

Facility

**Detail Simple List Menu Analysis**

Unit : DINING HALL-S  
 Service Date : Monday, April 13, 2015  
 Meal Period : BREAKFAST  
 Customer Count : 225

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

Report for Nutritional Goal: **MENU BOARD**

Service Item	Serving Size	PRO GM	FAT GM	CHO GM	KCAL KCAL	TDFB GM													
FRSH FRT BOL 60	1 PIECE % of Goal :	0.7	0.4	22	86	3.7													
FRUT/YOG BAR 150	6.530 oz Po % of Goal :	0.5	0.3	9.8	39	0.8													
FRIED EGGS 90	2 EGGS % of Goal :	10.9	18.4	1.1	215	0													
DEERFIELD MUFF 80	1 SANDWIC % of Goal :	9.2	9.6	0.8	128	0													
HOME FRIES (SW 60	3.180 oz PC % of Goal :	1.5	3.5	20.2	116	2.5													
ZZ'S GRANOLA B/ 100	2 OZ BAR % of Goal :	3.5	11.3	28.1	219	2.8													
OATMEAL 60	6 OZ LADLI % of Goal :	3.9	1.6	15.9	92	2.7													
STICKY RICE 50	3.730 oz Po % of Goal :	2.4	0.3	26.1	121	0.4													
BAGELS 90	1 BAGEL % of Goal :	4.8	0.7	24.5	125	1.1													
BAGEL SET UP 90	1.600 oz Po % of Goal :	2	15.3	5.5	164	0.1													
ASRTD CEREAL 90	4.68 oz % of Goal :	10.1	1.9	14.5	116	0													
COFFEE 80	6 OUNCE C % of Goal :	0.6	2.5	2.3	34	0													

!\*\* 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

Facility

**Detail Simple List Menu Analysis**

Unit : DINING HALL-S  
 Service Date : Monday, April 13, 2015  
 Meal Period : BREAKFAST  
 Customer Count : 225

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

Report for Nutritional Goal: **MENU BOARD**

Service Item	Serving Size	PRO	FAT	CHO	KCAL	TDFB														
Portion Count		GM	GM	GM	KCAL	GM														
		0.0	0.0	0.0	0															
COFFEE DECAF	6 OUNCE C	0.6	2.5	2.3	34	0														
30	% of Goal :																			

**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

Facility

**Detail Simple List Menu Analysis**

Unit : DINING HALL-S  
 Service Date : Monday, April 13, 2015  
 Meal Period : LUNCH  
 Customer Count : 950

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

Report for Nutritional Goal: **MENU BOARD**

Service Item	Serving Size	PRO GM	FAT GM	CHO GM	KCAL KCAL	TDFB GM													
SALAD BAR 600	3.510 oz Po % of Goal :	3.8	4.6	11.1	98	0.9													
JAMBALAYA ANDC 800	10 oz % of Goal :	26	20.6	32.1	424	1.5													
VEGGIE JAMBAL 150	8 ounce por % of Goal :	4.7	0.5	28.1	133	3.9													
FRSH SPINACH 500	2.040 oz Po % of Goal :	1.7	0.2	2.2	13	1.4													
CORNBREAD 850	1/70 CUT % of Goal :	3	1	26.8	128	0.9													
WHIPPED BUTT 200	1/2 OUNCE % of Goal :	0.1	11.5	0	102	0													
MINTED BROWNII 850	1 BROWNII % of Goal :	2.3	16.6	31	272	1													
FRSH FRT BOL 200	1 PIECE % of Goal :	0.7	0.4	22	86	3.7													

**Meal Total:** Amount:  
 % of Goal:

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

Courses selected: Selected All

Facility

**Detail Simple List Menu Analysis**

Unit : DINING HALL-S  
 Service Date : Monday, April 13, 2015  
 Meal Period : DINNER  
 Customer Count : 550

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

Report for Nutritional Goal: **MENU BOARD**

Service Item	Serving Size	PRO GM	FAT GM	CHO GM	KCAL KCAL	TDFB GM													
SALAD BAR	3.510 oz Po	3.8	4.6	11.1	98	0.9													
200	% of Goal :																		
PASTA BAR	8.981 oz Po	8.5	6.5	29.6	205	3.4													
200	% of Goal :																		
SALISBURY STEA EACH																			
300	% of Goal :																		
ROASTED SIRACI each		86.3	44.6	15.7	828	0.2													
300	% of Goal :																		
TEMPEH COCONI PORTION		25.5	17.5	40	398	1.7													
100	% of Goal :																		
BAKED SWEET P PORTION		2.5	0.2	35.2	150	4.4													
400	% of Goal :																		
EDAMAME	2 OZ																		
250	% of Goal :																		
FRENCH BREAD ( 1/10 LOAF		3	0.4	18	90	0.7													
250	% of Goal :																		
WHIPPED BUTT	1/2 OUNCE	0.1	11.5	0	102	0													
75	% of Goal :																		
APPLE PIE	1/10 PIE	3.2	4	51.7	251	2.8													
200	% of Goal :																		

**Meal Total:** Amount:  
 % of Goal:

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

Courses selected: Selected All

Unit : DINING HALL-S  
 Service Date : Tuesday, April 14, 2015  
 Meal Period : BREAKFAST  
 Customer Count : 225

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

Report for Nutritional Goal: **MENU BOARD**

Service Item	Serving Size	PRO GM	FAT GM	CHO GM	KCAL KCAL	TDFB GM													
FRSH FRT BOL 60	1 PIECE % of Goal :	0.7	0.4	22	86	3.7													
FRUT/YOG BAR 150	6.530 oz Po % of Goal :	0.5	0.3	9.8	39	0.8													
PLN PANCAKES 150	2 PANCAKE % of Goal :	5.1	1.6	51.6	231	1.8													
SCRMBLD EGGS 200	3.260 oz Po % of Goal :	11	12.6	1.1	164	0													
DEERFIELD MUFF 100	1 SANDWIC % of Goal :	9.2	9.6	0.8	128	0													
OATMEAL 60	6 OZ LADLI % of Goal :	3.9	1.6	15.9	92	2.7													
STICKY RICE 50	3.730 oz Po % of Goal :	2.4	0.3	26.1	121	0.4													
BAGELS 90	1 BAGEL % of Goal :	4.8	0.7	24.5	125	1.1													
BAGEL SET UP 90	1.600 oz Po % of Goal :	2	15.3	5.5	164	0.1													
ASRTD CEREAL 90	4.68 oz % of Goal :	10.1	1.9	14.5	116	0													
QUICK BREAD OF 200	1/15 LOAF % of Goal :	2.7	7.3	22.1	165	0.2													
COFFEE 80	6 OUNCE C % of Goal :	0.6	2.5	2.3	34	0													

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

Courses selected:Selected All

Facility

**Detail Simple List Menu Analysis**

Unit : DINING HALL-S  
 Service Date : Tuesday, April 14, 2015  
 Meal Period : BREAKFAST  
 Customer Count : 225

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

Report for Nutritional Goal: **MENU BOARD**

Service Item	Serving Size	PRO	FAT	CHO	KCAL	TDFB														
Portion Count		GM	GM	GM	KCAL	GM														
		0.0	0.0	0.0	0															
COFFEE DECAF	6 OUNCE C	0.6	2.5	2.3	34	0														
30	% of Goal :																			

**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

Facility

**Detail Simple List Menu Analysis**

Unit : DINING HALL-S  
 Service Date : Tuesday, April 14, 2015  
 Meal Period : LUNCH  
 Customer Count : 950

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

Report for Nutritional Goal: **MENU BOARD**

Service Item Portion Count	Serving Size	PRO GM	FAT GM	CHO GM	KCAL KCAL	TDFB GM													
		0.0	0.0	0.0	0														
SALAD BAR 600	3.510 oz Po % of Goal :	3.8	4.6	11.1	98	0.9													
SOUTHWEST TUF 725	8 oz % of Goal :	33.8	11.7	51.4	448	3.8													
SOUTHWEST TOF 80	6.910 oz Po % of Goal :	21.1	14.9	53	418	4.6													
BLACK BEAN ANC 300	4.020 oz Po % of Goal :	6.1	11.4	22.5	207	6													
CHIPS/SALSA 600	2.410 oz Po % of Goal :	3.4	12.1	29.7	233	2.9													
MOLASSES COOK 630	EACH % of Goal :																		
FRSH FRT BOL 200	1 PIECE % of Goal :	0.7	0.4	22	86	3.7													

**Meal Total:** Amount:  
 % of Goal:

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

Courses selected: Selected All

Facility

**Detail Simple List Menu Analysis**

Unit : DINING HALL-S  
 Service Date : Tuesday, April 14, 2015  
 Meal Period : DINNER  
 Customer Count : 750

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

Report for Nutritional Goal: **MENU BOARD**

Service Item	Serving Size	PRO GM	FAT GM	CHO GM	KCAL KCAL	TDFB GM													
SALAD BAR	3.510 oz Po	3.8	4.6	11.1	98	0.9													
200	% of Goal :																		
CHIX MARSALA	6.86 oz	36.2	15	7.8	351	0.4													
920	% of Goal :																		
LENTIL STEW	1 CUP	8	4.7	23.2	167	7													
120	% of Goal :																		
MIXED UP GRAIN	.3 LB	1.8	0.9	10.8	57	1.1													
1000	% of Goal :																		
BROCCOLI FLO	2.190 oz Po	1.9	0.1	3.3	17	1.9													
800	% of Goal :																		
RUSTIC ROLL (DI	1 ROLL	3	0.5	17.3	84	1.7													
800	% of Goal :																		
WHIPPED BUTT	1/2 OUNCE	0.1	11.5	0	102	0													
200	% of Goal :																		
CH CK/MARSHM	1 SLICE	3.3	5.5	48.2	247	0.9													
800	% of Goal :																		
FRSH FRT BOL	1 PIECE	0.7	0.4	22	86	3.7													
200	% of Goal :																		

**Meal Total:** Amount:  
 % of Goal:

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

Courses selected: Selected All



Unit : DINING HALL-S  
 Service Date : Wednesday, April 15, 2015  
 Meal Period : BREAKFAST  
 Customer Count : 225

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

Report for Nutritional Goal: **MENU BOARD**

Service Item	Serving Size	PRO GM	FAT GM	CHO GM	KCAL KCAL	TDFB GM													
FRSH FRT BOL 60	1 PIECE % of Goal :	0.7	0.4	22	86	3.7													
FRUT/YOG BAR 150	6.530 oz Po % of Goal :	0.5	0.3	9.8	39	0.8													
SCRMBLD EGGS 150	3.260 oz Po % of Goal :	11	12.6	1.1	164	0													
CHEF'S CHOICE 100	5.280 oz Po % of Goal :	10.9	8.8	1.1	130	0													
SAUSAGE CHICKI 250	1 PC % of Goal :	5	17.1	0.4	177	0													
DEERFIELD MUFF 100	1 SANDWIC % of Goal :	9.2	9.6	0.8	128	0													
PASTRY OF THE [ ] 200	1 MUFFIN % of Goal :	2.6	6	18.5	138	0.3													
OATMEAL 60	6 OZ LADLI % of Goal :	3.9	1.6	15.9	92	2.7													
STICKY RICE 50	3.730 oz Po % of Goal :	2.4	0.3	26.1	121	0.4													
BAGELS 90	1 BAGEL % of Goal :	4.8	0.7	24.5	125	1.1													
BAGEL SET UP 90	1.600 oz Po % of Goal :	2	15.3	5.5	164	0.1													
ASRTD CEREAL 90	4.68 oz % of Goal :	10.1	1.9	14.5	116	0													

\*\*\* 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 : DINING HALL-S  
 Service Date : Wednesday, April 15, 2015  
 Meal Period : BREAKFAST  
 Customer Count : 225

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

Report for Nutritional Goal: **MENU BOARD**

Service Item	Serving Size	PRO	FAT	CHO	KCAL	TDFB													
Portion Count		GM	GM	GM	KCAL	GM													
		0.0	0.0	0.0	0														
COFFEE	6 OUNCE C	0.6	2.5	2.3	34	0													
80	% of Goal :																		
COFFEE DECAF	6 OUNCE C	0.6	2.5	2.3	34	0													
30	% of Goal :																		

**Meal Total:** Amount:  
 % of Goal:

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Courses selected: Selected All

Facility

**Detail Simple List Menu Analysis**

Unit : DINING HALL-S  
 Service Date : Wednesday, April 15, 2015  
 Meal Period : LUNCH  
 Customer Count : 700

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

Report for Nutritional Goal: **MENU BOARD**

Service Item	Serving Size	PRO GM	FAT GM	CHO GM	KCAL KCAL	TDFB GM													
SALAD BAR 300	3.510 oz Po % of Goal :	3.8	4.6	11.1	98	0.9													
FRUIT CUTS 200	2.820 oz Po % of Goal :	0.5	0.2	6.4	27	0.7													
BAGELS 120	1 BAGEL % of Goal :	4.8	0.7	24.5	125	1.1													
BAGEL SET UP 120	1.600 oz Po % of Goal :	2	15.3	5.5	164	0.1													
TOMATO SAUCE 110	6 OZ LADLI % of Goal :	2.5	1.2	13.9	68	3													
PENNE (WHOLE V 100	7.940 oz % of Goal :																		
SOUP DU JOUR 100	1 % of Goal :	0	0	0	0	0													
CLAM CHOWDER 400	6 OZ LADLI % of Goal :	11.4	10.5	11.8	187	0.6													
SALTINES 100	1/PK % of Goal :	0.8	1	6	36	0.3													
CHIX TERIYAK 480	6.624 oz Po % of Goal :	37.4	4.1	11.3	239	0.1													
TEMPEH, HOISIN 200	5.25 OZ % of Goal :	22.5	16.4	30	339	1.2													
BROWN RICE 300	1/2 CUP % of Goal :	2.2	0.8	19.6	95	1.5													

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Courses selected:Selected All

Facility

**Detail Simple List Menu Analysis**

Unit : DINING HALL-S  
 Service Date : Wednesday, April 15, 2015  
 Meal Period : LUNCH  
 Customer Count : 700

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

Report for Nutritional Goal: **MENU BOARD**

Service Item Portion Count	Serving Size	PRO GM	FAT GM	CHO GM	KCAL KCAL	TDFB GM													
PEAS 200	2 oz Portion % of Goal :	2.9	0.2	8.1	44	3.1													
70	Pound % of Goal :	102.1	7.2	0	499	0													
HONEY HAM 300	2 OUNCES % of Goal :	237.4	96	0	1877	0													
PROVOLONE 175	Ounce % of Goal :	7.2	7.5	0.6	99	0													
L/TOM/ON W/T 200	2 TOM/LET % of Goal :	0.5	0.2	2.6	12	0.7													
MAYO/MUSTARD 200	.760 oz Port % of Goal :	0.6	2.6	2.3	34	0													
POTATO CHIPS 200	1 OUNCE % of Goal :	2	9.8	15	152	1.3													
WHEAT GRINDER 200	1 ROLL % of Goal :	6.9	1.3	40.9	199	3.6													
BAKER'S BREAD 200	1 % of Goal :	0	0	0	0	0													
PEANUT BUTTER 300	1 BROWNIE % of Goal :	2.9	12.5	23.7	211	0.7													

**Meal Total:** Amount:  
 % of Goal:

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

Courses selected: Selected All

Facility

**Detail Simple List Menu Analysis**

Unit : DINING HALL-S  
 Service Date : Wednesday, April 15, 2015  
 Meal Period : DINNER  
 Customer Count : 550

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

Report for Nutritional Goal: **MENU BOARD**

Service Item Portion Count	Serving Size	PRO GM 0.0	FAT GM 0.0	CHO GM 0.0	KCAL KCAL 0	TDFB GM													
SALAD BAR 275	3.510 oz Po % of Goal :	3.8	4.6	11.1	98	0.9													
PASTA BAR 275	8.981 oz Po % of Goal :	8.5	6.5	29.6	205	3.4													
BIBIMBAP 500	16 oz % of Goal :	36.4	13	71.8	556	2.7													
CREME BRULE 200	1 RAMEKIN % of Goal :	8.8	15.8	18.1	250	0													

**Meal Total:** Amount:  
 % of Goal:

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Courses selected:Selected All

Facility

**Detail Simple List Menu Analysis**

Unit : DINING HALL-S  
 Service Date : Thursday, April 16, 2015  
 Meal Period : BREAKFAST  
 Customer Count : 225

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

Report for Nutritional Goal: **MENU BOARD**

Service Item	Serving Size	PRO GM	FAT GM	CHO GM	KCAL KCAL	TDFB GM													
FRSH FRT BOL 60	1 PIECE % of Goal :	0.7	0.4	22	86	3.7													
FRUT/YOG BAR 150	6.530 oz Po % of Goal :	0.5	0.3	9.8	39	0.8													
FRENCH TOAST ( 100	1.5 SLICES % of Goal :	10.5	4.1	77.9	375	3.2													
HRD BLD EGGS 120	2 EGGS % of Goal :	10.9	8.7	1.1	130	0													
DEERFIELD MUFF 100	1 SANDWIC % of Goal :	9.2	9.6	0.8	128	0													
COFFEE CAKE OF 200	1 SQUARE % of Goal :	3.5	10	37.6	253	0.5													
OATMEAL 60	6 OZ LADLI % of Goal :	3.9	1.6	15.9	92	2.7													
STICKY RICE 50	3.730 oz Po % of Goal :	2.4	0.3	26.1	121	0.4													
BAGELS 90	1 BAGEL % of Goal :	4.8	0.7	24.5	125	1.1													
BAGEL SET UP 90	1.600 oz Po % of Goal :	2	15.3	5.5	164	0.1													
ASRTD CEREAL 90	4.68 oz % of Goal :	10.1	1.9	14.5	116	0													
COFFEE 80	6 OUNCE C % of Goal :	0.6	2.5	2.3	34	0													

\*\*\* 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

Facility

**Detail Simple List Menu Analysis**

Unit : DINING HALL-S  
 Service Date : Thursday, April 16, 2015  
 Meal Period : BREAKFAST  
 Customer Count : 225

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

Report for Nutritional Goal: **MENU BOARD**

Service Item	Serving Size	PRO	FAT	CHO	KCAL	TDFB														
Portion Count		GM	GM	GM	KCAL	GM														
		0.0	0.0	0.0	0															
COFFEE DECAF	6 OUNCE C	0.6	2.5	2.3	34	0														
30	% of Goal :																			

**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

Facility

**Detail Simple List Menu Analysis**

Unit : DINING HALL-S  
 Service Date : Thursday, April 16, 2015  
 Meal Period : LUNCH  
 Customer Count : 950

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

Report for Nutritional Goal: **MENU BOARD**

Service Item Portion Count	Serving Size	PRO GM	FAT GM	CHO GM	KCAL KCAL	TDFB GM													
		0.0	0.0	0.0	0														
SALAD BAR 600	3.510 oz Po % of Goal :	3.8	4.6	11.1	98	0.9													
SHEPHERDS 1000	11.220 oz P % of Goal :	4.2	6.3	35.4	206	2.6													
CHICKPEA CURR' 100	11.480 oz P % of Goal :	1.2	2.5	8.2	56	1													
BASMATI RICE 100	1/2 CUP % of Goal :	4	0.5	43.3	200	0.7													
MIXED VEGGIE 600	2.020 oz Po % of Goal :	1.6	0.1	7.5	34	2.5													
KETCHUP 200	1/4 CUP % of Goal :	0.9	0.2	16	61	0.8													
WHIPPED BUTT 330	1/2 OUNCE % of Goal :	0.1	11.5	0	102	0													
BAN BRD II 960	1/15 LOAF % of Goal :	2.8	7.3	22.4	163	0.8													
RICE KRSP SQ 850	1 SQUARE % of Goal :	1.1	2.3	21.5	108	0.2													
FRSH FRT BOL 200	1 PIECE % of Goal :	0.7	0.4	22	86	3.7													

**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



Facility

**Detail Simple List Menu Analysis**

Unit : DINING HALL-S  
 Service Date : Thursday, April 16, 2015  
 Meal Period : DINNER  
 Customer Count : 750

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

Report for Nutritional Goal: **MENU BOARD**

Service Item Portion Count	Serving Size	PRO GM	FAT GM	CHO GM	KCAL KCAL	TDFB GM													
CAPRESE SALAD 600	2.91oz % of Goal :	4.4	4.6	3.3	70	0.7													
POLLO A LA BRAS 680	8 oz % of Goal :	1.1	0.3	3.2	17	0.3													
BLACK PEPPER T 150	5.33 OZ % of Goal :	14.7	27.8	10.9	334	2.7													
RICE PILAF 850	PORTION % of Goal :	2.3	1.3	20.1	104	1.7													
GRN BNS WHOL 400	2.030 oz Po % of Goal :	0.9	0.1	3.7	16	1.7													
ONION BREAD 850	1/10 LOAF % of Goal :	4	0.7	22.1	112	0.8													
OREO PIE 800	3oz slice % of Goal :	2.9	11	32.3	236	1													
FRSH FRT BOL 207	1 PIECE % of Goal :	0.7	0.4	22	86	3.7													

**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

Facility

**Detail Simple List Menu Analysis**

Unit : DINING HALL-S  
 Service Date : Friday, April 17, 2015  
 Meal Period : BREAKFAST  
 Customer Count : 225

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

Report for Nutritional Goal: **MENU BOARD**

Service Item	Serving Size	PRO GM	FAT GM	CHO GM	KCAL KCAL	TDFB GM													
FRSH FRT BOL 60	1 PIECE % of Goal :	0.7	0.4	22	86	3.7													
FRUT/YOG BAR 150	6.530 oz Po % of Goal :	0.5	0.3	9.8	39	0.8													
MUFFIN OF THE C 300	1 MUFFIN % of Goal :	2.6	6	18.5	138	0.3													
HSM &CHZ OMT 150	1 OMELET % of Goal :	25.6	21.2	1.4	304	0													
CHEESE OMLET 100	1 OMELET % of Goal :	18	18.2	1.4	245	0													
DEERFIELD MUFF 80	1 SANDWIC % of Goal :	9.2	9.6	0.8	128	0													
HOME FRIES 250	3.180 oz Po % of Goal :	1.6	5.2	16.5	116	1.6													
OATMEAL 60	6 OZ LADLI % of Goal :	3.9	1.6	15.9	92	2.7													
STICKY RICE 50	3.730 oz Po % of Goal :	2.4	0.3	26.1	121	0.4													
BAGELS 90	1 BAGEL % of Goal :	4.8	0.7	24.5	125	1.1													
BAGEL SET UP 90	1.600 oz Po % of Goal :	2	15.3	5.5	164	0.1													
ASRTD CEREAL 90	4.68 oz % of Goal :	10.1	1.9	14.5	116	0													

\*\*\* 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

Facility

**Detail Simple List Menu Analysis**

Unit : DINING HALL-S  
 Service Date : Friday, April 17, 2015  
 Meal Period : BREAKFAST  
 Customer Count : 225

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

Report for Nutritional Goal: **MENU BOARD**

Service Item	Serving Size	PRO	FAT	CHO	KCAL	TDFB													
Portion Count		GM	GM	GM	KCAL	GM													
		0.0	0.0	0.0	0														
COFFEE	6 OUNCE C	0.6	2.5	2.3	34	0													
80	% of Goal :																		
COFFEE DECAF	6 OUNCE C	0.6	2.5	2.3	34	0													
30	% of Goal :																		

**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

Facility

**Detail Simple List Menu Analysis**

Unit : DINING HALL-S  
 Service Date : Friday, April 17, 2015  
 Meal Period : LUNCH  
 Customer Count : 950

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

Report for Nutritional Goal: **MENU BOARD**

Service Item	Serving Size	PRO GM	FAT GM	CHO GM	KCAL KCAL	TDFB GM													
SALAD BAR 600	3.510 oz Po % of Goal :	3.8	4.6	11.1	98	0.9													
GREEK CHICKEN 920	4 oz % of Goal :	24.7	13.4	0.6	226	0.1													
GREEK CHICKEN 800	2 oz % of Goal :	0.5	2.6	2.4	31	0.4													
LEMON TAHINI DF 400	2 oz % of Goal :	1.8	36.4	3.1	337	1													
FALAFEL F 400	3 FALAFEL % of Goal :	6.9	16.6	36.5	322	2													
YOGURT DRESS 400	1.74 OZ % of Goal :	1.9	0.1	3.1	21	0.2													
TABBOULEH 300	4.400 oz Po % of Goal :	1.5	4.9	8.6	80	2.1													
FLAT BREAD 720	EACH % of Goal :	1.5	0.4	8.6	45	0.3													
RASP FLD CKS 630	2 COOKIES % of Goal :	2.4	3.4	32.2	167	0.4													
FRSH FRT BOL 200	1 PIECE % of Goal :	0.7	0.4	22	86	3.7													

**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

Facility

**Detail Simple List Menu Analysis**

Unit : DINING HALL-S  
 Service Date : Friday, April 17, 2015  
 Meal Period : DINNER  
 Customer Count : 450

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

Report for Nutritional Goal: **MENU BOARD**

Service Item	Serving Size	PRO GM	FAT GM	CHO GM	KCAL KCAL	TDFB GM													
SALAD BAR	3.510 oz Po	3.8	4.6	11.1	98	0.9													
200	% of Goal :																		
PASTA WE TOSS	8.820 oz Po	26.6	14.9	22.5	331	2.7													
700	% of Goal :																		
CIDER-BRAISED F EACH																			
200	% of Goal :																		
HOT AND SOUR P 8 oz		9.8	5.7	64.5	349	3.4													
100	% of Goal :																		
ROASTED ROSEN	5.540 oz Po	3.4	4	27.1	155	0													
200	% of Goal :																		
SAUTEED KALE	2.040 oz Po	1.9	1.4	5.9	38	1.1													
200	% of Goal :																		
RYE BRD DNNR	1/10 LOAF	3.6	0.6	23	109	1.3													
250	% of Goal :																		
WHIPPED BUTT	1/2 OUNCE	0.1	11.5	0	102	0													
75	% of Goal :																		
CARROT CAKE	1 PIECE	3.2	12.5	35.3	264	0.9													
200	% of Goal :																		

**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

Facility

**Detail Simple List Menu Analysis**

Unit : DINING HALL-S  
 Service Date : Saturday, April 18, 2015  
 Meal Period : BREAKFAST  
 Customer Count : 100

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

Report for Nutritional Goal: **MENU BOARD**

Service Item Portion Count	Serving Size	PRO GM	FAT GM	CHO GM	KCAL KCAL	TDFB GM													
FRSH FRT BOL 40	1 PIECE % of Goal :	0.7	0.4	22	86	3.7													
FRUT/YOG BAR 75	6.530 oz Po % of Goal :	0.5	0.3	9.8	39	0.8													
SCRMBLD EGGS 100	3.260 oz Po % of Goal :	11	12.6	1.1	164	0													
WAFFLES 150	1/2 WAFFLI % of Goal :	2.1	8.5	38.8	231	0													
OATMEAL 60	6 OZ LADLI % of Goal :	3.9	1.6	15.9	92	2.7													
STICKY RICE 50	3.730 oz Po % of Goal :	2.4	0.3	26.1	121	0.4													
BAGELS 90	1 BAGEL % of Goal :	4.8	0.7	24.5	125	1.1													
BAGEL SET UP 90	1.600 oz Po % of Goal :	2	15.3	5.5	164	0.1													
ASRTD CEREAL 90	4.68 oz % of Goal :	10.1	1.9	14.5	116	0													
COFFEE 80	6 0UNCE C % of Goal :	0.6	2.5	2.3	34	0													
COFFEE DECAF 30	6 0UNCE C % of Goal :	0.6	2.5	2.3	34	0													

**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

Facility

**Detail Simple List Menu Analysis**

Unit : DINING HALL-S  
 Service Date : Saturday, April 18, 2015  
 Meal Period : LUNCH  
 Customer Count : 450

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

Report for Nutritional Goal: **MENU BOARD**

Service Item	Serving Size	PRO GM	FAT GM	CHO GM	KCAL KCAL	TDFB GM													
	Portion Count	0.0	0.0	0.0	0														
SALAD BAR	3.510 oz Po	3.8	4.6	11.1	98	0.9													
200	% of Goal :																		
FRUIT CUTS	2.820 oz Po	0.5	0.2	6.4	27	0.7													
150	% of Goal :																		
BAGELS	1 BAGEL	4.8	0.7	24.5	125	1.1													
70	% of Goal :																		
BAGEL SET UP	1.600 oz Po	2	15.3	5.5	164	0.1													
70	% of Goal :																		
TOMATO SAUCE	6 OZ LADLI	2.5	1.2	13.9	68	3													
100	% of Goal :																		
SPAGHETTI	5.430 oz Po	7.3	2.4	43.2	227	2													
100	% of Goal :																		
WAFFLES	1/2 WAFFLI	2.1	8.5	38.8	231	0													
100	% of Goal :																		
LENTIL SOUP	6 OZ LADLI	7.3	0.6	17.5	100	6.5													
100	% of Goal :																		
CRM/MUSH SP	7.020 oz Po	4.3	9.9	10.1	144	0.9													
100	% of Goal :																		
SALTINES	1/PK	0.8	1	6	36	0.3													
100	% of Goal :																		
GRILLED HAM AN	1 SANDWIC	23.1	18.5	22.9	354	0.7													
225	% of Goal :																		
GRILLED CHEESE	1 SANDWIC	11.5	17.2	22.3	291	0.7													
200	% 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

Facility

**Detail Simple List Menu Analysis**

Unit : DINING HALL-S  
 Service Date : Saturday, April 18, 2015  
 Meal Period : LUNCH  
 Customer Count : 450

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

Report for Nutritional Goal: **MENU BOARD**

Service Item	Serving Size	PRO	FAT	CHO	KCAL	TDFB													
Portion Count		GM	GM	GM	KCAL	GM													
		0.0	0.0	0.0	0														
SWEET POTATO F	3.830 oz po																		
300	% of Goal :																		
BLUEBERRY OAT 2 COOKIES		2.5	0.9	23.1	109	1.3													
200	% of Goal :																		

**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



Facility

**Detail Simple List Menu Analysis**

Unit : DINING HALL-S  
 Service Date : Saturday, April 18, 2015  
 Meal Period : DINNER  
 Customer Count : 300

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

Report for Nutritional Goal: **MENU BOARD**

Service Item	Serving Size	PRO GM	FAT GM	CHO GM	KCAL KCAL	TDFB GM													
SALAD BAR	3.510 oz Po	3.8	4.6	11.1	98	0.9													
120	% of Goal :																		
PENNE	7.940 oz	10.7	1.5	63.8	317	2.9													
100	% of Goal :																		
TOMATO SAUCE	6 OZ LADLI	2.5	1.2	13.9	68	3													
100	% of Goal :																		
TACO MEAT	1.5 TACOS	0.4	0.4	2.2	12	0.7													
200	% of Goal :																		
SHREDDED CHIC	6.040 oz Po	26.4	16.7	0.2	264	0.1													
120	% of Goal :																		
SEITAN TACO FIL	PORTION	1.3	12.2	7.8	140	1.4													
50	% of Goal :																		
SPICY PINTO BEA	5.400 oz Po	11.6	0.7	36.6	195	12.1													
100	% of Goal :																		
SPANISH RICE	3.010 oz Po	2.3	2.2	20	108	1.6													
200	% of Goal :																		
BROCCOLINI CHII	EACH	0.2	0.2	1.3	5	0.4													
200	% of Goal :																		
TACO SHELLS	.800 oz Port	1.6	5.1	14.2	106	1.7													
200	% of Goal :																		
TACO SHELLS	3.890 oz Po	9.6	7.8	61.3	358	3.6													
200	% 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

Facility

**Detail Simple List Menu Analysis**

Unit : DINING HALL-S  
 Service Date : Saturday, April 18, 2015  
 Meal Period : DINNER  
 Customer Count : 300

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

Report for Nutritional Goal: **MENU BOARD**

Service Item	Serving Size	PRO	FAT	CHO	KCAL	TDFB														
Portion Count	Size	GM	GM	GM	KCAL	GM														
		0.0	0.0	0.0	0															
ICE YOUR OWN C 2 COOKIES		2.5	5	35	191	0.5														
175	% of Goal :																			

**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

Facility

**Detail Simple List Menu Analysis**

Unit : DINING HALL-S  
 Service Date : Sunday, April 19, 2015  
 Meal Period : BRUNCH  
 Customer Count : 550

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

Report for Nutritional Goal: **MENU BOARD**

Service Item	Serving Size	PRO GM	FAT GM	CHO GM	KCAL KCAL	TDFB GM													
FRESH FRUIT SAI	1/2 CUP	0.7	0.5	12.5	51	1.4													
350	% of Goal :																		
SCRMBLD EGGS	3.260 oz Po	11	12.6	1.1	164	0													
400	% of Goal :																		
HASH BRN PAT	1 PATTY	1.4	5	12.2	95	0.9													
400	% of Goal :																		
BACON	3 SLICES	7	11.4	0.1	133	0													
700	% of Goal :																		
WAFFLE BAR	6.504 OZ	4.5	25	55.7	445	1.8													
350	% of Goal :																		
LEG O'LAMB	3.870 oz Po	27.9	18	0.7	284	0.2													
150	% of Goal :																		
SESAME TUNA ST	6 OZ STEA	68.8	21.2	36.1	609	3													
40	% of Goal :																		
CHEEZ STRATA	1/24 CUT	21.2	19.1	14.8	319	0.3													
100	% of Goal :																		
COUSCOUS MOR	4.020 OZ	0.6	1.2	3.6	27	0.5													
100	% of Goal :																		
MEXICAN CAESAI	EACH																		
200	% of Goal :																		
CINN ROLLS	1 ROLL	3.4	4.9	21.1	142	0.7													
300	% of Goal :																		
STICKY RICE	3.730 oz Po	2.4	0.3	26.1	121	0.4													
100	% 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

Facility

**Detail Simple List Menu Analysis**

Unit : DINING HALL-S  
 Service Date : Sunday, April 19, 2015  
 Meal Period : BRUNCH  
 Customer Count : 550

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

Report for Nutritional Goal: **MENU BOARD**

Service Item Portion Count	Serving Size	PRO GM	FAT GM	CHO GM	KCAL KCAL	TDFB GM													
BAGELS 130	1 BAGEL % of Goal :	4.8	0.7	24.5	125	1.1													
BAGEL SET UP 130	1.600 oz Po % of Goal :	2	15.3	5.5	164	0.1													
ASRTD CEREAL 130	4.68 oz % of Goal :	10.1	1.9	14.5	116	0													
COFFEE 150	6 OUNCE C % of Goal :	0.6	2.5	2.3	34	0													
COFFEE DECAF 40	6 OUNCE C % of Goal :	0.6	2.5	2.3	34	0													
COFFEE FLVRD 90	6 OUNCE C % of Goal :	1.6	0.3	5.6	33	0													

**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

Facility

**Detail Simple List Menu Analysis**

Unit : DINING HALL-S  
 Service Date : Sunday, April 19, 2015  
 Meal Period : DINNER  
 Customer Count : 750

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

Report for Nutritional Goal: **MENU BOARD**

Service Item Portion Count	Serving Size	PRO GM	FAT GM	CHO GM	KCAL KCAL	TDFB GM													
SALAD BAR 200	3.510 oz Po % of Goal :	3.8	4.6	11.1	98	0.9													
BEEF TO CARVE 950	3.620 oz Po % of Goal :	26.3	21.9	0.6	310	0													
ROASTED TOFU \ \ 80	5.33 oz % of Goal :	22.9	53.9	19.9	626	4.5													
SMASHED POTAT PORTION 680	% of Goal :	2.7	5.3	27.1	163	2.4													
BROWN SAUCE 200	2 OZ LADLI % of Goal :	0.7	2.7	2.7	38	0.1													
CORN FRZ RECIP 400	2 oz Portion % of Goal :	1.6	0.2	11.1	45	1.4													
MLTI-GRN/ROL 800	1 ROLL % of Goal :	5.1	2.3	28.4	150	2.9													
WHIPPED BUTT 200	1/2 OUNCE % of Goal :	0.1	11.5	0	102	0													
GINGERBREAD B 800	1.920 oz Po % of Goal :	2.1	0.7	29.8	132	0.5													
WHIPPD CREAM 300	1/4 CUP % of Goal :	0.9	15.6	3.2	154	0													
FRSH FRT BOL 200	1 PIECE % of Goal :	0.7	0.4	22	86	3.7													

**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