	20	10	3	358	674	*	9	9	11	493	6	14	21	2	4				
BBQ Chicken Sub	1 each	467	5.85	0.258	0	0.217	1.623	45	1167	74.86	2.7	22.49	28.7	122	2.2	172	3.48	354			
50	% of Goal :	23	9	*	*	22	162	15	49	25	11	2249	57	2	4	17	19				
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			
36	% of Goal :	16	38	37	*	475	763	8	37	7	5	127	16	19	*	21	5				
Deli Bar - Summ	portion	456	11.88	3.275	0	1.518	3.724	32	1348	65.98	5.3	6.34	20.37	832	5.1	119	5.81	364			
35	% of Goal :	23	18	16	*	152	372	11	56	22	21	634	41	17	9	12	32				
Honey Mustard T	Portion	380	6.48	2.243	0	0.123	1.053	28	927	53.89	2.2	6.16	23.66	317	2.8	217	14.07	230			
36	% of Goal :	19	10	11	*	12	105	9	39	18	9	616	47	6	5	22	78				
Salad Bar L & D	servings	441	17.68	3.432	0	1.4	1.185	15	473	58.38	3.7	6.87	10.91	1592	13.4	54	2.71	320			
50	% of Goal :	22	27	17	*	140	118	5	20	19	15	687	22	32	22	5	15				
Inside Out Chin	Portion	90	1.97	0.279	0	0.769	0.72	0	58	18.94	1.1	0.86	0.93	1091	12.8	27	0.77	143			
40	% of Goal :	5	3	*	*	77	72	*	2	6	5	86	2	22	21	3	4				
Steamed Zucchini	3 oz portion	13	0.25	0.05	0	0.104	0.019	0	229	2.57	0.9	0.63	0.75	516	6.8	17	0.27	168			
45	% of Goal :	*	*	*	*	10	2	*	10	*	4	63	2	10	11	2	*				
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			
110	% of Goal :	7	11	9	*	210	299	*	18	6	10	592	3	*	22	3	4				

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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 Hall Service Unit
 Service Date : Thursday, June 20, 2019
 Meal Period : Lunch
 Customer Count : 100

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Fresh Seasonal	1 piece	78	0.44	0.092	0	0.118	0.029	0	0	19.94	3.2	1.61	0.55	111	12.6	12	0.25	216			
55	% of Goal :	4	*	*	*	12	3	*	*	7	13	161	*	2	21	*	*				
Pudding / Jell	portion	85	2.35	1.448	0	0.095	0.681	9	63	13.66	0.1	2.53	2.9	89	0.6	71	0.08	165			
12	% of Goal :	4	4	7	*	10	68	3	3	5	*	253	6	2	*	7	*				
Whoppie Pies	portions																				
50	% of Goal :																				

Meal Total: Amount:
 % of Goal:

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne Hall Service Unit
 Service Date : Friday, June 21, 2019
 Meal Period : Lunch
 Customer Count : 120

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				
Penne w/ Carmel	6oz portion	386	5.85	1.248	0	1.507	2.125	4	221	68.43	4.3	2.79	13.54	321	3.3	56	3.22	252			
40	% of Goal :	19	9	6	*	151	213	*	9	23	17	279	27	6	5	6	18				
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			
36	% of Goal :	15	18	22	*	93	289	14	30	11	11	355	29	16	7	15	17				
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			
32	% of Goal :	6	6	2	*	112	263	*	16	5	17	229	9	21	11	5	8				
Seafood Chowder	6oz. Serving	169	9.99	5.221	0.004	1.065	3.134	64	242	9.7	0.3	4.65	10.1	433	2.3	142	0.35	280			
48	% of Goal :	8	15	26	*	106	313	21	10	3	*	465	20	9	4	14	2				
Rosemary Lemon	3 OZ	349	29.52	4.259	0.006	3.244	20.452	62	324	1.98	0.2	0.34	19.28	37	4.4	11	0.62	315			
60	% of Goal :	17	45	21	*	324	2045	21	13	*	*	34	39	*	7	*	3				
Grilled Cheese	Each	320	24.98	7.439	0	4.754	7.632	25	877	19.91	1.3	1.27	7.76	953	0	208	0.91	94			
32	% of Goal :	16	38	37	*	475	763	8	37	7	5	127	16	19	*	21	5				
Herbed Tofu & V	4 oz portion	43	2.71	0.392		1.53	0.599	0	4	1.07	0.2		4.58	48	0.1	198	3.04	69			
30	% of Goal :	2	4	2		153	60	*	*	*	*		9	*	*	20	17				
Baked Garden Fi	5.5 oz Porti	167	7.86	3.423	0	0.775	3.006	61	146	2.64	0.8	1.11	20.74	776	14.1	29	0.74	550			
65	% of Goal :	8	12	17	*	78	301	20	6	*	3	111	41	16	23	3	4				
Maine Italian S	portion	399	16.57	6.945	0	0.599	4.439	36	1448	47.24	5	5.4	17.99	643	29.2	263	3.7	372			
36	% of Goal :	20	25	35	*	60	444	12	60	16	20	540	36	13	49	26	21				
Tomato- Snow Pe	portion	47	2.02	0.162	0	0.625	1.086	0	58	6.36	2	3.41	1.74	828	24.1	27	0.86	303			
45	% of Goal :	2	3	*	*	63	109	*	2	2	8	341	3	17	40	3	5				
Salad Bar L & D	servings	441	17.68	3.432	0	1.4	1.185	15	473	58.38	3.7	6.87	10.91	1592	13.4	54	2.71	320			
75	% of Goal :	22	27	17	*	140	118	5	20	19	15	687	22	32	22	5	15				
Sauteed Spinach	3 oz	66	4.96	0.426	0	1.554	2.522	0	365	4.11	2.9	0.4	3.15	5951	2.1	119	1.55	237			
50	% of Goal :	3	8	2	*	155	252	*	15	*	12	40	6	119	3	12	9				

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne Hall Service Unit
 Service Date : Friday, June 21, 2019
 Meal Period : Lunch
 Customer Count : 120

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Brown Rice - St	4 oz portion	128	1.04	0.208	0	0.373	0.378	0	6	26.52	2.1	0	2.98	0	0	12	0.49	50			
50	% of Goal :	6	2	*	*	37	38	*	*	9	8	*	6	*	*	*	3				
Fresh Seasonal	1 piece	78	0.44	0.092	0	0.118	0.029	0	0	19.94	3.2	1.61	0.55	111	12.6	12	0.25	216			
65	% of Goal :	4	*	*	*	12	3	*	*	7	13	161	*	2	21	*	*				
Pudding / Jell	portion	85	2.35	1.448	0	0.095	0.681	9	63	13.66	0.1	2.53	2.9	89	0.6	71	0.08	165			
20	% of Goal :	4	4	7	*	10	68	3	3	5	*	253	6	2	*	7	*				
Maine Maple Bar	2oz portion	181	6.38	1.118	0	1.984	2.885	23	228	27.38	0.4	47.61	2	264	0	27	0.83	23			
60	% of Goal :	9	10	6	*	198	288	8	9	9	2	4761	4	5	*	3	5				

Meal Total: Amount:
 % of Goal:

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne Hall Service Unit
 Service Date : Saturday, June 22, 2019
 Meal Period : Breakfast
 Customer Count : 50

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			
32	% of Goal :	13	28	27	*	282	707	231	9	*	*	*	41	8	*	8	13				
Cage Free Eggs	2 eggs	141	9.49	2.935	0	1.288	3.608	402	119	1.16	0	0	11.83	181	0	46	1.36	115			
16	% of Goal :	7	15	15	*	129	361	134	5	*	*	*	24	4	*	5	8				
Cage Free Hard	2 each	169	11.36	3.515	0	1.542	4.321	482	143	1.38	0	0	14.16	217	0	56	1.63	137			
10	% of Goal :	8	17	18	*	154	432	161	6	*	*	*	28	4	*	6	9				
French Toast	2 each	276	4.87	0.97	0	0.358	1.052	110	464	47.25	2.1	6.4	11.76	57	0.1	152	2.59	51			
28	% of Goal :	14	7	5	*	36	105	37	19	16	8	640	24	*	*	15	14				
Grits	2/3 Cup	65	0.25	0	0	0	0	0	3	14.5	1	0	1.5	0	0	2	0.01	0			
20	% of Goal :	3	*	*	*	*	*	*	*	5	4	*	3	*	*	*	*				
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			
25	% of Goal :	28	11	10	*	215	219	*	42	39	41	2530	30	61	78	23	127				
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			
60	% of Goal :	10	13	3	*	260	504	*	9	10	11	*	6	*	32	*	3				
Assorted Muffin	Muffin	318	8.79	1.472	0	2.505	4.329	16	472	50.27	2.2	11.86	8.53	30	1.3	119	4.41	101			
24	% of Goal :	16	14	7	*	250	433	5	20	17	9	1186	17	*	2	12	24				
Fresh Seasonal	1 piece	78	0.44	0.092	0	0.118	0.029	0	0	19.94	3.2	1.61	0.55	111	12.6	12	0.25	216			
30	% of Goal :	4	*	*	*	12	3	*	*	7	13	161	*	2	21	*	*				

Meal Total: Amount:
 % of Goal:

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne Hall Service Unit
 Service Date : Saturday, June 22, 2019
 Meal Period : Dinner
 Customer Count : 225

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			
Cucumber Sunomc	4 oz portion	24	0.15	0.013	0	0.003	0.003	0	393	4.88	0.6	3.37	0.54	67	2.9	14	0.28	137		
100	% of Goal :	*	*	*	*	*	*	*	16	2	3	337	*	*	5	*	2			
Halaal Beef on	portion	363	21.69	8.251	1.522	0.679	9.336	128	126	0	0	0	39.31	0	0	31	4.15	577		
6	% of Goal :	18	33	41	152	68	934	43	5	*	*	*	79	*	*	3	23			
Greek Brown Ric	portion	179	8.18	0.724	0	2.345	4.622	0	206	23.88	2.9	1.4	3.36	1204	22.8	48	2.04	231		
160	% of Goal :	9	13	4	*	235	462	*	9	8	12	140	7	24	38	5	11			
Mojo Glazed Ro	Serving	341	9.27	2.074	0.019	1.635	5.159	164	146	20.46	0.3	39.71	45.81	96	8.5	32	1.39	585		
160	% of Goal :	17	14	10	2	163	516	55	6	7	*	3971	92	2	14	3	8			
Hamburgers -	3 oz portion	162	2.89	0.681		1.428	0.477	0	318	28.52	1.5		4.82	0	0.1	79	1.8	80		
50	% of Goal :	8	4	3		143	48	*	13	10	6		10	*	*	8	10			
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		
100	% of Goal :	16	15	22	*	152	165	21	26	10	6	*	56	3	*	16	19			
Sesame Noodles	8 oz portion	345	8.3	1.068	0	3.145	2.037	2	1037	54.56	4.4	4.03	14.24	2684	15.6	223	5.59	438		
140	% of Goal :	17	13	5	*	314	204	*	43	18	18	403	28	54	26	22	31			
Tossed Garden S	4.5 oz. Porti	26	0.36	0.053	0	0.132	0.059	0	38	5.21	1.7	2.69	1.32	3305	10.1	29	0.67	263		
100	% of Goal :	*	*	*	*	13	6	*	2	2	7	269	3	66	17	3	4			
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		
160	% of Goal :	21	37	77	11	95	624	23	6	17	7	1898	11	13	3	16	5			
Carrot Cake w/	Servings	162	9.7	0.84	0	2.838	5.506	21	135	15.23	0.7	8.9	1.58	264	0.4	10	0.46	39		
96	% of Goal :	8	15	4	*	284	551	7	6	5	3	890	3	5	*	*	3			

Meal Total: Amount:
 % of Goal:

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

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

Courses selected: Selected All

Dining Service

Detail Simple List Menu Analysis

Unit : Thorne Hall Service Unit
 Service Date : Saturday, June 22, 2019
 Meal Period : Brunch
 Customer Count : 60

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				
Navy Bean Soup	6oz portion	19	0.05	0.014	0	0.023	0.006	0	370	3.71	0.6	0.18	0.75	14	0.4	11	0.23	42			
0	% of Goal :	*	*	*	*	2	*	*	15	*	2	18	*	*	*	*	*				
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			
20	% of Goal :	6	6	2	*	112	263	*	16	5	17	229	9	21	11	5	8				
Charbroiled Pi	each	202	5.32	2.221		1.5	1.163	8	320	28.96	1.5		8.72	89	0.1	182	1.83	93			
35	% of Goal :	10	8	11		150	116	3	13	10	6		17	2	*	18	10				
Chicken & Rice	1/2 burrito	272	8.96	4.243	0.004	0.603	2.56	36	547	35.1	3.2	2.75	12.59	691	5.8	174	2.63	299			
30	% of Goal :	14	14	21	*	60	256	12	23	12	13	275	25	14	10	17	15				
Grilled Cheese	Each	320	24.98	7.439	0	4.754	7.632	25	877	19.91	1.3	1.27	7.76	953	0	208	0.91	94			
24	% of Goal :	16	38	37	*	475	763	8	37	7	5	127	16	19	*	21	5				
Pasta w/ Marina	6oz portion	391	1.68	0.283	0	0.646	0.193	0	7	78.71	3.8	1.92	13.59	0	0	22	3.61	188			
0	% of Goal :	20	3	*	*	65	19	*	*	26	15	192	27	*	*	2	20				
Deli Bar - Summ	portion	456	11.88	3.275	0	1.518	3.724	32	1348	65.98	5.3	6.34	20.37	832	5.1	119	5.81	364			
20	% of Goal :	23	18	16	*	152	372	11	56	22	21	634	41	17	9	12	32				
Red Beans Rice	6oz Portion	191	3.91	0.577	0	0.561	2.584	0	536	32.97	3.8	0.17	6.24	355	17.4	43	2.95	292			
20	% of Goal :	10	6	3	*	56	258	*	22	11	15	17	12	7	29	4	16				
Salad Bar L & D	servings	441	17.68	3.432	0	1.4	1.185	15	473	58.38	3.7	6.87	10.91	1592	13.4	54	2.71	320			
35	% of Goal :	22	27	17	*	140	118	5	20	19	15	687	22	32	22	5	15				
Steamed Mixed V	3 oz portion	52	0.13	0.027		0.063	0.009	0	31	11.52	3.9		2.52	3764	2.8	22	0.72	149			
25	% of Goal :	3	*	*		6	*	*	*	4	15		5	75	5	2	4				
French Fries	3 oz portion																				
60	% of Goal :																				
Fresh Seasonal	1 piece	78	0.44	0.092	0	0.118	0.029	0	0	19.94	3.2	1.61	0.55	111	12.6	12	0.25	216			
35	% of Goal :	4	*	*	*	12	3	*	*	7	13	161	*	2	21	*	*				

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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 Hall Service Unit
 Service Date : Saturday, June 22, 2019
 Meal Period : Brunch
 Customer Count : 60

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Pudding / Jell	portion	85	2.35	1.448	0	0.095	0.681	9	63	13.66	0.1	2.53	2.9	89	0.6	71	0.08	165			
12	% of Goal :	4	4	7	*	10	68	3	3	5	*	253	6	2	*	7	*				
Assorted Cookie	Each	198	8.02	2.486	0.028	2.109	2.875	17	157	27.73	1.2	26.04	2.76	261	0	22	1.14	73			
40	% of Goal :	10	12	12	3	211	288	6	7	9	5	2604	6	5	*	2	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 Hall Service Unit
 Service Date : Sunday, June 23, 2019
 Meal Period : Dinner
 Customer Count : 324

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	6 oz portion	62	2.42	0.243	0	0.654	1.423	0	194	7.99	2.5	0.79	2.55	568	2.9	26	0.8	263			
60	% of Goal :	3	4	*	*	65	142	*	8	3	10	79	5	11	5	3	4				
Chicken Parmesa	5 oz portion	458	23.42	5.685	0	7.914	7.191	63	1028	34.47	1.9	0	27.51	310	0.7	132	1.56	374			
360	% of Goal :	23	36	28	*	791	719	21	43	11	8	*	55	6	*	13	9				
Pasta w/ Meatba	10 oz portio	714	10.33	3.418	0	1.196	3.768	40	189	119.59	5.7	3.17	32.27	0	0	43	6.56	435			
160	% of Goal :	36	16	17	*	120	377	13	8	40	23	317	65	*	*	4	36				
Pasta w/ Marina	6oz portion	391	1.68	0.283	0	0.646	0.193	0	7	78.71	3.8	1.92	13.59	0	0	22	3.61	188			
120	% of Goal :	20	3	*	*	65	19	*	*	26	15	192	27	*	*	2	20				
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			
200	% of Goal :	7	5	7		49	102	16	6	3	2	*	44	*	*	3	12				
Breaded Tofu Pa	Each	386	24.24	4.109	0	5.261	13.801	0	1053	29.8	2.5	1.39	14.39	759	5.5	531	6.51	464			
90	% of Goal :	19	37	21	*	526	1380	*	44	10	10	139	29	15	9	53	36				
Salad Bar Dinne	servings	323	20.84	4.325	0	1.447	1.359	20	629	27.34	3.7	7.33	6.68	1850	23.4	87	1.65	371			
190	% of Goal :	16	32	22	*	145	136	7	26	9	15	733	13	37	39	9	9				
Green Beans	3 OZ	30	0.24	0.053	0	0.123	0.011	0	472	6.73	2.8	1.31	1.61	562	8.2	38	0.57	123			
165	% of Goal :	2	*	*	*	12	*	*	20	2	11	131	3	11	14	4	3				
Roasted Maine	5 oz. portior	194	9.7	0.709	0	2.87	5.605	0	250	24.28	2.3	1.75	2.88	13	15.5	12	0.9	672			
150	% of Goal :	10	15	4	*	287	560	*	10	8	9	175	6	*	26	*	5				
Steamed Rice (V	4 oz portion	129	0	0	0	0	0.062	0	1	28	0	0	3.03	0	0	1	1.1	43			
90	% of Goal :	6	*	*	*	*	6	*	*	9	*	*	6	*	*	*	6				
Italian Bread (Loaves	1792	49.18	3.916	0	15.09	26.928	0	4599	286.22	17.4	12.68	43.02	1	0	75	16.09	628			
10	% of Goal :	90	76	20	*	1509	2693	*	192	95	70	1268	86	*	*	7	89				
Fresh Seasonal	1 piece	78	0.44	0.092	0	0.118	0.029	0	0	19.94	3.2	1.61	0.55	111	12.6	12	0.25	216			
125	% of Goal :	4	*	*	*	12	3	*	*	7	13	161	*	2	21	*	*				

** 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 Hall Service Unit
 Service Date : Sunday, June 23, 2019
 Meal Period : Dinner
 Customer Count : 324

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				
Flan and Churru	1 Each	32	0	0.001	0	0.001	0.001	0	0	6.47	0.1	6.37	0	0	0	1	0.05	1			
200	% of Goal :	2	*	*	*	*	*	*	*	2	*	637	*	*	*	*	*				

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 Hall Service Unit
 Service Date : Sunday, June 23, 2019
 Meal Period : Brunch
 Customer Count : 170

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

Report for Nutritional Goal: 2000 Cal Standard Goal

Service Item	Serving Size	KCAL	FAT	SFA	FATR	PUFA	MONO	CHOL	NA	CHO	TDFB	SUGAR	PRO	VTAIU	VITC	CA	FE	K			
Portion Count		KCAL	Gram	Gram	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	MG			
		2,000	65.00	20.000	1.000	1.000	1.000	300	2,400	300.00	25.0	1.00	50.00	5,000	60.0	1,000	18.00				
Deli Platter - 55	2 oz % of Goal :	129 6	10.25 16	4.363 22	0 *	0.345 34	2.116 212	39 13	475 20	0.88 *	0 *	0.35 35	8.6 17	171 3	0.1 *	106 11	0.81 4	73			
Soup of the Day 32	6 oz portion % of Goal :	62 3	2.42 4	0.243 *	0 *	0.654 65	1.423 142	0 *	194 8	7.99 3	2.5 10	0.79 79	2.55 5	568 11	2.9 5	26 3	0.8 4	263			
Oatmeal 32	4 OZ PORT % of Goal :	21 *	0.37 *	0.063 *	0 *	0.13 13	0.112 11	0 *	89 4	3.84 *	0.6 2	0.06 6	0.75 *	6 *	0 *	3 *	0.24 *	21			
Canadian Bacon 85	3 OZ PORT % of Goal :	118 6	4.21 6	1.41 7		0.528 53	1.932 193	45 15	1094 46	0.86 *	0 *	0.89 89	18.4 37	0 *	0 *	6 *	0.75 4	266			
Scrambled Eggs 120	6 oz portion % of Goal :	260 13	18.19 28	5.359 27	0 *	2.815 282	7.074 707	694 231	227 9	2.01 *	0 *	0 *	20.42 41	393 8	0 *	81 8	2.35 13	199			
Cage Free Hard 35	2 each % of Goal :	169 8	11.36 17	3.515 18	0 *	1.542 154	4.321 432	482 161	143 6	1.38 *	0 *	0 *	14.16 28	217 4	0 *	56 6	1.63 9	137			
Cage Free Eggs 48	2 eggs % of Goal :	141 7	9.49 15	2.935 15	0 *	1.288 129	3.608 361	402 134	119 5	1.16 *	0 *	0 *	11.83 24	181 4	0 *	46 5	1.36 8	115			
French Toast 85	2 each % of Goal :	276 14	4.87 7	0.97 5	0 *	0.358 36	1.052 105	110 37	464 19	47.25 16	2.1 8	6.4 640	11.76 24	57 *	0.1 *	152 15	2.59 14	51			
Chicken Nuggets 100	6 oz portion % of Goal :	357 18	17.13 26	4.181 21		4.339 434	6.544 654	105 35	840 35	14.72 5	0.5 2	0.27 27	34.43 69	35 *	1.1 2	18 2	1.45 8	454			
Homemade Tofu N 35	4oz portion % of Goal :	101 5	4.19 6	0.588 3	0 *	2.275 228	0.933 93	0 *	34 *	9.31 3	0.8 3	0.02 2	7.79 16	72 *	0.1 *	270 27	4.65 26	132			
Breakfast Burri 48	1 each % of Goal :	321 16	14.77 23	6.136 31	0 *	1.364 136	4.899 490	292 97	991 41	29.74 10	3.8 15	3.46 346	16.92 34	859 17	26.9 45	260 26	3.23 18	404			
Tossed Garden S 95	4.5 oz. Port % of Goal :	26 *	0.36 *	0.053 *	0 *	0.132 13	0.059 6	0 *	38 2	5.21 2	1.7 7	2.69 269	1.32 3	3305 66	10.1 17	29 3	0.67 4	263			

** 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 Hall Service Unit
 Service Date : Sunday, June 23, 2019
 Meal Period : Brunch
 Customer Count : 170

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			
185	% of Goal :	10	13	3	*	260	504	*	9	10	11	*	6	*	32	*	3				
Assorted Muffin	Muffin	318	8.79	1.472	0	2.505	4.329	16	472	50.27	2.2	11.86	8.53	30	1.3	119	4.41	101			
72	% of Goal :	16	14	7	*	250	433	5	20	17	9	1186	17	*	2	12	24				
Fresh Seasonal	1 piece	78	0.44	0.092	0	0.118	0.029	0	0	19.94	3.2	1.61	0.55	111	12.6	12	0.25	216			
80	% of Goal :	4	*	*	*	12	3	*	*	7	13	161	*	2	21	*	*				

Meal Total: Amount:
 % of Goal:

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

Courses selected: Selected All