# Detail Simple List Menu Analysis

Unit : MEALS ON WHEELS
Service Date : Monday, October 4, 2027
Meal Period : LUNCH
Customer Count : 400

**683** **Total Calories**
**18.3** *% Calories from Protein*
**54.6** *% Calories from Carbohydrates*
**28.3** *% Calories from Fat*
**11.8** *( %Saturated Fat )*

Report for Nutritional Goal: **Basic Nutrition Information**

| Service Item / Portion Count | Serving Size | KCAL KCAL 1 | PRO GRAM 1.00 | FAT GRAM 1.00 | CHO GRAM 1.00 | NA MG 1 | K MG 1 | P MG 1 | CHOL MG 1 | SFA GRAM 1.000 | FIBTG GRAM 1.0 | SUGAR GRAM 1.00 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| SEEDLESS GRAP | Packet | 110 | 1 | 0 | 28 | 0 | 290 | | 0 | 0 | 1 | 24 |
| ** 400 | % of Goal : | 11000 | 100 | * | 2800 | * | 29000 | | * | * | 100 | 2400 |
| WHOLE WHEAT R | Roll (1.5 oz) | 90 | 3 | 1 | 16 | 150 | 43 | | 0 | 0 | 1 | 2 |
| ** 200 | % of Goal : | 9000 | 300 | 100 | 1600 | 15000 | 4300 | | * | * | 100 | 200 |
| CC BROWN GRAV | Svg (1.5 oz) | 17 | 0 | 0.66 | 2.66 | 146 | | | 0 | 0 | 0 | 1.33 |
| ** 400 | % of Goal : | 1661 | * | 66 | 266 | 14618 | | | * | * | * | 133 |
| MARGARINE | Pkt | 20 | 0 | 2.5 | 0 | 30 | 2 | | 0 | 0.5 | 0 | |
| 400 | % of Goal : | 2000 | * | 250 | * | 3000 | 190 | | * | 50 | * | |
| MILK 2% | Ctn (8 Oz) | 120 | 8 | 5 | 11 | 120 | 349 | 216 | 25 | 3.5 | 0 | 11 |
| ** 400 | % of Goal : | 12000 | 800 | 500 | 1100 | 12000 | 34900 | 21568 | 2500 | 350 | * | 1100 |
| BROWN RICE MM | Svg (2.8 Oz | 103 | 2.43 | 0.91 | 22.51 | 0 | 65 | 75 | 0 | 0 | 1.2 | 0 |
| ** 400 | % of Goal : | 10343 | 243 | 91 | 2251 | * | 6510 | 7549 | * | * | 122 | * |
| GROUND BEEF S | Svg (3 Oz) | 180 | 15.77 | 12.76 | 0 | 49 | 270 | 163 | 53 | 5.256 | 0 | 0 |
| ** 400 | % of Goal : | 18020 | 1577 | 1276 | * | 4881 | 27031 | 16263 | 5256 | 526 | * | * |
| CARROT SL MM | 3/4 CUP | 63 | 0.99 | 1.16 | 13.15 | 100 | 327 | 53 | 0 | 0.204 | 5.6 | 6.94 |
| ** 400 | % of Goal : | 6294 | 99 | 116 | 1315 | 10036 | 32659 | 5273 | * | 20 | 561 | 694 |
| **Meal Total:** | Amount: | 683 | 31.19 | 21.5 | 93.32 | 565 | 1344 | 507 | 78 | 8.96 | 8.8 | 45.27 |
| | % of Goal: | 68300 | 3119 | 2150 | 9332 | 56500 | 134400 | 50700 | 7800 | 896 | 880 | 4527 |

'*' 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 : MEALS ON WHEELS
Service Date : Monday, October 4, 2027
Meal Period : DINNER
Customer Count : 360

**790** **Total Calories**
**18.2** *% Calories from Protein*
**42.9** *% Calories from Carbohydrates*
**44.4** *% Calories from Fat*
**9.9** *( %Saturated Fat )*

Report for Nutritional Goal: **Basic Nutrition Information**

| Service Item / Portion Count | Serving Size | KCAL KCAL | PRO GRAM | FAT GRAM | CHO GRAM | NA MG | K MG | P MG | CHOL MG | SFA GRAM | FIBTG GRAM | SUGAR GRAM |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 1 | 1.00 | 1.00 | 1.00 | 1 | 1 | 1 | 1 | 1.000 | 1.0 | 1.00 |
| BUN WHEAT 4" | Each | 140 | 7 | 1 | 26 | 190 | 94 | | 0 | 0 | 4 | 3 |
| ** 360 | % of Goal : | 14000 | 700 | 100 | 2600 | 19000 | 9400 | | * | * | 400 | 300 |
| US EGG SALAD M | Svg (3.4 Oz | 162 | 14.02 | 9.32 | 6.66 | 152 | 152 | 134 | 262 | 2.419 | 0.3 | 1.89 |
| ** 360 | % of Goal : | 16180 | 1402 | 932 | 666 | 15190 | 15240 | 13395 | 26197 | 242 | 26 | 189 |
| ORANGES FR MM | Each | 100 | 2.5 | 0 | 26.24 | 0 | 337 | 47 | 0 | 0 | 5 | 17.49 |
| ** 360 | % of Goal : | 9997 | 250 | * | 2624 | * | 33739 | 4748 | * | * | 500 | 1749 |
| MILK 2% | Ctn (8 Oz) | 120 | 8 | 5 | 11 | 120 | 349 | 216 | 25 | 3.5 | 0 | 11 |
| ** 360 | % of Goal : | 12000 | 800 | 500 | 1100 | 12000 | 34900 | 21568 | 2500 | 350 | * | 1100 |
| GREEK BROCCOI | 1 CUP | 266 | 4.2 | 23.65 | 14.3 | 176 | 290 | 102 | 5 | 2.747 | 3.1 | 7.19 |
| ** 360 | % of Goal : | 26583 | 420 | 2365 | 1430 | 17632 | 28971 | 10228 | 527 | 275 | 305 | 719 |
| LEAF LETTUCE | Svg (.64 Oz | 3 | 0.25 | 0.03 | 0.52 | 5 | 35 | 5 | 0 | 0.004 | 0.2 | 0.14 |
| ** 360 | % of Goal : | 272 | 25 | 3 | 52 | 508 | 3520 | 526 | * | * | 24 | 14 |
| **Meal Total:** | Amount: | 790 | 35.97 | 39 | 84.72 | 643 | 1258 | 505 | 292 | 8.67 | 12.6 | 40.71 |
| | % of Goal: | 79000 | 3597 | 3900 | 8472 | 64300 | 125800 | 50500 | 29200 | 867 | 1260 | 4071 |

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

Courses selected:Selected All

# Detail Simple List Menu Analysis

Unit : MEALS ON WHEELS
Service Date : Monday, October 4, 2027
Meal Period : VEGETARIAN
Customer Count : 30

**617** **Total Calories**
**14.0** *% Calories from Protein*
**66.4** *% Calories from Carbohydrates*
**23.9** *% Calories from Fat*
**7.2** *( %Saturated Fat )*

Report for Nutritional Goal: **Basic Nutrition Information**

| Service Item / Portion Count | Serving Size | KCAL KCAL | PRO GRAM | FAT GRAM | CHO GRAM | NA MG | K MG | P MG | CHOL MG | SFA GRAM | FIBTG GRAM | SUGAR GRAM |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 1 | 1.00 | 1.00 | 1.00 | 1 | 1 | 1 | 1 | 1.000 | 1.0 | 1.00 |
| SEEDLESS GRAP | Packet | 110 | 1 | 0 | 28 | 0 | 290 | | 0 | 0 | 1 | 24 |
| ** 30 | % of Goal : | 11000 | 100 | * | 2800 | * | 29000 | | * | * | 100 | 2400 |
| MAYONNAISE | Pkt | 60 | 0 | 6 | 1 | 60 | 2 | | 0 | 1 | 0 | 1 |
| 30 | % of Goal : | 6000 | * | 600 | 100 | 6000 | 150 | | * | 100 | * | 100 |
| KETCHUP | Pkt | 10 | 0 | 0 | 2 | 90 | 0 | | 0 | 0 | 0 | 2 |
| 30 | % of Goal : | 1000 | * | * | 200 | 9000 | * | | * | * | * | 200 |
| GARDEN BURGEI | Svg (5.2 Oz | 309 | 11 | 10.07 | 47 | 630 | 364 | 114 | 0 | 1.178 | 7 | 5 |
| ** 30 | % of Goal : | 30927 | 1100 | 1007 | 4700 | 63000 | 36400 | 11431 | * | 118 | 700 | 500 |
| MILK 2% | Ctn (8 Oz) | 120 | 8 | 5 | 11 | 120 | 349 | 216 | 25 | 3.5 | 0 | 11 |
| ** 30 | % of Goal : | 12000 | 800 | 500 | 1100 | 12000 | 34900 | 21568 | 2500 | 350 | * | 1100 |
| LETTUCE/TOMAT | Svg (2.2 Oz | 14 | 0.61 | 0.15 | 3.21 | 7 | 126 | 16 | 0 | 0.022 | 0.7 | 1.59 |
| ** 30 | % of Goal : | 1426 | 61 | 15 | 321 | 724 | 12574 | 1612 | * | 2 | 70 | 159 |
| CARROT SL MM | 3/4 CUP | 63 | 0.99 | 1.16 | 13.15 | 100 | 327 | 53 | 0 | 0.204 | 5.6 | 6.94 |
| ** 30 | % of Goal : | 6294 | 99 | 116 | 1315 | 10036 | 32659 | 5273 | * | 20 | 561 | 694 |
| **Meal Total:** | Amount: | 617 | 21.6 | 16.37 | 102.36 | 858 | 1455 | 399 | 25 | 4.904 | 14.3 | 48.53 |
| | % of Goal: | 61700 | 2160 | 1637 | 10236 | 85800 | 145500 | 39900 | 2500 | 490 | 1430 | 4853 |

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

Courses selected:Selected All

# Detail Simple List Menu Analysis

Unit : MEALS ON WHEELS
Service Date : Tuesday, October 5, 2027
Meal Period : LUNCH
Customer Count : 400

**676** **Total Calories**
**27.8** *% Calories from Protein*
**45.8** *% Calories from Carbohydrates*
**26.9** *% Calories from Fat*
**6.8** *( %Saturated Fat )*

Report for Nutritional Goal: **Basic Nutrition Information**

| Service Item / Portion Count | Serving Size | KCAL KCAL | PRO GRAM | FAT GRAM | CHO GRAM | NA MG | K MG | P MG | CHOL MG | SFA GRAM | FIBTG GRAM | SUGAR GRAM |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 1 | 1.00 | 1.00 | 1.00 | 1 | 1 | 1 | 1 | 1.000 | 1.0 | 1.00 |
| WHOLE WHEAT S | Serving (2 r | 140 | 5 | 1 | 28 | 60 | 100 | | 0 | 0 | 3 | 0 |
| ** 400 | % of Goal : | 14000 | 500 | 100 | 2800 | 6000 | 10000 | | * | * | 300 | * |
| BKD HERB CHIC | Svg (5.4 Oz | 332 | 32.53 | 14.02 | 17.47 | 677 | 583 | 337 | 98 | 1.54 | 1.2 | 0.76 |
| ** 400 | % of Goal : | 33249 | 3253 | 1402 | 1747 | 67675 | 58288 | 33737 | 9824 | 154 | 121 | 76 |
| APPLESAUCE UN | Svg (4.3 Oz | 55 | 0 | 0 | 14.34 | 0 | 94 | 9 | 0 | 0 | 1.1 | 12.14 |
| ** 400 | % of Goal : | 5517 | * | * | 1434 | * | 9378 | 857 | * | * | 110 | 1214 |
| MILK 2% | Ctn (8 Oz) | 120 | 8 | 5 | 11 | 120 | 349 | 216 | 25 | 3.5 | 0 | 11 |
| ** 400 | % of Goal : | 12000 | 800 | 500 | 1100 | 12000 | 34900 | 21568 | 2500 | 350 | * | 1100 |
| GR BEANS MM | 3/4 CUP | 29 | 1.52 | 0.17 | 6.58 | 1 | 162 | 30 | 0 | 0.045 | 3.1 | 1.92 |
| ** 400 | % of Goal : | 2858 | 152 | 17 | 658 | 102 | 16231 | 2960 | * | 4 | 306 | 192 |
| **Meal Total:** | Amount: | 676 | 47.05 | 20.19 | 77.4 | 858 | 1288 | 591 | 123 | 5.085 | 8.4 | 25.81 |
| | % of Goal: | 67600 | 4705 | 2019 | 7740 | 85800 | 128800 | 59100 | 12300 | 509 | 840 | 2581 |

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

Courses selected:Selected All

# Detail Simple List Menu Analysis

Unit : MEALS ON WHEELS
Service Date : Tuesday, October 5, 2027
Meal Period : DINNER
Customer Count : 360

**616** **Total Calories**
**20.7** *% Calories from Protein*
**46.4** *% Calories from Carbohydrates*
**34.6** *% Calories from Fat*
**16.9** *( %Saturated Fat )*

Report for Nutritional Goal: **Basic Nutrition Information**

| Service Item / Portion Count | Serving Size | KCAL KCAL | PRO GRAM | FAT GRAM | CHO GRAM | NA MG | K MG | P MG | CHOL MG | SFA GRAM | FIBTG GRAM | SUGAR GRAM |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 1 | 1.00 | 1.00 | 1.00 | 1 | 1 | 1 | 1 | 1.000 | 1.0 | 1.00 |
| BABY CT CARRO | Svg (1.6 oz) | 17 | 0.38 | 0.24 | 3.7 | 16 | 127 | 17 | 0 | 0.041 | 0.8 | |
| ** 360 | % of Goal : | 1724 | 38 | 24 | 370 | 1588 | 12655 | 1724 | * | 4 | 82 | |
| TURK/HAM/CHED | Svg (4.1 Oz | 304 | 20.45 | 16.9 | 15.7 | 466 | 99 | 72 | 198 | 7.998 | 0.6 | 0 |
| ** 360 | % of Goal : | 30362 | 2045 | 1690 | 1570 | 46635 | 9940 | 7174 | 19806 | 800 | 60 | * |
| DRESSING RANC | Pkt | 30 | 0 | 2.5 | 2 | 55 | 50 | | 5 | 0 | 0 | 1 |
| 360 | % of Goal : | 3000 | * | 250 | 200 | 5500 | 5000 | | 500 | * | * | 100 |
| RAISIN 1.5 OZ | Box (1.5 Oz | 140 | 2 | 0 | 36 | 10 | 336 | 1 | 0 | 0 | 2 | 29 |
| ** 360 | % of Goal : | 14000 | 200 | * | 3600 | 1000 | 33600 | 80 | * | * | 200 | 2900 |
| MILK 2% | Ctn (8 Oz) | 120 | 8 | 5 | 11 | 120 | 349 | 216 | 25 | 3.5 | 0 | 11 |
| ** 360 | % of Goal : | 12000 | 800 | 500 | 1100 | 12000 | 34900 | 21568 | 2500 | 350 | * | 1100 |
| CRACKERS KEEE | Pkg | 35 | 1 | 1.5 | 5 | 75 | 0 | | 0 | 0 | 0 | 1 |
| ** 720 | % of Goal : | 3500 | 100 | 150 | 500 | 7500 | * | | * | * | * | 100 |
| **Meal Total:** | Amount: | 616 | 31.84 | 23.64 | 71.4 | 687 | 911 | 305 | 223 | 11.538 | 3.4 | 41 |
| | % of Goal: | 61600 | 3184 | 2364 | 7140 | 68700 | 91100 | 30500 | 22300 | 1154 | 340 | 4100 |

'*' 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 : MEALS ON WHEELS
Service Date : Tuesday, October 5, 2027
Meal Period : VEGETARIAN
Customer Count : 30

**527** **Total Calories**
**16.0** *% Calories from Protein*
**62.3** *% Calories from Carbohydrates*
**26.3** *% Calories from Fat*
**8.1** *( %Saturated Fat )*

Report for Nutritional Goal: **Basic Nutrition Information**

| Service Item / Portion Count | Serving Size | KCAL KCAL | PRO GRAM | FAT GRAM | CHO GRAM | NA MG | K MG | P MG | CHOL MG | SFA GRAM | FIBTG GRAM | SUGAR GRAM |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 1 | 1.00 | 1.00 | 1.00 | 1 | 1 | 1 | 1 | 1.000 | 1.0 | 1.00 |
| MAYONNAISE | Pkt | 60 | 0 | 6 | 1 | 60 | 2 | | 0 | 1 | 0 | 1 |
| 30 | % of Goal : | 6000 | * | 600 | 100 | 6000 | 150 | | * | 100 | * | 100 |
| KETCHUP | Pkt | 10 | 0 | 0 | 2 | 90 | 0 | | 0 | 0 | 0 | 2 |
| 30 | % of Goal : | 1000 | * | * | 200 | 9000 | * | | * | * | * | 200 |
| GARDEN BURGEI | Svg (5.2 Oz | 309 | 11 | 10.07 | 47 | 630 | 364 | 114 | 0 | 1.178 | 7 | 5 |
| ** 30 | % of Goal : | 30927 | 1100 | 1007 | 4700 | 63000 | 36400 | 11431 | * | 118 | 700 | 500 |
| APPLESAUCE UN | Svg (4.3 Oz | 55 | 0 | 0 | 14.34 | 0 | 94 | 9 | 0 | 0 | 1.1 | 12.14 |
| ** 30 | % of Goal : | 5517 | * | * | 1434 | * | 9378 | 857 | * | * | 110 | 1214 |
| MILK 2% | Ctn (8 Oz) | 120 | 8 | 5 | 11 | 120 | 349 | 216 | 25 | 3.5 | 0 | 11 |
| ** 30 | % of Goal : | 12000 | 800 | 500 | 1100 | 12000 | 34900 | 21568 | 2500 | 350 | * | 1100 |
| LETTUCE/TOMAT | Svg (2.2 Oz | 14 | 0.61 | 0.15 | 3.21 | 7 | 126 | 16 | 0 | 0.022 | 0.7 | 1.59 |
| ** 30 | % of Goal : | 1426 | 61 | 15 | 321 | 724 | 12574 | 1612 | * | 2 | 70 | 159 |
| GR BEANS MM | 3/4 CUP | 29 | 1.52 | 0.17 | 6.58 | 1 | 162 | 30 | 0 | 0.045 | 3.1 | 1.92 |
| ** 30 | % of Goal : | 2858 | 152 | 17 | 658 | 102 | 16231 | 2960 | * | 4 | 306 | 192 |
| **Meal Total:** | Amount: | 527 | 21.14 | 15.39 | 82.14 | 758 | 1095 | 384 | 25 | 4.745 | 11.9 | 31.64 |
| | % of Goal: | 52700 | 2114 | 1539 | 8214 | 75800 | 109500 | 38400 | 2500 | 475 | 1190 | 3164 |

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

Courses selected:Selected All

# Detail Simple List Menu Analysis

Unit : MEALS ON WHEELS
Service Date : Wednesday, October 6, 2027
Meal Period : LUNCH
Customer Count : 400

**635** **Total Calories**
**18.6** *% Calories from Protein*
**66.5** *% Calories from Carbohydrates*
**19.8** *% Calories from Fat*
**6.8** *( %Saturated Fat )*

Report for Nutritional Goal: **Basic Nutrition Information**

| Service Item / Portion Count | Serving Size | KCAL KCAL | PRO GRAM | FAT GRAM | CHO GRAM | NA MG | K MG | P MG | CHOL MG | SFA GRAM | FIBTG GRAM | SUGAR GRAM |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 1 | 1.00 | 1.00 | 1.00 | 1 | 1 | 1 | 1 | 1.000 | 1.0 | 1.00 |
| WHEAT BREAD | Slice | 70 | 4 | 1 | 14 | 75 | 52 | | 0 | 0 | 3 | 2 |
| ** 400 | % of Goal : | 7000 | 400 | 100 | 1400 | 7500 | 5200 | | * | * | 300 | 200 |
| MARGARINE | Pkt | 20 | 0 | 2.5 | 0 | 30 | 2 | | 0 | 0.5 | 0 | |
| 400 | % of Goal : | 2000 | * | 250 | * | 3000 | 190 | | * | 50 | * | |
| BEEF BROCCOLI | Svg (10 Oz) | 386 | 16.74 | 7.95 | 66.64 | 500 | 427 | 124 | 30 | 1.282 | 3.2 | 34 |
| ** 400 | % of Goal : | 38622 | 1674 | 795 | 6664 | 49993 | 42667 | 12360 | 2966 | 128 | 323 | 3400 |
| MAN ORANGES M | Svg (3.5 Oz | 59 | 0.73 | 0 | 13.91 | 11 | 79 | 10 | 0 | 0 | 0.7 | 16.11 |
| ** 400 | % of Goal : | 5858 | 73 | * | 1391 | 1098 | 7879 | 1010 | * | * | 73 | 1611 |
| MILK 2% | Ctn (8 Oz) | 120 | 8 | 5 | 11 | 120 | 349 | 216 | 25 | 3.5 | 0 | 11 |
| ** 400 | % of Goal : | 12000 | 800 | 500 | 1100 | 12000 | 34900 | 21568 | 2500 | 350 | * | 1100 |
| **Meal Total:** | Amount: | 635 | 29.48 | 13.95 | 105.55 | 706 | 907 | 349 | 55 | 4.782 | 7 | 63.11 |
| | % of Goal: | 63500 | 2948 | 1395 | 10555 | 70600 | 90700 | 34900 | 5500 | 478 | 700 | 6311 |

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

Courses selected:Selected All

# Detail Simple List Menu Analysis

Unit : MEALS ON WHEELS
Service Date : Wednesday, October 6, 2027
Meal Period : DINNER
Customer Count : 360

**681** **Total Calories**
**23.5** *% Calories from Protein*
**51.1** *% Calories from Carbohydrates*
**29.6** *% Calories from Fat*
**9.5** *( %Saturated Fat )*

Report for Nutritional Goal: **Basic Nutrition Information**

| Service Item / Portion Count | Serving Size | KCAL KCAL 1 | PRO GRAM 1.00 | FAT GRAM 1.00 | CHO GRAM 1.00 | NA MG 1 | K MG 1 | P MG 1 | CHOL MG 1 | SFA GRAM 1.000 | FIBTG GRAM 1.0 | SUGAR GRAM 1.00 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| BUN WHEAT 4" | Each | 140 | 7 | 1 | 26 | 190 | 94 | | 0 | 0 | 4 | 3 |
| ** 360 | % of Goal : | 14000 | 700 | 100 | 2600 | 19000 | 9400 | | * | * | 400 | 300 |
| TUNA SLD MIX M | Svg (3.36 O | 111 | 18.12 | 4.04 | 1.38 | 330 | 167 | 2 | 30 | 0.455 | 0.1 | 0.24 |
| ** 360 | % of Goal : | 11124 | 1812 | 404 | 138 | 33013 | 16652 | 229 | 3014 | 45 | 15 | 24 |
| BANANA | Whole | 108 | 1.32 | 0.4 | 27.63 | 1 | 433 | 27 | 0 | 0.136 | 3.1 | 14.79 |
| ** 360 | % of Goal : | 10765 | 132 | 40 | 2763 | 121 | 43302 | 2661 | * | 14 | 314 | 1479 |
| MILK 2% | Ctn (8 Oz) | 120 | 8 | 5 | 11 | 120 | 349 | 216 | 25 | 3.5 | 0 | 11 |
| ** 360 | % of Goal : | 12000 | 800 | 500 | 1100 | 12000 | 34900 | 21568 | 2500 | 350 | * | 1100 |
| CARROT SLD | Svg (1CUP) | 144 | 1.22 | 7.4 | 20.56 | 86 | 301 | 40 | 0 | 0.529 | 2.1 | 16.28 |
| ** 360 | % of Goal : | 14416 | 122 | 740 | 2056 | 8569 | 30105 | 3999 | * | 53 | 214 | 1628 |
| SWISS CHEESE | Svg (.5 Oz) | 56 | 4.05 | 4.56 | 0 | 25 | 10 | | 13 | 2.531 | 0 | 0 |
| ** 360 | % of Goal : | 5569 | 405 | 456 | * | 2531 | 1012 | | 1266 | 253 | * | * |
| LEAF LETTUCE | Svg (.64 Oz | 3 | 0.25 | 0.03 | 0.52 | 5 | 35 | 5 | 0 | 0.004 | 0.2 | 0.14 |
| ** 360 | % of Goal : | 272 | 25 | 3 | 52 | 508 | 3520 | 526 | * | * | 24 | 14 |
| **Meal Total:** | Amount: | 681 | 39.95 | 22.43 | 87.1 | 757 | 1389 | 290 | 68 | 7.154 | 9.7 | 45.46 |
| | % of Goal: | 68100 | 3995 | 2243 | 8710 | 75700 | 138900 | 29000 | 6800 | 715 | 970 | 4546 |

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

Courses selected:Selected All

# Detail Simple List Menu Analysis

Unit : MEALS ON WHEELS
Service Date : Wednesday, October 6, 2027
Meal Period : VEGETARIAN
Customer Count : 30

**579** **Total Calories**
**19.7** *% Calories from Protein*
**49.4** *% Calories from Carbohydrates*
**34.6** *% Calories from Fat*
**14.3** *( %Saturated Fat )*

Report for Nutritional Goal: **Basic Nutrition Information**

| Service Item / Portion Count | Serving Size | KCAL KCAL 1 | PRO GRAM 1.00 | FAT GRAM 1.00 | CHO GRAM 1.00 | NA MG 1 | K MG 1 | P MG 1 | CHOL MG 1 | SFA GRAM 1.000 | FIBTG GRAM 1.0 | SUGAR GRAM 1.00 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| WHEAT BREAD | Slice | 70 | 4 | 1 | 14 | 75 | 52 | | 0 | 0 | 3 | 2 |
| ** 30 | % of Goal : | 7000 | 400 | 100 | 1400 | 7500 | 5200 | | * | * | 300 | 200 |
| MARGARINE | Pkt | 20 | 0 | 2.5 | 0 | 30 | 2 | | 0 | 0.5 | 0 | |
| 30 | % of Goal : | 2000 | * | 250 | * | 3000 | 190 | | * | 50 | * | |
| LENTIL SHEP PIE | Svg (7.8 oz) | 302 | 13.44 | 15.94 | 26.39 | 475 | 585 | 307 | 30 | 5.694 | 6.4 | 4.1 |
| ** 30 | % of Goal : | 30217 | 1344 | 1594 | 2639 | 47527 | 58543 | 30711 | 3037 | 569 | 637 | 410 |
| MAN ORANGES M | Svg (3.5 Oz | 59 | 0.73 | 0 | 13.91 | 11 | 79 | 10 | 0 | 0 | 0.7 | 16.11 |
| ** 30 | % of Goal : | 5858 | 73 | * | 1391 | 1098 | 7879 | 1010 | * | * | 73 | 1611 |
| MILK 2% | Ctn (8 Oz) | 120 | 8 | 5 | 11 | 120 | 349 | 216 | 25 | 3.5 | 0 | 11 |
| ** 30 | % of Goal : | 12000 | 800 | 500 | 1100 | 12000 | 34900 | 21568 | 2500 | 350 | * | 1100 |
| BROC FLORETS M | Svg (3/4 Cu | 28 | 2.27 | 0.28 | 6.24 | 37 | 261 | 59 | 0 | 0 | 2.8 | |
| ** 30 | % of Goal : | 2835 | 227 | 28 | 624 | 3685 | 26082 | 5925 | * | * | 283 | |
| **Meal Total:** | Amount: | 579 | 28.44 | 22.22 | 71.54 | 718 | 1326 | 592 | 55 | 9.194 | 12.9 | 33.21 |
| | % of Goal: | 57900 | 2844 | 2222 | 7154 | 71800 | 132600 | 59200 | 5500 | 919 | 1290 | 3321 |

'*' 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 : MEALS ON WHEELS
Service Date : Thursday, October 7, 2027
Meal Period : LUNCH
Customer Count : 400

**661** **Total Calories**
**22.1** *% Calories from Protein*
**60.0** *% Calories from Carbohydrates*
**20.2** *% Calories from Fat*
**7.0** *( %Saturated Fat )*

Report for Nutritional Goal: **Basic Nutrition Information**

| Service Item / Portion Count | Serving Size | KCAL KCAL | PRO GRAM | FAT GRAM | CHO GRAM | NA MG | K MG | P MG | CHOL MG | SFA GRAM | FIBTG GRAM | SUGAR GRAM |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 1 | 1.00 | 1.00 | 1.00 | 1 | 1 | 1 | 1 | 1.000 | 1.0 | 1.00 |
| ROLL HAWAIIAN | Svg (1.4 Oz | 130 | 4 | 3 | 22 | 190 | 67 | | 0 | 0.5 | 1 | 4 |
| ** 400 | % of Goal : | 13000 | 400 | 300 | 2200 | 19000 | 6700 | | * | 50 | 100 | 400 |
| MARGARINE | Pkt | 20 | 0 | 2.5 | 0 | 30 | 2 | | 0 | 0.5 | 0 | |
| 400 | % of Goal : | 2000 | * | 250 | * | 3000 | 190 | | * | 50 | * | |
| CHICKEN GHALLA | Svg (9.3 oz) | 293 | 24.5 | 6.25 | 36.24 | 160 | 254 | 128 | 0 | 1.003 | 2.7 | 1.78 |
| ** 400 | % of Goal : | 29283 | 2450 | 625 | 3624 | 15962 | 25404 | 12834 | * | 100 | 270 | 178 |
| BAKED APPLE MI | Svg (3.5 Oz | 118 | 0.04 | 0.59 | 29.85 | 1 | 156 | 4 | 0 | 0.119 | 3.4 | 25.51 |
| ** 400 | % of Goal : | 11844 | 4 | 59 | 2985 | 96 | 15613 | 355 | * | 12 | 337 | 2551 |
| MILK 2% | Ctn (8 Oz) | 120 | 8 | 5 | 11 | 120 | 349 | 216 | 25 | 3.5 | 0 | 11 |
| ** 400 | % of Goal : | 12000 | 800 | 500 | 1100 | 12000 | 34900 | 21568 | 2500 | 350 | * | 1100 |
| **Meal Total:** | Amount: | 661 | 36.54 | 14.84 | 99.1 | 471 | 826 | 348 | 25 | 5.122 | 7.1 | 42.29 |
| | % of Goal: | 66100 | 3654 | 1484 | 9910 | 47100 | 82600 | 34800 | 2500 | 512 | 710 | 4229 |

'*' 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 : MEALS ON WHEELS
Service Date : Thursday, October 7, 2027
Meal Period : DINNER
Customer Count : 360

**619** **Total Calories**
**27.7** *% Calories from Protein*
**45.8** *% Calories from Carbohydrates*
**29.7** *% Calories from Fat*
**12.0** *( %Saturated Fat )*

Report for Nutritional Goal: **Basic Nutrition Information**

| Service Item / Portion Count | Serving Size | KCAL KCAL 1 | PRO GRAM 1.00 | FAT GRAM 1.00 | CHO GRAM 1.00 | NA MG 1 | K MG 1 | P MG 1 | CHOL MG 1 | SFA GRAM 1.000 | FIBTG GRAM 1.0 | SUGAR GRAM 1.00 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| PINEAPPLE TIDBI | Each | 60 | 1 | 0 | 15.05 | 0 | 120 | | 0 | 0 | 1 | 14.05 |
| ** 360 | % of Goal : | 6021 | 100 | * | 1505 | * | 12042 | | * | * | 100 | 1405 |
| PINEAPPLE TIDBI | Each | 60 | 1 | 0 | 15.05 | 0 | 120 | | 0 | 0 | 1 | 14.05 |
| ** 360 | % of Goal : | 6021 | 100 | * | 1505 | * | 12042 | | * | * | 100 | 1405 |
| MILK 2% | Ctn (8 Oz) | 120 | 8 | 5 | 11 | 120 | 349 | 216 | 25 | 3.5 | 0 | 11 |
| ** 360 | % of Goal : | 12000 | 800 | 500 | 1100 | 12000 | 34900 | 21568 | 2500 | 350 | * | 1100 |
| BBQ CHICKEN PA | Svg w/chick | 299 | 24.86 | 9.46 | 29.8 | 372 | 635 | 222 | 66 | 1.246 | 4 | 7.68 |
| ** 360 | % of Goal : | 29895 | 2486 | 946 | 2980 | 37171 | 63498 | 22190 | 6551 | 125 | 405 | 768 |
| STRING CHEESE | Stick (1 Oz) | 80 | 8 | 6 | 0 | 200 | 24 | 138 | 15 | 3.5 | 0 | 0 |
| ** 360 | % of Goal : | 8000 | 800 | 600 | * | 20000 | 2400 | 13840 | 1500 | 350 | * | * |
| **Meal Total:** | Amount: | 619 | 42.87 | 20.46 | 70.91 | 692 | 1249 | 576 | 106 | 8.246 | 6.1 | 46.77 |
| | % of Goal: | 61900 | 4287 | 2046 | 7091 | 69200 | 124900 | 57600 | 10600 | 825 | 610 | 4677 |

'*' 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 : MEALS ON WHEELS
Service Date : Thursday, October 7, 2027
Meal Period : VEGETARIAN
Customer Count : 30

**705** **Total Calories**
**16.0** *% Calories from Protein*
**54.5** *% Calories from Carbohydrates*
**31.3** *% Calories from Fat*
**12.5** *( %Saturated Fat )*

Report for Nutritional Goal: **Basic Nutrition Information**

| Service Item / Portion Count | Serving Size | KCAL KCAL | PRO GRAM | FAT GRAM | CHO GRAM | NA MG | K MG | P MG | CHOL MG | SFA GRAM | FIBTG GRAM | SUGAR GRAM |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 1 | 1.00 | 1.00 | 1.00 | 1 | 1 | 1 | 1 | 1.000 | 1.0 | 1.00 |
| ROLL HAWAIIAN | Svg (1.4 Oz | 130 | 4 | 3 | 22 | 190 | 67 | | 0 | 0.5 | 1 | 4 |
| ** 30 | % of Goal : | 13000 | 400 | 300 | 2200 | 19000 | 6700 | | * | 50 | 100 | 400 |
| MARGARINE | Pkt | 20 | 0 | 2.5 | 0 | 30 | 2 | | 0 | 0.5 | 0 | |
| 30 | % of Goal : | 2000 | * | 250 | * | 3000 | 190 | | * | 50 | * | |
| LENTIL SHEP PIE | Svg (7.8 oz) | 302 | 13.44 | 15.94 | 26.39 | 475 | 585 | 307 | 30 | 5.694 | 6.4 | 4.1 |
| ** 30 | % of Goal : | 30217 | 1344 | 1594 | 2639 | 47527 | 58543 | 30711 | 3037 | 569 | 637 | 410 |
| BAKED APPLE MI | Svg (3.5 Oz | 118 | 0.04 | 0.59 | 29.85 | 1 | 156 | 4 | 0 | 0.119 | 3.4 | 25.51 |
| ** 30 | % of Goal : | 11844 | 4 | 59 | 2985 | 96 | 15613 | 355 | * | 12 | 337 | 2551 |
| MILK 2% | Ctn (8 Oz) | 120 | 8 | 5 | 11 | 120 | 349 | 216 | 25 | 3.5 | 0 | 11 |
| ** 30 | % of Goal : | 12000 | 800 | 500 | 1100 | 12000 | 34900 | 21568 | 2500 | 350 | * | 1100 |
| CALIF MIX MM | Svg (3/4 CU | 34 | 2.75 | 0 | 6.87 | 48 | 357 | | 0 | 0 | 2.7 | 2.75 |
| ** 30 | % of Goal : | 3437 | 275 | * | 687 | 4812 | 35749 | | * | * | 275 | 275 |
| **Meal Total:** | Amount: | 705 | 28.23 | 24.53 | 96.11 | 834 | 1515 | 526 | 55 | 9.813 | 13.5 | 47.37 |
| | % of Goal: | 70500 | 2823 | 2453 | 9611 | 83400 | 151500 | 52600 | 5500 | 981 | 1350 | 4737 |

'*' 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 : MEALS ON WHEELS
Service Date : Friday, October 8, 2027
Meal Period : LUNCH
Customer Count : 400

**630** **Total Calories**
**18.9** *% Calories from Protein*
**51.3** *% Calories from Carbohydrates*
**30.8** *% Calories from Fat*
**7.3** *( %Saturated Fat )*

Report for Nutritional Goal: **Basic Nutrition Information**

| Service Item / Portion Count | Serving Size | KCAL KCAL | PRO GRAM | FAT GRAM | CHO GRAM | NA MG | K MG | P MG | CHOL MG | SFA GRAM | FIBTG GRAM | SUGAR GRAM |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 1 | 1.00 | 1.00 | 1.00 | 1 | 1 | 1 | 1 | 1.000 | 1.0 | 1.00 |
| WHOLE WHEAT F | Roll (1.5 oz) | 90 | 3 | 1 | 16 | 150 | 43 | | 0 | 0 | 1 | 2 |
| ** 400 | % of Goal : | 9000 | 300 | 100 | 1600 | 15000 | 4300 | | * | * | 100 | 200 |
| MARGARINE | Pkt | 20 | 0 | 2.5 | 0 | 30 | 2 | | 0 | 0.5 | 0 | |
| 400 | % of Goal : | 2000 | * | 250 | * | 3000 | 190 | | * | 50 | * | |
| TARTAR SAUCE | Pkg (12 Gm | 45 | 0 | 3.5 | 3 | 100 | 4 | | 5 | 0.5 | 0 | 2 |
| 400 | % of Goal : | 4500 | * | 350 | 300 | 10000 | 400 | | 500 | 50 | * | 200 |
| BREADED POLLC | Svg (3.6 Oz | 183 | 11.86 | 7.54 | 17.25 | 248 | 183 | | 38 | 1.078 | 1.1 | 0 |
| ** 400 | % of Goal : | 18323 | 1186 | 754 | 1725 | 24790 | 18323 | | 3772 | 108 | 108 | * |
| PEAR SLICES MM | Svg (3.6 Oz | 58 | 0 | 0 | 13.19 | 0 | 82 | | 0 | 0 | 1.6 | 9.07 |
| ** 400 | % of Goal : | 5772 | * | * | 1319 | * | 8245 | | * | * | 165 | 907 |
| MILK 2% | Ctn (8 Oz) | 120 | 8 | 5 | 11 | 120 | 349 | 216 | 25 | 3.5 | 0 | 11 |
| ** 400 | % of Goal : | 12000 | 800 | 500 | 1100 | 12000 | 34900 | 21568 | 2500 | 350 | * | 1100 |
| COUSCOUS VEG | Svg (3.8 Oz | 151 | 4.68 | 7.71 | 17.11 | 117 | 179 | 40 | 0 | 0.495 | 2.9 | 1.45 |
| ** 400 | % of Goal : | 15053 | 468 | 771 | 1711 | 11686 | 17874 | 4015 | * | 50 | 293 | 145 |
| BROC FLORETS I | Svg (3/4 Cu | 28 | 2.27 | 0.28 | 6.24 | 37 | 261 | 59 | 0 | 0 | 2.8 | |
| ** 400 | % of Goal : | 2835 | 227 | 28 | 624 | 3685 | 26082 | 5925 | * | * | 283 | |
| **Meal Total:** | Amount: | 630 | 29.8 | 21.54 | 80.79 | 672 | 1097 | 315 | 63 | 5.073 | 9.5 | 23.52 |
| | % of Goal: | 63000 | 2980 | 2154 | 8079 | 67200 | 109700 | 31500 | 6300 | 507 | 950 | 2352 |

'*' 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 : MEALS ON WHEELS
Service Date : Friday, October 8, 2027
Meal Period : DINNER
Customer Count : 360

**750** **Total Calories**
**18.3** *% Calories from Protein*
**45.8** *% Calories from Carbohydrates*
**36.5** *% Calories from Fat*
**9.6** *( %Saturated Fat )*

Report for Nutritional Goal: **Basic Nutrition Information**

| Service Item / Portion Count | Serving Size | KCAL KCAL 1 | PRO GRAM 1.00 | FAT GRAM 1.00 | CHO GRAM 1.00 | NA MG 1 | K MG 1 | P MG 1 | CHOL MG 1 | SFA GRAM 1.000 | FIBTG GRAM 1.0 | SUGAR GRAM 1.00 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| GRANOLA INDIVID | Packet | 120 | 3 | 3 | 20 | 70 | 80 | | 0 | 0.5 | | |
| ** 360 | % of Goal : | 12000 | 300 | 300 | 2000 | 7000 | 8000 | | * | 50 | | |
| GRANOLA INDIVID | Packet | 120 | 3 | 3 | 20 | 70 | 80 | | 0 | 0.5 | | |
| ** 360 | % of Goal : | 12000 | 300 | 300 | 2000 | 7000 | 8000 | | * | 50 | | |
| PEACH DICED IN | Svg (4 Oz) | 80 | 1 | 0 | 19 | 5 | 90 | | 0 | 0 | 1 | 18 |
| ** 360 | % of Goal : | 8000 | 100 | * | 1900 | 500 | 9000 | | * | * | 100 | 1800 |
| COTTAGE CHEES | Each (4oz) | 90 | 11.94 | 2.49 | 4.97 | 487 | 159 | | 15 | 1.492 | 0 | 4.97 |
| ** 360 | % of Goal : | 8952 | 1194 | 249 | 497 | 48741 | 15916 | | 1492 | 149 | * | 497 |
| DRESSING RANC | Pkt | 30 | 0 | 2.5 | 2 | 55 | 50 | | 5 | 0 | 0 | 1 |
| ** 360 | % of Goal : | 3000 | * | 250 | 200 | 5500 | 5000 | | 500 | * | * | 100 |
| MILK 2% | Ctn (8 Oz) | 120 | 8 | 5 | 11 | 120 | 349 | 216 | 25 | 3.5 | 0 | 11 |
| ** 360 | % of Goal : | 12000 | 800 | 500 | 1100 | 12000 | 34900 | 21568 | 2500 | 350 | * | 1100 |
| BABY CT CARRO | Svg (1.6 oz) | 17 | 0.38 | 0.24 | 3.7 | 16 | 127 | 17 | 0 | 0.041 | 0.8 | |
| ** 360 | % of Goal : | 1724 | 38 | 24 | 370 | 1588 | 12655 | 1724 | * | 4 | 82 | |
| Planters Salted | Pkg | 173 | 7.09 | 14.17 | 5.1 | 102 | 192 | | 0 | 1.985 | 2 | 1.13 |
| ** 360 | % of Goal : | 17293 | 709 | 1417 | 510 | 10206 | 19249 | | * | 198 | 198 | 113 |
| **Meal Total:** | Amount: | 750 | 34.41 | 30.4 | 85.78 | 925 | 1127 | 233 | 45 | 8.017 | 3.8 | 36.11 |
| | % of Goal: | 75000 | 3441 | 3040 | 8578 | 92500 | 112700 | 23300 | 4500 | 802 | 380 | 3611 |

'*' 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 : MEALS ON WHEELS
Service Date : Friday, October 8, 2027
Meal Period : VEGETARIAN
Customer Count : 30

**578** **Total Calories**
**17.5** *% Calories from Protein*
**41.0** *% Calories from Carbohydrates*
**39.0** *% Calories from Fat*
**15.2** *( %Saturated Fat )*

Report for Nutritional Goal: **Basic Nutrition Information**

| Service Item / Portion Count | Serving Size | KCAL KCAL | PRO GRAM | FAT GRAM | CHO GRAM | NA MG | K MG | P MG | CHOL MG | SFA GRAM | FIBTG GRAM | SUGAR GRAM |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 1 | 1.00 | 1.00 | 1.00 | 1 | 1 | 1 | 1 | 1.000 | 1.0 | 1.00 |
| WHOLE WHEAT F | Roll (1.5 oz) | 90 | 3 | 1 | 16 | 150 | 43 | | 0 | 0 | 1 | 2 |
| ** 30 | % of Goal : | 9000 | 300 | 100 | 1600 | 15000 | 4300 | | * | * | 100 | 200 |
| MARGARINE | Pkt | 20 | 0 | 2.5 | 0 | 30 | 2 | | 0 | 0.5 | 0 | |
| 30 | % of Goal : | 2000 | * | 250 | * | 3000 | 190 | | * | 50 | * | |
| TATER TOT SCRA | Svg (5.3 Oz | 282 | 11.99 | 18.75 | 12.88 | 491 | 297 | 246 | 320 | 6.281 | 0.8 | 0.77 |
| ** 30 | % of Goal : | 28200 | 1199 | 1875 | 1288 | 49073 | 29734 | 24636 | 31958 | 628 | 77 | 77 |
| PEAR SLICES MM | Svg (3.6 Oz | 58 | 0 | 0 | 13.19 | 0 | 82 | | 0 | 0 | 1.6 | 9.07 |
| ** 30 | % of Goal : | 5772 | * | * | 1319 | * | 8245 | | * | * | 165 | 907 |
| MILK 2% | Ctn (8 Oz) | 120 | 8 | 5 | 11 | 120 | 349 | 216 | 25 | 3.5 | 0 | 11 |
| ** 30 | % of Goal : | 12000 | 800 | 500 | 1100 | 12000 | 34900 | 21568 | 2500 | 350 | * | 1100 |
| BROC FLORETS I | Svg (3/4 Cu | 28 | 2.27 | 0.28 | 6.24 | 37 | 261 | 59 | 0 | 0 | 2.8 | |
| ** 30 | % of Goal : | 2835 | 227 | 28 | 624 | 3685 | 26082 | 5925 | * | * | 283 | |
| **Meal Total:** | Amount: | 578 | 25.26 | 25.03 | 59.31 | 798 | 1033 | 521 | 345 | 9.781 | 6.3 | 22.84 |
| | % of Goal: | 57800 | 2526 | 2503 | 5931 | 79800 | 103300 | 52100 | 34500 | 978 | 630 | 2284 |

'*' 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 : MEALS ON WHEELS
Service Date : Saturday, October 9, 2027
Meal Period : LUNCH
Customer Count : 135

**611** **Total Calories**
**18.8** *% Calories from Protein*
**51.0** *% Calories from Carbohydrates*
**30.5** *% Calories from Fat*
**14.8** *( %Saturated Fat )*

Report for Nutritional Goal: **Basic Nutrition Information**

| Service Item / Portion Count | Serving Size | KCAL KCAL | PRO GRAM | FAT GRAM | CHO GRAM | NA MG | K MG | P MG | CHOL MG | SFA GRAM | FIBTG GRAM | SUGAR GRAM |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 1 | 1.00 | 1.00 | 1.00 | 1 | 1 | 1 | 1 | 1.000 | 1.0 | 1.00 |
| KETCHUP | Pkt | 10 | 0 | 0 | 2 | 90 | 0 | | 0 | 0 | 0 | 2 |
| 135 | % of Goal : | 1000 | * | * | 200 | 9000 | * | | * | * | * | 200 |
| MUSTARD | Pkt | 5 | 0 | 0 | 0 | 85 | 10 | 5 | 0 | 0 | 0 | 0 |
| 135 | % of Goal : | 500 | * | * | * | 8500 | 1000 | 500 | * | * | * | * |
| HAMBURGER Wh | Svg (4.3 oz) | 300 | 18 | 13 | 27 | 400 | 94 | | 30 | 5 | 5 | 3 |
| ** 135 | % of Goal : | 30000 | 1800 | 1300 | 2700 | 40000 | 9400 | | 3000 | 500 | 500 | 300 |
| PINEAPPLE CHUI | Svg (3 OZ) | 55 | 0 | 0 | 12.32 | 7 | | | 0 | 0 | 1.4 | 12.32 |
| ** 135 | % of Goal : | 5475 | * | * | 1232 | 684 | | | * | * | 137 | 1232 |
| MILK 2% | Ctn (8 Oz) | 120 | 8 | 5 | 11 | 120 | 349 | 216 | 25 | 3.5 | 0 | 11 |
| ** 135 | % of Goal : | 12000 | 800 | 500 | 1100 | 12000 | 34900 | 21568 | 2500 | 350 | * | 1100 |
| LETTUCE/TOMAT | Svg (2.2 Oz | 14 | 0.61 | 0.15 | 3.21 | 7 | 126 | 16 | 0 | 0.022 | 0.7 | 1.59 |
| ** 135 | % of Goal : | 1426 | 61 | 15 | 321 | 724 | 12574 | 1612 | * | 2 | 70 | 159 |
| SWEET POTATO I | Svg (4.4 Oz | 122 | 2.03 | 2.53 | 24.31 | 203 | 284 | | 5 | 1.519 | 3 | 10.13 |
| ** 135 | % of Goal : | 12154 | 203 | 253 | 2431 | 20256 | 28359 | | 506 | 152 | 304 | 1013 |
| **Meal Total:** | Amount: | 611 | 28.64 | 20.68 | 77.84 | 737 | 852 | 232 | 60 | 10.041 | 10.1 | 38.03 |
| | % of Goal: | 61100 | 2864 | 2068 | 7784 | 73700 | 85200 | 23200 | 6000 | 1004 | 1010 | 3803 |

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

Courses selected:Selected All

# Detail Simple List Menu Analysis

Unit : MEALS ON WHEELS
Service Date : Saturday, October 9, 2027
Meal Period : DINNER
Customer Count : 110

**570** **Total Calories**
**17.3** *% Calories from Protein*
**43.8** *% Calories from Carbohydrates*
**43.7** *% Calories from Fat*
**16.6** *( %Saturated Fat )*

Report for Nutritional Goal: **Basic Nutrition Information**

| Service Item / Portion Count | Serving Size | KCAL KCAL 1 | PRO GRAM 1.00 | FAT GRAM 1.00 | CHO GRAM 1.00 | NA MG 1 | K MG 1 | P MG 1 | CHOL MG 1 | SFA GRAM 1.000 | FIBTG GRAM 1.0 | SUGAR GRAM 1.00 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| QUINOA SALAD P | Plate (8.3 O | 390 | 15.66 | 22.62 | 36.44 | 1078 | 260 | 168 | 24 | 6.978 | 6.8 | 4.48 |
| ** 110 | % of Goal : | 38954 | 1566 | 2262 | 3644 | 107832 | 26016 | 16814 | 2358 | 698 | 683 | 448 |
| PAPAYA & MANGO | Each | 60 | 1 | 0 | 15 | 5 | 140 | | 0 | 0 | 1 | 13 |
| ** 110 | % of Goal : | 6000 | 100 | * | 1500 | 500 | 14000 | | * | * | 100 | 1300 |
| MILK 2% | Ctn (8 Oz) | 120 | 8 | 5 | 11 | 120 | 349 | 216 | 25 | 3.5 | 0 | 11 |
| ** 110 | % of Goal : | 12000 | 800 | 500 | 1100 | 12000 | 34900 | 21568 | 2500 | 350 | * | 1100 |
| **Meal Total:** | Amount: | 570 | 24.66 | 27.62 | 62.44 | 1203 | 749 | 384 | 49 | 10.478 | 7.8 | 28.49 |
| | % of Goal: | 57000 | 2466 | 2762 | 6244 | 120300 | 74900 | 38400 | 4900 | 1048 | 780 | 2849 |

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

Courses selected:Selected All

# Detail Simple List Menu Analysis

Unit : MEALS ON WHEELS
Service Date : Saturday, October 9, 2027
Meal Period : VEGETARIAN
Customer Count : 30

**614** **Total Calories**
**16.5** *% Calories from Protein*
**44.2** *% Calories from Carbohydrates*
**36.6** *% Calories from Fat*
**14.4** *( %Saturated Fat )*

Report for Nutritional Goal: **Basic Nutrition Information**

| Service Item / Portion Count | Serving Size | KCAL KCAL | PRO GRAM | FAT GRAM | CHO GRAM | NA MG | K MG | P MG | CHOL MG | SFA GRAM | FIBTG GRAM | SUGAR GRAM |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 1 | 1.00 | 1.00 | 1.00 | 1 | 1 | 1 | 1 | 1.000 | 1.0 | 1.00 |
| WHOLE WHEAT S | Serving (2 r | 140 | 5 | 1 | 28 | 60 | 100 | | 0 | 0 | 3 | 0 |
| ** 30 | % of Goal : | 14000 | 500 | 100 | 2800 | 6000 | 10000 | | * | * | 300 | * |
| DRESSING RANC | Pkt | 30 | 0 | 2.5 | 2 | 55 | 50 | | 5 | 0 | 0 | 1 |
| 30 | % of Goal : | 3000 | * | 250 | 200 | 5500 | 5000 | | 500 | * | * | 100 |
| TATER TOT SCRA | Svg (5.3 Oz | 282 | 11.99 | 18.75 | 12.88 | 491 | 297 | 246 | 320 | 6.281 | 0.8 | 0.77 |
| ** 30 | % of Goal : | 28200 | 1199 | 1875 | 1288 | 49073 | 29734 | 24636 | 31958 | 628 | 77 | 77 |
| PINEAPPLE CHUI | Svg (3 OZ) | 55 | 0 | 0 | 12.32 | 7 | | | 0 | 0 | 1.4 | 12.32 |
| ** 30 | % of Goal : | 5475 | * | * | 1232 | 684 | | | * | * | 137 | 1232 |
| MILK 2% | Ctn (8 Oz) | 120 | 8 | 5 | 11 | 120 | 349 | 216 | 25 | 3.5 | 0 | 11 |
| ** 30 | % of Goal : | 12000 | 800 | 500 | 1100 | 12000 | 34900 | 21568 | 2500 | 350 | * | 1100 |
| BABY CT CARRO | Svg (1.6 oz) | 17 | 0.38 | 0.24 | 3.7 | 16 | 127 | 17 | 0 | 0.041 | 0.8 | |
| ** 30 | % of Goal : | 1724 | 38 | 24 | 370 | 1588 | 12655 | 1724 | * | 4 | 82 | |
| **Meal Total:** | Amount: | 614 | 25.37 | 24.99 | 67.9 | 693 | 873 | 479 | 345 | 9.822 | 6 | 24.09 |
| | % of Goal: | 61400 | 2537 | 2499 | 6790 | 69300 | 87300 | 47900 | 34500 | 982 | 600 | 2409 |

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

Courses selected:Selected All

# Detail Simple List Menu Analysis

Unit : MEALS ON WHEELS
Service Date : Sunday, October 10, 2027
Meal Period : LUNCH
Customer Count : 110

**799** **Total Calories**
**19.1** *% Calories from Protein*
**46.9** *% Calories from Carbohydrates*
**38.1** *% Calories from Fat*
**10.1** *( %Saturated Fat )*

Report for Nutritional Goal: **Basic Nutrition Information**

| Service Item / Portion Count | Serving Size | KCAL KCAL | PRO GRAM | FAT GRAM | CHO GRAM | NA MG | K MG | P MG | CHOL MG | SFA GRAM | FIBTG GRAM | SUGAR GRAM |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 1 | 1.00 | 1.00 | 1.00 | 1 | 1 | 1 | 1 | 1.000 | 1.0 | 1.00 |
| WHOLE GRAIN CI | EACH | 170 | 5 | 5 | 29 | 300 | 105 | | 0 | 2 | 2 | 3 |
| ** 110 | % of Goal : | 17000 | 500 | 500 | 2900 | 30000 | 10500 | | * | 200 | 200 | 300 |
| SIG SALAD W/ CH | Svg (12.6oz | 373 | 24.19 | 22.79 | 19.88 | 550 | 724 | 227 | 62 | 3.451 | 5.5 | 9.17 |
| ** 110 | % of Goal : | 37321 | 2419 | 2279 | 1988 | 55001 | 72363 | 22732 | 6191 | 345 | 550 | 917 |
| CROUTONS IND P | Pkt (.25 oz) | 30 | 1 | 1 | 5 | 95 | 13 | 10 | 0 | 0 | 0 | 1 |
| ** 110 | % of Goal : | 3000 | 100 | 100 | 500 | 9500 | 1267 | 980 | * | * | * | 100 |
| SEASONAL APPLI | Each | 106 | 0 | 0 | 28.73 | 0 | 227 | 15 | 0 | 0 | 4.5 | 21.17 |
| ** 110 | % of Goal : | 10584 | * | * | 2873 | * | 22680 | 1512 | * | * | 454 | 2117 |
| MILK 2% | Ctn (8 Oz) | 120 | 8 | 5 | 11 | 120 | 349 | 216 | 25 | 3.5 | 0 | 11 |
| ** 110 | % of Goal : | 12000 | 800 | 500 | 1100 | 12000 | 34900 | 21568 | 2500 | 350 | * | 1100 |
| **Meal Total:** | Amount: | 799 | 38.19 | 33.79 | 93.61 | 1065 | 1417 | 468 | 87 | 8.95 | 12 | 45.34 |
| | % of Goal: | 79900 | 3819 | 3379 | 9361 | 106500 | 141700 | 46800 | 8700 | 895 | 1200 | 4534 |

'*' 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