Detail Simple List Menu Analysis

Unit : GREER
Service Date : Monday, March 02, 2015
Meal Period : BREAKFAST
Customer Count : 100

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

Report for Nutritional Goal: **MALE,AGE:23-50,WT:154 LB,MOD. ACTIVE**

Service Item / Portion Count	Serving Size	KCAL KCAL	PRO GM	FAT GM	SFA GM	CFIB GM	PUFA GM	CHOL MG	CHO GM	CA MG	P MG	FE MG	NA MG	K MG	VTAIU IU	B1 MG	B2 MG	NIA MG	VITC MG	MG MG
		2,310	88.0	76.0	25.4	7.7	25.4	300.0	319.0	800.00	800.00	10.00	5,000.0	3,500.0	5,000.0(	1.40	1.60	18.00	60.00	350.00
PANCAKES B.B. G	2 PANCAKE	485	6.2	26.1	14.9	0	1.9	75.1	58	150.96	381.02	1.98	940.1	236.2	951.4	0.31	0.3	2.4	1.64	25.51
0	% of Goal :	21	7	34	59	*	8	25	18	19	48	20	19	7	19	22	19	13	3	7
PANCAKES C.C. G	2 PANCAKE	456	6	25.8	14.9	0	1.8	75.1	51.1	146.42	374.78	1.87	939.5	205.5	905.48	0.29	0.28	2.11	0.23	22.68
0	% of Goal :	20	7	34	59	*	7	25	16	18	47	19	19	6	18	21	17	12	*	6
PANCAKES PLAIN	2 PANCAKE	456	6	25.8	14.9	0	1.8	75.1	51.1	146.43	374.78	1.87	939.5	205.5	905.48	0.29	0.28	2.11	0.23	22.68
0	% of Goal :	20	7	34	59	*	7	25	16	18	47	19	19	6	18	21	17	12	*	6
steak omelet	omelet	930	47.7	59.7	30.7	0	2.8	531.1	50.6	343.1	733.14	5.15	1883.4	937.4	2516.08	0.58	1.06	7.77	8.97	69.32
0	% of Goal :	40	54	79	121	*	11	177	16	43	92	52	38	27	50	41	66	43	15	20
BACON AND CHE	omelet	614	20.8	38.2	19.7	0	4.1	376.1	48.7	261.33	415.71	3.1	1660.4	454.5	2011.67	0.39	0.73	3.31	7.31	37.48
0	% of Goal :	27	24	50	78	*	16	125	15	33	52	31	33	13	40	28	45	18	12	11
2 EGGS ANYGS	2 EGGS W/	443	16.9	22.1	9.9	0	2.8	401.3	43.6	85.19	225.57	3.28	775	209.9	1029.76	0.41	0.71	3.28	0.36	24.23
0	% of Goal :	19	19	29	39	*	11	134	14	11	28	33	15	6	21	29	45	18	*	7
CHS OMLET GS	9.850 oz Po	682	24.9	44.9	24.2	0	3.6	466.3	44.8	312.85	492.7	3.44	1385.9	290.3	1922.62	0.43	0.86	3.33	0.49	33.96
0	% of Goal :	30	28	59	95	*	14	155	14	39	62	34	28	8	38	31	54	18	*	10
GS CHS OMLET	10.070 oz P	744	31.5	48.8	25.2	0	4.7	399.6	44.6	306.94	569.6	3.68	2096.5	431	1885.16	0.7	0.87	5.79	0.49	41.33
0	% of Goal :	32	36	64	99	*	19	133	14	38	71	37	42	12	38	50	54	32	*	12
DEERFIELD BAGE	1 SANDWIC	438	19.6	11.3	4.9	0	1.5	201.4	65.2	203.62	312.58	4.34	1456	445.5	1056.59	0.48	0.58	4.57	8.56	46.94
0	% of Goal :	19	22	15	19	*	6	67	20	25	39	43	29	13	21	34	36	25	14	13
DFLD MUFFMGS	1 SANDWIC	344	14.9	12.9	5.3	0	2	212.2	43.3	239.41	308.23	2.59	1335	433.4	1145.74	0.29	0.47	2.87	8.62	32.76
0	% of Goal :	15	17	17	21	*	8	71	14	30	39	26	27	12	23	20	30	16	14	9
DFLD MUFFBGS	1 SANDWIC	417	14.7	21.7	11.3	0	1.6	243.9	42.2	156.44	284.38	2.24	1389.5	419.7	1361.98	0.3	0.46	2.06	8.68	29.65
0	% of Goal :	18	17	29	45	*	6	81	13	20	36	22	28	12	27	22	29	11	14	8
EGG CANADIAN	PANINI	793	31.2	51	16.6	0	4.2	461.8	53.2	414.25	495.84	4.46	1443.7	463.3	1617.76	0.57	1	4.87	7.31	47.63
0	% of Goal :	34	35	67	65	*	17	154	17	52	62	45	29	13	32	41	62	27	12	14

'*' 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 : GREER
Service Date : Monday, March 02, 2015
Meal Period : BREAKFAST
Customer Count : 100

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

Report for Nutritional Goal: **MALE,AGE:23-50,WT:154 LB,MOD. ACTIVE**

Service Item / Portion Count	Serving Size	KCAL KCAL	PRO GM	FAT GM	SFA GM	CFIB GM	PUFA GM	CHOL MG	CHO GM	CA MG	P MG	FE MG	NA MG	K MG	VTAIU IU	B1 MG	B2 MG	NIA MG	VITC MG	MG MG
		2,310	88.0	76.0	25.4	7.7	25.4	300.0	319.0	800.00	800.00	10.00	5,000.0	3,500.0	5,000.0(	1.40	1.60	18.00	60.00	350.00
GS BB MUFFNS	1 LRG MUF	321	5.8	13.6	7.8	0	0.4	91.8	44.6	33.46	71.73	1.53	66.4	80.3	565.09	0.25	0.26	2.25	0.54	11.25
0	% of Goal :	14	7	18	31	*	2	31	14	4	9	15	*	2	11	18	16	13	*	3
GS CC MUFFNS	1 LRG MUF	298	6.4	9.5	5.2	0	0.4	81.1	47	44.23	81.85	1.64	261.2	89.7	416.84	0.27	0.28	2.42	0.24	12.68
0	% of Goal :	13	7	13	21	*	2	27	15	6	10	16	5	3	8	20	18	13	*	4
G.S.PLN BAGL	1 BAGEL	492	9.9	24.4	14.5	0	1.5	62	59	75.97	94.82	3.32	727.1	109.1	867.95	0.4	0.27	3.77	0.13	27.78
0	% of Goal :	21	11	32	57	*	6	21	18	9	12	33	15	3	17	28	17	21	*	8
G.S.CRSSTW/J	1 CROISSA	472	4.9	34.9	20.9	0	1.6	104.5	36	28.91	66.75	1.22	660.7	83.4	1173.57	0.22	0.15	1.26	0.24	10.49
0	% of Goal :	20	6	46	82	*	6	35	11	4	8	12	13	2	23	16	9	7	*	3
G.S.ENG.MUFF	1 MUFFIN	379	4.8	24	14.4	0	1.4	62	37	109.73	85.32	1.54	510.4	93.5	867.95	0.21	0.16	2.06	0.18	13.27
0	% of Goal :	16	5	32	57	*	5	21	12	14	11	15	10	3	17	15	10	11	*	4
G.S.TOAST	2 SLICES	364	6	23.7	14.4	0	1.2	62.4	32.2	42.68	72.03	1.89	552.5	93.2	921.44	0.36	0.27	3.22	0.13	14.05
0	% of Goal :	16	7	31	57	*	5	21	10	5	9	19	11	3	18	26	17	18	*	4
G.S. BACON	3 SLICES	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
0	% of Goal :	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
HAM G.S.	2 SLICES	96	12.2	4.9	1.7	0	0.8	31.8	0	4.31	151.36	0.72	808	220.3	0	0.39	0.18	3.31	0	11.85
0	% of Goal :	4	14	6	7	*	3	11	*	*	19	7	16	6	*	28	11	18	*	3
G.S.SAUS.PAT	2 PATTIES	289	15.4	24.4	8.5	0	3	64.9	0.8	25.04	143.97	0.98	1012.5	282.5	0	0.58	0.2	3.54	1.56	13.3
0	% of Goal :	12	17	32	33	*	12	22	*	3	18	10	20	8	*	41	12	20	3	4
G.S.HASH BWN	1 PATTY	154	2.2	5.2	2	0	0.7	0	27.7	17.42	53.34	1.05	915.7	461.8	576.06	0.1	0.05	1.83	11.29	19.85
0	% of Goal :	7	3	7	8	*	3	*	9	2	7	11	18	13	12	7	3	10	19	6
Breakfast pizza	7" Pizza	554	23.1	18.3	4.1	0	2.5	371.7	72	78.98	273.08	5.76	1097.8	247.9	584.38	0.89	0.99	7.69	0.24	37.36
0	% of Goal :	24	26	24	16	*	10	124	23	10	34	58	22	7	12	64	62	43	*	11
Meal Total:	Amount:																			
	% of Goal:																			

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

Courses selected:Selected All

Detail Simple List Menu Analysis

Unit : GREER
Service Date : Monday, March 02, 2015
Meal Period : LUNCH
Customer Count : 100

285 **Total Calories**
19.1 *% Calories from Protein*
85.4 *% Calories from Carbohydrates*
22.4 *% Calories from Fat*
7.7 *(%Saturated Fat)*

Report for Nutritional Goal: **MALE,AGE:23-50,WT:154 LB,MOD. ACTIVE**

Service Item / Portion Count	Serving Size	KCAL KCAL	PRO GM	FAT GM	SFA GM	CFIB GM	PUFA GM	CHOL MG	CHO GM	CA MG	P MG	FE MG	NA MG	K MG	VTAIU IU	B1 MG	B2 MG	NIA MG	VITC MG	MG MG
		2,310	88.0	76.0	25.4	7.7	25.4	300.0	319.0	800.00	800.00	10.00	5,000.0	3,500.0	5,000.0(	1.40	1.60	18.00	60.00	350.00
BURGER G.S.	BURGER/C	705	32.2	33	11.5	0	6.5	98.1	71.2	41.1	309.8	5.27	1280.6	1191.7	598.2	0.52	0.55	11.22	22.67	72.66
0	% of Goal :	31	37	43	45	*	26	33	22	5	39	53	26	34	12	37	35	62	38	21
C.BURGER G.S	C.BURGER	768	36	38.3	14.8	0	6.7	114	71.5	144.4	434.82	5.33	1520.6	1218.9	801.2	0.53	0.61	11.23	22.67	76.4
0	% of Goal :	33	41	50	58	*	26	38	22	18	54	53	30	35	16	38	38	62	38	22
BCBURGER GS	BCBURGER	857	40.6	45.9	17.5	0	7.6	127.1	71.5	146.25	486.64	5.58	1766.8	1293.8	801.2	0.63	0.66	12.36	22.67	80.1
0	% of Goal :	37	46	60	69	*	30	42	22	18	61	56	35	37	16	45	41	69	38	23
VEGGIE BURGER	1 VEGGIE E	334	14.5	4.6	2.3	3.1	0.4	22.9	58.9	9.6	57.93	1.94	519	372.4	173.39	0.38	0.26	3.36	4.64	13.76
0	% of Goal :	14	16	6	9	40	*	8	18	*	7	19	10	11	3	27	16	19	8	4
G.S.CHX SDWH	9.870 oz Po	732	27.6	36.5	11.4	0	8.4	82.8	74.4	41.24	362.59	4.17	1135.7	993.7	339.79	0.56	0.51	12.75	20	68.19
0	% of Goal :	32	31	48	45	*	33	28	23	5	45	42	23	28	7	40	32	71	33	19
CHICKEN CUTLET	1 SANDWIC	826	31.8	43.6	14.9	0	9	98.6	79	150.92	498.6	4.5	1728.9	1183.1	883.35	0.57	0.58	13.48	21.82	81.5
0	% of Goal :	36	36	57	59	*	36	33	25	19	62	45	35	34	18	41	37	75	36	23
BUFFALO CHICKE	9.870 oz Po	704	19.9	45.5	18.6	0	8.7	106.1	55.8	56.52	272.62	2.88	1437.7	774.8	1927.07	0.39	0.39	8.82	13.68	49.07
0	% of Goal :	30	23	60	73	*	34	35	17	7	34	29	29	22	39	28	24	49	23	14
G.S.GRD CHS	6.320 oz Po	540	15	33.5	15.9	0	6.3	50.6	46.3	255.08	384.83	2.13	1055.3	695.7	701.24	0.33	0.39	3.93	14.2	47.54
0	% of Goal :	23	17	44	63	*	25	17	15	32	48	21	21	20	14	23	25	22	24	14
Buffalo Melt G.	sandwich	1436	29.9	124.7	70	0	9.3	341.9	52.7	320.04	545.92	3.27	2915.2	527.2	5641.82	0.46	0.59	9.22	0.79	44.28
0	% of Goal :	62	34	164	275	*	37	114	17	40	68	33	58	15	113	33	37	51	*	13
Honey BBQ Cutle	Sandwich	735	32.8	32.6	13.1	0	3.6	100.2	79	272.37	556.49	3.74	1579.8	570.3	1010.61	0.49	0.57	11.42	4.7	52.73
0	% of Goal :	32	37	43	52	*	14	33	25	34	70	37	32	16	20	35	36	63	8	15
TURKEY MELT G.S	6.320 oz Po	910	36.9	53.6	23.9	0	8.9	120.8	72.3	277.96	602.12	4.09	2263.2	1267.4	1475.26	0.69	0.64	10.49	22.8	83.27
0	% of Goal :	39	42	70	94	*	35	40	23	35	75	41	45	36	30	49	40	58	38	24
buffalo chicken	wrap	1059	27.5	74.4	35.5	0	9	192.1	71.7	171.61	370.77	4.57	1901.3	564.6	2792.73	0.6	0.48	10.73	6.13	52.79
0	% of Goal :	46	31	98	140	*	35	64	22	21	46	46	38	16	56	43	30	60	10	15

'*' 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 : GREER
Service Date : Monday, March 02, 2015
Meal Period : LUNCH
Customer Count : 100

285 **Total Calories**
19.1 *% Calories from Protein*
85.4 *% Calories from Carbohydrates*
22.4 *% Calories from Fat*
7.7 *(%Saturated Fat)*

Report for Nutritional Goal: **MALE,AGE:23-50,WT:154 LB,MOD. ACTIVE**

Service Item / Portion Count	Serving Size	KCAL KCAL	PRO GM	FAT GM	SFA GM	CFIB GM	PUFA GM	CHOL MG	CHO GM	CA MG	P MG	FE MG	NA MG	K MG	VTAIU IU	B1 MG	B2 MG	NIA MG	VITC MG	MG MG
		2,310	88.0	76.0	25.4	7.7	25.4	300.0	319.0	800.00	800.00	10.00	5,000.0	3,500.0	5,000.0(	1.40	1.60	18.00	60.00	350.00
Ceasar wrap G.S	wrap	643	39.3	29.6	5.1	0	9.6	81.6	53.3	182.47	377.99	4.88	642.9	571.8	1806.15	0.62	0.45	16.58	16.82	57.66
0	% of Goal :	28	45	39	20	*	38	27	17	23	47	49	13	16	36	44	28	92	28	16
Ranch chicken w	wrap	709	28.2	32.5	8.4	0	8.4	76.6	75.7	172.86	377.21	4.64	1446.1	536.4	349.02	0.62	0.49	11.08	6.42	54.29
0	% of Goal :	31	32	43	33	*	33	26	24	22	47	46	29	15	7	44	31	62	11	16
PEP PIZZA 3 G.S	6" Pizza	747	24.5	36.4	10.7	0	4.4	44.8	78.7	36.37	186.97	5.57	2350.2	480.6	523.09	1.04	0.69	11.07	4.87	45.98
0	% of Goal :	32	28	48	42	*	17	15	25	5	23	56	47	14	10	74	43	62	8	13
Cheese Pizza3 G	6" Pizza	477	12.9	11.7	1.6	0	2	0	79.1	31.51	122.62	4.9	1224.3	291.2	537.03	0.88	0.57	8.48	5	37.89
0	% of Goal :	21	15	15	6	*	8	*	25	4	15	49	24	8	11	63	35	47	8	11
PIZZA buff Chix	PIZZA	941	28.2	54.6	19.6	0	5.5	120.2	84	75.15	137.85	5.2	1857.6	419.5	1748.52	0.91	0.69	14.98	0.31	29.83
0	% of Goal :	41	32	72	77	*	22	40	26	9	17	52	37	12	35	65	43	83	*	9
Steak Pizza3 G.	6" Pizza	566	24.8	18	4.9	0	1.4	34.1	74	88.35	262.42	5.34	1210.4	394.4	9.31	0.91	0.69	9.64	0.49	44.97
0	% of Goal :	25	28	24	19	*	5	11	23	11	33	53	24	11	*	65	43	54	*	13
PIZZA Caprese G	PIZZA	569	15	22.9	4	0	2.5	4.5	75	105.03	166.75	4.96	888.6	240	471.2	0.89	0.59	8.2	9.5	37.65
0	% of Goal :	25	17	30	16	*	10	*	24	13	21	50	18	7	9	64	37	46	16	11
PIZZA HoneyBBQ	PIZZA	854	28.6	32.9	5.4	0	5	58	111.9	77.99	142.68	5.46	1612.1	490.9	419.49	0.92	0.7	15.43	3.63	36.65
0	% of Goal :	37	32	43	21	*	20	19	35	10	18	55	32	14	8	66	44	86	6	10
CAPRESE PANINI	EACH	955	17.3	77	13.5	0	6.6	16.2	50.9	324.95	267.68	4.13	918.3	370.1	1292.07	0.6	0.47	5.57	21.7	48.59
0	% of Goal :	41	20	101	53	*	26	5	16	41	33	41	18	11	26	43	30	31	36	14
Cheese steak pa	panini	1032	47.7	61.9	20.8	0	3.4	107.8	71	505.61	630.89	5.45	1763.5	881.6	1132.44	0.76	0.81	10.12	8.79	74.69
0	% of Goal :	45	54	81	82	*	13	36	22	63	79	54	35	25	23	54	50	56	15	21
TURKEY MELT PA	6.320 oz Po	686	27.7	45.9	13.2	0	3.9	63.1	40.2	193.34	458.98	3.09	1623.2	368	458.37	0.61	0.46	5.72	3.32	27.14
0	% of Goal :	30	31	60	52	*	15	21	13	24	57	31	32	11	9	44	29	32	6	8
TURKEY MELT Su	PANINI	533	31.3	24.3	11.2	0	2.1	71.4	45.8	218.56	518.92	3.41	1839.8	416.5	518.1	0.7	0.52	6.5	3.76	30.79
0	% of Goal :	23	36	32	44	*	8	24	14	27	65	34	37	12	10	50	33	36	6	9

'*' 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 : GREER
Service Date : Monday, March 02, 2015
Meal Period : LUNCH
Customer Count : 100

285 **Total Calories**
19.1 *% Calories from Protein*
85.4 *% Calories from Carbohydrates*
22.4 *% Calories from Fat*
7.7 *(%Saturated Fat)*

Report for Nutritional Goal: **MALE,AGE:23-50,WT:154 LB,MOD. ACTIVE**

Service Item Portion Count	Serving Size	KCAL KCAL	PRO GM	FAT GM	SFA GM	CFIB GM	PUFA GM	CHOL MG	CHO GM	CA MG	P MG	FE MG	NA MG	K MG	VTAIU IU	B1 MG	B2 MG	NIA MG	VITC MG	MG MG
		2,310	88.0	76.0	25.4	7.7	25.4	300.0	319.0	800.00	800.00	10.00	5,000.0	3,500.0	5,000.0(	1.40	1.60	18.00	60.00	350.00
Chicken Parm su	panini	848	47.6	42	19	0	4	118.3	69.8	662.31	709.46	5.03	2250.8	690.9	1219.74	0.68	0.77	13.49	7.71	75.52
0	% of Goal :	37	54	55	75	*	16	39	22	83	89	50	45	20	24	49	48	75	13	22
Chicken cordon	panini	572	37.3	37.6	16.8	0.4	3.1	121.8	21.4	611.02	620.84	2.16	1140	416.6	668.87	0.13	0.38	7.83	1.26	45.53
0	% of Goal :	25	42	50	66	5	12	41	7	76	78	22	23	12	13	9	24	43	2	13
CHEESE STEAK S	1 SANDWIC	972	58.3	43.6	21.8	0	1.3	159.9	85.8	488.17	733	6.52	2066.8	1052.8	1507.6	0.96	0.93	12.92	11.86	87.62
0	% of Goal :	42	66	57	86	*	5	53	27	61	92	65	41	30	30	68	58	72	20	25
Caprese HOT Sub	Sub	298	9.2	7.6	1.5	0	1	2.2	47.9	54.45	102.46	3.07	592	188.2	370.48	0.57	0.38	5.19	8.95	24.39
0	% of Goal :	13	10	10	6	*	4	*	15	7	13	31	12	5	7	41	24	29	15	7
BUFFALO CHICKE	9.870 oz Po	974	30.9	56.8	24.5	0	8.9	124.9	86.6	130.29	429.06	4.89	2078.3	1161	2666.21	0.72	0.69	13.71	19.46	78.18
0	% of Goal :	42	35	75	96	*	35	42	27	16	54	49	42	33	53	51	43	76	32	22
Chicken Parm pa	panini	834	27.2	51	10.4	0	5.8	68	67.9	38.73	313.87	4.69	1488.8	597	658.28	0.66	0.53	13.34	7.71	52.62
0	% of Goal :	36	31	67	41	*	23	23	21	5	39	47	30	17	13	47	33	74	13	15
Quesadillas G.S	each	800	19.4	31.6	13.1	0	5.7	37.8	110.2	345.07	297.19	6.95	2216.7	360.2	671.88	1.08	0.75	8.47	9.8	56.72
0	% of Goal :	35	22	42	52	*	23	13	35	43	37	69	44	10	13	77	47	47	16	16
Quesadillas chi	each	841	28.6	38.6	14.6	0	6.2	80.3	94.5	268.26	397.54	6	1644.8	484.9	595.79	0.87	0.65	11.47	4.34	60.24
0	% of Goal :	36	33	51	58	*	25	27	30	34	50	60	33	14	12	62	41	64	7	17
G.S.MOZZ STX	6 STIX & S(	464	25.2	17	0.3	0	0.5	30.4	48.3	10.21	19.84	0.45	2482.9	240.4	544.88	0.03	0.03	0.9	7.26	13.61
0	% of Goal :	20	29	22	*	*	2	10	15	*	2	5	50	7	11	2	2	5	12	4
Cheese Fries G.	11 oz portio	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
0	% of Goal :	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
G.S.SEAFRIES	7 OZ.	608	8	26.2	7.8	0	11.9	0	92.5	51.12	189	1.98	1681.2	1685	1152.13	0.38	0.13	6.61	33.16	77.88
0	% of Goal :	26	9	34	31	*	47	*	29	6	24	20	34	48	23	27	8	37	55	22
G.S.SS FRIES	7 OZ.	562	7.4	23.8	7.1	0	10.8	0	86.7	48.6	175.26	1.87	2106.3	1576.9	1152.12	0.35	0.12	6.13	31.64	72.86
3	% of Goal :	24	8	31	28	*	43	*	27	6	22	19	42	45	23	25	8	34	53	21

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

Courses selected:Selected All

Detail Simple List Menu Analysis

Unit : GREER
Service Date : Monday, March 02, 2015
Meal Period : LUNCH
Customer Count : 100

285 **Total Calories**
19.1 *% Calories from Protein*
85.4 *% Calories from Carbohydrates*
22.4 *% Calories from Fat*
7.7 *(%Saturated Fat)*

Report for Nutritional Goal: **MALE,AGE:23-50,WT:154 LB,MOD. ACTIVE**

Service Item / Portion Count	Serving Size	KCAL KCAL	PRO GM	FAT GM	SFA GM	CFIB GM	PUFA GM	CHOL MG	CHO GM	CA MG	P MG	FE MG	NA MG	K MG	VTAIU IU	B1 MG	B2 MG	NIA MG	VITC MG	MG MG
		2,310	88.0	76.0	25.4	7.7	25.4	300.0	319.0	800.00	800.00	10.00	5,000.0	3,500.0	5,000.00	1.40	1.60	18.00	60.00	350.00
CHZNACHOS GS	14.160 oz P	522	7.8	26.7	5	0	3.6	0	67.7	171.09	202.24	2.4	1817.2	194.3	193.36	0.16	0.27	3.18	9.02	86.81
0	% of Goal :	23	9	35	19	*	14	*	21	21	25	24	36	6	4	12	17	18	15	25
BUFFALO TENDEI	order	1391	42.3	121.8	54.3	0	6.4	336.4	35.3	145.62	85.17	2.81	3067.3	1207.9	24324.35	0.22	0.41	19.58	5.45	21.11
0	% of Goal :	60	48	160	214	*	25	112	11	18	11	28	61	35	486	16	26	109	9	6
CHICKEN TENDEI	7 OZ	634	37.6	41.3	7	0	0.8	119.6	27.7	54.43	22.27	2.26	1057.3	726.2	905.33	0.18	0.28	18.66	6.93	14.84
0	% of Goal :	27	43	54	28	*	3	40	9	7	3	23	21	21	18	13	18	104	12	4
Honey BBQ Tende	order	1078	39.9	45.6	7.7	0	1.9	120.9	135.3	84.54	56.18	3.29	1474.3	1104.1	1906.63	0.22	0.38	20.23	16.63	36.69
0	% of Goal :	47	45	60	30	*	7	40	42	11	7	33	29	32	38	16	24	112	28	10
FZN YGTLG GS	8 OZ. CUP	227	6.8	0	0	0	0	0	45.4	0	0	0	0	0	0	0	0	0	0	0
0	% of Goal :	10	8	*	*	*	*	*	14	*	*	*	*	*	*	*	*	*	*	*
SMOOTHIES g.s.	12 OZ	33	0	0	0	0	0	0	7	5.65	0	0.03	12.2	5.8	0	0	0	0	0	2.83
0	% of Goal :	*	*	*	*	*	*	*	2	*	*	*	*	*	*	*	*	*	*	*
FRAPPE CHOCOL	1 FRAPPE	277	14.9	2.4	1.5	0	0.1	9.1	44.3	278.96	218.18	0.11	114.5	354	464.93	0.09	0.38	0.2	2.2	31.34
0	% of Goal :	12	17	3	6	*	*	3	14	35	27	*	2	10	9	6	24	*	4	9
FRAPPE COFFEE	1 FRAPPE	271	12.9	2.4	1.5	0	0.1	9.1	46	282.77	225.96	0.22	115.2	449.3	464.93	0.09	0.42	0.96	2.2	39.81
0	% of Goal :	12	15	3	6	*	*	3	14	35	28	2	2	13	9	6	26	5	4	11
FRAPPE MOCHA	1 FRAPPE	344	17.8	2.4	1.5	0	0.1	9.1	56.7	282.77	225.96	0.22	115.2	449.3	464.93	0.09	0.42	0.96	2.2	39.81
0	% of Goal :	15	20	3	6	*	*	3	18	35	28	2	2	13	9	6	26	5	4	11
FRAPPE TWIST	1 FRAPPE	271	13.8	2.4	1.5	0	0.1	9.1	44.6	278.96	218.18	0.11	114.5	354	464.93	0.09	0.38	0.2	2.2	31.34
0	% of Goal :	12	16	3	6	*	*	3	14	35	27	*	2	10	9	6	24	*	4	9
FRAPPE VANILLA	1 FRAPPE	265	12.6	2.4	1.5	0	0.1	9.1	44.9	278.96	218.18	0.11	114.5	354	464.93	0.09	0.38	0.2	2.2	31.34
0	% of Goal :	11	14	3	6	*	*	3	14	35	27	*	2	10	9	6	24	*	4	9
FRAPPE OREO	1 FRAPPE	372	13.6	7.1	2.4	0	0.7	9.1	60.8	284.86	240.4	0.99	251.5	393.7	465.16	0.11	0.42	0.67	2.2	41.55
** 0	% of Goal :	16	15	9	10	*	3	3	19	36	30	10	5	11	9	8	26	4	4	12

'*' 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 : GREER
Service Date : Monday, March 02, 2015
Meal Period : LUNCH
Customer Count : 100

285 **Total Calories**
19.1 *% Calories from Protein*
85.4 *% Calories from Carbohydrates*
22.4 *% Calories from Fat*
7.7 *(%Saturated Fat)*

Report for Nutritional Goal: **MALE,AGE:23-50,WT:154 LB,MOD. ACTIVE**

Service Item / Portion Count	Serving Size	KCAL KCAL	PRO GM	FAT GM	SFA GM	CFIB GM	PUFA GM	CHOL MG	CHO GM	CA MG	P MG	FE MG	NA MG	K MG	VTAIU IU	B1 MG	B2 MG	NIA MG	VITC MG	MG MG
		2,310	88.0	76.0	25.4	7.7	25.4	300.0	319.0	800.00	800.00	10.00	5,000.0	3,500.0	5,000.00	1.40	1.60	18.00	60.00	350.00
GS CCC	1 BIG COO	230	2.5	10.2	6	0	0.2	46.1	32.9	34.89	54.5	0.97	134.5	56.5	385.71	0.13	0.11	1.16	0	7.08
0	% of Goal :	10	3	13	24	*	*	15	10	4	7	10	3	2	8	9	7	6	*	2
GS M&M COOKI	1 BIG COO	303	3.2	13.3	8	0	0.3	47.9	43.5	50.52	76.8	1.14	142.8	96.3	413.98	0.14	0.14	1.19	0.08	13.23
0	% of Goal :	13	4	17	31	*	*	16	14	6	10	11	3	3	8	10	9	7	*	4
GS OREO CRUME	1 BIG COO	308	3.3	13.5	6.7	0	0.6	45.8	44.5	39.04	70.6	1.62	235	85.5	383.55	0.14	0.14	1.5	0	14.59
0	% of Goal :	13	4	18	26	*	2	15	14	5	9	16	5	2	8	10	9	8	*	4
VEGGIE NUGGET	4.25 OZ	24	0.3	0.1	0	0	0	0	6.3	4.37	8.96	0.16	272.6	110.5	233.5	0.02	0.02	0.31	3.47	5.06
0	% of Goal :	*	*	*	*	*	*	*	2	*	*	2	5	3	5	*	*	2	6	*
Meal Total:	Amount:	372	13.6	7.1	2.4	0	0.7	9.1	60.8	284.86	240.4	0.99	251.5	393.7	465.16	0.11	0.42	0.67	2.2	41.55
	% of Goal:	16	15	9	9	*	3	3	19	36	30	10	5	11	9	8	26	4	4	12

'*' 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 : GREER
Service Date : Monday, March 02, 2015
Meal Period : FUNCTION
Customer Count : 100

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

Report for Nutritional Goal: **MALE,AGE:23-50,WT:154 LB,MOD. ACTIVE**

Service Item / Portion Count	Serving Size	KCAL KCAL	PRO GM	FAT GM	SFA GM	CFIB GM	PUFA GM	CHOL MG	CHO GM	CA MG	P MG	FE MG	NA MG	K MG	VTAIU IU	B1 MG	B2 MG	NIA MG	VITC MG	MG MG
		2,310	88.0	76.0	25.4	7.7	25.4	300.0	319.0	800.00	800.00	10.00	5,000.0	3,500.0	5,000.0(	1.40	1.60	18.00	60.00	350.00
Breakfast pizza	7" Pizza	554	23.1	18.3	4.1	0	2.5	371.7	72	78.98	273.08	5.76	1097.8	247.9	584.38	0.89	0.99	7.69	0.24	37.36
0	% of Goal :	24	26	24	16	*	10	124	23	10	34	58	22	7	12	64	62	43	*	11
BUFFALO CHICKE	9.870 oz Po	974	30.9	56.8	24.5	0	8.9	124.9	86.6	130.29	429.06	4.89	2078.3	1161	2666.21	0.72	0.69	13.71	19.46	78.18
0	% of Goal :	42	35	75	96	*	35	42	27	16	54	49	42	33	53	51	43	76	32	22
Caprese HOT Sub	Sub	298	9.2	7.6	1.5	0	1	2.2	47.9	54.45	102.46	3.07	592	188.2	370.48	0.57	0.38	5.19	8.95	24.39
0	% of Goal :	13	10	10	6	*	4	*	15	7	13	31	12	5	7	41	24	29	15	7
CHEESE STEAK S	1 SANDWIC	972	58.3	43.6	21.8	0	1.3	159.9	85.8	488.17	733	6.52	2066.8	1052.8	1507.6	0.96	0.93	12.92	11.86	87.62
0	% of Goal :	42	66	57	86	*	5	53	27	61	92	65	41	30	30	68	58	72	20	25
Chicken cordon	panini	572	37.3	37.6	16.8	0.4	3.1	121.8	21.4	611.02	620.84	2.16	1140	416.6	668.87	0.13	0.38	7.83	1.26	45.53
0	% of Goal :	25	42	50	66	5	12	41	7	76	78	22	23	12	13	9	24	43	2	13
Chicken Parm su	panini	848	47.6	42	19	0	4	118.3	69.8	662.31	709.46	5.03	2250.8	690.9	1219.74	0.68	0.77	13.49	7.71	75.52
0	% of Goal :	37	54	55	75	*	16	39	22	83	89	50	45	20	24	49	48	75	13	22
TURKEY MELT Su	PANINI	533	31.3	24.3	11.2	0	2.1	71.4	45.8	218.56	518.92	3.41	1839.8	416.5	518.1	0.7	0.52	6.5	3.76	30.79
0	% of Goal :	23	36	32	44	*	8	24	14	27	65	34	37	12	10	50	33	36	6	9
CAESAR CHICKEI	1 SALAD	188	26	6.6	2.5	0	1.1	73.2	4.8	45.85	204.49	1	451.1	325	111.02	0.08	0.12	11.1	0.07	25.08
0	% of Goal :	8	30	9	10	*	4	24	*	6	26	10	9	9	2	6	7	62	*	7
SWISS SHROOM	C.BURGER	772	37.1	37.4	14.2	0	6.8	112.5	73.4	180.58	414.76	5.64	1334.1	1280.9	726.94	0.54	0.66	12.1	23.61	80.69
	% of Goal :	33	42	49	56	*	27	37	23	23	52	56	27	37	15	39	41	67	39	23
Blueberry& stra	Smoothie	373	5.7	6.9	3.9	0	0.5	2.3	78.4	185.41	174.63	1.45	104.3	436.6	327.15	0.09	0.36	1.3	72.74	30.62
	% of Goal :	16	6	9	15	*	2	*	25	23	22	14	2	12	7	6	23	7	121	9
VeggiePizza3 G.	6" Pizza	492	13.4	12.3	1.7	0	2	0	81.8	40.83	142.08	5.4	1256.2	395.5	1021.89	0.9	0.61	9.16	32.86	42.8
	% of Goal :	21	15	16	7	*	8	*	26	5	18	54	25	11	20	64	38	51	55	12
PUMPKIN MUFFIN	1 MUFFIN	307	3.9	11.3	6.6	0	0.6	64.1	48.9	67.03	103.11	1.97	338.3	118.3	7791.56	0.19	0.18	1.59	1.67	14.67
	% of Goal :	13	4	15	26	*	2	21	15	8	13	20	7	3	156	13	11	9	3	4

'*' 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 : GREER
Service Date : Monday, March 02, 2015
Meal Period : FUNCTION
Customer Count : 100

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

Report for Nutritional Goal: **MALE,AGE:23-50,WT:154 LB,MOD. ACTIVE**

Service Item / Portion Count	Serving Size	KCAL KCAL	PRO GM	FAT GM	SFA GM	CFIB GM	PUFA GM	CHOL MG	CHO GM	CA MG	P MG	FE MG	NA MG	K MG	VTAIU IU	B1 MG	B2 MG	NIA MG	VITC MG	MG MG
		2,310	88.0	76.0	25.4	7.7	25.4	300.0	319.0	800.00	800.00	10.00	5,000.0	3,500.0	5,000.0(	1.40	1.60	18.00	60.00	350.00
Sausage grinder	Grinder	718	38.3	40.6	13.9	0.1	5.4	118.5	47.7	63.65	340.39	5.18	2033.8	640.2	826.18	1.45	0.67	10.86	50.55	47.72
	% of Goal :	31	44	53	55	2	21	39	15	8	43	52	41	18	17	104	42	60	84	14
BUFF GRILLED CI	1 SANDWIC	741	16.8	50.4	26.3	0	7.1	95.2	57.3	263.08	401.25	2.78	1316.2	733.4	1342.79	0.45	0.48	5.02	14.38	52.45
	% of Goal :	32	19	66	103	*	28	32	18	33	50	28	26	21	27	32	30	28	24	15
WAFFLES	1/2 WAFFLI	231	2.1	8.5	3.6	0	0.3	37.5	38.8	32	50.7	0.83	285.3	37	219.76	0.07	0.08	0.5	0	2.33
	% of Goal :	10	2	11	14	*	*	13	12	4	6	8	6	*	4	5	5	3	*	*
Pineapple smoot	Smoothie	294	5.7	0.1	0	0	0.1	0	66.2	12.9	5.73	0.57	2.9	143.3	42.99	0.14	0.04	0.43	11.47	14.33
	% of Goal :	13	7	*	*	*	*	*	21	2	*	6	*	4	*	10	3	2	19	4
GRILLD CHEEZ	1 SANDWIC	747	19.1	42.5	11.3	0	3.5	34.2	74.2	293.56	404.51	3.95	1784.3	498.1	1136.22	0.7	0.63	6.55	9.27	45.07
	% of Goal :	32	22	56	44	*	14	11	23	37	51	39	36	14	23	50	39	36	15	13
Bagel bites G.S	order																			
	% of Goal :																			
Orangesmoothie	Smoothie	267	6.5	0.1	0	0	0	0	57.2	19.57	34.85	0.21	1.8	412.1	168.75	0.17	0.04	0.44	84.31	20.79
	% of Goal :	12	7	*	*	*	*	*	18	2	4	2	*	12	3	12	2	2	141	6
Pancakes cc & b	2 PANCAKE	492	6.4	26	14.9	0	1.8	75.1	60.3	148.78	382.64	2	939.9	361.2	937.33	0.31	0.32	2.32	3.8	34.08
	% of Goal :	21	7	34	59	*	7	25	19	19	48	20	19	10	19	22	20	13	6	10
GS M&M COOKI	1 BIG COOI	303	3.2	13.3	8	0	0.3	47.9	43.5	50.52	76.8	1.14	142.8	96.3	413.98	0.14	0.14	1.19	0.08	13.23
	% of Goal :	13	4	17	31	*	*	16	14	6	10	11	3	3	8	10	9	7	*	4
CHOCOLATE KRI	1 BIG COOI	375	7.5	4.4	1.7	0	0.5	114.7	81.7	29.64	150.71	4.08	204.6	333.1	173.61	0.27	0.31	2.11	0	58.43
	% of Goal :	16	9	6	7	*	2	38	26	4	19	41	4	10	3	19	20	12	*	17
cajun chicken w	wrap	263	19.3	6	1.1	0	1.9	38	32.6	73.88	172.36	2.3	582.4	296.1	137.4	0.32	0.21	8.13	3.21	28.95
	% of Goal :	11	22	8	4	*	8	13	10	9	22	23	12	8	3	23	13	45	5	8
CHICKEN CAPRE	PANINI	1063	37	86.2	25.3	0	6.7	140.2	36.3	256.13	381.58	3.66	863.4	472.1	1734.18	0.46	0.45	14.6	12.93	57.07
	% of Goal :	46	42	113	100	*	27	47	11	32	48	37	17	13	35	33	28	81	22	16

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

Courses selected:Selected All

Detail Simple List Menu Analysis

Unit : GREER
Service Date : Monday, March 02, 2015
Meal Period : FUNCTION
Customer Count : 100

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

Report for Nutritional Goal: **MALE,AGE:23-50,WT:154 LB,MOD. ACTIVE**

Service Item / Portion Count	Serving Size	KCAL KCAL	PRO GM	FAT GM	SFA GM	CFIB GM	PUFA GM	CHOL MG	CHO GM	CA MG	P MG	FE MG	NA MG	K MG	VTAIU IU	B1 MG	B2 MG	NIA MG	VITC MG	MG MG
		2,310	88.0	76.0	25.4	7.7	25.4	300.0	319.0	800.00	800.00	10.00	5,000.0	3,500.0	5,000.0(	1.40	1.60	18.00	60.00	350.00
Steak Quesadill	quesadilla	553	21	27.1	11.8	0	3	57.9	56	192.78	265.2	4.24	1149.1	386.2	450.36	0.6	0.47	6.11	5.05	41.52
	% of Goal :	24	24	36	47	*	12	19	18	24	33	42	23	11	9	43	29	34	8	12
Cinnabun C.S	cinnabun	462	6.6	22				5.5	61.5											
	% of Goal :	20	7	29				2	19											
Honey BBQ Panin	Sandwich	796	34.5	32.9	13.2	0	3.7	99.8	91.7	246.8	557.86	4.61	1790	562.1	954.69	0.66	0.65	13.04	4.57	55.58
	% of Goal :	34	39	43	52	*	15	33	29	31	70	46	36	16	19	47	41	72	8	16
PIZZA chicken C	PIZZA	926	35.4	44.4	10.6	0	5.2	76.9	95.2	127.03	412.04	6.6	1552.6	542.6	603.89	1.03	0.77	16.51	10.23	62.72
	% of Goal :	40	40	58	42	*	20	26	30	16	52	66	31	16	12	73	48	92	17	18
CIDER	8oz	107	0.1	0.2	0	0	0.1	0	26.5	15.86	15.86	0.84	6.8	269.7	2.27	0.05	0.04	0.23	2.04	6.8
	% of Goal :	5	*	*	*	*	*	*	8	2	2	8	*	8	*	3	2	*	3	2
Cheese steak me	sandwich	1235	39.3	89.4	47.1	0	7.9	221.1	72.3	283.42	632.46	4.67	2264.7	1374.7	2771.95	0.59	0.67	9.44	22.82	87.72
	% of Goal :	53	45	118	186	*	31	74	23	35	79	47	45	39	55	42	42	52	38	25
Pepproni pizza	panini	684	16.4	48.1	10.8	0	4.7	33.6	46	14.59	117.59	3.41	1392.8	225	0	0.67	0.45	6.91	0	23.08
	% of Goal :	30	19	63	43	*	18	11	14	2	15	34	28	6	*	48	28	38	*	7
Buff egg Bagel	PANINI	379	18.8	11.1	4.9	0	1.4	201.4	49.7	192.87	290.5	3.94	783.6	172.8	480.51	0.43	0.54	3.8	0	34.47
	% of Goal :	16	21	15	19	*	6	67	16	24	36	39	16	5	10	30	34	21	*	10
FRAPPE CHAI G.S	1 FRAPPE	218	8.8	1.2	0.7	0	0	4.5	39.4	139.48	109.09	0.06	57.3	177	232.47	0.04	0.19	0.1	1.1	15.67
	% of Goal :	9	10	2	3	*	*	2	12	17	14	*	*	5	5	3	12	*	2	4
GRILLED CHEESE	6.860 oz Po	836	25.2	55.3	16	0	5	57.9	61	231.69	443.1	3.84	2170.8	554.5	982.62	0.8	0.59	7.86	8.56	43.63
	% of Goal :	36	29	73	63	*	20	19	19	29	55	38	43	16	20	57	37	44	14	12
TORTILL CHPS	1 OUNCE	142	2	7.4	1.4	0	1	0	17.8	43.66	58.12	0.43	149.7	55.8	55.57	0.02	0.05	0.36	0	24.95
	% of Goal :	6	2	10	6	*	4	*	6	5	7	4	3	2	*	2	3	2	*	7
HUMMUS	2.572 0Z	52	0.8	5.1	0.7	0	2.7	0	1.5	41.38	27.15	0.65	86.4	29.4	31.23	0.04	0.01	0.21	1.91	15.21
	% of Goal :	2	*	7	3	*	11	*	*	5	3	6	2	*	*	3	*	*	3	4

'*' 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 : GREER
Service Date : Monday, March 02, 2015
Meal Period : FUNCTION
Customer Count : 100

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

Report for Nutritional Goal: **MALE,AGE:23-50,WT:154 LB,MOD. ACTIVE**

Service Item / Portion Count	Serving Size	KCAL KCAL	PRO GM	FAT GM	SFA GM	CFIB GM	PUFA GM	CHOL MG	CHO GM	CA MG	P MG	FE MG	NA MG	K MG	VTAIU IU	B1 MG	B2 MG	NIA MG	VITC MG	MG MG
		2,310	88.0	76.0	25.4	7.7	25.4	300.0	319.0	800.00	800.00	10.00	5,000.0	3,500.0	5,000.00	1.40	1.60	18.00	60.00	350.00
Quesadillas Bu	each	1098	35.8	50.3	16.5	0	11.3	107.6	124.6	284.56	482.81	7.44	2145.2	615.6	1363.95	1.08	0.74	14.13	0.76	73.55
	% of Goal :	48	41	66	65	*	44	36	39	36	60	74	43	18	27	77	46	78	*	21
TURKEY CLUB WI	1 CLUB SA	474	25.2	17.7	4.7	0	4.3	51.1	51.6	123.76	278.28	3.94	717.3	407.4	155.21	0.64	0.38	7.57	4.64	43.54
	% of Goal :	21	29	23	18	*	17	17	16	15	35	39	14	12	3	46	24	42	8	12
Buffalo EGG PA	PANINI	565	19	35.9	6.6	0	3.8	424.3	40.6	58.03	236.7	3.91	588.3	189	634.01	0.53	0.81	4.3	0	24.31
	% of Goal :	24	22	47	26	*	15	141	13	7	30	39	12	5	13	38	50	24	*	7
CHICKEN Burrito	burrito	902	34.3	40.8	15.2	0	6.5	97.9	99.9	235.24	515.76	6.18	1338.3	815.9	1013.68	0.74	0.58	12.71	42.48	110.85
	% of Goal :	39	39	54	60	*	26	33	31	29	64	62	27	23	20	53	36	71	71	32
STEAK Burrito G	burrito	795	36.7	36.1	15.6	0	3.3	94.5	80.4	222.58	488.19	6.18	748	942.1	917.36	0.72	0.55	8.49	47.65	106.8
	% of Goal :	34	42	47	61	*	13	32	25	28	61	62	15	27	18	51	35	47	79	31
G.S.ON.RINGS	8 OZ.FROZ	923	12.1	60.6	19.5	0	11.6	0	86.5	70.31	183.71	3.83	850.5	292.6	510.29	0.64	0.32	8.19	3.18	43.09
	% of Goal :	40	14	80	77	*	46	*	27	9	23	38	17	8	10	45	20	45	5	12
Eggplant Parm p	panini	512	8.4	31.3	4.3	0	3.3	0	50.7	20.58	87.07	3.28	885.5	318.1	544.88	0.56	0.37	5.72	7.26	29.94
	% of Goal :	22	10	41	17	*	13	*	16	3	11	33	18	9	11	40	23	32	12	9
TUNA MELT	OPEN FACI	319	26.2	11.9	4.5	0	3.7	52.9	25.3	183.08	300.24	2.04	692.5	267.2	170.58	0.26	0.25	6.61	0.87	39.76
	% of Goal :	14	30	16	18	*	15	18	8	23	38	20	14	8	3	18	16	37	*	11
SWEET POTATO F	7 OZ.	99	1.4	0.3	0	0	0.1	0	25.9	18.3	37.08	0.67	1510.9	457.4	965.99	0.08	0.07	1.3	14.36	20.93
	% of Goal :	4	2	*	*	*	*	*	8	2	5	7	30	13	19	6	4	7	24	6
GREEK SAL W/	2.720 oz Po	220	0.3	24.1	3.2	0.1	2	0	2.3	8.6	8.1	0.37	92.1	52.1	60.58	0.01	0.01	0.07	1.99	6.41
	% of Goal :	10	*	32	13	*	8	*	*	*	*	4	2	*	*	*	*	*	3	2

Meal Total: Amount:
% of Goal:

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

Courses selected:Selected All