Detail Simple List Menu Analysis

Unit : MEALS ON WHEELS
Service Date : Monday, October 18, 2027
Meal Period : LUNCH
Customer Count : 400

644 **Total Calories**
20.0 *% Calories from Protein*
48.1 *% Calories from Carbohydrates*
29.6 *% Calories from Fat*
17.0 *(%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
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
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	*	
Stuffed Shells	Svg (8.6 Oz	356	18.99	14.91	30.19	638	284	63	55	8.654	2.1	4.96
** 400	% of Goal :	35603	1899	1491	3019	63806	28436	6313	5486	865	207	496
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
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:	644	32.25	21.19	77.38	945	1032	338	80	12.154	6.9	29.93
	% of Goal:	64400	3225	2119	7738	94500	103200	33800	8000	1215	690	2993

'*' 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 18, 2027
Meal Period : DINNER
Customer Count : 360

618 **Total Calories**
22.6 *% Calories from Protein*
43.0 *% Calories from Carbohydrates*
35.4 *% 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
CRACKERS KEEE	Pkg	35	1	1.5	5	75	0		0	0	0	1
** 360	% of Goal :	3500	100	150	500	7500	*		*	*	*	100
SEEDLESS GRAP	Packet	110	1	0	28	0	290		0	0	1	24
** 360	% of Goal :	11000	100	*	2800	*	29000		*	*	100	2400
PROTEIN EGG BC	Svg (5oz)	323	24.87	17.8	15.48	347	167	161	357	8.085	0.6	0
** 360	% of Goal :	32343	2487	1780	1548	34708	16661	16105	35694	809	60	*
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
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:	618	34.87	24.3	66.48	542	866	383	382	11.585	3.6	38
	% of Goal:	61800	3487	2430	6648	54200	86600	38300	38200	1159	360	3800

'*' 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 18, 2027
Meal Period : VEGETARIAN
Customer Count : 30

670 **Total Calories**
18.9 *% Calories from Protein*
53.8 *% Calories from Carbohydrates*
30.1 *% Calories from Fat*
12.8 *(%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
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
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
FIESTA STUF PEF	Svg (10.3 o:	214	9.46	7.51	28.44	597	638	196	21	3.643	5.4	7.9
** 30	% of Goal :	21384	946	751	2844	59666	63759	19560	2138	364	544	790
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
Meal Total:	Amount:	670	31.64	22.41	90.15	1168	1267	420	62	9.531	9.7	34.92
	% of Goal:	67000	3164	2241	9015	116800	126700	42000	6200	953	970	3492

'*' 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 19, 2027
Meal Period : LUNCH
Customer Count : 400

653 **Total Calories**
26.3 *% Calories from Protein*
38.3 *% Calories from Carbohydrates*
34.3 *% Calories from Fat*
7.7 *(%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
** 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	*	
CHIMICHURRI SA	Svg (1oz)	92	0.17	10.04	1.64	53	49	9	0	0.724	0.3	0.54
** 400	% of Goal :	9232	17	1004	164	5319	4899	856	*	72	30	54
PINEAPPLE CHUI	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
POTATOES O'BRI	Svg (2 Oz)	90	1.89	2.48	14.69	184	383	5	0	0.412	2	1.39
** 400	% of Goal :	9001	189	248	1469	18417	38252	461	*	41	201	139
NEW MARINATED	Svg (4.62 O	177	28.37	6.19	0.29	77	432	272	92	0.919	0	0.01
** 400	% of Goal :	17705	2837	619	29	7663	43166	27160	9198	92	5	*
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:	653	42.96	24.88	62.52	592	1418	530	117	5.6	7.8	29.18
	% of Goal:	65300	4296	2488	6252	59200	141800	53000	11700	560	780	2918

'*' 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 19, 2027
Meal Period : DINNER
Customer Count : 360

579 **Total Calories**
23.6 *% Calories from Protein*
51.3 *% Calories from Carbohydrates*
26.0 *% Calories from Fat*
10.7 *(%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
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
MAYONNAISE	Pkt	60	0	6	1	60	2		0	1	0	1
360	% of Goal :	6000	*	600	100	6000	150		*	100	*	100
SLIVERED TURKE	Svg (2 Oz)	70	13	1	0	190	163		35	0	0	0
** 360	% of Goal :	7000	1300	100	*	19000	16343		3500	*	*	*
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
COLESLAW MM	Svg (1 CUP	130	1.81	5.15	21.64	341	123	32	1	0.833	2.9	15.57
** 360	% of Goal :	13032	181	515	2164	34097	12287	3207	79	83	295	1557
CHEESE SWISS S	Slice (0.5 O	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:	579	34.11	16.74	74.16	876	895	260	74	6.868	7.2	44.71
	% of Goal:	57900	3411	1674	7416	87600	89500	26000	7400	687	720	4471

'*' 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 19, 2027
Meal Period : VEGETARIAN
Customer Count : 30

669 **Total Calories**
18.9 *% Calories from Protein*
52.7 *% Calories from Carbohydrates*
30.1 *% Calories from Fat*
12.8 *(%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
WHEAT BREAD	Slice	70	4	1	14	75	52		0	0	3	2
** 30	% 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
** 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	*	
FIESTA STUF PEF	Svg (10.3 o:	214	9.46	7.51	28.44	597	638	196	21	3.643	5.4	7.9
** 30	% of Goal :	21384	946	751	2844	59666	63759	19560	2138	364	544	790
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
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	*
Meal Total:	Amount:	669	31.64	22.41	88.13	1175	1173	411	62	9.531	10	35.1
	% of Goal:	66900	3164	2241	8813	117500	117300	41100	6200	953	1000	3510

'*' 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 20, 2027
Meal Period : LUNCH
Customer Count : 400

674 **Total Calories**
16.5 *% Calories from Protein*
50.1 *% Calories from Carbohydrates*
34.2 *% 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
PEACHES SLICED	1/2 Cup	42	0	0	9.8	4	74	10	0	0	0.7	8.4
** 400	% of Goal :	4200	*	*	980	350	7350	980	*	*	70	840
TOSTITOS TORTI	Svg (1oz)	142	2.03	6.07	19.24	106	40		0	0.506	0.2	0
** 400	% of Goal :	14175	203	607	1924	10631	4050		*	51	20	*
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
BLACKCORNMMS	Serving (3.5	83	3.52	0.45	18.13	37	281	53	0	0.069	2.9	2.32
** 400	% of Goal :	8283	352	45	1813	3684	28054	5307	*	7	290	232
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	*
CHSE CHED SHR	Svg (1 Oz)	110	6	9	1	190	20	125	30	5	0	0
** 400	% of Goal :	11000	600	900	100	19000	2000	12460	3000	500	*	*
TACO MIX SA	Svg (2oz)	74	5.83	4.19	2.74	89	146	63	21	1.152	0.7	0.95
** 400	% of Goal :	7386	583	419	274	8890	14611	6300	2105	115	69	95
Meal Total:	Amount:	674	27.81	25.63	84.42	546	975	542	76	10.228	5.7	22.67
	% of Goal:	67400	2781	2563	8442	54600	97500	54200	7600	1023	570	2267

'*' 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 20, 2027
Meal Period : DINNER
Customer Count : 360

712 **Total Calories**
22.6 *% Calories from Protein*
35.9 *% Calories from Carbohydrates*
41.8 *% Calories from Fat*
14.0 *(%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
TUNA PICNIC BOX	Svg (6.2oz)	299	25.09	13.89	17.85	586	275	9	59	5.557	1.2	0.73
** 360	% of Goal :	29917	2509	1389	1785	58633	27462	882	5894	556	124	73
Stby Applesauce	Ind (4.5 Oz)	60	0	0	15	10	70		0	0	2	12
** 360	% of Goal :	6000	*	*	1500	1000	7000		*	*	200	1200
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
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:	712	40.18	33.07	63.95	823	1006	232	84	11.041	5.2	39.87
	% of Goal:	71200	4018	3307	6395	82300	100600	23200	8400	1104	520	3987

'*' 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 20, 2027
Meal Period : VEGETARIAN
Customer Count : 30

525 **Total Calories**
15.0 *% Calories from Protein*
56.7 *% Calories from Carbohydrates*
27.7 *% Calories from Fat*
9.0 *(%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
PEACHES SLICED	1/2 Cup	42	0	0	9.8	4	74	10	0	0	0.7	8.4
** 30	% of Goal :	4200	*	*	980	350	7350	980	*	*	70	840
CORNBREAD MM	Svg (1.4 Oz	110	2.27	2.4	20.35	131	44	32	22	0.665	0.4	7.22
** 30	% of Goal :	11007	227	240	2035	13143	4436	3192	2166	66	44	722
VEG FRIED RICE	Svg (6.4 Oz	253	9.36	8.78	33.25	543	402	13	0	1.102	2.7	5.05
** 30	% of Goal :	25274	936	878	3325	54322	40169	1320	*	110	273	505
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:	525	19.63	16.18	74.4	798	869	271	47	5.267	3.9	31.68
	% of Goal:	52500	1963	1618	7440	79800	86900	27100	4700	527	390	3168

'*' 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 21, 2027
Meal Period : LUNCH
Customer Count : 400

564 **Total Calories**
24.5 *% Calories from Protein*
52.1 *% Calories from Carbohydrates*
22.2 *% Calories from Fat*
8.0 *(%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 FRIED E	Svg (6.4 Oz	221	19.81	5.9	21.46	381	89	13	0	1.017	1.5	4.46
** 400	% of Goal :	22086	1981	590	2146	38113	8917	1320	*	102	155	446
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
STIR FRY VEGETA	Svg (3 Oz)	35	1.94	0	5.19	23	19	3	0	0	2	2.24
** 400	% of Goal :	3486	194	*	519	2318	1917	261	*	*	201	224
Meal Total:	Amount:	564	34.48	13.9	73.55	725	603	242	25	5.017	5.3	37.81
	% of Goal:	56400	3448	1390	7355	72500	60300	24200	2500	502	530	3781

'*' 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 21, 2027
Meal Period : DINNER
Customer Count : 360

899 **Total Calories**
12.6 *% Calories from Protein*
50.7 *% Calories from Carbohydrates*
41.3 *% Calories from Fat*
10.8 *(%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
SMUCKER'S PBJ	Each	590	18	32	64	530	479		0	7	7	30
** 360	% of Goal :	59000	1800	3200	6400	53000	47900		*	700	700	3000
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
CUCUMBER SALA	Svg (2.3 Oz	49	0.43	4.27	2.86	90	101	14	0	0.316	0.5	1.27
** 360	% of Goal :	4907	43	427	286	9000	10098	1395	*	32	55	127
Meal Total:	Amount:	899	28.43	41.27	113.86	750	1265	231	25	10.816	9.6	71.28
	% of Goal:	89900	2843	4127	11386	75000	126500	23100	2500	1082	960	7128

'*' 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 21, 2027
Meal Period : VEGETARIAN
Customer Count : 30

596 **Total Calories**
16.1 *% Calories from Protein*
57.2 *% Calories from Carbohydrates*
25.3 *% Calories from Fat*
7.7 *(%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
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	*	
VEG FRIED RICE	Svg (6.4 Oz	253	9.36	8.78	33.25	543	402	13	0	1.102	2.7	5.05
** 30	% of Goal :	25274	936	878	3325	54322	40169	1320	*	110	273	505
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
STIR FRY VEGET	Svg (3 Oz)	35	1.94	0	5.19	23	19	3	0	0	2	2.24
** 30	% of Goal :	3486	194	*	519	2318	1917	261	*	*	201	224
Meal Total:	Amount:	596	24.03	16.78	85.35	887	916	242	25	5.102	6.5	38.4
	% of Goal:	59600	2403	1678	8535	88700	91600	24200	2500	510	650	3840

'*' 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 22, 2027
Meal Period : LUNCH
Customer Count : 400

687 **Total Calories**
17.7 *% Calories from Protein*
44.2 *% Calories from Carbohydrates*
37.9 *% Calories from Fat*
9.1 *(%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
LEMON BUTTER I	Serving (3.9	315	15.74	21.36	14.61	259	265		15	3.372	0	1.12
** 400	% of Goal :	31471	1574	2136	1461	25851	26525		1461	337	*	112
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	*	
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
WILD AND BROW	Svg (2.5 Oz	70	1.48	1.33	13.5	120	56	33	0	0.07	0.7	0.47
** 400	% of Goal :	7047	148	133	1350	12033	5598	3259	*	7	70	47
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:	687	30.48	28.96	75.88	686	1065	308	40	6.941	6.4	24.58
	% of Goal:	68700	3048	2896	7588	68600	106500	30800	4000	694	640	2458

'*' 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 22, 2027
Meal Period : DINNER
Customer Count : 360

537 **Total Calories**
32.3 *% Calories from Protein*
49.5 *% Calories from Carbohydrates*
17.5 *% 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
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	
YOGURT PARFAI	Svg (13.2 o	400	34.98	5.18	51.79	242	559	11	9	0.863	1.2	12.76
** 360	% of Goal :	39994	3498	518	5179	24192	55896	1055	865	86	119	1276
Meal Total:	Amount:	537	43.37	10.42	66.49	378	1035	244	34	4.404	2	23.76
	% of Goal:	53700	4337	1042	6649	37800	103500	24400	3400	440	200	2376

'*' 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 22, 2027
Meal Period : VEGETARIAN
Customer Count : 30

535 **Total Calories**
16.4 *% Calories from Protein*
61.2 *% Calories from Carbohydrates*
26.1 *% 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
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
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
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
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:	535	21.88	15.5	81.97	794	1190	405	25	4.7	12.4	27.57
	% of Goal:	53500	2188	1550	8197	79400	119000	40500	2500	470	1240	2757

'*' 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 23, 2027
Meal Period : LUNCH
Customer Count : 135

556 **Total Calories**
14.3 *% Calories from Protein*
68.3 *% Calories from Carbohydrates*
17.6 *% Calories from Fat*
7.5 *(%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
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	*	
BEEF POT ROAST	Svg (2 Oz)	110	7.88	3.12	12.58	136	123	38	18	0.833	0.6	0.66
** 135	% of Goal :	11002	788	312	1258	13642	12255	3774	1833	83	61	66
BAKED APPLE MI	Svg (3.5 Oz	118	0.04	0.59	29.85	1	156	4	0	0.119	3.4	25.51
** 135	% of Goal :	11844	4	59	2985	96	15613	355	*	12	337	2551
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
CARROT SL MM	3/4 CUP	63	0.99	1.16	13.15	100	327	53	0	0.204	5.6	6.94
** 135	% of Goal :	6294	99	116	1315	10036	32659	5273	*	20	561	694
Meal Total:	Amount:	556	19.91	10.87	94.9	515	997	310	43	4.657	12	58.43
	% of Goal:	55600	1991	1087	9490	51500	99700	31000	4300	466	1200	5843

'*' 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 23, 2027
Meal Period : DINNER
Customer Count : 110

633 **Total Calories**
23.5 *% Calories from Protein*
37.2 *% Calories from Carbohydrates*
40.9 *% Calories from Fat*
9.9 *(%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
WHOLE WHEAT S	Serving (2 r	140	5	1	28	60	100		0	0	3	0
** 110	% of Goal :	14000	500	100	2800	6000	10000		*	*	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
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:	633	37.19	28.79	58.88	730	1173	443	87	6.95	8.5	20.17
	% of Goal:	63300	3719	2879	5888	73000	117300	44300	8700	695	850	2017

'*' 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 23, 2027
Meal Period : VEGETARIAN
Customer Count : 30

562 **Total Calories**
15.0 *% Calories from Protein*
62.9 *% Calories from Carbohydrates*
27.0 *% 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
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
FRESH PINEAPPL	Svg (4 Oz)	56	0.44	0.49	14.05	1	128	8	0	0.034	1.4	11.34
** 30	% of Goal :	5557	44	49	1405	113	12814	794	*	3	136	1134
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:	562	21.04	16.86	88.41	859	1293	407	25	4.938	14.7	35.87
	% of Goal:	56200	2104	1686	8841	85900	129300	40700	2500	494	1470	3587

'*' 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 24, 2027
Meal Period : LUNCH
Customer Count : 110

697 **Total Calories**
22.2 *% Calories from Protein*
38.3 *% Calories from Carbohydrates*
42.6 *% Calories from Fat*
11.6 *(%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
** 110	% of Goal :	7000	400	100	1400	7500	5200		*	*	300	200
CROUTONS IND F	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
MARGARINE	Pkt	20	0	2.5	0	30	2		0	0.5	0	
110	% of Goal :	2000	*	250	*	3000	190		*	50	*	
MI CHICKEN	Svg (8.7 Oz	421	25.63	25.96	22.34	526	539	298	71	5.51	1.8	16.88
** 110	% of Goal :	42135	2563	2596	2234	52612	53885	29761	7149	551	180	1688
APPLESAUCE UN	Svg (4.3 Oz	55	0	0	14.34	0	94	9	0	0	1.1	12.14
** 110	% 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
** 110	% of Goal :	12000	800	500	1100	12000	34900	21568	2500	350	*	1100
Meal Total:	Amount:	697	38.63	32.96	66.68	816	1046	532	97	9.01	5.9	43.02
	% of Goal:	69700	3863	3296	6668	81600	104600	53200	9700	901	590	4302

'*' 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