Detail Simple List Menu Analysis

Unit : DINING HALL-S
Service Date : Monday, September 26, 2016
Meal Period : BREAKFAST
Customer Count : 225

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
FRSH FRT BOL	1 PIECE	86	0.7	0.4	0.1	0	0.1	0	22	22.19	15.16	0.25	0.2	243.9	138.2	0.06	0.05	0.28	26.66	13.72
60	% of Goal :	4	*	*	*	*	*	*	7	3	2	3	*	7	3	4	3	2	44	4
FRUT/YOG BAR	6.530 oz Po	39	0.5	0.3	0.1	0	0.1	0	9.8	7.71	10.2	0.19	3.7	168.3	574.25	0.06	0.03	0.33	19.61	7.04
150	% of Goal :	2	*	*	*	*	*	*	3	*	*	2	*	5	11	4	2	2	33	2
FRIED EGGS	2 EGGS	215	10.9	18.4	4.1	0	6.8	371.1	1.1	42.79	155.45	1.26	110	105.7	554.46	0.05	0.44	0.06	0	8.73
100	% of Goal :	9	12	24	16	*	27	124	*	5	19	13	2	3	11	4	28	*	*	2
HOME FRIES (SW	3.180 oz PC	86	1.5	0.1	0	0	0	0	20.2	23.81	46.11	0.42	8.4	292	18158.73	0.06	0.11	0.52	20.49	16.95
100	% of Goal :	4	2	*	*	*	*	*	6	3	6	4	*	8	363	4	7	3	34	5
DEERFIELD MUFF	1 SANDWIC	128	9.2	9.6	4.7	0	0.8	201.4	0.8	124.69	202.73	0.69	295.1	80	480.24	0.03	0.28	0.04	0	8.1
100	% of Goal :	6	10	13	18	*	3	67	*	16	25	7	6	2	10	2	18	*	*	2
OATMEAL	6 OZ LADLE	92	3.9	1.6	0.3	0	0.6	0	15.9	143.78	117.21	5.56	251.6	87.5	1333.05	0.47	0.25	4.83	0	37.51
60	% of Goal :	4	4	2	*	*	2	*	5	18	15	56	5	3	27	33	16	27	*	11
STICKY RICE	3.730 oz Po	121	2.4	0.3	0.1	0	0.1	0	26.1	20.09	44.41	1.19	3.2	39.1	0	0.26	0.02	1.48	0	12.69
50	% of Goal :	5	3	*	*	*	*	*	8	3	6	12	*	*	*	19	*	8	*	4
BAGELS	1 BAGEL	125	4.8	0.7	0.1	0	0.3	0	24.5	34.02	43.8	1.62	244.1	46.4	0	0.2	0.13	1.88	0	13.18
90	% of Goal :	5	5	*	*	*	*	*	8	4	5	16	5	*	*	14	8	10	*	4
BAGEL SET UP	1.600 oz Po	164	2	15.3	9.6	0	0.6	45.2	5.5	22.3	28.07	0.32	143.7	36.1	606.43	0	0.05	0.03	0.06	2.17
90	% of Goal :	7	2	20	38	*	2	15	2	3	4	3	3	*	12	*	3	*	*	*
ASRTD CEREAL	4.68 oz	116	10.1	1.9	1.2	0	0.1	8.8	14.5	372.13	297.67	0.14	154	485.8	617.69	0.11	0.46	0.26	2.95	38.03
90	% of Goal :	5	11	2	5	*	*	3	5	47	37	*	3	14	12	8	29	*	5	11
ZZ'S GRANOLA B/	2 OZ BAR	219	3.5	11.3	4.6	0	1.5	17.6	28.1	46.7	109.91	1.57	5.7	168.6	541.13	0.17	0.05	0.4	0.28	41.12
100	% of Goal :	9	4	15	18	*	6	6	9	6	14	16	*	5	11	12	3	2	*	12
COFFEE	6 0UNCE C	34	0.6	2.5	1.6	0	0.1	8	2.3	26.46	20.75	0.03	14.3	28.2	94.47	0.01	0.03	0.02	0.19	4.02
80	% of Goal :	*	*	3	6	*	*	3	*	3	3	*	*	*	2	*	2	*	*	*

'*' 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 : Monday, September 26, 2016
Meal Period : BREAKFAST
Customer Count : 225

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
COFFEE DECAF	6 0UNCE C	34	0.6	2.5	1.6	0	0.1	8	2.3	26.47	20.76	0.03	14.3	28.2	94.49	0.01	0.03	0.02	0.19	4.02
30	% of Goal :	*	*	3	6	*	*	3	*	3	3	*	*	*	2	*	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

Unit : DINING HALL-S
Service Date : Monday, September 26, 2016
Meal Period : LUNCH
Customer Count : 950

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
SALAD BAR	3.510 oz Po	98	3.8	4.6	1.2	0	1.4	15.9	11.1	36.84	60.77	0.58	168.6	115.2	1205.6	0.06	0.09	1.04	3.07	13.29
600	% of Goal :	4	4	6	5	*	5	5	3	5	8	6	3	3	24	4	6	6	5	4
SUPERFOOD COL	3 oz Portion	99	0	11.1	1.5	0	0.9	0	0.2	0.24	0.47	0.06	0	3.7	0	0	0	0	0	0.81
350	% of Goal :	4	*	15	6	*	4	*	*	*	*	*	*	*	*	*	*	*	*	*
FRNCH DIP F	1 SANDWIC	224	22.7	14	5.2	0	0.5	68	0.4	6.66	184.95	2.45	290.1	307	0.1	0.07	0.19	3.18	0.02	21.89
750	% of Goal :	10	26	18	21	*	2	23	*	*	23	24	6	9	*	5	12	18	*	6
VEGETABLE BIRI	8 OZ PORT	178	5.7	5.6	4.6	0	0.3	0	28.1	49.21	131.06	2.96	83.6	407.6	3770.62	0.24	0.09	1.67	24.37	42.72
120	% of Goal :	8	7	7	18	*	*	*	9	6	16	30	2	12	75	17	6	9	41	12
POTATO CHIPS	1 OUNCE	152	2	9.8	3.1	0	3.5	0	15	6.8	46.78	0.46	168.4	361.5	0	0.05	0.06	1.08	8.82	18.99
500	% of Goal :	7	2	13	12	*	14	*	5	*	6	5	3	10	*	3	3	6	15	5
GINGER SNAPS	2 COOKIES	123	1.5	0.2	0	0	0.1	0	29	47.13	47.61	1.93	64.5	189	0.42	0.17	0.08	1.35	0.02	31
630	% of Goal :	5	2	*	*	*	*	*	9	6	6	19	*	5	*	12	5	8	*	9
FRSH FRT BOL	1 PIECE	86	0.7	0.4	0.1	0	0.1	0	22	22.19	15.16	0.25	0.2	243.9	138.2	0.06	0.05	0.28	26.66	13.72
200	% of Goal :	4	*	*	*	*	*	*	7	3	2	3	*	7	3	4	3	2	44	4
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 : Monday, September 26, 2016
Meal Period : DINNER
Customer Count : 550

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
SALAD BAR	3.510 oz Po	98	3.8	4.6	1.2	0	1.4	15.9	11.1	36.84	60.77	0.58	168.6	115.2	1205.6	0.06	0.09	1.04	3.07	13.29
250	% of Goal :	4	4	6	5	*	5	5	3	5	8	6	3	3	24	4	6	6	5	4
ZITI	4.080 oz Po	168	5.5	1.4	0.2	0	0.7	0	32.5	8.03	61.98	1.61	1.1	35.6	0	0.23	0.11	1.92	0	20.66
100	% of Goal :	7	6	2	*	*	3	*	10	*	8	16	*	*	*	17	7	11	*	6
TOMATO SAUCE	6.290 oz Po	77	2.3	2.5	0.4	0	0.3	0	12.7	67.5	49.63	1.78	198.2	415.6	2401	0.1	0.07	1.39	19.33	26.85
100	% of Goal :	3	3	3	*	*	*	*	4	8	6	18	4	12	48	7	4	8	32	8
HOISIN SALMON	5 OZ	215	25.2	10.2	1.8	0	2.3	79.1	3.8	11.22	257.34	0.64	234.2	361.4	191.16	0.2	0.17	6.22	0.7	31.18
440	% of Goal :	9	29	13	7	*	9	26	*	*	32	6	5	10	4	14	11	35	*	9
FRIED CHICKEN (	2 pc	709	94	33.4	9.2	0	7.7	317.4	1.4	84.03	634.24	4.54	346.1	859.4	254.29	0.26	0.82	22.29	0.28	81.35
475	% of Goal :	31	107	44	36	*	30	106	*	11	79	45	7	25	5	18	51	124	*	23
FRITTERS LENTIL	2 FRITTER	35	1.4	0.6	0.1	0	0.2	0	7.3	41.17	32.97	1.31	6.8	153.4	569.38	0.04	0.04	0.3	6.2	14.85
100	% of Goal :	2	2	*	*	*	*	*	2	5	4	13	*	4	11	3	2	2	10	4
WILD R PILAF	PORTION	101	2.6	1.3	0.2	0	0.6	0	19.3	9.1	80.91	0.41	29.1	64.5	414.61	0.07	0.03	1.39	0.21	38.57
425	% of Goal :	4	3	2	*	*	3	*	6	*	10	4	*	2	8	5	2	8	*	11
ROASTED ROOT '	4 oz	101	1.1	6.3	0.9	0	3.6	0	11.3	36.81	44.76	0.63	35.4	269.1	5871.46	0.06	0.04	0.57	11.65	19.02
450	% of Goal :	4	*	8	4	*	14	*	4	5	6	6	*	8	117	4	3	3	19	5
RUSTIC ROLL (DI	1 ROLL	84	3	0.5	0.1	0	0.2	6.6	17.3	8.51	54.52	0.97	153.3	77.4	9.8	0.15	0.09	1.57	0	20.9
300	% of Goal :	4	3	*	*	*	*	2	5	*	7	10	3	2	*	11	6	9	*	6
WHIPPED BUTT	1/2 OUNCE	102	0.1	11.5	7.2	0	0.4	31	0	3.4	3.26	0.02	117.1	3.7	433.46	0	0	0.01	0	0.28
75	% of Goal :	4	*	15	28	*	2	10	*	*	*	*	2	*	9	*	*	*	*	*
S'MORES PIE	1/10th PIE	362	5.6	12.4	6.8	0	0.4	82.6	59.5	94.76	124.79	1.26	141	214.6	540.33	0.07	0.24	0.72	0.62	28.33
350	% of Goal :	16	6	16	27	*	2	28	19	12	16	13	3	6	11	5	15	4	*	8

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, September 27, 2016
Meal Period : BREAKFAST
Customer Count : 225

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
FRUT/YOG BAR	6.530 oz Po	39	0.5	0.3	0.1	0	0.1	0	9.8	7.71	10.2	0.19	3.7	168.3	574.25	0.06	0.03	0.33	19.61	7.04
150	% of Goal :	2	*	*	*	*	*	*	3	*	*	2	*	5	11	4	2	2	33	2
PLN PANCAKES	2 PANCAKE	231	5.1	1.6	0.6	0	0.3	37.2	51.6	57.19	105.51	1.94	244.1	143.8	122.87	0.2	0.19	1.79	0.33	27.5
150	% of Goal :	10	6	2	2	*	*	12	16	7	13	19	5	4	2	14	12	10	*	8
SCRMBLD EGGS	3.260 oz Po	164	11	12.6	5.1	0	1.3	381.8	1.1	44.17	156.76	1.28	149.2	107.8	707.23	0.05	0.45	0.07	0.2	8.91
200	% of Goal :	7	12	17	20	*	5	127	*	6	20	13	3	3	14	4	28	*	*	3
DEERFIELD MUFF	1 SANDWIC	128	9.2	9.6	4.7	0	0.8	201.4	0.8	124.69	202.73	0.69	295.1	80	480.24	0.03	0.28	0.04	0	8.1
100	% of Goal :	6	10	13	18	*	3	67	*	16	25	7	6	2	10	2	18	*	*	2
OATMEAL	6 OZ LADLE	92	3.9	1.6	0.3	0	0.6	0	15.9	143.78	117.21	5.56	251.6	87.5	1333.05	0.47	0.25	4.83	0	37.51
60	% of Goal :	4	4	2	*	*	2	*	5	18	15	56	5	3	27	33	16	27	*	11
QUICK BREAD OF	1/15 LOAF	165	2.7	7.3	4.1	0	0.2	66.1	22.1	9.65	35.31	1.26	16	31.8	299.43	0.14	0.13	1.01	0	3.53
150	% of Goal :	7	3	10	16	*	*	22	7	*	4	13	*	*	6	10	8	6	*	*
STICKY RICE	3.730 oz Po	121	2.4	0.3	0.1	0	0.1	0	26.1	20.09	44.41	1.19	3.2	39.1	0	0.26	0.02	1.48	0	12.69
50	% of Goal :	5	3	*	*	*	*	*	8	3	6	12	*	*	*	19	*	8	*	4
BAGELS	1 BAGEL	125	4.8	0.7	0.1	0	0.3	0	24.5	34.02	43.8	1.62	244.1	46.4	0	0.2	0.13	1.88	0	13.18
90	% of Goal :	5	5	*	*	*	*	*	8	4	5	16	5	*	*	14	8	10	*	4
BAGEL SET UP	1.600 oz Po	164	2	15.3	9.6	0	0.6	45.2	5.5	22.3	28.07	0.32	143.7	36.1	606.43	0	0.05	0.03	0.06	2.17
90	% of Goal :	7	2	20	38	*	2	15	2	3	4	3	3	*	12	*	3	*	*	*
ASRTD CEREAL	4.68 oz	116	10.1	1.9	1.2	0	0.1	8.8	14.5	372.13	297.67	0.14	154	485.8	617.69	0.11	0.46	0.26	2.95	38.03
90	% of Goal :	5	11	2	5	*	*	3	5	47	37	*	3	14	12	8	29	*	5	11
COFFEE	6 0UNCE C	34	0.6	2.5	1.6	0	0.1	8	2.3	26.46	20.75	0.03	14.3	28.2	94.47	0.01	0.03	0.02	0.19	4.02
80	% of Goal :	*	*	3	6	*	*	3	*	3	3	*	*	*	2	*	2	*	*	*

'*' 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 : Tuesday, September 27, 2016
Meal Period : BREAKFAST
Customer Count : 225

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
COFFEE DECAF	6 0UNCE C	34	0.6	2.5	1.6	0	0.1	8	2.3	26.47	20.76	0.03	14.3	28.2	94.49	0.01	0.03	0.02	0.19	4.02
30	% of Goal :	*	*	3	6	*	*	3	*	3	3	*	*	*	2	*	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

Unit : DINING HALL-S
Service Date : Tuesday, September 27, 2016
Meal Period : LUNCH
Customer Count : 950

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
SALAD BAR	3.510 oz Po	98	3.8	4.6	1.2	0	1.4	15.9	11.1	36.84	60.77	0.58	168.6	115.2	1205.6	0.06	0.09	1.04	3.07	13.29
600	% of Goal :	4	4	6	5	*	5	5	3	5	8	6	3	3	24	4	6	6	5	4
BLACK BEAN ANI	4.020 oz Po	207	6.1	11.4	1.7	0	6.5	0	22.5	23.94	104.34	1.52	6.8	295.4	456.2	0.18	0.07	0.9	14.44	48.11
300	% of Goal :	9	7	15	7	*	26	*	7	3	13	15	*	8	9	13	4	5	24	14
SOUTHWEST TUF	8 oz	448	33.8	11.7	1.7	0.6	2.4	70.5	51.4	122.66	279.11	4.49	459.3	617	619.78	0.4	0.41	10.24	6.98	63.81
725	% of Goal :	19	38	15	7	7	9	24	16	15	35	45	9	18	12	29	26	57	12	18
SOUTHWEST TOF	6.910 oz Po	418	21.1	14.9	2	0.6	6	0	53	284.49	240.09	11.86	423.3	426.4	644.43	0.47	0.36	3.72	4.71	110.13
80	% of Goal :	18	24	20	8	7	23	*	17	36	30	119	8	12	13	34	22	21	8	31
CHIPS/SALSA	2.410 oz Po	233	3.4	12.1	2.3	0	1.6	0	29.7	73.74	92.99	0.87	502.4	89.4	88.9	0.05	0.1	0.97	1.83	39.92
600	% of Goal :	10	4	16	9	*	6	*	9	9	12	9	10	3	2	4	6	5	3	11
FRSH FRT BOL	1 PIECE	86	0.7	0.4	0.1	0	0.1	0	22	22.19	15.16	0.25	0.2	243.9	138.2	0.06	0.05	0.28	26.66	13.72
200	% of Goal :	4	*	*	*	*	*	*	7	3	2	3	*	7	3	4	3	2	44	4
BROWNIES (VEG/	EACH	292	2.8	15.1	2.4	0	8.3	0	39.3	8.24	50.24	1.46	148.3	133.4	0.93	0.14	0.11	1.35	0	26.35
850	% of Goal :	13	3	20	10	*	33	*	12	*	6	15	3	4	*	10	7	7	*	8
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

Unit : DINING HALL-S
Service Date : Tuesday, September 27, 2016
Meal Period : DINNER
Customer Count : 750

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
SALAD BAR	3.510 oz Po	98	3.8	4.6	1.2	0	1.4	15.9	11.1	36.84	60.77	0.58	168.6	115.2	1205.6	0.06	0.09	1.04	3.07	13.29
200	% of Goal :	4	4	6	5	*	5	5	3	5	8	6	3	3	24	4	6	6	5	4
ITALIAN MEATBAL	7.68oz	42	1.2	1.4	0.2	0	0.2	0	6.9	36.62	26.93	0.97	107.5	225.5	1302.75	0.05	0.04	0.76	10.49	14.57
850	% of Goal :	2	*	2	*	*	*	*	2	5	3	10	2	6	26	4	2	4	17	4
MEAT SUB MTBL '	Pound																			
30	% of Goal :																			
FRNCH CUT BN	2.040 oz Po	16	0.9	0.1	0	0	0	0	3.7	28.39	17.96	0.51	5.2	73	232.35	0.02	0.05	0.22	2.38	13.91
600	% of Goal :	*	*	*	*	*	*	*	*	4	2	5	*	2	5	*	3	*	4	4
ROTINI	4.080 oz Po	168	5.5	1.4	0.2	0	0.7	0	32.5	8.03	61.98	1.61	1.1	35.6	0	0.23	0.11	1.92	0	20.66
350	% of Goal :	7	6	2	*	*	3	*	10	*	8	16	*	*	*	17	7	11	*	6
FRENCH BREAD (	1/10 LOAF	90	3	0.4	0.1	0	0.2	0	18	4.15	26.85	1.09	212	31.2	0	0.21	0.14	1.94	0	6.56
850	% of Goal :	4	3	*	*	*	*	*	6	*	3	11	4	*	*	15	9	11	*	2
WHIPPED BUTT	1/2 OUNCE	102	0.1	11.5	7.2	0	0.4	31	0	3.4	3.26	0.02	117.1	3.7	433.46	0	0	0.01	0	0.28
100	% of Goal :	4	*	15	28	*	2	10	*	*	*	*	2	*	9	*	*	*	*	*
STRAWBERRY RH	4.670 oz Po	422	2.1	9.4	5.5	0.3	0.2	23.6	85.3	26.02	26.42	1.39	81.9	139.5	383.95	0.15	0.1	1.22	2.2	9.55
850	% of Goal :	18	2	12	22	3	*	8	27	3	3	14	2	4	8	11	6	7	4	3
FRSH FRT BOL	1 PIECE	86	0.7	0.4	0.1	0	0.1	0	22	22.19	15.16	0.25	0.2	243.9	138.2	0.06	0.05	0.28	26.66	13.72
200	% of Goal :	4	*	*	*	*	*	*	7	3	2	3	*	7	3	4	3	2	44	4
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

Unit : DINING HALL-S
Service Date : Wednesday, September 28, 20
Meal Period : BREAKFAST
Customer Count : 225

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
FRSH FRT BOL	1 PIECE	86	0.7	0.4	0.1	0	0.1	0	22	22.19	15.16	0.25	0.2	243.9	138.2	0.06	0.05	0.28	26.66	13.72
60	% of Goal :	4	*	*	*	*	*	*	7	3	2	3	*	7	3	4	3	2	44	4
FRUT/YOG BAR	6.530 oz Pc	39	0.5	0.3	0.1	0	0.1	0	9.8	7.71	10.2	0.19	3.7	168.3	574.25	0.06	0.03	0.33	19.61	7.04
150	% of Goal :	2	*	*	*	*	*	*	3	*	*	2	*	5	11	4	2	2	33	2
HRD BLD EGGS	2 EGGS	130	10.9	8.7	2.7	0	1.2	371.1	1.1	42.78	155.42	1.26	110	105.7	554.46	0.05	0.44	0.06	0	8.73
120	% of Goal :	6	12	12	11	*	5	124	*	5	19	13	2	3	11	4	28	*	*	2
FRENCH TOAST (	1.5 SLICES	375	10.5	4.1	1.2	0	0.8	136.6	77.9	83.37	190.32	2.72	417.8	254.4	286.07	0.31	0.39	2.97	0.29	48.59
100	% of Goal :	16	12	5	5	*	3	46	24	10	24	27	8	7	6	22	24	17	*	14
SAUSAGE CHICKI	1 PC	177	5	17.1	6.2	0	0	28.9	0.4	7.65	50.18	0.39	283.6	86.7	0	0.23	0.07	1.21	0.68	0
250	% of Goal :	8	6	23	24	*	*	10	*	*	6	4	6	2	*	17	4	7	*	*
DEERFIELD MUFF	1 SANDWIC	128	9.2	9.6	4.7	0	0.8	201.4	0.8	124.69	202.73	0.69	295.1	80	480.24	0.03	0.28	0.04	0	8.1
100	% of Goal :	6	10	13	18	*	3	67	*	16	25	7	6	2	10	2	18	*	*	2
OATMEAL	6 OZ LADLE	92	3.9	1.6	0.3	0	0.6	0	15.9	143.78	117.21	5.56	251.6	87.5	1333.05	0.47	0.25	4.83	0	37.51
60	% of Goal :	4	4	2	*	*	2	*	5	18	15	56	5	3	27	33	16	27	*	11
STICKY RICE	3.730 oz Pc	121	2.4	0.3	0.1	0	0.1	0	26.1	20.09	44.41	1.19	3.2	39.1	0	0.26	0.02	1.48	0	12.69
60	% of Goal :	5	3	*	*	*	*	*	8	3	6	12	*	*	*	19	*	8	*	4
PASTRY OF THE I	1 MUFFIN	138	2.6	6	3.5	0	0.2	33.9	18.5	28.79	38.79	0.59	111.7	48.1	260.27	0.1	0.12	0.87	0.18	5.87
200	% of Goal :	6	3	8	14	*	*	11	6	4	5	6	2	*	5	7	7	5	*	2
BAGELS	1 BAGEL	125	4.8	0.7	0.1	0	0.3	0	24.5	34.02	43.8	1.62	244.1	46.4	0	0.2	0.13	1.88	0	13.18
90	% of Goal :	5	5	*	*	*	*	*	8	4	5	16	5	*	*	14	8	10	*	4
BAGEL SET UP	1.600 oz Pc	164	2	15.3	9.6	0	0.6	45.2	5.5	22.3	28.07	0.32	143.7	36.1	606.43	0	0.05	0.03	0.06	2.17
90	% of Goal :	7	2	20	38	*	2	15	2	3	4	3	3	*	12	*	3	*	*	*
ASRTD CEREAL	4.68 oz	116	10.1	1.9	1.2	0	0.1	8.8	14.5	372.13	297.67	0.14	154	485.8	617.69	0.11	0.46	0.26	2.95	38.03
90	% of Goal :	5	11	2	5	*	*	3	5	47	37	*	3	14	12	8	29	*	5	11

'*' 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, September 28, 20
Meal Period : BREAKFAST
Customer Count : 225

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
COFFEE	6 0UNCE C	34	0.6	2.5	1.6	0	0.1	8	2.3	26.46	20.75	0.03	14.3	28.2	94.47	0.01	0.03	0.02	0.19	4.02
80	% of Goal :	*	*	3	6	*	*	3	*	3	3	*	*	*	2	*	2	*	*	*
COFFEE DECAF	6 0UNCE C	34	0.6	2.5	1.6	0	0.1	8	2.3	26.47	20.76	0.03	14.3	28.2	94.49	0.01	0.03	0.02	0.19	4.02
30	% of Goal :	*	*	3	6	*	*	3	*	3	3	*	*	*	2	*	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

Unit : DINING HALL-S
Service Date : Wednesday, September 28, 20
Meal Period : LUNCH
Customer Count : 700

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
SALAD BAR	3.510 oz Po	98	3.8	4.6	1.2	0	1.4	15.9	11.1	36.84	60.77	0.58	168.6	115.2	1205.6	0.06	0.09	1.04	3.07	13.29
300	% of Goal :	4	4	6	5	*	5	5	3	5	8	6	3	3	24	4	6	6	5	4
FRUT/YOG BAR	6.530 oz Po	39	0.5	0.3	0.1	0	0.1	0	9.8	7.71	10.2	0.19	3.7	168.3	574.25	0.06	0.03	0.33	19.61	7.04
200	% of Goal :	2	*	*	*	*	*	*	3	*	*	2	*	5	11	4	2	2	33	2
BAGELS	1 BAGEL	125	4.8	0.7	0.1	0	0.3	0	24.5	34.02	43.8	1.62	244.1	46.4	0	0.2	0.13	1.88	0	13.18
120	% of Goal :	5	5	*	*	*	*	*	8	4	5	16	5	*	*	14	8	10	*	4
BAGEL SET UP	1.600 oz Po	164	2	15.3	9.6	0	0.6	45.2	5.5	22.3	28.07	0.32	143.7	36.1	606.43	0	0.05	0.03	0.06	2.17
120	% of Goal :	7	2	20	38	*	2	15	2	3	4	3	3	*	12	*	3	*	*	*
TOMATO SAUCE	6 OZ LADLE	68	2.5	1.2	0.2	0	0.3	0	13.9	63.56	51.75	1.96	285	510	1317.32	0.11	0.09	1.83	29.79	32.34
110	% of Goal :	3	3	2	*	*	*	*	4	8	6	20	6	15	26	8	5	10	50	9
PENNE (WHOLE V	7.940 oz																			
100	% of Goal :																			
SOUP DU JOUR	1	0	0	0	0	0	0	0	0	9.04	0	0.05	13.6	0	0	0	0	0	0	4.52
100	% of Goal :	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Butternut Curry	6 OZ LADLE	178	2.1	13.1	10.9	0	0.7	0	16	27.14	73.94	2.43	10.7	306.8	1444.86	0.06	0.03	0.82	4.57	35.98
200	% of Goal :	8	2	17	43	*	3	*	5	3	9	24	*	9	29	5	2	5	8	10
SALTINES	1/PK	36	0.8	1	0.2	0	0.2	0	6	9.99	8.81	0.45	109.3	10.7	0	0.05	0.04	0.44	0	2.27
100	% of Goal :	2	*	*	*	*	*	*	2	*	*	5	2	*	*	3	2	2	*	*
BBQ PORK (LOCA	6.040 oz Po	671	61.3	40.9	15.7	0	2	200.7	10.4	33.45	319.68	6.35	720	684.7	685.94	0.12	0.6	10.86	5.26	55.85
225	% of Goal :	29	70	54	62	*	8	67	3	4	40	64	14	20	14	9	38	60	9	16
COWBOY BEANS	8.280 oz Po	250	11.1	4	0.6	0	2.1	0	43.8	92.99	209.74	3.65	159.5	654.1	384.39	0.34	0.12	1.45	22.98	77.62
162	% of Goal :	11	13	5	3	*	8	*	14	12	26	37	3	19	8	24	7	8	38	22
BROWN RICE	PORTION	94	2.2	0.8	0.2	0	0.3	0	19.5	8.49	70.48	0.36	4.2	36.5	0	0.08	0.02	1.3	0	36.51
200	% of Goal :	4	2	*	*	*	*	*	6	*	9	4	*	*	*	6	*	7	*	10

'*' 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, September 28, 20
Meal Period : LUNCH
Customer Count : 700

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
FRSH SPINACH	2.040 oz Po	13	1.7	0.2	0	0	0.1	0	2.2	78.51	32.33	2.06	40.4	269	4728.09	0.05	0.14	0.28	5.66	50.23
250	% of Goal :	*	2	*	*	*	*	*	*	10	4	21	*	8	95	4	9	2	9	14
	Pound	499	102.1	7.2	2.2		1.3	186	0	31.75	1038.73	1.81	6490.9	1261	0	0.18	0.49	37.75	0	90.72
70	% of Goal :	22	116	9	9		5	62	*	4	130	18	130	36	*	13	30	210	*	26
RST BF GRNDR	1 GRINDEF	333	29.7	22.9	10.7	0	0.8	97	0.4	164.98	390.84	2.7	427.9	364	313.52	0.08	0.29	3.42	0	28.45
210	% of Goal :	14	34	30	42	*	3	32	*	21	49	27	9	10	6	6	18	19	*	8
PROVOLONE	1 SLICE	77	5.6	5.8	3.7	0	0.2	15	0.5	164.58	108.01	0.11	190.6	30.1	177.45	0	0.07	0.03	0	6
200	% of Goal :	3	6	8	15	*	*	5	*	21	14	*	4	*	4	*	4	*	*	2
L/TOM/ON W/T	2 TOM/LET/	12	0.5	0.2	0	0	0.1	0	2.6	7.68	13.85	0.32	5	127.9	435.38	0.03	0.03	0.33	10.54	6.23
200	% of Goal :	*	*	*	*	*	*	*	*	*	2	3	*	4	9	2	2	2	18	2
MAYO/MUSTARD	.760 oz Por	34	0.6	2.6	0.4	0.1	1.1	2.5	2.3	11.61	11.56	0.21	194.9	15.6	0	0	0	0	0	0
200	% of Goal :	*	*	3	2	2	4	*	*	*	*	2	4	*	*	*	*	*	*	*
PICKLES	1.994	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
100	% of Goal :	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
CORN CHIPS	1 OUNCE	153	1.9	9.5	1.3	0	4.7	0	16.1	36	52.45	0.37	178.6	40.3	26.65	0.01	0.04	0.34	0	21.55
500	% of Goal :	7	2	12	5	*	18	*	5	5	7	4	4	*	*	*	3	2	*	6
RUSTIC ROLL (SA	1 ROLL	169	6	1.1	0.2	0	0.4	13.2	34.9	17.15	109.91	1.95	309	156	19.76	0.3	0.19	3.17	0.01	42.14
500	% of Goal :	7	7	*	*	*	*	4	11	2	14	19	6	4	*	21	12	18	*	12
RKY RD BROWN	1/96 SHEET	294	3.4	15.6	7.9	0	2.4	60.3	37.3	22.94	57.36	0.78	116	74.2	467.9	0.08	0.11	0.56	0.17	18.25
300	% of Goal :	13	4	21	31	*	10	20	12	3	7	8	2	2	9	6	7	3	*	5
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

Unit : DINING HALL-S
Service Date : Wednesday, September 28, 20
Meal Period : DINNER
Customer Count : 550

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
SALAD BAR	3.510 oz Po	98	3.8	4.6	1.2	0	1.4	15.9	11.1	36.84	60.77	0.58	168.6	115.2	1205.6	0.06	0.09	1.04	3.07	13.29
200	% of Goal :	4	4	6	5	*	5	5	3	5	8	6	3	3	24	4	6	6	5	4
SPAGHETTI	5.430 oz Po	227	7.3	2.4	0.3	0	0.5	0	43.2	10.72	82.34	2.14	1.5	47.4	1.7	0.31	0.15	2.55	0.04	27.45
100	% of Goal :	10	8	3	*	*	2	*	14	*	10	21	*	*	*	22	9	14	*	8
TOMATO SAUCE	6.290 oz Po	77	2.3	2.5	0.4	0	0.3	0	12.7	67.5	49.63	1.78	198.2	415.6	2401	0.1	0.07	1.39	19.33	26.85
100	% of Goal :	3	3	3	*	*	*	*	4	8	6	18	4	12	48	7	4	8	32	8
TURKISH STYLE (	6.040 oz Po	356	25.6	27.2	6	0	4.5	92.1	1.4	15.9	155.31	1.65	78.2	207.7	168.42	0.07	0.21	5.38	5.53	22.97
500	% of Goal :	15	29	36	24	*	18	31	*	2	19	16	2	6	3	5	13	30	9	7
ROAST BEEF (TU	4.040 oz Po	353	39.2	20	6.3	0	1.8	102.8	1.9	48.03	269.19	4.16	53.5	388.6	1.34	0.12	0.29	4.29	2.17	42.23
300	% of Goal :	15	45	26	25	*	7	34	*	6	34	42	*	11	*	8	18	24	4	12
CHICKPEA TAGIN	8 oz	73	1.1	4.2	0.5	0.1	0.4	0	9.1	38.57	26.4	1.36	115.5	197.6	910.1	0.04	0.04	0.49	11.58	14.73
150	% of Goal :	3	*	6	2	*	*	*	3	5	3	14	2	6	18	3	2	3	19	4
ORZO AND RICE I	EACH	152	3.5	1.9	0.3	0	1	0	29.4	18.26	52.16	1.39	4.7	39.5	0	0.27	0.05	1.69	0	16.6
332	% of Goal :	7	4	2	*	*	4	*	9	2	7	14	*	*	*	19	3	9	*	5
ROASTED CAULI	EACH																			
500	% of Goal :																			
MARINATED FETA	Ounce	28	0	3.2	0.4	0	0.3	0	0.1	0.78	0.58	0.04	0.2	4.2	67.74	0	0	0.02	0.65	0.34
288	% of Goal :	*	*	4	2	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
ASSORTED OLIVE	1/4 CUP	194	1.3	20.6	2.2	2.2	0	0	5	48.22	16.65	0.92	1887.5	19.5	34.44	0	0	0	0	0
100	% of Goal :	8	*	27	9	28	*	*	2	6	2	9	38	*	*	*	*	*	*	*
LAVASH WHITE	.360 oz Por	40	1	0.1	0	0	0.1	0	8.6	1.33	9.11	0.32	0.2	11.5	0	0.04	0.03	0.4	0	2.56
200	% of Goal :	2	*	*	*	*	*	*	3	*	*	3	*	*	*	3	2	2	*	*

'*' 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, September 28, 20
Meal Period : DINNER
Customer Count : 550

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
HUMMINGBIRD C/	3.25 oz	375	4.2	24.2	9	0	6.2	55.9	36.9	41.7	81.63	1.14	126.8	101	506.94	0.16	0.15	1.18	1.21	13.98
200	% of Goal :	16	5	32	36	*	25	19	12	5	10	11	3	3	10	12	10	7	2	4

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

Unit : DINING HALL-S
Service Date : Thursday, September 29, 2016
Meal Period : BREAKFAST
Customer Count : 225

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
FRSH FRT BOL	1 PIECE	86	0.7	0.4	0.1	0	0.1	0	22	22.19	15.16	0.25	0.2	243.9	138.2	0.06	0.05	0.28	26.66	13.72
60	% of Goal :	4	*	*	*	*	*	*	7	3	2	3	*	7	3	4	3	2	44	4
FRUT/YOG BAR	6.530 oz Po	39	0.5	0.3	0.1	0	0.1	0	9.8	7.71	10.2	0.19	3.7	168.3	574.25	0.06	0.03	0.33	19.61	7.04
150	% of Goal :	2	*	*	*	*	*	*	3	*	*	2	*	5	11	4	2	2	33	2
SCRMBLD EGGS	3.260 oz Po	164	11	12.6	5.1	0	1.3	381.8	1.1	44.17	156.76	1.28	149.2	107.8	707.23	0.05	0.45	0.07	0.2	8.91
200	% of Goal :	7	12	17	20	*	5	127	*	6	20	13	3	3	14	4	28	*	*	3
CHEF'S CHOICE S	5.280 oz Po	130	10.9	8.8	2.7	0	1.2	372.1	1.1	42.9	155.83	1.26	110.3	105.9	555.9	0.05	0.44	0.06	0	8.75
100	% of Goal :	6	12	12	11	*	5	124	*	5	19	13	2	3	11	4	28	*	*	3
baby cakes	3.410 oz po	211	3.1	11.1	4.4	0	1.3	0	27.2	14.54	69.79	1.46	33	422.6	0	0.11	0.02	2.35	6.11	16.48
200	% of Goal :	9	3	15	17	*	5	*	9	2	9	15	*	12	*	8	*	13	10	5
DEERFIELD MUFF	1 SANDWIC	128	9.2	9.6	4.7	0	0.8	201.4	0.8	124.69	202.73	0.69	295.1	80	480.24	0.03	0.28	0.04	0	8.1
100	% of Goal :	6	10	13	18	*	3	67	*	16	25	7	6	2	10	2	18	*	*	2
COFFEE CAKE OF	1 SQUARE	253	3.5	10	5.9	0	0.4	52.2	37.6	26.06	47	1.49	154.2	54.5	405.55	0.2	0.17	1.6	0.15	7.07
200	% of Goal :	11	4	13	23	*	*	17	12	3	6	15	3	2	8	14	10	9	*	2
OATMEAL	6 OZ LADLE	92	3.9	1.6	0.3	0	0.6	0	15.9	143.78	117.21	5.56	251.6	87.5	1333.05	0.47	0.25	4.83	0	37.51
60	% of Goal :	4	4	2	*	*	2	*	5	18	15	56	5	3	27	33	16	27	*	11
STICKY RICE	3.730 oz Po	121	2.4	0.3	0.1	0	0.1	0	26.1	20.09	44.41	1.19	3.2	39.1	0	0.26	0.02	1.48	0	12.69
50	% of Goal :	5	3	*	*	*	*	*	8	3	6	12	*	*	*	19	*	8	*	4
BAGELS	1 BAGEL	125	4.8	0.7	0.1	0	0.3	0	24.5	34.02	43.8	1.62	244.1	46.4	0	0.2	0.13	1.88	0	13.18
90	% of Goal :	5	5	*	*	*	*	*	8	4	5	16	5	*	*	14	8	10	*	4
BAGEL SET UP	1.600 oz Po	164	2	15.3	9.6	0	0.6	45.2	5.5	22.3	28.07	0.32	143.7	36.1	606.43	0	0.05	0.03	0.06	2.17
90	% of Goal :	7	2	20	38	*	2	15	2	3	4	3	3	*	12	*	3	*	*	*
ASRTD CEREAL	4.68 oz	116	10.1	1.9	1.2	0	0.1	8.8	14.5	372.13	297.67	0.14	154	485.8	617.69	0.11	0.46	0.26	2.95	38.03
90	% of Goal :	5	11	2	5	*	*	3	5	47	37	*	3	14	12	8	29	*	5	11

'*' 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 : Thursday, September 29, 2016
Meal Period : BREAKFAST
Customer Count : 225

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
COFFEE	6 0UNCE C	34	0.6	2.5	1.6	0	0.1	8	2.3	26.46	20.75	0.03	14.3	28.2	94.47	0.01	0.03	0.02	0.19	4.02
80	% of Goal :	*	*	3	6	*	*	3	*	3	3	*	*	*	2	*	2	*	*	*
COFFEE DECAF	6 0UNCE C	34	0.6	2.5	1.6	0	0.1	8	2.3	26.47	20.76	0.03	14.3	28.2	94.49	0.01	0.03	0.02	0.19	4.02
30	% of Goal :	*	*	3	6	*	*	3	*	3	3	*	*	*	2	*	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

Unit : DINING HALL-S
Service Date : Thursday, September 29, 2016
Meal Period : LUNCH
Customer Count : 950

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
SALAD BAR	3.510 oz Po	98	3.8	4.6	1.2	0	1.4	15.9	11.1	36.84	60.77	0.58	168.6	115.2	1205.6	0.06	0.09	1.04	3.07	13.29
600	% of Goal :	4	4	6	5	*	5	5	3	5	8	6	3	3	24	4	6	6	5	4
TURKEY DIVAN	8.960 oz Po	345	34.2	18.4	8.5	0	3.2	144.7	9.1	117.07	277.18	2.86	163.1	407	933.54	0.16	0.26	8.08	12.52	40.72
1000	% of Goal :	15	39	24	33	*	13	48	3	15	35	29	3	12	19	12	17	45	21	12
CHICK PEA MILLE	Patty	78	3	0.7	0.1	0	0.3	0	15.5	10.9	87.66	0.82	14.1	117.3	1280.94	0.12	0.17	1.6	1.3	27.45
125	% of Goal :	3	3	*	*	*	*	*	5	*	11	8	*	3	26	8	11	9	2	8
COUSCOUS	2/3 CUP	13	0	1.5	0.9	0	0.1	4.1	0	2.41	0.43	0.01	18.4	0.5	57.32	0	0	0	0	1.02
275	% of Goal :	*	*	2	4	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
COC MACROONS	2 COOKIES	152	1.3	8.9	7.6	2.5	0	0	19	0.34	0	0	63.7	0	0	0	0	0	0	0.17
630	% of Goal :	7	*	12	30	33	*	*	6	*	*	*	*	*	*	*	*	*	*	*
FRSH FRT BOL	1 PIECE	86	0.7	0.4	0.1	0	0.1	0	22	22.19	15.16	0.25	0.2	243.9	138.2	0.06	0.05	0.28	26.66	13.72
200	% of Goal :	4	*	*	*	*	*	*	7	3	2	3	*	7	3	4	3	2	44	4

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

Unit : DINING HALL-S
Service Date : Thursday, September 29, 2016
Meal Period : DINNER
Customer Count : 750

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
SALAD BAR	3.510 oz Po	98	3.8	4.6	1.2	0	1.4	15.9	11.1	36.84	60.77	0.58	168.6	115.2	1205.6	0.06	0.09	1.04	3.07	13.29
200	% of Goal :	4	4	6	5	*	5	5	3	5	8	6	3	3	24	4	6	6	5	4
MEXICAN CHICKE	8.410 oz Po	291	16	14.7	3.1	0	5.9	39.7	25.3	57.98	167	2.46	210.6	595	7002.19	0.21	0.19	3.38	45.5	56.04
700	% of Goal :	13	18	19	12	*	23	13	8	7	21	25	4	17	140	15	12	19	76	16
MEXICAN VEGGIE	8.410 oz Po	191	6.9	4	0.6	0	2.1	0	34.5	70	137.78	2.53	129.9	637.2	11578.45	0.23	0.14	1.24	50.92	64.01
100	% of Goal :	8	8	5	2	*	8	*	11	9	17	25	3	18	232	17	9	7	85	18
YELLOW RICE WI	5 OZ	181	4.1	0.4	0.1	0	0.1	0	38.8	33.44	75.05	1.95	18.9	80.7	90.9	0.41	0.04	2.29	1.38	22.87
700	% of Goal :	8	5	*	*	*	*	*	12	4	9	19	*	2	2	29	3	13	2	7
ENCHILADA FIXIN	2 TACOS	75	1.2	6.8	2.9	0	0.5	8.4	3.4	28.73	23.71	0.4	290.7	135.3	263.48	0.05	0.07	0.76	3.64	9.15
700	% of Goal :	3	*	9	11	*	2	3	*	4	3	4	6	4	5	3	4	4	6	3
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
500	% of Goal :	6	2	10	6	*	4	*	6	5	7	4	3	2	*	2	3	2	*	7
CINNAMON CAKE	EACH	136	4.5	0.6	0.1	0	0.3	0	27.4	5.67	36.67	1.67	0.8	37.8	0	0.31	0.19	2.86	0	9.45
800	% of Goal :	6	5	*	*	*	*	*	9	*	5	17	*	*	*	22	12	16	*	3
FRSH FRT BOL	1 PIECE	86	0.7	0.4	0.1	0	0.1	0	22	22.19	15.16	0.25	0.2	243.9	138.2	0.06	0.05	0.28	26.66	13.72
200	% of Goal :	4	*	*	*	*	*	*	7	3	2	3	*	7	3	4	3	2	44	4
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

Unit : DINING HALL-S
Service Date : Friday, September 30, 2016
Meal Period : BREAKFAST
Customer Count : 225

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
FRSH FRT BOL	1 PIECE	86	0.7	0.4	0.1	0	0.1	0	22	22.19	15.16	0.25	0.2	243.9	138.2	0.06	0.05	0.28	26.66	13.72
60	% of Goal :	4	*	*	*	*	*	*	7	3	2	3	*	7	3	4	3	2	44	4
FRUT/YOG BAR	6.530 oz Po	39	0.5	0.3	0.1	0	0.1	0	9.8	7.71	10.2	0.19	3.7	168.3	574.25	0.06	0.03	0.33	19.61	7.04
150	% of Goal :	2	*	*	*	*	*	*	3	*	*	2	*	5	11	4	2	2	33	2
HSM &CHZ OMT	1 OMELET	304	25.6	21.2	9.7	0	1.9	421.7	1.4	250.07	395.61	1.9	791.2	271.5	856.12	0.31	0.66	2.16	0	24.04
150	% of Goal :	13	29	28	38	*	8	141	*	31	49	19	16	8	17	22	41	12	*	7
CHEESE OMLET	1 OMELET	245	18	18.2	8.7	0	1.5	401.8	1.4	247.38	301.01	1.45	286.2	133.8	856.13	0.06	0.55	0.09	0	16.63
100	% of Goal :	11	20	24	34	*	6	134	*	31	38	15	6	4	17	4	34	*	*	5
DEERFIELD MUFF	1 SANDWIC	128	9.2	9.6	4.7	0	0.8	201.4	0.8	124.69	202.73	0.69	295.1	80	480.24	0.03	0.28	0.04	0	8.1
80	% of Goal :	6	10	13	18	*	3	67	*	16	25	7	6	2	10	2	18	*	*	2
HOME FRIES	3.180 oz Po	71	1.6	0.1	0	0	0.1	0	16.5	5.74	37.06	0.31	3.3	308.8	83.23	0.09	0.02	1.16	10.58	18.19
250	% of Goal :	3	2	*	*	*	*	*	5	*	5	3	*	9	2	6	*	6	18	5
MUFFIN OF THE D	1 MUFFIN	138	2.6	6	3.5	0	0.2	33.9	18.5	28.79	38.79	0.59	111.7	48.1	260.27	0.1	0.12	0.87	0.18	5.87
300	% of Goal :	6	3	8	14	*	*	11	6	4	5	6	2	*	5	7	7	5	*	2
OATMEAL	6 OZ LADLE	92	3.9	1.6	0.3	0	0.6	0	15.9	143.78	117.21	5.56	251.6	87.5	1333.05	0.47	0.25	4.83	0	37.51
60	% of Goal :	4	4	2	*	*	2	*	5	18	15	56	5	3	27	33	16	27	*	11
STICKY RICE	3.730 oz Po	121	2.4	0.3	0.1	0	0.1	0	26.1	20.09	44.41	1.19	3.2	39.1	0	0.26	0.02	1.48	0	12.69
50	% of Goal :	5	3	*	*	*	*	*	8	3	6	12	*	*	*	19	*	8	*	4
BAGELS	1 BAGEL	125	4.8	0.7	0.1	0	0.3	0	24.5	34.02	43.8	1.62	244.1	46.4	0	0.2	0.13	1.88	0	13.18
90	% of Goal :	5	5	*	*	*	*	*	8	4	5	16	5	*	*	14	8	10	*	4
BAGEL SET UP	1.600 oz Po	164	2	15.3	9.6	0	0.6	45.2	5.5	22.3	28.07	0.32	143.7	36.1	606.43	0	0.05	0.03	0.06	2.17
90	% of Goal :	7	2	20	38	*	2	15	2	3	4	3	3	*	12	*	3	*	*	*
ASRTD CEREAL	4.68 oz	116	10.1	1.9	1.2	0	0.1	8.8	14.5	372.13	297.67	0.14	154	485.8	617.69	0.11	0.46	0.26	2.95	38.03
90	% of Goal :	5	11	2	5	*	*	3	5	47	37	*	3	14	12	8	29	*	5	11

'*' 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 : Friday, September 30, 2016
Meal Period : BREAKFAST
Customer Count : 225

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
COFFEE	6 0UNCE C	34	0.6	2.5	1.6	0	0.1	8	2.3	26.46	20.75	0.03	14.3	28.2	94.47	0.01	0.03	0.02	0.19	4.02
80	% of Goal :	*	*	3	6	*	*	3	*	3	3	*	*	*	2	*	2	*	*	*
COFFEE DECAF	6 0UNCE C	34	0.6	2.5	1.6	0	0.1	8	2.3	26.47	20.76	0.03	14.3	28.2	94.49	0.01	0.03	0.02	0.19	4.02
30	% of Goal :	*	*	3	6	*	*	3	*	3	3	*	*	*	2	*	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

Unit : DINING HALL-S
Service Date : Friday, September 30, 2016
Meal Period : LUNCH
Customer Count : 950

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
SALAD BAR	3.510 oz Po	98	3.8	4.6	1.2	0	1.4	15.9	11.1	36.84	60.77	0.58	168.6	115.2	1205.6	0.06	0.09	1.04	3.07	13.29
600	% of Goal :	4	4	6	5	*	5	5	3	5	8	6	3	3	24	4	6	6	5	4
RAVIOLI w/ PEST	7.360 oz Po																			
1000	% of Goal :																			
SAUTEED SQSH	3.210 oz Po	51	0.8	3.8	2.3	0	0.2	9.9	4.2	21.87	35.93	0.37	39.4	193.8	358.71	0.04	0.04	0.4	4.59	19.64
500	% of Goal :	2	*	5	9	*	*	3	*	3	4	4	*	6	7	3	2	2	8	6
WHEAT BAGUETT	1/10 LOAF	117	4.1	0.7	0.1	0	0.2	8.7	24.2	11.27	70.25	1.36	210.2	100.6	12.95	0.22	0.14	2.24	0.01	26.37
800	% of Goal :	5	5	*	*	*	*	3	8	*	9	14	4	3	*	16	9	12	*	8
WHIPPED BUTT	1/2 OUNCE	102	0.1	11.5	7.2	0	0.4	31	0	3.4	3.26	0.02	117.1	3.7	433.46	0	0	0.01	0	0.28
100	% of Goal :	4	*	15	28	*	2	10	*	*	*	*	2	*	9	*	*	*	*	*
OREO CRUMB CC	2 COOKIES	208	2.2	9.2	4.5	0	0.4	31	30.1	26.39	47.73	1.09	158.9	57.8	259.31	0.09	0.09	1.02	0	9.86
630	% of Goal :	9	3	12	18	*	2	10	9	3	6	11	3	2	5	7	6	6	*	3
FRSH FRT BOL	1 PIECE	86	0.7	0.4	0.1	0	0.1	0	22	22.19	15.16	0.25	0.2	243.9	138.2	0.06	0.05	0.28	26.66	13.72
200	% of Goal :	4	*	*	*	*	*	*	7	3	2	3	*	7	3	4	3	2	44	4
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

Unit : DINING HALL-S
Service Date : Friday, September 30, 2016
Meal Period : DINNER
Customer Count : 450

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
SALAD BAR	3.510 oz Po	98	3.8	4.6	1.2	0	1.4	15.9	11.1	36.84	60.77	0.58	168.6	115.2	1205.6	0.06	0.09	1.04	3.07	13.29
200	% of Goal :	4	4	6	5	*	5	5	3	5	8	6	3	3	24	4	6	6	5	4
PASTA BAR	8.981 oz Po	205	8.5	6.5	2.1	0	0.7	6.4	29.6	170.62	146.55	2.68	385.7	466	1173.99	0.23	0.18	2.77	24.88	43.12
150	% of Goal :	9	10	9	8	*	3	2	9	21	18	27	8	13	23	16	11	15	41	12
LON BRL TOMA	4.110 oz Po	162	0	18.2	2.5	0	1.5	0	0.2	0.5	0.9	0.09	23.1	7.7	18.16	0	0	0.02	0.6	0.47
200	% of Goal :	7	*	24	10	*	6	*	*	*	*	*	*	*	*	*	*	*	*	*
CATCH OF THE D	1	0	0	0	0	0	0	0	0	9.04	0	0.05	13.6	0	0	0	0	0	0	4.52
40	% of Goal :	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Roasted Dijon T	4 oz	118	4.9	6.4	0.9	0	3.6	0	12.3	81.14	83.92	3.08	57	263.9	3912.26	0.08	0.06	0.5	8.85	37.08
150	% of Goal :	5	6	8	4	*	14	*	4	10	10	31	*	8	78	6	4	3	15	11
ROASTED ROSEM	5.540 oz Po	155	3.4	4	0.6	0.8	2.2	0	27.1	11.62	84.52	0.96	4.8	643.7	2.71	0.16	0.06	2.36	20.53	0.26
275	% of Goal :	7	4	5	2	10	9	*	9	*	11	10	*	18	*	11	4	13	34	*
SAUTEED KALE	2.040 oz Po	38	1.9	1.4	0.2	0	0.3	0	5.9	77.06	32.74	0.97	24.1	253.2	4963.21	0.06	0.07	0.56	67.23	19.21
300	% of Goal :	2	2	2	*	*	*	*	2	10	4	10	*	7	99	5	5	3	112	5
DNR RLS ONIO	1 ROLL	69	2.3	0.4	0.1	0	0.1	6.1	13.7	3.84	22.62	0.79	106.7	26.9	9.09	0.16	0.1	1.38	0.09	4.89
250	% of Goal :	3	3	*	*	*	*	2	4	*	3	8	2	*	*	11	7	8	*	*
WHIPPED BUTT	1/2 OUNCE	102	0.1	11.5	7.2	0	0.4	31	0	3.4	3.26	0.02	117.1	3.7	433.46	0	0	0.01	0	0.28
100	% of Goal :	4	*	15	28	*	2	10	*	*	*	*	2	*	9	*	*	*	*	*
VEGAN CAKE WIT	3 oz	279	5.8	9.1	1.3	0	5.2	0	44.6	106.57	146.79	3.08	220.9	74.2	30.55	0.23	0.15	1.94	0.49	24.04
200	% of Goal :	12	7	12	5	*	20	*	14	13	18	31	4	2	*	16	9	11	*	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

Unit : DINING HALL-S
Service Date : Saturday, October 01, 2016
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
FRSH FRT BOL	1 PIECE	86	0.7	0.4	0.1	0	0.1	0	22	22.19	15.16	0.25	0.2	243.9	138.2	0.06	0.05	0.28	26.66	13.72
40	% of Goal :	4	*	*	*	*	*	*	7	3	2	3	*	7	3	4	3	2	44	4
FRUT/YOG BAR	6.530 oz Po	39	0.5	0.3	0.1	0	0.1	0	9.8	7.71	10.2	0.19	3.7	168.3	574.25	0.06	0.03	0.33	19.61	7.04
75	% of Goal :	2	*	*	*	*	*	*	3	*	*	2	*	5	11	4	2	2	33	2
FLAX SEED PANC	6.530 oz Po	334	8.1	9.3	4.6	0	1.1	71.4	57.8	107.15	174.97	3.02	397.3	279.9	417.11	0.31	0.31	2.75	23.64	49.47
120	% of Goal :	14	9	12	18	*	4	24	18	13	22	30	8	8	8	22	19	15	39	14
FRIED EGGS	2 EGGS	215	10.9	18.4	4.1	0	6.8	371.1	1.1	42.79	155.45	1.26	110	105.7	554.46	0.05	0.44	0.06	0	8.73
75	% of Goal :	9	12	24	16	*	27	124	*	5	19	13	2	3	11	4	28	*	*	2
OATMEAL	6 OZ LADLE	92	3.9	1.6	0.3	0	0.6	0	15.9	143.78	117.21	5.56	251.6	87.5	1333.05	0.47	0.25	4.83	0	37.51
60	% of Goal :	4	4	2	*	*	2	*	5	18	15	56	5	3	27	33	16	27	*	11
STICKY RICE	3.730 oz Po	121	2.4	0.3	0.1	0	0.1	0	26.1	20.09	44.41	1.19	3.2	39.1	0	0.26	0.02	1.48	0	12.69
50	% of Goal :	5	3	*	*	*	*	*	8	3	6	12	*	*	*	19	*	8	*	4
BAGELS	1 BAGEL	125	4.8	0.7	0.1	0	0.3	0	24.5	34.02	43.8	1.62	244.1	46.4	0	0.2	0.13	1.88	0	13.18
90	% of Goal :	5	5	*	*	*	*	*	8	4	5	16	5	*	*	14	8	10	*	4
BAGEL SET UP	1.600 oz Po	164	2	15.3	9.6	0	0.6	45.2	5.5	22.3	28.07	0.32	143.7	36.1	606.43	0	0.05	0.03	0.06	2.17
90	% of Goal :	7	2	20	38	*	2	15	2	3	4	3	3	*	12	*	3	*	*	*
ASRTD CEREAL	4.68 oz	116	10.1	1.9	1.2	0	0.1	8.8	14.5	372.13	297.67	0.14	154	485.8	617.69	0.11	0.46	0.26	2.95	38.03
90	% of Goal :	5	11	2	5	*	*	3	5	47	37	*	3	14	12	8	29	*	5	11
COFFEE	6 0UNCE C	34	0.6	2.5	1.6	0	0.1	8	2.3	26.46	20.75	0.03	14.3	28.2	94.47	0.01	0.03	0.02	0.19	4.02
80	% of Goal :	*	*	3	6	*	*	3	*	3	3	*	*	*	2	*	2	*	*	*
COFFEE DECAF	6 0UNCE C	34	0.6	2.5	1.6	0	0.1	8	2.3	26.47	20.76	0.03	14.3	28.2	94.49	0.01	0.03	0.02	0.19	4.02
30	% of Goal :	*	*	3	6	*	*	3	*	3	3	*	*	*	2	*	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

Unit : DINING HALL-S
Service Date : Saturday, October 01, 2016
Meal Period : LUNCH
Customer Count : 450

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
SALAD BAR	3.510 oz Po	98	3.8	4.6	1.2	0	1.4	15.9	11.1	36.84	60.77	0.58	168.6	115.2	1205.6	0.06	0.09	1.04	3.07	13.29
200	% of Goal :	4	4	6	5	*	5	5	3	5	8	6	3	3	24	4	6	6	5	4
FRUT/YOG BAR	6.530 oz Po	39	0.5	0.3	0.1	0	0.1	0	9.8	7.71	10.2	0.19	3.7	168.3	574.25	0.06	0.03	0.33	19.61	7.04
100	% of Goal :	2	*	*	*	*	*	*	3	*	*	2	*	5	11	4	2	2	33	2
BAGELS	1 BAGEL	125	4.8	0.7	0.1	0	0.3	0	24.5	34.02	43.8	1.62	244.1	46.4	0	0.2	0.13	1.88	0	13.18
70	% of Goal :	5	5	*	*	*	*	*	8	4	5	16	5	*	*	14	8	10	*	4
BAGEL SET UP	1.600 oz Po	164	2	15.3	9.6	0	0.6	45.2	5.5	22.3	28.07	0.32	143.7	36.1	606.43	0	0.05	0.03	0.06	2.17
70	% of Goal :	7	2	20	38	*	2	15	2	3	4	3	3	*	12	*	3	*	*	*
TOMATO SAUCE	6 OZ LADLE	68	2.5	1.2	0.2	0	0.3	0	13.9	63.56	51.75	1.96	285	510	1317.32	0.11	0.09	1.83	29.79	32.34
100	% of Goal :	3	3	2	*	*	*	*	4	8	6	20	6	15	26	8	5	10	50	9
PENNE	7.940 oz	317	10.7	1.5	0.2	0	0.6	0	63.8	15.76	121.58	3.15	2.3	69.8	0	0.46	0.22	3.76	0	40.53
100	% of Goal :	14	12	2	*	*	2	*	20	2	15	32	*	2	*	33	14	21	*	12
FLAX SEED PANC	6.530 oz Po	334	8.1	9.3	4.6	0	1.1	71.4	57.8	107.15	174.97	3.02	397.3	279.9	417.11	0.31	0.31	2.75	23.64	49.47
20	% of Goal :	14	9	12	18	*	4	24	18	13	22	30	8	8	8	22	19	15	39	14
Creamy Tomato H	6 OZ LADLE	130	2.7	9.4	5.7	0	0.2	26.2	10.8	93.88	68.19	1.4	216.5	406.4	1203.65	0.09	0.1	1.13	21.8	25.04
120	% of Goal :	6	3	12	23	*	*	9	3	12	9	14	4	12	24	6	6	6	36	7
SOUP DU JOUR	1	0	0	0	0	0	0	0	0	9.04	0	0.05	13.6	0	0	0	0	0	0	4.52
100	% of Goal :	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
SALTINES	1/PK	36	0.8	1	0.2	0	0.2	0	6	9.99	8.81	0.45	109.3	10.7	0	0.05	0.04	0.44	0	2.27
150	% of Goal :	2	*	*	*	*	*	*	2	*	*	5	2	*	*	3	2	2	*	*
GRILLED CHEESE	1 SANDWIC	291	11.5	17.2	10.6	0	0.8	49	22.3	235.42	299.38	1.39	764.5	115.1	680.4	0.25	0.3	2.19	0.09	16.83
400	% of Goal :	13	13	23	42	*	3	16	7	29	37	14	15	3	14	18	19	12	*	5
BUFFALO WINGS	6 WINGS	67	0.1	7.6	4.7	0	0.3	20.5	0	2.25	2.16	0.02	346.8	82	1711.33	0	0	0	0	0.19
400	% of Goal :	3	*	10	19	*	*	7	*	*	*	*	7	2	34	*	*	*	*	*

'*' 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 : Saturday, October 01, 2016
Meal Period : LUNCH
Customer Count : 450

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
POTATO CHIPS	1 OUNCE	152	2	9.8	3.1	0	3.5	0	15	6.8	46.78	0.46	168.4	361.5	0	0.05	0.06	1.08	8.82	18.99
400	% of Goal :	7	2	13	12	*	14	*	5	*	6	5	3	10	*	3	3	6	15	5
LEMON SQUARE	.750 oz Por	83	0.8	4.1	2.4	0	0.1	24.8	11.3	3.4	10.09	0.18	28.7	9.4	161.06	0.02	0.03	0.21	0.28	1.1
300	% of Goal :	4	*	5	9	*	*	8	4	*	*	2	*	*	3	2	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

Unit : DINING HALL-S
Service Date : Saturday, October 01, 2016
Meal Period : DINNER
Customer Count : 450

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
SALAD BAR	3.510 oz Po	98	3.8	4.6	1.2	0	1.4	15.9	11.1	36.84	60.77	0.58	168.6	115.2	1205.6	0.06	0.09	1.04	3.07	13.29
200	% of Goal :	4	4	6	5	*	5	5	3	5	8	6	3	3	24	4	6	6	5	4
G HOT DOG NR	1 HOT DOG	164	6.3	14.8	5.4	0	1.6	30.9	0.9	5.86	52.23	0.49	538.3	106.1	0	0.18	0.07	1.46	0	5.86
450	% of Goal :	7	7	19	21	*	6	10	*	*	7	5	11	3	*	13	5	8	*	2
VEG DOGS NR	1 FRANK	40	8	0	0	0	0	0	1	0	0	0	288.3	0	0	0	0	0	0	0
50	% of Goal :	2	9	*	*	*	*	*	*	*	*	*	6	*	*	*	*	*	*	*
DOG BUNS	1 ROLL	138	4.5	0.9	0.2	0	0.3	12.8	27.4	7.25	45.03	1.58	223.8	50.3	19.07	0.31	0.21	2.78	0	9.58
450	% of Goal :	6	5	*	*	*	*	4	9	*	6	16	4	*	*	22	13	15	*	3
H/D CONDIMNT	4.28 OZ	186	8.1	8.4	4.3	0.2	0.3	24	22.5	167.84	147.21	1.57	1081.6	254.4	516.75	0.04	0.12	0.86	7.59	18.37
100	% of Goal :	8	9	11	17	3	*	8	7	21	18	16	22	7	10	3	7	5	13	5
CHICKEN PAD CH	5.405 oz	224	24.9	4.5	1.2	0	1	133.9	20.3	40.34	202.97	2.02	938	287.3	449.98	0.11	0.19	9.14	6.68	49.09
400	% of Goal :	10	28	6	5	*	4	45	6	5	25	20	19	8	9	8	12	51	11	14
HOT AND SOUR P	8 oz	349	9.8	5.7	1.2	0	1.5	0	64.5	36.83	131.35	3.25	350	195.7	4884.96	0.41	0.26	3.86	24.77	41.23
100	% of Goal :	15	11	8	5	*	6	*	20	5	16	32	7	6	98	30	16	21	41	12
ICE CRM TUBS	1 CUP	130	2.3	7.1	4.4	0	0.3	28.5	15.3	82.9	68.01	0.06	51.8	128.9	264.91	0.03	0.16	0.08	0.39	9.07
300	% of Goal :	6	3	9	17	*	*	9	5	10	9	*	*	4	5	2	10	*	*	3
ICE CRM TOPS	3.760 oz Po	318	2.7	15.2	6.8	0	2.4	18.5	46.4	39.76	84.67	1.31	95.5	173.4	224.16	0.05	0.11	0.51	12.53	35.68
300	% of Goal :	14	3	20	27	*	10	6	15	5	11	13	2	5	4	3	7	3	21	10
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

Unit : DINING HALL-S
Service Date : Sunday, October 02, 2016
Meal Period : BRUNCH
Customer Count : 550

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
FRESH FRUIT SAI	1/2 CUP	51	0.7	0.5	0.1	0	0.2	0	12.5	11.93	15.55	0.3	4.1	220.4	605.96	0.08	0.05	0.41	32.23	10.95
350	% of Goal :	2	*	*	*	*	*	*	4	*	2	3	*	6	12	5	3	2	54	3
FRUT/YOG BAR	6.530 oz Po	39	0.5	0.3	0.1	0	0.1	0	9.8	7.71	10.2	0.19	3.7	168.3	574.25	0.06	0.03	0.33	19.61	7.04
200	% of Goal :	2	*	*	*	*	*	*	3	*	*	2	*	5	11	4	2	2	33	2
SCRMBLD EGGS	3.260 oz Po	164	11	12.6	5.1	0	1.3	381.8	1.1	44.17	156.76	1.28	149.2	107.8	707.23	0.05	0.45	0.07	0.2	8.91
400	% of Goal :	7	12	17	20	*	5	127	*	6	20	13	3	3	14	4	28	*	*	3
HOME FRIES	3.180 oz Po	71	1.6	0.1	0	0	0.1	0	16.5	5.74	37.06	0.31	3.3	308.8	83.23	0.09	0.02	1.16	10.58	18.19
400	% of Goal :	3	2	*	*	*	*	*	5	*	5	3	*	9	2	6	*	6	18	5
HAM TO CARVE	3.75oz	189	24	9.6	3.3	0	1.5	62.7	0	8.5	298.64	1.42	1594.1	434.7	0	0.78	0.35	6.54	0	23.38
300	% of Goal :	8	27	13	13	*	6	21	*	*	37	14	32	12	*	55	22	36	*	7
CHEF'S CHOICE S	1	0	0	0	0	0	0	0	0	9.04	0	0.05	13.6	0	0	0	0	0	0	4.52
150	% of Goal :	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
ISRAELI COUSCO	1/2 CUP	102	0.3	10.7	1.4	0	0.9	0	1.8	10.36	7.58	0.23	96.2	59.2	1308.25	0.01	0.01	0.11	11.83	4.54
150	% of Goal :	4	*	14	6	*	4	*	*	*	*	2	2	2	26	*	*	*	20	*
WAFFLE BAR	6.504 OZ	445	4.5	25	10.3	0	4.7	74.2	55.7	64.51	108.19	1.35	298.1	190	653.8	0.13	0.16	0.88	15.66	27.67
300	% of Goal :	19	5	33	41	*	19	25	17	8	14	13	6	5	13	9	10	5	26	8
OMELET BAR (BR	6.890 oz Po	288	23.9	19	7.5	0	2.5	483.1	4.3	168.37	355.49	2.13	659.5	316.1	1225.14	0.3	0.7	1.97	22.94	24.62
300	% of Goal :	12	27	25	29	*	10	161	*	21	44	21	13	9	25	21	44	11	38	7
BAKED EGGS WI	2 EGGS	179	14.3	9.8	3	0	1.5	394.9	9.5	146.25	220.01	3.68	301.7	592.9	5685.65	0.16	0.62	1.16	21.04	63.8
100	% of Goal :	8	16	13	12	*	6	132	3	18	28	37	6	17	114	11	39	6	35	18
PISSALADIERE	2 SLICES	703	13.6	55.6	12.3	0	16.7	21.6	40.4	122.01	212.27	3.32	546.1	417.1	718.24	0.3	0.42	3.75	14.09	65.2
100	% of Goal :	30	15	73	48	*	66	7	13	15	27	33	11	12	14	21	26	21	23	19
OATMEAL	6 OZ LADLI	92	3.9	1.6	0.3	0	0.6	0	15.9	143.78	117.21	5.56	251.6	87.5	1333.05	0.47	0.25	4.83	0	37.51
60	% of Goal :	4	4	2	*	*	2	*	5	18	15	56	5	3	27	33	16	27	*	11

'*' 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 : Sunday, October 02, 2016
Meal Period : BRUNCH
Customer Count : 550

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
ZUCCHINI BRD	1/15 LOAF	211	3.7	16.2	2.3	0	9	48.2	14.2	40.08	84.06	1.06	126.8	160.7	151.35	0.12	0.12	0.86	2.39	20.19
225	% of Goal :	9	4	21	9	*	36	16	4	5	11	11	3	5	3	9	8	5	4	6
STICKY RICE	3.730 oz Po	121	2.4	0.3	0.1	0	0.1	0	26.1	20.09	44.41	1.19	3.2	39.1	0	0.26	0.02	1.48	0	12.69
100	% of Goal :	5	3	*	*	*	*	*	8	3	6	12	*	*	*	19	*	8	*	4
BAGELS	1 BAGEL	125	4.8	0.7	0.1	0	0.3	0	24.5	34.02	43.8	1.62	244.1	46.4	0	0.2	0.13	1.88	0	13.18
130	% of Goal :	5	5	*	*	*	*	*	8	4	5	16	5	*	*	14	8	10	*	4
BAGEL SET UP	1.600 oz Po	164	2	15.3	9.6	0	0.6	45.2	5.5	22.3	28.07	0.32	143.7	36.1	606.43	0	0.05	0.03	0.06	2.17
130	% of Goal :	7	2	20	38	*	2	15	2	3	4	3	3	*	12	*	3	*	*	*
ASRTD CEREAL	4.68 oz	116	10.1	1.9	1.2	0	0.1	8.8	14.5	372.13	297.67	0.14	154	485.8	617.69	0.11	0.46	0.26	2.95	38.03
130	% of Goal :	5	11	2	5	*	*	3	5	47	37	*	3	14	12	8	29	*	5	11
COFFEE	6 0UNCE C	34	0.6	2.5	1.6	0	0.1	8	2.3	26.46	20.75	0.03	14.3	28.2	94.47	0.01	0.03	0.02	0.19	4.02
150	% of Goal :	*	*	3	6	*	*	3	*	3	3	*	*	*	2	*	2	*	*	*
COFFEE DECAF	6 0UNCE C	34	0.6	2.5	1.6	0	0.1	8	2.3	26.47	20.76	0.03	14.3	28.2	94.49	0.01	0.03	0.02	0.19	4.02
40	% of Goal :	*	*	3	6	*	*	3	*	3	3	*	*	*	2	*	2	*	*	*
COFFEE FLVRD	6 0UNCE C	33	1.6	0.3	0.1	0	0	0.8	5.6	39.23	43.17	0.38	18.4	311.6	40.68	0.01	0.04	2.25	0.19	30.51
90	% of Goal :	*	2	*	*	*	*	*	2	5	5	4	*	9	*	*	2	13	*	9

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

Unit : DINING HALL-S
Service Date : Sunday, October 02, 2016
Meal Period : DINNER
Customer Count : 750

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
SALAD BAR	3.510 oz Po	98	3.8	4.6	1.2	0	1.4	15.9	11.1	36.84	60.77	0.58	168.6	115.2	1205.6	0.06	0.09	1.04	3.07	13.29
300	% of Goal :	4	4	6	5	*	5	5	3	5	8	6	3	3	24	4	6	6	5	4
PANKO-CRUSTED	EACH																			
1000	% of Goal :																			
PANKO-CRUSTED	EACH																			
100	% of Goal :																			
SWEET CHILI SAU	EACH																			
1400	% of Goal :																			
BASMATI RICE	PORTION	85	1.7	0.2	0.1	0	0.1	0	18.4	14.78	31.26	0.84	3.2	27.5	0	0.19	0.01	1.04	0	9.25
850	% of Goal :	4	2	*	*	*	*	*	6	2	4	8	*	*	*	13	*	6	*	3
EDAMAME	2 OZ																			
600	% of Goal :																			
PARKER ROLLS	1 ROLL	72	2.4	0.5	0.1	0	0.1	6.7	14.4	3.81	23.69	0.83	117.7	26.5	10.04	0.16	0.11	1.46	0	5.04
850	% of Goal :	3	3	*	*	*	*	2	5	*	3	8	2	*	*	12	7	8	*	*
WHIPPED BUTT	1/2 OUNCE	102	0.1	11.5	7.2	0	0.4	31	0	3.4	3.26	0.02	117.1	3.7	433.46	0	0	0.01	0	0.28
200	% of Goal :	4	*	15	28	*	2	10	*	*	*	*	2	*	9	*	*	*	*	*
TWINKIE CAKE	1.680 oz Po	160	2.4	2.3	1.2	0	0.1	31.4	32.7	26.96	38.76	0.93	153	49.8	139.13	0.11	0.11	0.77	0.1	4.58
850	% of Goal :	7	3	3	5	*	*	10	10	3	5	9	3	*	3	8	7	4	*	*
FRSH FRT BOL	1 PIECE	86	0.7	0.4	0.1	0	0.1	0	22	22.19	15.16	0.25	0.2	243.9	138.2	0.06	0.05	0.28	26.66	13.72
200	% of Goal :	4	*	*	*	*	*	*	7	3	2	3	*	7	3	4	3	2	44	4

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