Detail Simple List Menu Analysis

Unit : MEALS ON WHEELS
Service Date : Monday, October 25, 2027
Meal Period : LUNCH
Customer Count : 400

655 **Total Calories**
31.9 *% Calories from Protein*
39.7 *% Calories from Carbohydrates*
27.0 *% Calories from Fat*
10.9 *(%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
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	*	
CHICKEN PARME	Svg (6.8 Oz	352	37.79	13.62	17.15	459	666	438	107	4.463	1.4	3.2
** 400	% of Goal :	35192	3779	1362	1715	45891	66600	43773	10717	446	143	320
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
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:	655	52.27	19.62	64.94	788	1494	664	132	7.963	5.9	35.06
	% of Goal:	65500	5227	1962	6494	78800	149400	66400	13200	796	590	3506

'*' 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 25, 2027
Meal Period : DINNER
Customer Count : 360

580 **Total Calories**
17.5 *% Calories from Protein*
57.2 *% Calories from Carbohydrates*
28.7 *% Calories from Fat*
11.5 *(%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
OMELET CHEESE	Each	120	7	10	1	300	73		165	3.5	0	1
** 360	% of Goal :	12000	700	1000	100	30000	7300		16500	350	*	100
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
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
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:	580	25.39	18.48	82.93	894	1272	268	190	7.412	11	35.89
	% of Goal:	58000	2539	1848	8293	89400	127200	26800	19000	741	1100	3589

'*' 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 25, 2027
Meal Period : VEGETARIAN
Customer Count : 30

582 **Total Calories**
17.9 *% Calories from Protein*
60.4 *% Calories from Carbohydrates*
24.0 *% Calories from Fat*
8.4 *(%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
TOFU TACOS	Svg (4.8 Oz	255	11.79	9.64	31.17	484	150	119	0	1.927	1.7	0.84
** 30	% of Goal :	25536	1179	964	3117	48405	14994	11883	*	193	169	84
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
CILANTRO LIME F	Svg (2.9 Oz	103	2.42	0.9	22.38	30	76	75	0	0.001	1.2	0.14
** 30	% of Goal :	10278	242	90	2238	2966	7643	7469	*	*	124	14
SHRD TACO SLD	Svg (1.2oz)	11	0.37	0	2.64	1	51	9	0	0	0.4	1.17
** 30	% of Goal :	1099	37	*	264	146	5086	885	*	*	37	117
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:	582	26.06	15.54	87.97	694	1063	428	25	5.428	6.8	32.01
	% of Goal:	58200	2606	1554	8797	69400	106300	42800	2500	543	680	3201

'*' 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 26, 2027
Meal Period : LUNCH
Customer Count : 400

589 **Total Calories**
16.3 *% Calories from Protein*
62.2 *% Calories from Carbohydrates*
23.3 *% Calories from Fat*
9.3 *(%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
TURKEY TACOS M	Svg (4.5 Oz	263	11.7	9.13	34.48	478	257	204	26	2.554	2	1.16
** 400	% of Goal :	26279	1170	913	3448	47787	25723	20431	2556	255	199	116
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
CILANTRO LIME F	Svg (2.9 Oz	103	2.42	0.9	22.38	30	76	75	0	0.001	1.2	0.14
** 400	% of Goal :	10278	242	90	2238	2966	7643	7469	*	*	124	14
SHRD TACO SLD	Svg (1.2oz)	11	0.37	0	2.64	1	51	9	0	0	0.4	1.17
** 400	% of Goal :	1099	37	*	264	146	5086	885	*	*	37	117
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:	589	24	15.2	91.6	630	987	533	51	6.099	8.5	25.37
	% of Goal:	58900	2400	1520	9160	63000	98700	53300	5100	610	850	2537

'*' 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 26, 2027
Meal Period : DINNER
Customer Count : 360

574 **Total Calories**
26.7 *% Calories from Protein*
36.4 *% Calories from Carbohydrates*
38.8 *% Calories from Fat*
17.4 *(%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
TURKEY PESTO S	Svg (5 Oz)	304	21.28	13.75	23.19	589	285	82	51	4.117	3.6	3.1
** 360	% of Goal :	30410	2128	1375	2319	58881	28534	8151	5087	412	363	310
PEARS DICED IN	Each	70	1	0	18	0			0	0	3	14
** 360	% of Goal :	7000	100	*	1800	*			*	*	300	1400
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
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:	574	38.28	24.75	52.19	909	658	436	91	11.117	6.6	28.1
	% of Goal:	57400	3828	2475	5219	90900	65800	43600	9100	1112	660	2810

'*' 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 26, 2027
Meal Period : VEGETARIAN
Customer Count : 30

581 **Total Calories**
16.6 *% Calories from Protein*
60.7 *% Calories from Carbohydrates*
24.3 *% 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
TOFU TACOS	Svg (4.8 Oz	255	11.79	9.64	31.17	484	150	119	0	1.927	1.7	0.84
** 30	% of Goal :	25536	1179	964	3117	48405	14994	11883	*	193	169	84
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
CILANTRO LIME F	Svg (2.9 Oz	103	2.42	0.9	22.38	30	76	75	0	0.001	1.2	0.14
** 30	% of Goal :	10278	242	90	2238	2966	7643	7469	*	*	124	14
SHRD TACO SLD	Svg (1.2oz)	11	0.37	0	2.64	1	51	9	0	0	0.4	1.17
** 30	% of Goal :	1099	37	*	264	146	5086	885	*	*	37	117
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:	581	24.1	15.72	88.3	636	879	448	25	5.473	8.2	25.06
	% of Goal:	58100	2410	1572	8830	63600	87900	44800	2500	547	820	2506

'*' 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 27, 2027
Meal Period : LUNCH
Customer Count : 400

635 **Total Calories**
23.3 *% Calories from Protein*
49.8 *% Calories from Carbohydrates*
29.3 *% 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
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	*	
GF CHICKEN TEN	Svg (2 Ea)	246	21.63	10.81	16.71	560	433		54	1.966	1	0.98
** 400	% of Goal :	24579	2163	1081	1671	56040	43259		5407	197	98	98
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 MASHED	Svg (4.4 Oz	101	2.03	3.54	15.19	122	326	78	0	0.506	1	1.01
** 400	% of Goal :	10128	203	354	1519	12154	32612	7785	*	51	101	101
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:	635	36.92	20.64	79.1	989	1506	353	79	5.973	6.8	26.96
	% of Goal:	63500	3692	2064	7910	98900	150600	35300	7900	597	680	2696

'*' 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 27, 2027
Meal Period : DINNER
Customer Count : 360

547 **Total Calories**
17.2 *% Calories from Protein*
47.9 *% Calories from Carbohydrates*
33.6 *% Calories from Fat*
7.9 *(%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
LOBSTER SALAD	Svg (2oz)	59	8.6	1.87	0.7	295	121	3	67	0.192	0.1	0.07
** 360	% of Goal :	5860	860	187	70	29506	12098	251	6670	19	10	7
BUNS HOTDOG W	Each	110	4	1.5	19	170	70		0	0	2	3
** 360	% of Goal :	11000	400	150	1900	17000	7000		*	*	200	300
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
CUCUMBER SALA	Svg (1 CUP	98	0.86	8.54	5.71	180	202	28	0	0.633	1.1	2.55
** 360	% of Goal :	9814	86	854	571	18000	20195	2790	*	63	110	255
CRACKERS GOLD	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:	547	23.46	20.41	65.41	940	922	253	92	4.824	4.2	31.62
	% of Goal:	54700	2346	2041	6541	94000	92200	25300	9200	482	420	3162

'*' 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 27, 2027
Meal Period : VEGETARIAN
Customer Count : 30

574 **Total Calories**
19.0 *% Calories from Protein*
44.6 *% Calories from Carbohydrates*
40.2 *% Calories from Fat*
19.0 *(%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
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	*	
BROC/CHEESE/M	Svg (6.3 Oz	196	6.06	15.61	8.3	768	154	149	15	6.558	1.3	0.56
** 30	% of Goal :	19636	606	1561	830	76774	15388	14853	1510	656	134	56
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
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:	574	27.2	25.59	63.93	1333	1069	426	56	12.143	11.1	34.52
	% of Goal:	57400	2720	2559	6393	133300	106900	42600	5600	1214	1110	3452

'*' 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 28, 2027
Meal Period : LUNCH
Customer Count : 400

590 **Total Calories**
19.6 *% Calories from Protein*
58.4 *% Calories from Carbohydrates*
24.8 *% Calories from Fat*
8.4 *(%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
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	*	
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
ROTINI AND CHEI	Svg (2.8 Oz	77	2.25	1.72	13.91	314	103	0	4	0.715	1.3	2.34
** 400	% of Goal :	7739	225	172	1391	31445	10255	*	357	71	134	234
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
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:	590	28.91	16.26	86.16	677	1068	377	71	5.515	8.9	46.72
	% of Goal:	59000	2891	1626	8616	67700	106800	37700	7100	552	890	4672

'*' 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 28, 2027
Meal Period : DINNER
Customer Count : 360

624 **Total Calories**
20.3 *% Calories from Protein*
42.0 *% Calories from Carbohydrates*
40.6 *% Calories from Fat*
14.3 *(%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
CHICKEN RANCH	Svg (1 ea)	359	22.43	15.75	33.84	559	519	354	70	5.898	3.8	5.62
** 360	% of Goal :	35945	2243	1575	3384	55886	51927	35433	7000	590	378	562
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
Meal Total:	Amount:	624	31.65	28.15	65.4	765	1169	610	95	9.927	5.9	32.91
	% of Goal:	62400	3165	2815	6540	76500	116900	61000	9500	993	590	3291

'*' 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 28, 2027
Meal Period : VEGETARIAN
Customer Count : 30

635 **Total Calories**
17.6 *% Calories from Protein*
44.5 *% Calories from Carbohydrates*
41.5 *% Calories from Fat*
19.6 *(%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
** 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	*	
BROC/CHEESE/M	Svg (8oz)	249	7.7	19.82	10.54	975	195	189	19	8.327	1.7	0.71
** 30	% of Goal :	24934	770	1982	1054	97488	19540	18861	1918	833	171	71
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
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
Meal Total:	Amount:	635	27.9	29.24	70.65	1502	998	422	60	13.828	9.1	42.16
	% of Goal:	63500	2790	2924	7065	150200	99800	42200	6000	1383	910	4216

'*' 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 29, 2027
Meal Period : LUNCH
Customer Count : 400

664 **Total Calories**
17.8 *% Calories from Protein*
58.3 *% Calories from Carbohydrates*
25.4 *% Calories from Fat*
10.2 *(%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
** 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	*	
MEATLOAF GLAZ	Svg (4.4 Oz	220	13.38	11.11	15.77	379	323	135	85	3.95	1.8	5.32
** 400	% of Goal :	22039	1338	1111	1577	37899	32313	13541	8540	395	178	532
TROPICAL FRUIT	Svg (3.36 O	41	0	0	10.18	0	88		0	0	1.4	9.5
** 400	% of Goal :	4072	*	*	1018	*	8756		*	*	136	950
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	*
CORN MM	Svg (3/4 Cu	90	2.82	0.74	21.34	1	258	87	0	0.114	2.7	3.39
** 400	% of Goal :	8955	282	74	2134	111	25759	8734	*	11	265	339
Meal Total:	Amount:	664	29.64	18.76	96.8	650	1125	514	110	7.564	8	31.21
	% of Goal:	66400	2964	1876	9680	65000	112500	51400	11000	756	800	3121

'*' 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 29, 2027
Meal Period : DINNER
Customer Count : 360

953 **Total Calories**
21.6 *% Calories from Protein*
59.5 *% Calories from Carbohydrates*
18.6 *% 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
GRANOLA INDIVID	Packet	120	3	3	20	70	80		0	0.5		
** 360	% of Goal :	12000	300	300	2000	7000	8000		*	50		
OVERNIGHT OAT	Svg (19.5oz	605	39.13	11.28	83.07	169	916	165	25	4.282	10.4	21.55
** 360	% of Goal :	60529	3913	1128	8307	16935	91571	16464	2467	428	1036	2155
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
Meal Total:	Amount:	953	51.45	19.68	141.7	361	1778	407	50	8.417	13.5	47.34
	% of Goal:	95300	5145	1968	14170	36100	177800	40700	5000	842	1350	4734

'*' 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 29, 2027
Meal Period : VEGETARIAN
Customer Count : 30

590 **Total Calories**
17.2 *% Calories from Protein*
74.0 *% Calories from Carbohydrates*
14.4 *% Calories from Fat*
5.7 *(%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
** 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	*	
TROPICAL FRUIT	Svg (3.36 O	41	0	0	10.18	0	88		0	0	1.4	9.5
** 30	% of Goal :	4072	*	*	1018	*	8756		*	*	136	950
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
BROWN RICE MM	Svg (2.8 Oz	103	2.43	0.91	22.51	0	65	75	0	0	1.2	0
** 30	% of Goal :	10343	243	91	2251	*	6510	7549	*	*	122	*
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
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:	590	25.39	9.45	109.22	949	1534	480	25	3.709	15.1	33.36
	% of Goal:	59000	2539	945	10922	94900	153400	48000	2500	371	1510	3336

'*' 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 30, 2027
Meal Period : LUNCH
Customer Count : 135

602 **Total Calories**
22.3 *% Calories from Protein*
50.5 *% Calories from Carbohydrates*
27.2 *% Calories from Fat*
8.9 *(%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
CORNBREAD MM	Svg (1.4 Oz	110	2.27	2.4	20.35	131	44	32	22	0.665	0.4	7.22
** 135	% of Goal :	11007	227	240	2035	13143	4436	3192	2166	66	44	722
CC Chicken Grav	Svg (2 oz)	33	0.93	1.86	3.72	316	9		0	0.465	0	0
** 135	% of Goal :	3253	93	186	372	31603	929		*	46	*	*
TENDER CHICKEI	Svg (3 Oz)	120	19.29	4.21	0.19	52	294	185	63	0.625	0	0.01
** 135	% of Goal :	12042	1929	421	19	5211	29353	18469	6255	63	3	*
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
POTATO MASHED	Svg (4.4 Oz	101	2.03	3.54	15.19	122	326	78	0	0.506	1	1.01
** 135	% of Goal :	10128	203	354	1519	12154	32612	7785	*	51	101	101
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:	602	33.51	18.17	75.93	848	1349	563	109	5.965	8.5	38.5
	% of Goal:	60200	3351	1817	7593	84800	134900	56300	10900	597	850	3850

'*' 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 30, 2027
Meal Period : DINNER
Customer Count : 110

565 **Total Calories**
26.6 *% Calories from Protein*
52.0 *% Calories from Carbohydrates*
23.3 *% Calories from Fat*
7.6 *(%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
ORANGE MANDA	Each	70	0	0	17.06	5	75		0	0	1	15.05
** 220	% of Goal :	7000	*	*	1706	502	7500		*	*	100	1505
CHIX SESAME W	Svg (11 Oz)	315	29.53	9.65	30.42	556	838	342	62	1.267	6.7	7.97
** 110	% of Goal :	31507	2953	965	3042	55590	83833	34207	6204	127	670	797
Apple Jce Box	Ctn	60	0	0	15	5	120	7	0	0	0	15
** 110	% 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
** 110	% of Goal :	12000	800	500	1100	12000	34900	21568	2500	350	*	1100
Meal Total:	Amount:	565	37.53	14.65	73.48	686	1382	565	87	4.767	7.7	49.03
	% of Goal:	56500	3753	1465	7348	68600	138200	56500	8700	477	770	4903

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

542 **Total Calories**
16.7 *% Calories from Protein*
65.5 *% Calories from Carbohydrates*
19.7 *% Calories from Fat*
7.0 *(%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
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	*	
PINEAPPLE CHUN	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
POTATO MASHED	Svg (4.4 Oz	101	2.03	3.54	15.19	122	326	78	0	0.506	1	1.01
** 30	% of Goal :	10128	203	354	1519	12154	32612	7785	*	51	101	101
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
CARROT SL MM	Svg (2.8 Oz	29	0.46	0.54	6.14	47	152	25	0	0.095	2.6	3.24
** 30	% of Goal :	2937	46	54	614	4683	15241	2461	*	10	262	324
Meal Total:	Amount:	542	22.63	11.88	88.84	1123	1602	420	25	4.197	14.9	37.04
	% of Goal:	54200	2263	1188	8884	112300	160200	42000	2500	420	1490	3704

'*' 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 31, 2027
Meal Period : LUNCH
Customer Count : 110

615 **Total Calories**
18.6 *% Calories from Protein*
45.3 *% Calories from Carbohydrates*
36.4 *% Calories from Fat*
11.0 *(%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 R	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
Brussel Cae Sld	Svg (6 oz)	300	17.56	18.88	14.01	464	442	169	56	3.999	3.1	2.68
** 110	% of Goal :	29957	1756	1888	1401	46370	44152	16932	5576	400	315	268
MARGARINE	Pkt	20	0	2.5	0	30	2		0	0.5	0	
110	% of Goal :	2000	*	250	*	3000	190		*	50	*	
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	28.56	24.88	69.74	734	1060	400	81	7.499	8.7	36.85
	% of Goal:	61500	2856	2488	6974	73400	106000	40000	8100	750	870	3685

'*' 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