Detail Simple List Menu Analysis

Unit : MEALS ON WHEELS
Service Date : Monday, October 11, 2027
Meal Period : LUNCH
Customer Count : 400

816 **Total Calories**
16.5 *% Calories from Protein*
61.9 *% Calories from Carbohydrates*
21.4 *% Calories from Fat*
4.8 *(%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
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	*	
CHICKPEA CURR	Svg (13 oz)	423	18.76	11.38	67.67	465	875	302	0	0.341	11.6	6.02
** 400	% of Goal :	42271	1876	1138	6767	46490	87479	30214	*	34	1156	602
PINEAPPLE CHU	Svg (3 OZ)	55	0	0	12.32	7			0	0	1.4	12.32
** 400	% of Goal :	5475	*	*	1232	684			*	*	137	1232
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
PEAS AND CARR	Svg (3/4 CU	89	2.96	0	13.31	44	258	80	0	0	4.4	5.92
** 400	% of Goal :	8873	296	*	1331	4437	25822	7986	*	*	444	592
Meal Total:	Amount:	816	33.72	19.38	126.3	826	1549	598	25	4.341	18.4	39.25
	% of Goal:	81600	3372	1938	12630	82600	154900	59800	2500	434	1840	3925

'*' 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 11, 2027
Meal Period : DINNER
Customer Count : 360

559 **Total Calories**
12.8 *% Calories from Protein*
71.1 *% Calories from Carbohydrates*
18.0 *% Calories from Fat*
8.2 *(%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
ITAL DRESS IND	Pkt	10	0	0	2	55	60		0	0	0	2
360	% of Goal :	1000	*	*	200	5500	6000		*	*	*	200
ROTINI AND CHEI	Svg (1 CUP	120	3.5	2.67	21.63	489	160	0	6	1.112	2.1	3.63
** 360	% of Goal :	12036	350	267	2163	48907	15950	*	556	111	209	363
SEEDLESS GRAP	Packet	110	1	0	28	0	290		0	0	1	24
** 360	% of Goal :	11000	100	*	2800	*	29000		*	*	100	2400
Apple Jce Box	Ctn	60	0	0	15	5	120	7	0	0	0	15
** 360	% of Goal :	6000	*	*	1500	500	12000	709	*	*	*	1500
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
TOSSED GREE	Svg (2 CUP	48	3.35	0	9.75	39	504	7	0	0	3.4	3.59
** 360	% of Goal :	4842	335	*	975	3917	50404	733	*	*	341	359
CRACKERS GOLI	Pkg	100	2	3.5	14	170	60		0	0.5	1	0
** 360	% of Goal :	10000	200	350	1400	17000	6000		*	50	100	*
Meal Total:	Amount:	559	17.84	11.17	99.38	823	1483	230	31	5.111	7.5	57.22
	% of Goal:	55900	1784	1117	9938	82300	148300	23000	3100	511	750	5722

'*' 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 11, 2027
Meal Period : VEGETARIAN
Customer Count : 30

641 **Total Calories**
17.2 *% Calories from Protein*
59.7 *% Calories from Carbohydrates*
24.0 *% Calories from Fat*
6.3 *(%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
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	*	
STIR FRY VEGET/	Svg (12.8 O	336	15.57	9.12	50.3	460	670	257	0	0.507	8.8	12.62
** 30	% of Goal :	33611	1557	912	5030	46030	67044	25748	*	51	878	1262
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
Meal Total:	Amount:	641	27.57	17.12	95.62	777	1086	473	25	4.507	11.2	39.94
	% of Goal:	64100	2757	1712	9562	77700	108600	47300	2500	451	1120	3994

'*' 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 12, 2027
Meal Period : LUNCH
Customer Count : 400

658 **Total Calories**
23.7 *% Calories from Protein*
44.2 *% Calories from Carbohydrates*
32.0 *% Calories from Fat*
14.1 *(%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 WHEAT F	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
MARGARINE	Pkt	20	0	2.5	0	30	2		0	0.5	0	
400	% of Goal :	2000	*	250	*	3000	190		*	50	*	
CHX BROC CASS	Svg (8.3 Oz	361	25.69	17.22	25.2	811	328	187	53	6.758	1.9	0.64
** 200	% of Goal :	36118	2569	1722	2520	81054	32797	18680	5273	676	195	64
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
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:	658	38.95	23.39	72.7	1093	961	442	78	10.303	6.7	31.67
	% of Goal:	65800	3895	2339	7270	109300	96100	44200	7800	1030	670	3167

'*' 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 12, 2027
Meal Period : DINNER
Customer Count : 360

578 **Total Calories**
20.1 *% Calories from Protein*
42.9 *% Calories from Carbohydrates*
39.0 *% Calories from Fat*
17.9 *(%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
TROPICAL FRUIT	Each	60	1	0	15	5	110		0	0	1	13
** 360	% of Goal :	6000	100	*	1500	500	11000		*	*	100	1300
TROPICAL FRUIT	Each	60	1	0	15	5	110		0	0	1	13
** 360	% of Goal :	6000	100	*	1500	500	11000		*	*	100	1300
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
TURKEY CLUB PA	Svg (6.482c	338	19.11	20.05	21.01	760	241	18	67	7.979	3.4	1.67
** 360	% of Goal :	33793	1911	2005	2101	75997	24140	1761	6724	798	336	167
Meal Total:	Amount:	578	29.11	25.05	62.01	890	810	233	92	11.479	5.4	38.67
	% of Goal:	57800	2911	2505	6201	89000	81000	23300	9200	1148	540	3867

'*' 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 12, 2027
Meal Period : VEGETARIAN
Customer Count : 30

605 **Total Calories**
18.1 *% Calories from Protein*
60.3 *% Calories from Carbohydrates*
22.5 *% Calories from Fat*
6.0 *(%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
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	*	
STIR FRY VEGET	Svg (12.8 O	336	15.57	9.12	50.3	460	670	257	0	0.507	8.8	12.62
** 30	% of Goal :	33611	1557	912	5030	46030	67044	25748	*	51	878	1262
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
Meal Total:	Amount:	605	27.31	15.12	91.22	741	1141	483	25	4.007	10.5	41.73
	% of Goal:	60500	2731	1512	9122	74100	114100	48300	2500	401	1050	4173

'*' 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 13, 2027
Meal Period : LUNCH
Customer Count : 400

601 **Total Calories**
21.4 *% Calories from Protein*
60.0 *% Calories from Carbohydrates*
22.9 *% Calories from Fat*
10.7 *(%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
COTT CHES MM	Svg (2.5 Oz	69	8.15	2.82	3.14	270	94		16	1.882	0	1.88
** 400	% of Goal :	6899	815	282	314	26970	9408		1568	188	*	188
MARGARINE	Pkt	20	0	2.5	0	30	2		0	0.5	0	
400	% of Goal :	2000	*	250	*	3000	190		*	50	*	
MUSHROOM RAV	Svg (8.4 Oz	253	9.25	6.45	42.37	682	431	0	21	1.768	3.6	7.95
** 400	% of Goal :	25295	925	645	4237	68233	43109	*	2121	177	359	795
FRUIT COCKTAIL	Svg (4 Oz)	55	0	0	12.8	5	134		0	0	0.9	10.06
** 400	% of Goal :	5488	*	*	1280	457	13445		*	*	91	1006
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
CALIF MIX MM	Svg (3/4 CU	34	2.75	0	6.87	48	357		0	0	2.7	2.75
** 400	% of Goal :	3437	275	*	687	4812	35749		*	*	275	275
Meal Total:	Amount:	601	32.15	15.27	90.19	1200	1418	216	62	7.149	10.3	35.64
	% of Goal:	60100	3215	1527	9019	120000	141800	21600	6200	715	1030	3564

'*' 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 13, 2027
Meal Period : DINNER
Customer Count : 360

525 **Total Calories**
22.1 *% Calories from Protein*
51.9 *% Calories from Carbohydrates*
26.4 *% Calories from Fat*
9.7 *(%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
WHOLE GRAIN B/	Whole	150	6	1	30	290	130		0	0	4	5
** 360	% of Goal :	15000	600	100	3000	29000	13000		*	*	400	500
LT CR CHEESE	Pkg	60	3	5	2	110	30		20	3	0	2
360	% of Goal :	6000	300	500	200	11000	3000		2000	300	*	200
SALBOXMM	Svg (6.5oz)	165	14.98	9.39	5.13	45	474	194	38	2.129	1.2	3.15
** 360	% of Goal :	16531	1498	939	513	4523	47377	19387	3757	213	123	315
Apple Slices	Bag (2 oz)	30	0	0	7	0	61	6	0	0	2	2
** 360	% of Goal :	3000	*	*	700	*	6067	624	*	*	200	200
Apple Jce Box	Ctn	60	0	0	15	5	120	7	0	0	0	15
** 360	% of Goal :	6000	*	*	1500	500	12000	709	*	*	*	1500
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
Meal Total:	Amount:	525	28.98	15.39	68.13	460	1134	423	63	5.629	7.2	36.15
	% of Goal:	52500	2898	1539	6813	46000	113400	42300	6300	563	720	3615

'*' 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 : Wednesday, October 13, 2027
Meal Period : VEGETARIAN
Customer Count : 30

588 **Total Calories**
17.0 *% Calories from Protein*
64.0 *% Calories from Carbohydrates*
21.2 *% Calories from Fat*
6.3 *(%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
TOSTITOS TORTI	Svg (1oz)	142	2.03	6.07	19.24	106	40		0	0.506	0.2	0
** 30	% of Goal :	14175	203	607	1924	10631	4050		*	51	20	*
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	*	
FRUIT COCKTAIL	Svg (4 Oz)	55	0	0	12.8	5	134		0	0	0.9	10.06
** 30	% of Goal :	5488	*	*	1280	457	13445		*	*	91	1006
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
THREE BEAN CHI	Svg (10oz)	167	8.14	1.8	30.19	753	723	102	0	0.096	6.9	7.47
** 30	% of Goal :	16675	814	180	3019	75289	72270	10176	*	10	687	747
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:	588	24.92	13.87	94.11	1107	1656	318	25	4.102	13.7	33.28
	% of Goal:	58800	2492	1387	9411	110700	165600	31800	2500	410	1370	3328

'*' 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 14, 2027
Meal Period : LUNCH
Customer Count : 400

925 **Total Calories**
22.0 *% Calories from Protein*
62.6 *% Calories from Carbohydrates*
16.4 *% Calories from Fat*
6.2 *(%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
CORNBREAD MM	Svg (1.4 Oz	110	2.27	2.4	20.35	131	44	32	22	0.665	0.4	7.22
** 400	% of Goal :	11007	227	240	2035	13143	4436	3192	2166	66	44	722
SCE BBQ PKT	Pkt	20	0	0	5	105	21		0	0	0	4
400	% of Goal :	2000	*	*	500	10500	2100		*	*	*	400
CAROLINA PULLE	Svg (3 Oz)	116	13.1	5.77	2.82	50	231	128	42	0.637	0.2	1.96
** 400	% of Goal :	11582	1310	577	282	4998	23101	12790	4233	64	16	196
PEAR SLICES MM	Svg (1/2 cu	64	0	0	14.52	0	91		0	0	1.8	9.99
** 400	% of Goal :	6354	*	*	1452	*	9078		*	*	182	999
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
SWEET POTATO I	Svg (4.4 Oz	122	2.03	2.53	24.31	203	284		5	1.519	3	10.13
** 400	% of Goal :	12154	203	253	2431	20256	28359		506	152	304	1013
BLACK BEANS SU	Svg (1/2 Cu	394	25.5	1.16	71.87	0	329	408	0	0	18.5	2.32
** 400	% of Goal :	39412	2550	116	7187	*	32921	40803	*	*	1855	232
Meal Total:	Amount:	925	50.9	16.86	144.87	504	1328	784	94	6.321	24	42.61
	% of Goal:	92500	5090	1686	14487	50400	132800	78400	9400	632	2400	4261

'*' 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 : Thursday, October 14, 2027
Meal Period : DINNER
Customer Count : 360

686 **Total Calories**
24.7 *% Calories from Protein*
53.2 *% Calories from Carbohydrates*
25.3 *% Calories from Fat*
7.2 *(%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
CHICKEN SALAD	Svg (4 Oz)	154	20.33	6.56	3.31	240	211	7	42	0.774	0.5	0.63
** 360	% of Goal :	15353	2033	656	331	24025	21086	731	4237	77	45	63
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
QUINOA GAR SLD	Svg (3.9 Oz	129	4.7	6.71	14.27	117	171	49	4	1.212	2.3	3.3
** 360	% of Goal :	12932	470	671	1427	11671	17110	4869	370	121	232	330
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:	686	42.28	19.3	91.1	682	1196	278	71	5.489	9	47.07
	% of Goal:	68600	4228	1930	9110	68200	119600	27800	7100	549	900	4707

'*' 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 : Thursday, October 14, 2027
Meal Period : VEGETARIAN
Customer Count : 30

542 **Total Calories**
16.4 *% Calories from Protein*
69.4 *% Calories from Carbohydrates*
17.2 *% Calories from Fat*
8.5 *(%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
WHEAT BREAD	Slice	70	4	1	14	75	52		0	0	3	2
** 30	% of Goal :	7000	400	100	1400	7500	5200		*	*	300	200
PEAR SLICES MM	Svg (1/2 cu	64	0	0	14.52	0	91		0	0	1.8	9.99
** 30	% of Goal :	6354	*	*	1452	*	9078		*	*	182	999
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
SWEET POTATO I	Svg (4.4 Oz	122	2.03	2.53	24.31	203	284		5	1.519	3	10.13
** 30	% of Goal :	12154	203	253	2431	20256	28359		506	152	304	1013
THREE BEAN CHI	Svg (10oz)	167	8.14	1.8	30.19	753	723	102	0	0.096	6.9	7.47
** 30	% of Goal :	16675	814	180	3019	75289	72270	10176	*	10	687	747
Meal Total:	Amount:	542	22.17	10.33	94.02	1151	1498	318	30	5.115	14.7	40.58
	% of Goal:	54200	2217	1033	9402	115100	149800	31800	3000	512	1470	4058

'*' 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 15, 2027
Meal Period : LUNCH
Customer Count : 400

610 **Total Calories**
20.2 *% Calories from Protein*
49.0 *% Calories from Carbohydrates*
28.5 *% Calories from Fat*
7.9 *(%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
CHERRY APPLES	4.5oz (Ind)	50	0	0	13.95	0	95		0	0	1	11.96
** 400	% of Goal :	4983	*	*	1395	*	9468		*	*	100	1196
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	*	
BAKED HADD	Svg (3 Oz)	115	15.08	5.67	0.48	56	234	181	43	0.817	0.1	0.03
** 400	% of Goal :	11522	1508	567	48	5563	23417	18113	4341	82	14	3
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
POTATO WED	1/2 Cup (2.4	107	0.78	5.68	14	40	210	0	0	0.559	0.8	0
** 400	% of Goal :	10659	78	568	1400	3975	20956	5	*	56	78	*
PEAS AND CARR	Svg (3/4 CU	89	2.96	0	13.31	44	258	80	0	0	4.4	5.92
** 400	% of Goal :	8873	296	*	1331	4437	25822	7986	*	*	444	592
Meal Total:	Amount:	610	30.81	19.35	74.74	450	1213	477	68	5.376	7.4	32.9
	% of Goal:	61000	3081	1935	7474	45000	121300	47700	6800	538	740	3290

'*' 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 : Friday, October 15, 2027
Meal Period : DINNER
Customer Count : 360

618 **Total Calories**
15.7 *% Calories from Protein*
57.9 *% Calories from Carbohydrates*
27.5 *% 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
PANCAKE MAPLE	Svg (3 oz)	210	4	6	35	320	150		10	1	4	10.99
** 360	% of Goal :	21000	400	600	3500	32000	15000		1000	100	400	1099
CHICKEN SAUSA	Patty (1.5 O	90	9	5	1	250	180		35	1.5	0	0
** 360	% of Goal :	9000	900	500	100	25000	18000		3500	150	*	*
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
POTATOES O'BRI	Svg (2 Oz)	90	1.89	2.48	14.69	184	383	5	0	0.412	2	1.39
** 360	% of Goal :	9001	189	248	1469	18417	38252	461	*	41	201	139
Meal Total:	Amount:	618	24.21	18.88	89.32	875	1495	247	70	6.548	9.2	38.17
	% of Goal:	61800	2421	1888	8932	87500	149500	24700	7000	655	920	3817

'*' 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 15, 2027
Meal Period : VEGETARIAN
Customer Count : 30

708 **Total Calories**
16.4 *% Calories from Protein*
50.3 *% Calories from Carbohydrates*
36.0 *% Calories from Fat*
16.1 *(%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
CHERRY APPLES	4.5oz (Ind)	50	0	0	13.95	0	95		0	0	1	11.96
** 30	% of Goal :	4983	*	*	1395	*	9468		*	*	100	1196
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
COTT CHES MM	Svg (2.5 Oz	69	8.15	2.82	3.14	270	94		16	1.882	0	1.88
** 30	% of Goal :	6899	815	282	314	26970	9408		1568	188	*	188
MARGARINE	Pkt	20	0	2.5	0	30	2		0	0.5	0	
30	% of Goal :	2000	*	250	*	3000	190		*	50	*	
BROC/CHEESE/M	Svg (6.3 Oz	277	7.95	16.32	25.75	768	204	207	15	6.558	2.3	0.56
** 30	% of Goal :	27654	795	1632	2575	76774	20435	20706	1510	656	229	56
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
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:	708	29.09	28.3	88.99	1448	1136	476	56	12.643	9.9	36.34
	% of Goal:	70800	2909	2830	8899	144800	113600	47600	5600	1264	990	3634

'*' 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 16, 2027
Meal Period : LUNCH
Customer Count : 135

568 **Total Calories**
25.7 *% Calories from Protein*
51.8 *% Calories from Carbohydrates*
20.0 *% Calories from Fat*
7.4 *(%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 F	Roll (1.5 oz)	90	3	1	16	150	43		0	0	1	2
** 135	% of Goal :	9000	300	100	1600	15000	4300		*	*	100	200
MARGARINE	Pkt	20	0	2.5	0	30	2		0	0.5	0	
135	% of Goal :	2000	*	250	*	3000	190		*	50	*	
STIR FRY CHICKE	Svg (10.2 o	303	25.51	6.63	34.15	285	173	92	0	1.145	3.7	5.95
** 135	% of Goal :	30283	2551	663	3415	28508	17340	9191	*	114	365	595
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
Meal Total:	Amount:	568	36.51	12.63	73.47	562	565	308	25	4.645	6	31.27
	% of Goal:	56800	3651	1263	7347	56200	56500	30800	2500	465	600	3127

'*' 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 16, 2027
Meal Period : DINNER
Customer Count : 110

530 **Total Calories**
24.1 *% Calories from Protein*
26.7 *% Calories from Carbohydrates*
47.8 *% Calories from Fat*
13.7 *(%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
** 110	% of Goal :	9000	300	100	1600	15000	4300		*	*	100	200
MARGARINE	Pkt	20	0	2.5	0	30	2		0	0.5	0	
110	% of Goal :	2000	*	250	*	3000	190		*	50	*	
CHICKEN CAESAI	Svg (6.5 Oz	320	20.94	22.14	8.31	560	422	240	67	4.53	1.6	2.39
** 110	% of Goal :	31953	2094	2214	831	55983	42227	23969	6716	453	161	239
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:	530	31.94	28.14	35.31	830	814	455	92	8.03	2.6	15.39
	% of Goal:	53000	3194	2814	3531	83000	81400	45500	9200	803	260	1539

'*' 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 16, 2027
Meal Period : VEGETARIAN
Customer Count : 30

708 **Total Calories**
16.9 *% Calories from Protein*
51.8 *% Calories from Carbohydrates*
32.9 *% Calories from Fat*
15.3 *(%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
** 30	% of Goal :	9000	300	100	1600	15000	4300		*	*	100	200
COTT CHES MM	Svg (2.5 Oz	69	8.15	2.82	3.14	270	94		16	1.882	0	1.88
** 30	% of Goal :	6899	815	282	314	26970	9408		1568	188	*	188
MARGARINE	Pkt	20	0	2.5	0	30	2		0	0.5	0	
30	% of Goal :	2000	*	250	*	3000	190		*	50	*	
BROC/CHEESE/M	Svg (6.3 Oz	277	7.95	16.32	25.75	768	204	207	15	6.558	2.3	0.56
** 30	% of Goal :	27654	795	1632	2575	76774	20435	20706	1510	656	229	56
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
CELERY STICKS I	Svg (2.1 Oz	8	0	0	2.12	61	152	14	0	0	1.1	1.06
** 30	% of Goal :	795	*	*	212	6097	15163	1400	*	*	106	106
CORN MM	Svg (3/4 Cu	90	2.82	0.74	21.34	1	258	87	0	0.114	2.7	3.39
** 30	% of Goal :	8955	282	74	2134	111	25759	8734	*	11	265	339
Meal Total:	Amount:	708	29.92	25.88	91.67	1376	1100	524	56	12.053	8.4	32.21
	% of Goal:	70800	2992	2588	9167	137600	110000	52400	5600	1205	840	3221

'*' 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 17, 2027
Meal Period : LUNCH
Customer Count : 110

615 **Total Calories**
15.4 *% Calories from Protein*
49.5 *% Calories from Carbohydrates*
40.4 *% Calories from Fat*
15.3 *(%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
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
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:	615	23.66	27.62	76.16	1198	836	399	49	10.478	11.4	36.65
	% of Goal:	61500	2366	2762	7616	119800	83600	39900	4900	1048	1140	3665

'*' 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