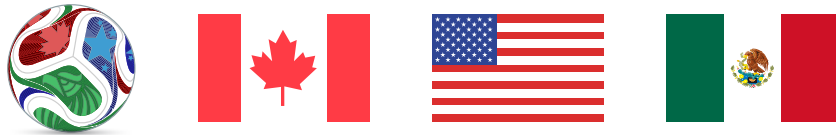


MEAL  SUITE

**SPECIAL EVENT**  
**WORLD CUP**



**MENU**



## Kick Off the World Cup\* with a Menu Inspired by the Host Nations

Help your residents join in the excitement with a special menu inspired by the host countries: **Canada**, the **United States** and **Mexico**.

From comforting classics to vibrant, bold bites, every dish brings a taste of the nations hosting the action. Designed to be festive, familiar and easy to enjoy, **this menu gives every resident a seat at the celebration.**

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# MENUS

BREAKFAST  
LUNCH  
DINNER

## SPECIAL EVENT WORLD CUP



All-in-one foodservice technology that puts your dining team in scoring position, every shift. Scan the QR code to learn more & kick off your personalized demo.



# BREAKFAST

## SPECIAL EVENT WORLD CUP



MEAL  SUITE

**Coffee**  
6 fl oz

**Orange Juice**  
4 fl oz

**2% Milk**  
8 fl oz

**Corn Flakes Cereal**  
3/4 cup

**Maple Sugar Oatmeal**  
1/2 cup

**Scrambled Egg**  
1 #16 sc.

**Canadian Bacon**  
1 oz

**Fresh Strawberries**  
1/2 cup

**Pancakes**  
2 each

**Dry Wheat Toast**  
1 slice

**Syrup**  
1 fl oz

**Margarine**  
1 each

**Grape Jelly**  
1 each

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# LUNCH

## SPECIAL EVENT WORLD CUP



### MENU



**Buffalo Cauliflower Bites**  
1/2 cup

**BBQ Pork Ribs**  
3 oz

**Oven Fried Chicken**  
3 oz

**Macaroni & Cheese**  
1/2 cup

**Summer Slaw**  
1/2 cup

**Southern Style Okra**  
1/2 cup

**Cornbread**  
1 (2x3)

**Margarine**  
1 each

**Sundae & Toppings**  
3/4 cup

**Boston Cream Pie**  
1 slice

**2% Milk**  
8 fl oz

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# DINNER

## SPECIAL EVENT WORLD CUP



**Fish Tacos**  
2 each

**Cilantro Cream Sauce**  
2 Tbsp

**Mexican Corn**  
3 oz

**Tortilla Chips**  
2 oz

**Guacamole**  
1 Tbsp

**Margarine**  
1 each

**Pico de Gallo**  
1 #12 sc.

**Mexican Fruit Salad**  
with Tajin Seasoning  
1/2 cup

**Mexican Chocolate Pudding**  
1/2 cup

**2% Milk**  
8 fl oz

**Albondigas**  
3 each

**Cilantro Rice**  
1/2 cup

**Squash Medley**  
1/2 cup

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MEAL  SUITE

# COOKBOOK

SPECIAL EVENT  
WORLD  
CUP



All-in-one foodservice technology that puts your dining team in scoring position, every shift. Scan the QR code to learn more & kick off your personalized demo.



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# Bacon Canadian Breakfast (Canadian Bacon)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	TOTAL ESTIMATED PREP TIME	YIELD
10 Min	325.0 °F	145 °F	Cook	1 Oz	12 minutes	50

INGREDIENTS	AMOUNT	PREPARATION STEP
1		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Bacon, Canadian Ckd 3 lb 2 Oz	Cook ham slices on griddle on both sides until golden brown.
3		For Pre-cooked Ham (to reheat): Cook to internal temp of 140F/60C held for 15 sec.
4		CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5		CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6		CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
7		Discard unused product.

# BBQ Pork Ribs (BBQ Pork Ribs)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	TOTAL ESTIMATED PREP TIME	YIELD
120 Min	325.0 °F	145 °F	Bake	3 Oz	31 minutes	50

INGREDIENTS	AMOUNT	INGREDIENT PREP	PREPARATION STEP
<b>1</b>			WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Pork, Ribs BI Raw	12 lb 8 Oz	Trimmed
<b>3</b>	Sauce, BBQ Bulk	1 Qt	
<b>4</b>			Place in roasting pan and brown uncovered in oven at 325F/ 162C until browned lightly, about 30 min. Pour off fat. Pour sauce over ribs.
<b>5</b>			Cover with foil and bake at 325F/162C until meat is tender, about 1 1/2 hrs.
<b>6</b>			Uncover and bake an additional 20-30 min.
<b>7</b>			For Fresh Pork and Ham Cuts: Cook to internal temp of 145F/63C held for 15 sec.
<b>8</b>			CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>9</b>			CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>10</b>			CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
<b>10</b>			Discard unused product.

# Cauliflower Buffalo Bites f/Fresh (Buffalo Cauliflower Bites )

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	TOTAL ESTIMATED PREP TIME	YIELD
35 Min	450.0 °F	135 °F	Roast	1/2 Cup	28 minutes	50

INGREDIENTS	AMOUNT	PREPARATION STEP												
<b>1</b>		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.												
<b>2</b>	<table border="1"> <tr> <td>Cauliflower, Fresh</td> <td>12 lb</td> </tr> <tr> <td>Salt, Iodized</td> <td>2 tsp</td> </tr> <tr> <td>Pepper, Black Ground</td> <td>2 tsp</td> </tr> <tr> <td>Garlic, Powder</td> <td>2 tsp</td> </tr> <tr> <td>Water, Tap</td> <td>3 Cup</td> </tr> <tr> <td>Flour, All Purpose</td> <td>2 1/4 Cup</td> </tr> </table>	Cauliflower, Fresh	12 lb	Salt, Iodized	2 tsp	Pepper, Black Ground	2 tsp	Garlic, Powder	2 tsp	Water, Tap	3 Cup	Flour, All Purpose	2 1/4 Cup	Cut cauliflower into bite sized pieces and place in large bowl. Combine Water, flour, garlic powder, salt and pepper in a large bowl, mix until batter is smooth and runny. Pour batter over cauliflower pieces. and mix until evenly coated; spread onto baking sheet. Bake until lightly browned, 20-25 minutes.
Cauliflower, Fresh	12 lb													
Salt, Iodized	2 tsp													
Pepper, Black Ground	2 tsp													
Garlic, Powder	2 tsp													
Water, Tap	3 Cup													
Flour, All Purpose	2 1/4 Cup													
<b>3</b>	<table border="1"> <tr> <td>Margarine, Solids Salted</td> <td>3/8 Cup</td> </tr> <tr> <td>Sauce, Buffalo</td> <td>1 1/2 Cup</td> </tr> <tr> <td>Honey, Bulk</td> <td>1 Tbsp</td> </tr> </table>	Margarine, Solids Salted	3/8 Cup	Sauce, Buffalo	1 1/2 Cup	Honey, Bulk	1 Tbsp	In saucepan melt margarine/butter, take off heat and mix in buffalo sauce and honey until smooth. Brush buffalo sauce mixture over cauliflower pieces and return to over for 10 minutes, or until cauliflower is browned.						
Margarine, Solids Salted	3/8 Cup													
Sauce, Buffalo	1 1/2 Cup													
Honey, Bulk	1 Tbsp													

Continued on Next Page

## Cauliflower Buffalo Bites f/Fresh (Buffalo Cauliflower Bites )

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	TOTAL ESTIMATED PREP TIME	YIELD
35 Min	450.0 °F	135 °F	Roast	1/2 Cup	28 minutes	50

	INGREDIENTS	AMOUNT	PREPARATION STEP
4			For Vegetables and non hazardous items Cook to internal temp of 135F/57C held for 15 sec.
5			CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6			CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7			CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
8			Discard unused product.

# Cereal Corn Flakes Bulk (Corn Flakes Cereal)

SERVING SIZE	YIELD
3/4 Cup	50

INGREDIENTS	AMOUNT	PREPARATION STEP
1		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2		Prepare product as per package instructions.
3		Portion according to serving size.

# Cereal Oatmeal Maple Sugar (Maple Sugar Oatmeal)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	TOTAL ESTIMATED PREP TIME	YIELD
10 Min	145 °F	Boil	#8 scoop	1/2 Cup	15 minutes	50

INGREDIENTS	AMOUNT	PREPARATION STEP
1		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Water, Tap	1 Gal 8 Cup
3	Cereal, Oats Inst/Quick Bulk	2 lb 4 Oz
4	Syrup, Pancake/Waffle Bulk	1 Tbsp
	Sugar, Brown Light	1 Qt
5		For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
6		CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7		CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8		CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
9		Discard unused product.

# Chicken Fried Oven f/Thigh (Oven Fried Chicken)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	TOTAL ESTIMATED PREP TIME	YIELD
60 Min	325.0 °F	165 °F	Bake	Tongs	3 Oz	52 minutes	50

INGREDIENTS	AMOUNT	INGREDIENT PREP	PREPARATION STEP
<b>1</b>			WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.
<b>2</b>	Eggs, Liquid Non-Dairy	2/3 Cup	Prepare egg wash by combining eggs and buttermilk. Mix well. Mix seasonings with flour. Dip chicken into egg wash and then into flour mix. Coat well and place coated chicken pieces in single layer on baking sheet sprayed with non-stick pan spray.
	Milk, Buttermilk Whole Bulk	1 Cup	
	Flour, All Purpose	9 Oz	
	Paprika	1 Tbsp	
	Pepper, Black Ground	1 tsp	
	Garlic, Powder	2 tsp	
	Chicken, Thigh Bnls Sknls Raw	13 lb 9 Oz	
<b>3</b>	Salt, Iodized	1 1/2 tsp	Drizzle chicken with melted margarine and seasoned salt. Bake at 325F/162C for 45-60 min.
	Margarine, Solids Salted	2 Tbsp	
<b>4</b>			For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.

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## Chicken Fried Oven f/Thigh (Oven Fried Chicken)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	TOTAL ESTIMATED PREP TIME	YIELD
60 Min	325.0 °F	165 °F	Bake	Tongs	3 Oz	52 minutes	50

INGREDIENTS	AMOUNT	INGREDIENT PREP	PREPARATION STEP
5			CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6			CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7			CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
8			Discard unused product.

# Chips Tortilla f/Bulk (Tortilla Chips)

SERVING SIZE	TOTAL ESTIMATED PREP TIME	YIELD
2 Oz	0 seconds	50

INGREDIENTS	AMOUNT	PREPARATION STEP
1		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Chips, Tortilla Bulk	6 lb 4 Oz
		Portion according to serving size.
3		Discard unused product.

## Coffee f/Grd (Coffee)

COOK METHOD	SERVING SIZE	TOTAL ESTIMATED PREP TIME	YIELD
Make	6 fl. oz	7 minutes	50

INGREDIENTS	AMOUNT	PREPARATION STEP
1		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Coffee, Ground 7 Oz	Measure coffee into filter and place in coffee maker.
3	Water, Tap 2 Gal 6 Cup	Run water through the coffee maker.
4		CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5		Discard unused product.

# Coleslaw Summer (Summer Slaw)

COOK METHOD	SERVING SIZE	TOTAL ESTIMATED PREP TIME	YIELD
Mix & Chill	1/2 Cup	45 minutes	50

INGREDIENTS	AMOUNT	INGREDIENT PREP	PREPARATION STEP
<b>1</b>			WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>			In a medium bowl, whisk together ingredients for dressing: oil, vinegar, mustard, juice, salt, and pepper. Set aside. Seal and chill if not using immediately.
Oil, Olive	1 3/4 Cup		
Vinegar, Wine White	1 3/4 Cup		
Mustard, Dijon	1/2 Cup		
Juice Orange f/Frz Conc 6 flz <a href="#">See recipe details on page 31</a>	1/2 Cup		
Salt, Iodized	1 tsp		
Pepper, Black Ground	1/2 tsp		
<b>3</b>			In a large bowl, combine remaining ingredients. Pour dressing over cabbage mixture, and toss to mix and coat evenly with dressing. Serve immediately.
Cabbage, Green Whole Fresh	5 lb 8 Oz	Shredded	
Cabbage, Red Whole Fresh	3 lb 8 Oz	Shredded	
Carrots, Orange Whole Fresh	1 lb 12 Oz	Shredded	
<b>4</b>			CCP -- Maintain <40F/4C (FDA)

# Corn Mexican f/Frz (Mexican Corn)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	TOTAL ESTIMATED PREP TIME	YIELD
10 Min	135 °F	Steam	1/2 Cup	18 minutes	50

INGREDIENTS	AMOUNT	INGREDIENT PREP	PREPARATION STEP
<b>1</b>			WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Corn, Yellow/Sweet Frz	10 lb	Thawed
	Onion, Yellow Whole Fresh	4 Oz	Chopped
	Peppers, Red Whole Fresh	10.5 Oz	Chopped
	Peppers, Green Whole Fresh	10.5 Oz	Chopped
<b>3</b>	Cumin, Ground	1/2 tsp	Stir in margarine and seasonings.
	Chili Powder, Mild	1 tsp	
	Margarine, Solids Salted	1/2 Cup	
<b>4</b>			For Vegetables and non hazardous items Cook to internal temp of 135F/57C held for 15 sec.

Continued on Next Page

## Corn Mexican f/Frz (Mexican Corn)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	TOTAL ESTIMATED PREP TIME	YIELD
10 Min	135 °F	Steam	1/2 Cup	18 minutes	50

INGREDIENTS	AMOUNT	INGREDIENT PREP	PREPARATION STEP
5			CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6			CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7			CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
8			Discard unused product.

# Cornbread f/Mix (Cornbread)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	TOTAL ESTIMATED PREP TIME	YIELD
18 Min	425.0 °F	145 °F	Bake	1 (2x3)	8 minutes	50

INGREDIENTS	AMOUNT	INGREDIENT PREP	PREPARATION STEP
1			WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Eggs, Liquid Non-Dairy	1.0 Cup	Thawed Prepare product as per package instructions.
	Water, Tap	1 1/4 Qt	
	Baking Mix, Cornbread/Corn Muffin	3 lb 2 Oz	
3			Mix just until smooth. Spread batter into well-greased baking sheet(s). Bake as directed or until golden brown, approximately 12-18 minutes.
			Cut into 2x3" squares.
4			For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
5			CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6			CCP -- Maintain <40F/4C (FDA)

# Egg Scrambled f/Liquid (Scrambled Egg)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	TOTAL ESTIMATED PREP TIME	YIELD
20 Min	350.0 °F	145 °F	Bake	#16 scoop	1 #16 scoop	9 minutes	50

INGREDIENTS	AMOUNT	INGREDIENT PREP	PREPARATION STEP
1			WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Eggs, Liquid Non-Dairy Milk, 2% Bulk Margarine, Solids Salted	3 Qt 1 1/2 Cup 1/4 Cup	thawed Pour egg mixture into baking pan(s). Bake in preheated 350F/176C oven for 20-30 min, stirring once during baking process.
3			Eggs: Cook to internal temp of 145F/62C held for 15 sec.
4			CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5			CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6			CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
7			Discard unused product.

# Fish Pollock Tacos (Fish Tacos)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	TOTAL ESTIMATED PREP TIME	YIELD
6 Min	350.0 °F	145 °F	Cook	2 each	1 hour and 20 minutes	50

INGREDIENTS	AMOUNT	INGREDIENT PREP	PREPARATION STEP
<b>1</b>			WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Onion, Red/Burmuda Whole Fresh	1 lb 8 Oz	Sliced	Place onion in bowl and cover with vinegar. Set aside and let sit 30 minutes to quick pickle. In a separate bowl, combine olive oil, spices and cilantro to make a marinade. Mix well.
Vinegar, Wine Red	1 Gal		
Oil, Olive	1 1/2 Cup		
<b>2</b> Chili Powder, Mild	1/4 Cup		
Oregano, Dried	1/4 Cup		
Cumin, Ground	2 Tbsp		
Cilantro, Fresh	3 Cup	Chopped	
<b>3</b> Fish, Pollock Raw	12 lb 8 Oz		Place fish on a dish and pour the marinade over, coating the fish well on both sides. Set aside for 20 minutes, chill. Remove the fish from the marinade. Discard marinade. Place the fish in hot pan. Cook fish undisturbed for 4 minutes, then turn and cook for 2 more minutes. Remove pan from heat and flake the fish making sure to mix in all the marinade that has stuck to the bottom of the pan.

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# Fish Pollock Tacos (Fish Tacos)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	TOTAL ESTIMATED PREP TIME	YIELD
6 Min	350.0 °F	145 °F	Cook	2 each	1 hour and 20 minutes	50

INGREDIENTS	AMOUNT	INGREDIENT PREP	PREPARATION STEP
4 Tortilla Corn 6 in	100 each		Heat the tortilla by placing 4 each between damp paper towels. Microwave on high for 45 seconds. Repeat for remaining tortillas.
5			Assemble the tacos by placing 2 oz fish onto the center of 1 tortilla. Top with 1/2 oz onion.
6			Fish: Cook to internal temp of 145F/63C held for 15 sec.
7			CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
8			CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
9			CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
10			Discard unused product.

## Fruit Salad Mexican w/ Tajin (Mexican Fruit Salad with Tajin Seasoning)

COOK TIME	COOK METHOD	SERVING SIZE	TOTAL ESTIMATED PREP TIME	YIELD
15 Min	Make	1/2 Cup	N/A	50

	INGREDIENTS	AMOUNT	INGREDIENT PREP	PREPARATION STEP
1				WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Mango, Cubes Frz	2 Qt	Thawed	Combine fruit in bowl and mix.
	Pineapple, Chunks Cnd JcPk	2 Qt	Drained	
	Watermelon, Whole Seedless	2 Qt	Diced	
3	Seasoning Tajin Hmd <a href="#">See recipe details on page 47</a>	3 Tbsp		Toss fruits with spice blend until evenly coated.
4				CCP -- Maintain <40F/4C (FDA)

# Guacamole f/Fresh (Guacamole)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	TOTAL ESTIMATED PREP TIME	YIELD
Chill	#60 scoop	1 Tbsp	28 minutes	50

	INGREDIENTS	AMOUNT	INGREDIENT PREP	PREPARATION STEP
1				WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Avocado, Whole Fresh	6.25 each	Peeled, Seeded, & Cubed	Coarsely chop avocado and mash slightly.
3	Tomato, Whole Fresh	2 1/2 Cup	Chopped Fine	Add remaining ingredients to avocado and mix well. Place in suitable covered container in refrigerator to chill.
	Onion, Yellow Whole Fresh	1.0 Cup	Chopped Fine	
	Juice, Lemon Bulk	2 Tbsp 2 tsp		
	Salt, Iodized	1 tsp		
4				Portion: Serve #60 scoop.
5				CCP -- Maintain <40F/4C (FDA)

# Ice Cream Sundae & Toppings (Sundae & Toppings)

COOK METHOD	SERVING SIZE	TOTAL ESTIMATED PREP TIME	YIELD
Make	3/4 Cup	25 minutes	50

INGREDIENTS	AMOUNT	INGREDIENT PREP	PREPARATION STEP	
1			WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Topping, Whip Non-Dairy	1 1/8 Qt	Prepared	Prepare whipped topping according to manufacturer's instructions. Refrigerate whipped topping, syrup and cherries prior to preparation. Keep ice cream frozen until preparation. Take only 1 gallon of ice cream out at one time during preparation.
3	Ice Cream Vanilla Bulk	1 Gal 8 Cup		Portion 1/2 cup ice cream topped with 1 Tbsp syrup and 1 Tbsp whipped topping and 1 cherry.
	Syrup, Chocolate	3 1/2 Cup		
	Cherries, Maraschino Whole	50 each		
4				CCP -- Maintain <0F/-18C.

# Jelly Grape PC (Grape Jelly)

SERVING SIZE	YIELD
1 each	50

INGREDIENTS	AMOUNT	PREPARATION STEP
1		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2		Portion according to serving size.
3		Discard unused product.

# Juice Orange f/Frz Conc 4 flz (Orange Juice)

COOK METHOD	SERVING SIZE	TOTAL ESTIMATED PREP TIME	YIELD
Make	4 fl. oz	8 minutes	50

INGREDIENTS	AMOUNT	PREPARATION STEP
1		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Juice, Orange Conc 4:1 Water, Tap	1 1/2 Qt 1 Gal 4 Cup
3		CCP -- Maintain <40F/4C (FDA)
4		Discard unused product.

# Juice Orange f/Frz Conc 6 flz (Orange Juice)

COOK METHOD	SERVING SIZE	TOTAL ESTIMATED PREP TIME	YIELD
Make	1 each	7 minutes	50

INGREDIENTS	AMOUNT	PREPARATION STEP
1		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Juice, Orange Conc 4:1 Water, Tap	0.8 fl. oz 3/8 Cup
3		CCP -- Maintain <40F/4C (FDA)

# Macaroni & Cheese Side (Macaroni & Cheese)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	TOTAL ESTIMATED PREP TIME	YIELD
50 Min	350.0 °F	145 °F	Bake	1/2 Cup	23 minutes	50

INGREDIENTS	AMOUNT	INGREDIENT PREP	PREPARATION STEP
<b>1</b>			WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Pasta, Elbow/Macaroni Dry	2 lb 8 Oz	Stir macaroni into boiling water. Cook 10-12 min or until tender, stirring occasionally. Drain well.
	Water, Tap	2 lb 8 Oz Boiled	
<b>3</b>	Margarine, Solids Salted	1/2 Cup	Melt 1st portion margarine. Stir in flour and seasoning.
	Flour, All Purpose	1 Cup	
	Mustard, Ground/Powder	1 1/2 tsp	
	Salt, Iodized	1 tsp	
<b>4</b>	Milk, 2% Bulk	2 Qt	Add milk gradually, stirring constantly. Cook until thickened.
<b>5</b>	Cheese, Cheddar Shredded	1 lb	Add cheese to sauce; stir until smooth. Pour cheese sauce over macaroni. Mix well. Scale into baking pans, 12 lbs per pan.

Continued on Next Page

# Macaroni & Cheese Side (Macaroni & Cheese)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	TOTAL ESTIMATED PREP TIME	YIELD
50 Min	350.0 °F	145 °F	Bake	1/2 Cup	23 minutes	50

INGREDIENTS	AMOUNT	INGREDIENT PREP	PREPARATION STEP
6	Margarine, Solids Salted Bread Crumbs, Plain	1/4 Cup 8 Oz	Melted #2
			Combine bread crumbs and 2nd portion margarine. Sprinkle over macaroni and cheese. Bake at 350F/176C for 30-40 min.
7			For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
8			CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
9			CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
10			CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
11			Discard unused product.

# Margarine Pat (Margarine)

SERVING SIZE	YIELD
1 each	50

INGREDIENTS	AMOUNT	PREPARATION STEP
1		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2		Portion according to serving size.
3		CCP -- Maintain <40F/4C (FDA)
4		Discard unused product.

# Meatballs Mexican Albondigas (Albondigas)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	TOTAL ESTIMATED PREP TIME	YIELD
90 Min	325.0 °F	160 °F	Bake	3 each	43 minutes	50

INGREDIENTS	AMOUNT	INGREDIENT PREP	PREPARATION STEP
<b>1</b>			WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Beef, Ground 80-89/20-11 Raw	10 lb	Mince first portion onion. Mix together ground beef, bread crumbs, milk, onions and seasonings until well blended. Do not overmix.  Shape into 1 1/2 oz balls using a level #24 scoop. Place on sheet pan and bake. Bake internal temp.
	Bread Crumbs, Plain	3 Cup	
	Milk, 2% Bulk	1 Qt	
	Eggs, Liquid Non-Dairy	3 Cup	
	Salt, Iodized	1 Tbsp	
	Onion, Yellow Whole Fresh	6.5 Oz	
Pepper, Black Ground	1 tsp		

Continued on Next Page

# Meatballs Mexican Albondigas (Albondigas)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	TOTAL ESTIMATED PREP TIME	YIELD
90 Min	325.0 °F	160 °F	Bake	3 each	43 minutes	50

INGREDIENTS	AMOUNT	INGREDIENT PREP	PREPARATION STEP
3	Onion, Yellow Whole Fresh	5 each	Chopped Combine onion, peppers, tomatoes and spices in blender; blend until smooth. Add water. Heat to 165F/74C held 15 secs. Add meatballs to sauce. Serve meatballs with sauce.
	Peppers, Bell Green Diced Cnd	1 Cup	
	Tomato, Diced Cnd	1 Qt	
	Cumin, Ground	1 tsp	
	Garlic, Powder	1/2 tsp	
	Chili Powder, Mild	1/2 tsp	
	Water, Tap	1 1/2 Cup	
4			For Ground Meat (Beef, Pork, Veal, Lamb) and Meat Mixtures: Cook to internal temp of 160F/71C held for 3 minutes.
5			CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6			CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7			CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
8			Discard unused product.

Continued on Next Page

# Mexican Chocolate Pudding Hmd (Mexican Chocolate Pudding )

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	TOTAL ESTIMATED PREP TIME	YIELD
45 Min	400.0 °F	145 °F	Bake	1/2 Cup	43 minutes	50

INGREDIENTS	AMOUNT	PREPARATION STEP
<b>1</b>		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Potato, Sweet/Yam Whole Fresh	6 lb 8 Oz	Bake sweet potatoes until internal temp is reached and potatoes are soft.
<b>3</b>		For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
<b>4</b>		CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>5</b>		Remove the skin from the potatoes and mash well.
Milk, Soy Original Bulk	3 Cup	Add remaining ingredients and seasoning to potatoes and mix well. Place in containers and refrigerate to chill.
Cocoa Powder, Unswt	1 lb	
Syrup, Maple Pure Bulk	3/4 Cup	
<b>6</b> Sugar, Granulated Bulk	8 Oz	
Cinnamon, Ground	1 Tbsp	
Pepper, Cayenne Ground	1 tsp	
Salt, Iodized	1 tsp	
<b>7</b>		CCP -- Maintain <40F/4C (FDA)

## Milk 2% Bulk 8 flz (2% Milk)

COOK METHOD	SERVING SIZE	TOTAL ESTIMATED PREP TIME	YIELD
Chill	8 fl. oz	11 minutes	50

	INGREDIENTS	AMOUNT	PREPARATION STEP
1			WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Milk, 2% Bulk	3 Gal 2 Cup	Pour milk into sanitary drinking cups.
3			CCP -- Maintain <40F/4C (FDA)
4			Discard unused product.

## Milk 2% Bulk L & D (2% Milk)

COOK METHOD	SERVING SIZE	TOTAL ESTIMATED PREP TIME	YIELD
Chill	8 fl. oz	12 minutes	50

	INGREDIENTS	AMOUNT	PREPARATION STEP
1			WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Milk, 2% Bulk	3 Gal 2 Cup	Pour milk into sanitary drinking cups.
3			CCP -- Maintain <40F/4C (FDA)
4			Discard unused product.

## Okra Cut Southern Style f/Frz (Southern Style Okra)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	TOTAL ESTIMATED PREP TIME	YIELD
25 Min	180.0 °F	145 °F	Simmer	1/2 Cup	18 minutes	50

INGREDIENTS	AMOUNT	INGREDIENT PREP	PREPARATION STEP
<b>1</b>			WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Onion, Yellow Whole Fresh 1 lb	Diced	Cook bacon and onion in skillet until bacon is crisp and onion transparent.
	Bacon, Pork 18-26 ct 2 lb	Sliced Thin or Chop	
<b>3</b>	Okra, Cut Frz 5 lb		Stir in okra. Cook about 5 min, stirring constantly.
<b>4</b>	Tomato, Diced Cnd 1 1/2 Qt		Add tomatoes and corn. Cover and simmer until tender, about 10-15 min. Add pepper and stir.
	Pepper, Black Ground 1.0 tsp		
	Corn, Yellow/Sweet Frz 3 lb 2 Oz		
<b>5</b>			For Fresh Pork and Ham Cuts: Cook to internal temp of 145F/63C held for 15 sec.

Continued on Next Page

## Okra Cut Southern Style f/Frz (Southern Style Okra)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	TOTAL ESTIMATED PREP TIME	YIELD
25 Min	180.0 °F	145 °F	Simmer	1/2 Cup	18 minutes	50

INGREDIENTS	AMOUNT	INGREDIENT PREP	PREPARATION STEP
6			CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7			CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8			CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
9			Discard unused product.

# Pancake f/Mix (Complete) (Pancakes)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	TOTAL ESTIMATED PREP TIME	YIELD
10 Min	350.0 °F	145 °F	Cook	2 each	10 minutes	50

INGREDIENTS	AMOUNT	PREPARATION STEP
1		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Pancake/Waffle Mix, Buttermilk Complete 5 lb 8 Oz	Prepare pancake mix with water according to package directions.
	Water, Tap 3 Qt	
3	Margarine, Solids Salted 2 Tbsp	Preheat griddle to 350F/177C. Lightly grease griddle with margarine. Portion 1/4 c (2 oz) batter per pancake. Cook until golden brown and bubbles appear on surface. Flip pancake and cook on other side until golden brown.
4		For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
5		CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6		Discard unused product.

# Pico de Gallo f/Fresh (Pico de Gallo)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	TOTAL ESTIMATED PREP TIME	YIELD
Make	#12 scoop	1 #12 scoop	54 minutes	50

INGREDIENTS	AMOUNT	INGREDIENT PREP	PREPARATION STEP		
<b>1</b>			WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.		
<b>2</b>	Tomato, Whole Fresh	4 lb 8 Oz	Diced	WASH ALL PRODUCE under cool, running water. Drain well.	
	Onion, Red/Burmuda Whole Fresh	1 lb			Chopped Fine
	Cilantro, Fresh	1/4 Cup			Chopped Fine
	Garlic, Whole Fresh	2 1/2 tsp			Minced
	Garlic, Powder	1 1/4 tsp			
	Cumin, Ground	1 1/4 tsp			
<b>3</b>			Combine all Ingredients.		
<b>4</b>			CCP -- Maintain <40F/4C (FDA)		
<b>5</b>			Discard unused product.		

## Pie Boston Cream (Boston Cream Pie)

SERVING SIZE	YIELD
1 slice	50

INGREDIENTS	AMOUNT	PREPARATION STEP
1		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2		Serve according to package directions.
3		CCP -- Maintain <40F/4C (FDA)

# Rice Cilantro No Base (Cilantro Rice)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	TOTAL ESTIMATED PREP TIME	YIELD
35 Min	350.0 °F	145 °F	Bake	1/2 Cup	21 minutes	50

INGREDIENTS	AMOUNT	INGREDIENT PREP	PREPARATION STEP
1			WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Rice, White Parboiled Dry Oil, Vegetable Salt, Iodized Water, Tap	3 lb 1/2 Cup 2 tsp 3 Qt	Boiled
			Place rice, oil and salt in shallow baking pan. Add boiling water amount per manufacturer's instruction. Stir. Cover pan with heavy duty foil. Bake for 30-35 min. until liquid is absorbed. Fluff with fork.
3	Cilantro, Fresh	2 Cup	Minced
			Stir in cilantro.
4			For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
5			CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6			CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7			CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
8			Discard unused product.

# Sauce Cilantro Cream (Cilantro Cream Sauce)

COOK METHOD	SERVING SIZE	TOTAL ESTIMATED PREP TIME	YIELD
Mix & Chill	2 Tbsp	20 minutes	50

INGREDIENTS	AMOUNT	INGREDIENT PREP	PREPARATION STEP	
<b>1</b>			WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
<b>2</b>	Lime, Whole Fresh	8 Oz	Zest the lime. Combine all ingredients. Cover and refrigerate at least 15 minutes before service.	
	Sour Cream, Real Bulk	1 Qt		
	Cilantro, Fresh	2 Cup		Chopped Fine
	Mayonnaise, Bulk	1 Cup		
	Juice, Lime Bulk	1/2 Cup		
	Salt, Iodized	2 tsp		
<b>3</b>			CCP -- Maintain <40F/4C (FDA)	
<b>4</b>			Discard unused product.	
<b>5</b>			Discard unused product.	

## Seasoning Tajin Hmd (Tajin Seasoning)

COOK METHOD	SERVING SIZE	TOTAL ESTIMATED PREP TIME	YIELD
Dry	1 each	N/A	50

INGREDIENTS	AMOUNT	PREPARATION STEP
<b>1</b>		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Chili Powder, Mild Citric Acid Salt, Sea Sugar, Granulated Bulk	1 Tbsp 1 tsp 2 tsp 2 tsp 3/4 tsp
		Place all ingredients into a small mixing bowl or jar and whisk thoroughly until the color and texture are uniform.
<b>3</b>		Note: Can be made up in quantity & stored in an airtight container. Discard after 6 months
<b>4</b>		Discard unused product.

# Squash Medley f/Frz (Squash Medley)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	TOTAL ESTIMATED PREP TIME	YIELD
20 Min	135 °F	Simmer	4z Spoodle	1/2 Cup	14 minutes	50

INGREDIENTS	AMOUNT	INGREDIENT PREP	PREPARATION STEP
<b>1</b>			WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Onion, Yellow Whole Fresh 3 Oz	Diced	Saute onions in margarine until tender.
	Margarine, Solids Salted 1/2 Cup		
<b>3</b>	Squash, Yellow Sliced Frz 5 lb		Add squash and garlic powder to cooked onion. Cover and simmer until soft, stirring occasionally.
	Zucchini, Sliced Frz 5 lb		
	Garlic, Powder 1 Tbsp		
<b>4</b>	Pimento, Pieces Cnd 2 Cup	Chopped	When vegetables are half cooked, add pimentos and continue to cook until vegetables are tender.
<b>5</b>			For Vegetables and non hazardous items Cook to internal temp of 135F/57C held for 15 sec.

Continued on Next Page

## Squash Medley f/Frz (Squash Medley)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	TOTAL ESTIMATED PREP TIME	YIELD
20 Min	135 °F	Simmer	4z Spoodle	1/2 Cup	14 minutes	50

INGREDIENTS	AMOUNT	INGREDIENT PREP	PREPARATION STEP
6			CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7			CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8			CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
9			Discard unused product.

# Strawberries f/Fresh (Fresh Strawberries)

COOK METHOD	SERVING SIZE	TOTAL ESTIMATED PREP TIME	YIELD
Chill	1/2 Cup	57 minutes	50

INGREDIENTS	AMOUNT	INGREDIENT PREP	PREPARATION STEP	
1			WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Strawberries, Whole Fresh	12 lb 8 Oz	Quartered	Remove stems and cut into quarters.
3				CCP -- Maintain <40F/4C (FDA)

# Syrup Pancake & Waffle f/Bulk (Syrup)

COOK METHOD	SERVING SIZE	TOTAL ESTIMATED PREP TIME	YIELD
Chill	1 fl. oz	10 minutes	50

INGREDIENTS	AMOUNT	PREPARATION STEP
1		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Syrup, Pancake/Waffle Bulk	1 1/8 Qt
3		Portion 1.5 Fl oz in soufflé cup and serve.
		CCP -- Maintain <40F/4C (FDA)

# Toast Wheat Dry (Dry Wheat Toast)

COOK METHOD	SERVING SIZE	TOTAL ESTIMATED PREP TIME	YIELD
Heat	1 slice	4 minutes	50

INGREDIENTS	AMOUNT	PREPARATION STEP
1		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Bread WW Bulk 50 slice	Run bread through toaster until heated and slightly browned. Prepare as close to service as possible.
3		Discard unused product.



# DIET EXTENSIONS

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# BREAKFAST

## BREAKFAST > World Cup 2026

Regular/Regular	Regular/Easy to chew	Regular/Soft & bite sized	Regular/Minced & moist	Regular/Puree	Regular/Finger food
6 fl. oz <b>Coffee</b>	✓	✓	✓	✓	✓
4 fl. oz <b>Orange Juice</b>	✓	✓	✓	✓	✓
3/4 Cup <b>Corn Flakes Cereal</b>	3/4 Cup <b>S.Corn Flakes</b>	3/4 Cup <b>S.Corn Flakes</b>	3/4 Cup <b>S.Corn Flakes</b>	1 #12 sc. <b>PU4 Corn Flakes</b>	✓
1/2 Cup Maple Sugar Oatmeal	✓	✓	✓	1 #8 sc. PU4 Maple Sugar Oatmeal	1 #8 sc. Mug PU4 Maple Sugar Oatmeal
1 #16 sc. <b>Scrambled Egg</b>	✓	✓	✓	1 #16 sc. <b>PU4 Scrambled Eggs</b>	1 each <b>Hard Boiled Egg</b>
1 Oz <b>Canadian Bacon</b>	1 Oz <b>MM5 Bacon Canadian Breakfast</b>	1 Oz <b>SB6 Bacon Canadian Breakfast</b>	1 Oz <b>MM5 Bacon Canadian Breakfast</b>	1 Oz <b>PU4 Bacon Canadian Breakfast</b>	1 Oz <b>BtS.Bacon Canadian Breakfast</b>
1/2 Cup Fresh Strawberries	✓	1/2 Cup SB6 Fresh Strawberries	1 #10 sc. MM5 Fresh Strawberries	1 #10 sc. PU4 Fresh Strawberries	✓
2 each <b>Pancakes</b>	✓	2 #12 sc. <b>PU4 Pancakes</b>	2 #12 sc. <b>PU4 Pancakes</b>	2 #12 sc. <b>PU4 Pancakes</b>	2 each <b>BtS.Pancakes</b>
1 slice Dry Wheat Toast	1 slice Wheat Bread	1 #12 sc. PU4 Wheat Toast	1 #12 sc. PU4 Wheat Toast	1 #12 sc. PU4 Wheat Toast	✓
1 fl. oz <b>Syrup</b>	✓	✗	✗	✗	✓
1 each Grape Jelly	✓	✓	✓	✓	✓
1 each <b>Margarine</b>	✓	✓	✓	✓	✓
8 fl. oz <b>2% Milk</b>	✓	✓	✓	✓	✓

## BREAKFAST > World Cup 2026

Regular/Regular	Hical/hipro/Regular	45gm consistent cho/Regular	60gm consistent cho/Regular	75gm consistent cho/Regular	No added salt/Regular
6 fl. oz <b>Coffee</b>	✓	✓	✓	✓	✓
4 fl. oz <b>Orange Juice</b>	✓	✗	✓	✓	✓
3/4 Cup <b>Corn Flakes Cereal</b>	✓	✓	✓	✓	✓
1/2 Cup Maple Sugar Oatmeal	3/4 Cup Fortified Cinnamon Oatmeal	1/2 Cup Cream of Rice	1/2 Cup Cream of Rice	✓	✓
1 #16 sc. <b>Scrambled Egg</b>	2 #16 sc. ✓	✓	✓	✓	✓
1 Oz <b>Canadian Bacon</b>	✓	✓	✓	✓	✗
1/2 Cup Fresh Strawberries	✓	✗	✗	✓	✓
2 each <b>Pancakes</b>	✓	1 slice <b>Dry White Toast</b>	1 slice <b>Dry White Toast</b>	1 each ✓	✓
1 slice Dry Wheat Toast	✓	✓	✓	✓	✓
1 fl. oz <b>Syrup</b>	✓	1 each <b>LoCal Grape Jelly PC</b>	1 each <b>Grape Jelly</b>	1 fl. oz <b>LoCal Syrup</b>	✓
1 each Grape Jelly	✓	1 each LoCal Grape Jelly PC	1 each LoCal Grape Jelly PC	1 each LoCal Grape Jelly PC	✓
1 each <b>Margarine</b>	✓	✓	✓	✓	✓
8 fl. oz <b>2% Milk</b>	8 fl. oz <b>Whole Milk</b>	✓	✓	✓	✓

Items in **Bold** are included in Choice 1 | ✗ indicates that the Menu Extension is set to Do not Serve | ✓ indicates that the Menu Extension is the same as Regular | Items in Red conflict with the Diet Restrictions

# BREAKFAST

## BREAKFAST > World Cup 2026

Regular/Regular	2gm na/Regular	Heart healthy (cardiac)/Regular	Fat restricted/Regular	Renal/Regular	Lactose controlled/Regular
6 fl. oz <b>Coffee</b>	✓	✓	✓	✓	✓
4 fl. oz <b>Orange Juice</b>	✓	✓	✓	4 fl. oz <b>Cranberry Juice</b>	✓
3/4 Cup <b>Corn Flakes Cereal</b>	✓	✓	✓	✓	✓
1/2 Cup Maple Sugar Oatmeal	✓	✓	✓	✓	✓
1 #16 sc. <b>Scrambled Egg</b>	✓	1/4 Cup <b>Scrambled Egg Substitute</b>	1/4 Cup <b>Scrambled Egg Substitute</b>	✓	1 #16 sc. <b>LacF Scrambled Egg</b>
1 Oz <b>Canadian Bacon</b>	✗	✗	✗	✗	✓
1/2 Cup Fresh Strawberries	✓	✓	✓	✓	✓
2 each <b>Pancakes</b>	1 each ✓	1 each ✓	1 each ✓	1 each ✓	✓
1 slice Dry Wheat Toast	✓	✓	✓	✓	✓
1 fl. oz <b>Syrup</b>	✓	✓	✓	✓	✓
1 each Grape Jelly	✓	✓	✓	✓	✓
1 each <b>Margarine</b>	✓	✓	✓	✓	✓
8 fl. oz <b>2% Milk</b>	✓	8 fl. oz <b>Skim Milk</b>	8 fl. oz <b>Skim Milk</b>	4 fl. oz ✓	8 fl. oz <b>LacF Skim Milk</b>

## BREAKFAST > World Cup 2026

Regular/Regular	Gluten restricted/Regular	Vegetarian lactoovo/Regular	Fiber restricted/Regular
6 fl. oz <b>Coffee</b>	✓	✓	6 fl. oz <b>Decaf Coffee</b>
4 fl. oz <b>Orange Juice</b>	✓	✓	4 fl. oz <b>Cranberry Juice</b>
3/4 Cup <b>Corn Flakes Cereal</b>	3/4 Cup <b>Puffed Rice Cereal</b>	✓	✓
1/2 Cup Maple Sugar Oatmeal	1/2 Cup Cream of Rice	✓	1/2 Cup Cream of Rice
1 #16 sc. <b>Scrambled Egg</b>	✓	✓	✓
1 Oz <b>Canadian Bacon</b>	✓	✗	✓
1/2 Cup Fresh Strawberries	✓	✓	1/2 Cup Cinnamon Applesauce
2 each <b>Pancakes</b>	1 each <b>G-F French Toast</b>	✓	✓
1 slice Dry Wheat Toast	1 slice G-F Toast	✓	1 slice Dry White Toast
1 fl. oz <b>Syrup</b>	✓	✓	✓
1 each Grape Jelly	✓	✓	✓
1 each <b>Margarine</b>	✓	✓	✓
8 fl. oz <b>2% Milk</b>	✓	✓	✓

Items in **Bold** are included in Choice 1 | ✗ indicates that the Menu Extension is set to Do not Serve | ✓ indicates that the Menu Extension is the same as Regular | Items in Red conflict with the Diet Restrictions

# LUNCH

## LUNCH > World Cup 2026

Regular/Regular	Regular/Easy to chew	Regular/Soft & bite sized	Regular/Minced & moist	Regular/Puree	Regular/Finger food
1/2 Cup <b>Buffalo Cauliflower Bites</b>	✓	1/2 Cup <b>SB6 Buffalo Cauliflower Bites</b>	1/2 Cup <b>MM5 Buffalo Cauliflower Bites</b>	1/2 Cup <b>PU4 Buffalo Cauliflower Bites</b>	✓
3 Oz <b>BBQ Pork Ribs</b>	1 #10 sc. <b>MM5 BBQ Pork Ribs</b>	3 Oz <b>SB6 BBQ Pork Ribs</b>	1 #10 sc. <b>MM5 BBQ Pork Ribs</b>	1 #10 sc. <b>PU4 BBQ Pork Ribs</b>	3 Oz <b>Seasoned Pork Cubes</b>
3 Oz Oven Fried Chicken	1 #10 sc. MM5 Herb Baked Chicken Breast	3 Oz SB6 Baked Chicken	1 #10 sc. MM5 Herb Baked Chicken Breast	1 #10 sc. PU4 Oven-fried Chicken	3 Oz BtS.Oven-fried Chicken
1/2 Cup <b>Macaroni &amp; Cheese</b>	✓	1/2 Cup <b>SB6 Macaroni &amp; Cheese</b>	1 #10 sc. <b>MM5 Macaroni &amp; Cheese</b>	1 #10 sc. <b>PU4 Macaroni &amp; Cheese</b>	1/2 Cup <b>Macaroni Pasta with Parsley</b>
1/2 Cup <b>Summer Slaw</b>	1/2 Cup <b>Soft Marinated Carrots</b>	1/2 Cup <b>SB6 Soft Marinated Carrots</b>	1 #10 sc. <b>MM5 Soft Marinated Carrots</b>	1 #10 sc. <b>PU4 Soft Marinated Carrots</b>	3 Oz <b>Carrot Sticks</b>
1/2 Cup Southern Style Okra	1/2 Cup Green and Gold Beans	1/2 Cup SB6 Green & Gold Beans	1 #10 sc. MM5 Green & Gold Beans	1/2 Cup PU4 Green & Gold Beans	1/2 Cup Green and Gold Beans
1 (2x3) <b>Cornbread</b>	✓	1/2 Cup <b>PU4 Cornbread</b>	1/2 Cup <b>PU4 Cornbread</b>	1/2 Cup <b>PU4 Cornbread</b>	✓
1 each <b>Margarine</b>	✓	✓	✓	✓	✓
3/4 Cup <b>Sundae &amp; Toppings</b>	✓	1/2 Cup <b>Chilled Applesauce</b>	1/2 Cup <b>Chilled Applesauce</b>	1/2 Cup <b>Chilled Applesauce</b>	1 each <b>Cone of Vanilla Ice Cream</b>
1 slice Boston Cream Pie	✓	1 #10 sc. PU4 Sugar Cookies	1 #10 sc. PU4 Sugar Cookies	1 #10 sc. PU4 Sugar Cookies	2 each Sugar Cookies
8 fl. oz <b>2% Milk</b>	✓	✓	✓	✓	✓

## LUNCH > World Cup 2026

Regular/Regular	Hical/hipro/Regular	45gm consistent cho/Regular	60gm consistent cho/Regular	75gm consistent cho/Regular	No added salt/Regular
1/2 Cup <b>Buffalo Cauliflower Bites</b>	✓	✗	✗	✗	✓
3 Oz <b>BBQ Pork Ribs</b>	4 Oz ✓	✓	3 Oz <b>Seasoned Pork Cubes</b>	✓	3 Oz <b>Seasoned Pork Cubes</b>
3 Oz Oven Fried Chicken	4 Oz ✓	✓	✓	✓	✓
1/2 Cup <b>Macaroni &amp; Cheese</b>	✓	✓	1/2 Cup <b>Macaroni Pasta with Parsley</b>	✓	✓
1/2 Cup <b>Summer Slaw</b>	✓	✓	✓	✓	✓
1/2 Cup Southern Style Okra	✓	✓	1/2 Cup Green and Gold Beans	✓	1/2 Cup Green and Gold Beans
1 (2x3) <b>Cornbread</b>	✓	✗	✗	✗	✓
1 each <b>Margarine</b>	✓	✓	✓	✓	✓
3/4 Cup <b>Sundae &amp; Toppings</b>	✓	1/2 Cup <b>Vanilla Ice Cream</b>	1/2 Cup <b>Vanilla Ice Cream</b>	1/2 Cup <b>Vanilla Ice Cream</b>	✓
1 slice Boston Cream Pie	✓	✗	0.5 slice ✓	0.5 slice ✓	✓
8 fl. oz <b>2% Milk</b>	8 fl. oz <b>Whole Milk</b>	✓	✓	✓	✓

Items in **Bold** are included in Choice 1 | ✗ indicates that the Menu Extension is set to Do not Serve | ✓ indicates that the Menu Extension is the same as Regular | Items in Red conflict with the Diet Restrictions

# LUNCH

## LUNCH > World Cup 2026

Regular/Regular	2gm na/Regular	Heart healthy (cardiac)/Regular	Fat restricted/Regular	Renal/Regular	Lactose controlled/Regular
1/2 Cup <b>Buffalo Cauliflower Bites</b>	✗	✗	✓	✓	✓
3 Oz <b>BBQ Pork Ribs</b>	3 Oz <b>Seasoned Pork Cubes</b>	3 Oz <b>Seasoned Pork Cubes</b>	3 Oz <b>Seasoned Pork Cubes</b>	2 Oz <b>Seasoned Pork Cubes</b>	✓
3 Oz Oven Fried Chicken	✓	✓	✓	2 Oz ✓	3 Oz Herb Baked Chicken Breast
1/2 Cup <b>Macaroni &amp; Cheese</b>	1/2 Cup <b>Macaroni Pasta with Parsley</b>	1/2 Cup <b>Macaroni Pasta with Parsley</b>	1/2 Cup <b>Macaroni Pasta with Parsley</b>	1/2 Cup <b>Macaroni Pasta with Parsley</b>	1/2 Cup <b>Macaroni Pasta with Parsley</b>
1/2 Cup <b>Summer Slaw</b>	✓	✓	✓	1/2 Cup <b>Soft Marinated Carrots</b>	✓
1/2 Cup Southern Style Okra	1/2 Cup Green and Gold Beans	1/2 Cup Green and Gold Beans	1/2 Cup Green and Gold Beans	1/2 Cup Green and Gold Beans	✓
1 (2x3) <b>Cornbread</b>	✓	1 each <b>White Dinner Roll</b>	✓	✓	✓
1 each <b>Margarine</b>	✓	✓	✓	✓	✓
3/4 Cup <b>Sundae &amp; Toppings</b>	✓	✓	✓	1/2 Cup <b>Chilled Applesauce</b>	1/2 Cup <b>Chilled Applesauce</b>
1 slice Boston Cream Pie	✓	0.5 slice ✓	✓	2 each Sugar Cookies	2 each Sugar Cookies
8 fl. oz <b>2% Milk</b>	✓	8 fl. oz <b>Skim Milk</b>	8 fl. oz <b>Skim Milk</b>	8 fl. oz <b>Lemonade</b>	8 fl. oz <b>LacF Skim Milk</b>

## LUNCH > World Cup 2026

Regular/Regular	Gluten restricted/Regular	Vegetarian lactoovo/Regular	Fiber restricted/Regular
1/2 Cup <b>Buffalo Cauliflower Bites</b>	1/2 Cup <b>Roasted Cauliflower</b>	✓	✗
3 Oz <b>BBQ Pork Ribs</b>	3 Oz <b>Seasoned Pork Cubes</b>	1 each <b>BBQ Vegt Riblett</b>	3 Oz <b>Seasoned Pork Cubes</b>
3 Oz Oven Fried Chicken	3 Oz Herb Baked Chicken Breast	1 each Vegt Breaded Chicken	3 Oz Herb Baked Chicken Breast
1/2 Cup <b>Macaroni &amp; Cheese</b>	1/2 Cup <b>G-F Buttered Penne</b>	✓	1/2 Cup <b>Macaroni Pasta with Parsley</b>
1/2 Cup <b>Summer Slaw</b>	✓	✓	1/2 Cup <b>Soft Marinated Carrots</b>
1/2 Cup Southern Style Okra	✓	1/2 Cup Green and Gold Beans	1/2 Cup Green and Gold Beans
1 (2x3) <b>Cornbread</b>	1 slice <b>G-F White Bread</b>	✓	1 each <b>White Dinner Roll</b>
1 each <b>Margarine</b>	✓	✓	✓
3/4 Cup <b>Sundae &amp; Toppings</b>	✓	✓	✓
1 slice Boston Cream Pie	2 each G-F Sugar Cookies	✓	2 each Sugar Cookies
8 fl. oz <b>2% Milk</b>	✓	✓	✓

Items in **Bold** are included in Choice 1 | ✗ indicates that the Menu Extension is set to Do not Serve | ✓ indicates that the Menu Extension is the same as Regular | Items in Red conflict with the Diet Restrictions

# DINNER

## DINNER > World Cup 2026

Regular/Regular		Regular/Easy to chew		Regular/Soft & bite sized		Regular/Minced & moist		Regular/Puree		Regular/Finger food	
2 each	<b>Fish Tacos</b>	1 each	<b>Baked Fish on Bun</b>	1 each	<b>MM5 Baked Fish Sndw on PU4 White Bread</b>	1 each	<b>MM5 Baked Fish Sndw on PU4 White Bread</b>	4 #12 sc.	<b>PU4 Fish Pollock Tacos</b>		✓
3 each	Albondigas		✓	3 each	SB6 Mexican Meatballs	1 #10 sc.	MM5 Mexican Meatballs	1 #10 sc.	PU4 Mexican Meatballs	3 each	Meatballs
1/2 Cup	Cilantro Rice		✓	1/2 Cup	MM5 Cilantro Rice	1/2 Cup	MM5 Cilantro Rice	1/2 Cup	PU4 Cilantro Rice	1 each	Rice Patty
1/2 Cup	<b>Mexican Corn</b>	1/2 Cup	<b>Wax Beans</b>	1/2 Cup	<b>SB6 Wax Beans</b>	1 #10 sc.	<b>MM5 Wax Beans</b>	1 #10 sc.	<b>PU4 Wax Beans</b>	1 each	<b>Corn Cobbette</b>
1/2 Cup	Squash Medley		✓	1/2 Cup	SB6 Squash Medley	1 #10 sc.	MM5 Squash Medley	1 #10 sc.	PU4 Squash Medley		✓
2 Oz	<b>Tortilla Chips</b>	1 slice	<b>Wheat Bread</b>	1 #12 sc.	<b>PU4 Wheat Bread</b>	1 #12 sc.	<b>PU4 Wheat Bread</b>	1 #12 sc.	<b>PU4 Wheat Bread</b>		✓
2 Tbsp	<b>Cilantro Cream Sauce</b>		✓	2 Tbsp	<b>PU4 Cilantro Cream Sauce</b>	2 Tbsp	<b>PU4 Cilantro Cream Sauce</b>	2 Tbsp	<b>PU4 Cilantro Cream Sauce</b>		✓
1 Tbsp	<b>Guacamole</b>		✓		✓		✓		✗		✓
1 each	<b>Margarine</b>		✓		✓		✓		✓		✓
1 #12 sc.	<b>Pico de Gallo</b>		✗		✗		✗		✗		✓
1/2 Cup	<b>Mexican Fruit Salad with Tajin Seasoning</b>	1/2 Cup	<b>Chilled Peaches</b>	1/2 Cup	<b>Chilled Peaches</b>	1/2 Cup	<b>MM5 Chilled Peaches</b>	1 #10 sc.	<b>PU4 Chilled Peaches</b>		✓
1/2 Cup	Mexican Chocolate Pudding		✓		✓		✓	1/2 Cup	PU4 Mexican Chocolate Pudding	1/2 Cup	Cone Mexican Chocolate Pudding
8 fl. oz	<b>2% Milk</b>		✓		✓		✓		✓		✓

## DINNER > World Cup 2026

Regular/Regular		Hical/hipro/Regular		45gm consistent cho/Regular		60gm consistent cho/Regular		75gm consistent cho/Regular		No added salt/Regular	
2 each	<b>Fish Tacos</b>		3 each ✓		1 each ✓		✓		✓		✓
3 each	Albondigas		✓	6 each	Meatballs		✓		✓		✓
1/2 Cup	Cilantro Rice		✓		✗		✓		✓		✓
1/2 Cup	<b>Mexican Corn</b>		✓	1/2 Cup	<b>Wax Beans</b>	1/2 Cup	<b>Wax Beans</b>	1/2 Cup	<b>Wax Beans</b>		✓
1/2 Cup	Squash Medley		✓		✓		✓		✓		✓
2 Oz	<b>Tortilla Chips</b>		✓		✗		✗	1 slice	<b>White Bread</b>		✓
2 Tbsp	<b>Cilantro Cream Sauce</b>		✓		✓		✓		✓		1 Tbsp ✓
1 Tbsp	<b>Guacamole</b>		✓		✗		✗		✗		✓
1 each	<b>Margarine</b>		✓		✓		✓		✓		✓
1 #12 sc.	<b>Pico de Gallo</b>		✓		✗		✗		✗		✓
1/2 Cup	<b>Mexican Fruit Salad with Tajin Seasoning</b>		✓		✓		✓		✓		✓
1/2 Cup	Mexican Chocolate Pudding		✓		✓		✓		✓		✓
8 fl. oz	<b>2% Milk</b>	8 fl. oz	<b>Whole Milk</b>		✓		✓		✓		✓

Items in **Bold** are included in Choice 1 | ✗ indicates that the Menu Extension is set to Do not Serve | ✓ indicates that the Menu Extension is the same as Regular | Items in Red conflict with the Diet Restrictions

# DINNER

## DINNER > World Cup 2026

Regular/Regular	2gm na/Regular	Heart healthy (cardiac)/Regular	Fat restricted/Regular	Renal/Regular	Lactose controlled/Regular
2 each <b>Fish Tacos</b>	✓	1 each <b>Baked Fish on Bun</b>	✓	1 each ✓	1 each <b>Baked Fish on Bun</b>
3 each Albondigas	✓	✓	✓	3 each Meatballs	✓
1/2 Cup Cilantro Rice	✓	✓	✓	✓	✓
1/2 Cup <b>Mexican Corn</b>	✓	✓	✓	✓	✓
1/2 Cup Squash Medley	✓	✓	✓	✓	✓
2 Oz <b>Tortilla Chips</b>	1 slice <b>White Bread</b>	1 slice <b>White Bread</b>	✓	1 Oz ✓	✓
2 Tbsp <b>Cilantro Cream Sauce</b>	1 Tbsp ✓	1 Tbsp ✓	1 Tbsp ✓	✗	✗
1 Tbsp <b>Guacamole</b>	✗	✗	✓	✗	✓
1 each <b>Margarine</b>	✓	✓	✓	✓	✓
1 #12 sc. <b>Pico de Gallo</b>	✗	✗	✓	✗	✓
1/2 Cup <b>Mexican Fruit Salad with Tajin Seasoning</b>	✓	✓	✓	✓	✓
1/2 Cup Mexican Chocolate Pudding	✓	✓	✓	2 each Snickerdoodle Cookies	✓
8 fl. oz <b>2% Milk</b>	✓	8 fl. oz <b>Skim Milk</b>	8 fl. oz <b>Skim Milk</b>	8 fl. oz <b>Lemonade</b>	8 fl. oz <b>LacF Skim Milk</b>

## DINNER > World Cup 2026

Regular/Regular	Gluten restricted/Regular	Vegetarian lactoovo/Regular	Fiber restricted/Regular
2 each <b>Fish Tacos</b>	✓	1 each <b>Vegt Breaded Chicken Sandwich</b>	1 each <b>Baked Fish on Bun</b>
3 each Albondigas	3 each G-F Beef Meatballs	6 Oz Vegt Meatballs in Mushroom Sc	✓
1/2 Cup Cilantro Rice	✓	✓	✓
1/2 Cup <b>Mexican Corn</b>	✓	✓	1/2 Cup <b>Wax Beans</b>
1/2 Cup Squash Medley	✓	✓	✓
2 Oz <b>Tortilla Chips</b>	✓	✓	1 slice <b>White Bread</b>
2 Tbsp <b>Cilantro Cream Sauce</b>	✓	✓	✓
1 Tbsp <b>Guacamole</b>	✓	✓	✗
1 each <b>Margarine</b>	✓	✓	✓
1 #12 sc. <b>Pico de Gallo</b>	✓	✓	✗
1/2 Cup <b>Mexican Fruit Salad with Tajin Seasoning</b>	✓	✓	1/2 Cup <b>Chilled Peaches</b>
1/2 Cup Mexican Chocolate Pudding	✓	✓	1/2 Cup Chocolate Pudding
8 fl. oz <b>2% Milk</b>	✓	✓	✓

Items in **Bold** are included in Choice 1 | ✗ indicates that the Menu Extension is set to Do not Serve | ✓ indicates that the Menu Extension is the same as Regular | Items in Red conflict with the Diet Restrictions



# NUTRIENT ANALYSIS

## SPECIAL EVENT WORLD CUP 2026 MENU



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### Daily Nutrient Summary: World Cup 2026

Diet: Regular | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (MCG)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	RIB (MG)	PANT (MG)	FOL (MCG)	VIT B12 (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>Ideal Value</b>	2000	250	21	0	46	75	1200	8	4700	1300	700	700	75	10	90	1.1	5	400	2.4	200	0	0
<b>DAILY TOTAL</b>	<b>2696.16</b>	<b>323.95</b>	<b>22.95</b>	<b>134.78</b>	<b>106.02</b>	<b>111.54</b>	<b>1622.43</b>	<b>16.37</b>	<b>3903.03</b>	<b>3302.71</b>	<b>2238.04</b>	<b>1126.35</b>	<b>192.09</b>	<b>15.64</b>	<b>119.82</b>	<b>3.41</b>	<b>7.88</b>	<b>473.17</b>	<b>9.56</b>	<b>486.75</b>	<b>3.5</b>	<b>35.26</b>
Breakfast																						
8fl. oz Milk 2% Bulk 8 flz	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
6fl. oz Coffee f/Grd	0.04	0.0	0.0	0.0	0.0	0.0	5.48	0.0	3.78	5.48	0.12	0.0	0.0	0.0	0.0	0.01	0.08	0.0	0.0	0.0	0.0	0.0
1 #16 sc. Egg Scrambled f/Liquid	94.13	0.94	0.0	0.52	7.43	6.52	45.04	1.02	89.2	85.06	119.61	116.43	0.01	1.86	0.19	0.32	0.95	51.25	0.62	218.15	0.04	2.07
1oz Bacon Canadian Breakfast	34.59	0.53	0.0	0.41	4.79	1.4	1.7	0.26	79.1	289.16	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	13.89	0.0	0.52
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
3/4cup Cereal Corn Flakes Bulk	60.39	14.23	0.56	1.61	1.27	0.07	0.85	4.89	28.42	123.33	17.26	82.89	3.55	0.6	0.0	0.26	0.04	60.39	0.85	0.0	0.0	0.02
1fl. oz Syrup Pancake & Waffle f/Bulk	74.76	18.69	0.0	11.21	0.0	0.0	0.0	0.0	0.0	22.43	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
2 Each Pancake f/Mix (Complete)	185.86	36.72	1.45	7.98	4.87	1.83	173.34	1.8	95.87	543.95	299.37	6.19	0.0	0.11	0.0	0.13	0.31	0.0	0.16	1.0	0.19	0.41
4fl. oz Juice Orange f/Frz Conc 4 flz	45.27	10.77	0.31	9.09	0.73	0.08	14.46	0.1	193.36	4.98	18.66	3.98	44.36	0.0	0.12	0.05	0.22	23.55	0.0	0.0	0.0	0.02
<b>Breakfast TOTAL</b>	<b>653.08</b>	<b>93.65</b>	<b>2.32</b>	<b>43.19</b>	<b>27.16</b>	<b>18.78</b>	<b>534.28</b>	<b>8.13</b>	<b>832.77</b>	<b>1221.95</b>	<b>680.11</b>	<b>343.9</b>	<b>48.81</b>	<b>5.56</b>	<b>4.55</b>	<b>1.21</b>	<b>2.4</b>	<b>147.54</b>	<b>2.93</b>	<b>252.59</b>	<b>1.19</b>	<b>6.88</b>
Lunch																						
3oz BBQ Pork Ribs	227.56	8.19	0.18	6.66	16.62	14.18	33.34	0.78	259.42	281.63	136.73	8.24	0.12	0.9	0.36	0.27	0.73	0.4	0.48	59.47	0.12	4.99
1/2cup Macaroni & Cheese Side	181.17	24.33	1.02	2.91	7.2	6.08	125.17	1.13	121.71	180.41	128.06	89.2	0.08	1.21	0.62	0.23	0.31	70.62	0.33	12.1	0.11	2.31
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup Coleslaw Summer	100.49	7.16	2.38	3.76	1.37	7.81	42.53	0.64	225.64	106.2	30.79	152.9	38.06	0.0	56.7	0.05	0.2	30.59	0.0	0.0	0.0	1.08
1 2x3 Cornbread f/Mix	125.22	19.75	1.84	5.76	2.54	3.91	19.7	0.79	38.44	238.18	147.45	13.2	0.03	0.12	1.43	0.1	0.21	30.35	0.08	17.57	0.0	1.03
1/2cup Cauliflower Buffalo Bites f/Fresh	57.14	10.3	2.4	2.52	2.7	1.17	25.49	0.78	338.38	318.37	49.21	19.13	57.58	0.34	17.03	0.1	0.74	79.46	0.0	0.0	0.0	0.14
3/4cup Ice Cream Sundae & Toppings	218.8	31.14	1.04	26.18	2.92	9.24	91.77	0.5	186.63	74.36	100.95	81.85	0.47	0.14	0.66	0.18	0.4	3.9	0.27	30.41	0.0	5.99
<b>Lunch TOTAL</b>	<b>1068.42</b>	<b>112.64</b>	<b>8.86</b>	<b>60.16</b>	<b>41.42</b>	<b>51.27</b>	<b>631.41</b>	<b>4.68</b>	<b>1513.26</b>	<b>1346.71</b>	<b>818.28</b>	<b>498.93</b>	<b>96.83</b>	<b>5.7</b>	<b>81.04</b>	<b>1.38</b>	<b>3.46</b>	<b>227.59</b>	<b>2.46</b>	<b>139.1</b>	<b>1.19</b>	<b>19.38</b>
Dinner																						
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1/2cup Fruit Salad Mexican w/ Tajin	51.9	13.23	0.96	11.77	0.65	0.22	11.85	0.28	139.39	50.02	10.86	28.72	16.45	0.0	1.49	0.03	0.17	14.54	0.0	0.0	0.0	0.04
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
2tbsp Sauce Cilantro Cream	68.37	1.54	0.16	0.78	0.54	6.88	21.15	0.07	33.67	129.03	16.27	25.8	1.81	0.01	9.48	0.03	0.11	2.27	0.05	12.71	0.16	2.37
1tbsp Guacamole f/Fresh	29.51	2.26	1.31	0.64	0.48	2.37	4.16	0.14	117.62	49.46	12.78	7.35	3.95	0.0	4.53	0.02	0.23	15.78	0.0	0.0	0.0	0.34
2oz Chips Tortilla f/Bulk	283.95	40.56	2.03	0.0	4.06	12.17	0.0	0.61	81.13	212.96	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.01
1 #12 sc. Pico de Gallo f/Fresh	11.48	2.55	0.65	1.45	0.48	0.09	6.54	0.13	111.95	2.51	13.02	17.42	6.32	0.0	3.52	0.01	0.05	7.93	0.0	0.0	0.0	0.01
1/2cup Corn Mexican f/Frz	86.32	18.39	2.47	3.28	2.46	1.78	4.46	0.5	238.81	16.38	75.25	45.0	15.77	0.45	1.06	0.07	0.17	35.55	0.0	0.0	0.0	0.09
2 Each Fish Pollock Tacos	285.09	27.36	4.19	1.14	20.7	9.1	115.17	1.77	491.39	126.13	386.38	24.82	1.66	0.93	9.91	0.21	0.42	9.7	2.82	62.8	0.0	1.3
<b>Dinner TOTAL</b>	<b>974.66</b>	<b>117.66</b>	<b>11.77</b>	<b>31.43</b>	<b>37.44</b>	<b>41.49</b>	<b>456.74</b>	<b>3.56</b>	<b>1557.0</b>	<b>734.05</b>	<b>739.65</b>	<b>283.52</b>	<b>46.45</b>	<b>4.38</b>	<b>34.23</b>	<b>0.82</b>	<b>2.02</b>	<b>98.04</b>	<b>4.17</b>	<b>95.06</b>	<b>1.12</b>	<b>9.0</b>

### Daily Nutrient Summary: World Cup 2026

Diet: Regular | Texture: Regular | Choice: 2

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (MCG)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	RIB (MG)	PANT (MG)	FOL (MCG)	VIT B12 (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>Ideal Value</b>	2000	250	21	0	46	75	1200	8	4700	1300	700	700	75	10	90	1.1	5	400	2.4	200	0	0
<b>DAILY TOTAL</b>	<b>2622.8</b>	<b>337.58</b>	<b>27.52</b>	<b>156.47</b>	<b>102.04</b>	<b>102.53</b>	<b>1447.32</b>	<b>14.15</b>	<b>4018.34</b>	<b>3123.0</b>	<b>1853.08</b>	<b>1270.3</b>	<b>224.51</b>	<b>14.05</b>	<b>83.63</b>	<b>3.22</b>	<b>8.63</b>	<b>508.91</b>	<b>7.23</b>	<b>545.27</b>	<b>3.86</b>	<b>31.33</b>
Breakfast																						
1 Slice Toast Wheat Dry	71.43	13.39	0.89	1.79	2.68	0.89	24.11	0.63	28.57	133.93	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
8fl. oz Milk 2% Bulk 8 flz	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1 Each Jelly Grape PC	13.71	3.4	0.05	2.39	0.02	0.0	0.99	0.02	3.8	1.58	0.94	0.0	0.43	0.0	0.0	0.0	0.0	0.54	0.0	0.0	0.0	0.0
6fl. oz Coffee f/Grd	0.04	0.0	0.0	0.0	0.0	0.0	5.48	0.0	3.78	5.48	0.12	0.0	0.0	0.0	0.0	0.01	0.08	0.0	0.0	0.0	0.0	0.0
1 #16 sc. Egg Scrambled f/Liquid	94.13	0.94	0.0	0.52	7.43	6.52	45.04	1.02	89.2	85.06	119.61	116.43	0.01	1.86	0.19	0.32	0.95	51.25	0.62	218.15	0.04	2.07
1oz Bacon Canadian Breakfast	34.59	0.53	0.0	0.41	4.79	1.4	1.7	0.26	79.1	289.16	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	13.89	0.0	0.52
1/2cup Strawberries f/Fresh	36.29	8.71	2.27	5.55	0.76	0.34	18.14	0.46	173.5	1.13	27.22	1.13	66.68	0.0	2.49	0.02	0.14	27.22	0.0	0.0	0.0	0.02
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup Cereal Oatmeal Maple Sugar	148.7	32.4	2.04	18.83	2.57	1.53	29.16	0.9	102.58	8.96	67.09	0.0	0.0	0.0	0.0	0.0	0.02	0.19	0.0	0.0	0.0	0.26
4fl. oz Juice Orange f/Frz Conc 4 flz	45.27	10.77	0.31	9.09	0.73	0.08	14.46	0.1	193.36	4.98	18.66	3.98	44.36	0.0	0.12	0.05	0.22	23.55	0.0	0.0	0.0	0.02
<b>Breakfast TOTAL</b>	<b>602.2</b>	<b>81.91</b>	<b>5.56</b>	<b>50.95</b>	<b>27.05</b>	<b>19.64</b>	<b>432.49</b>	<b>3.45</b>	<b>1016.93</b>	<b>677.84</b>	<b>458.73</b>	<b>255.95</b>	<b>112.37</b>	<b>4.85</b>	<b>7.04</b>	<b>0.84</b>	<b>2.21</b>	<b>115.1</b>	<b>1.92</b>	<b>251.59</b>	<b>1.0</b>	<b>6.73</b>
Lunch																						
3oz Chicken Fried Oven f/Thigh	151.99	4.34	0.23	0.26	14.9	7.8	14.38	0.89	177.21	164.67	135.75	28.14	0.0	0.3	2.04	0.2	0.86	20.47	0.45	82.86	0.04	2.08
1/2cup Macaroni & Cheese Side	181.17	24.33	1.02	2.91	7.2	6.08	125.17	1.13	121.71	180.41	128.06	89.2	0.08	1.21	0.62	0.23	0.31	70.62	0.33	12.1	0.11	2.31
1/2cup Okra Cut Southern Style f/Frz	70.78	11.3	2.11	3.7	2.54	2.53	48.24	0.87	242.65	131.28	56.3	12.57	10.16	0.0	22.59	0.08	0.21	58.82	0.06	4.01	0.0	0.82
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1 Slice Pie Boston Cream	252.0	42.9	1.4	36.1	2.4	8.5	23.0	0.38	39.0	254.0	49.0	24.0	0.2	0.13	3.1	0.27	0.3	14.0	0.16	37.0	0.0	2.44
1 2x3 Cornbread f/Mix	125.22	19.75	1.84	5.76	2.54	3.91	19.7	0.79	38.44	238.18	147.45	13.2	0.03	0.12	1.43	0.1	0.21	30.35	0.08	17.57	0.0	1.03
1/2cup Cauliflower Buffalo Bites f/Fresh	57.14	10.3	2.4	2.52	2.7	1.17	25.49	0.78	338.38	318.37	49.21	19.13	57.58	0.34	17.03	0.1	0.74	79.46	0.0	0.0	0.0	0.14
<b>Lunch TOTAL</b>	<b>996.34</b>	<b>124.69</b>	<b>9.0</b>	<b>63.62</b>	<b>40.35</b>	<b>38.87</b>	<b>549.39</b>	<b>4.9</b>	<b>1300.43</b>	<b>1434.47</b>	<b>790.86</b>	<b>320.65</b>	<b>68.54</b>	<b>5.09</b>	<b>51.05</b>	<b>1.43</b>	<b>3.5</b>	<b>285.99</b>	<b>2.38</b>	<b>173.09</b>	<b>1.11</b>	<b>12.66</b>
Dinner																						
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1/2cup Fruit Salad Mexican w/ Tajin	51.9	13.23	0.96	11.77	0.65	0.22	11.85	0.28	139.39	50.02	10.86	28.72	16.45	0.0	1.49	0.03	0.17	14.54	0.0	0.0	0.0	0.04
1/2cup Squash Medley f/Frz	28.93	4.26	1.43	2.23	1.06	1.35	20.99	0.52	192.18	16.14	31.67	44.05	10.82	0.45	4.15	0.04	0.18	13.59	0.0	0.0	0.0	0.04
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1tbsp Guacamole f/Fresh	29.51	2.26	1.31	0.64	0.48	2.37	4.16	0.14	117.62	49.46	12.78	7.35	3.95	0.0	4.53	0.02	0.23	15.78	0.0	0.0	0.0	0.34
2oz Chips Tortilla f/Bulk	283.95	40.56	2.03	0.0	4.06	12.17	0.0	0.61	81.13	212.96	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.01
1 #12 sc. Pico de Gallo f/Fresh	11.48	2.55	0.65	1.45	0.48	0.09	6.54	0.13	111.95	2.51	13.02	17.42	6.32	0.0	3.52	0.01	0.05	7.93	0.0	0.0	0.0	0.01
1/2cup Rice Cilantro No Base	121.21	22.04	0.51	0.1	2.05	2.46	21.45	0.21	51.28	97.15	41.95	2.17	0.17	0.0	3.57	0.01	0.18	2.58	0.0	0.0	0.01	0.24
3 Each Meatballs Mexican Albondigas	229.4	8.39	0.76	2.7	14.59	14.94	67.51	2.12	298.8	345.1	165.87	40.75	3.94	0.67	2.23	0.26	0.7	29.04	1.63	101.04	0.78	5.65
1/2cup Mexican Chocolate Pudding Hmd	109.84	25.92	5.31	10.64	3.2	1.54	39.53	1.73	365.59	89.79	102.25	418.83	1.46	0.0	1.81	0.13	0.54	12.09	0.0	0.0	0.0	0.77
<b>Dinner TOTAL</b>	<b>1024.26</b>	<b>130.98</b>	<b>12.96</b>	<b>41.9</b>	<b>34.64</b>	<b>44.02</b>	<b>465.44</b>	<b>5.8</b>	<b>1700.98</b>	<b>1010.69</b>	<b>603.49</b>	<b>693.7</b>	<b>43.6</b>	<b>4.11</b>	<b>25.54</b>	<b>0.95</b>	<b>2.92</b>	<b>107.82</b>	<b>2.93</b>	<b>120.59</b>	<b>1.75</b>	<b>11.94</b>

### Daily Nutrient Summary: World Cup 2026

Diet: Regular | Texture: Easy to Chew | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (MCG)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	RIB (MG)	PANT (MG)	FOL (MCG)	VIT B12 (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>Ideal Value</b>	2000	250	21	0	46	75	1200	8	4700	1300	700	700	75	10	90	1.1	5	400	2.4	200	0	0
<b>DAILY TOTAL</b>	<b>2392.41</b>	<b>293.65</b>	<b>19.61</b>	<b>147.51</b>	<b>105.42</b>	<b>90.71</b>	<b>1756.59</b>	<b>16.99</b>	<b>3588.25</b>	<b>3544.7</b>	<b>2099.71</b>	<b>1740.9</b>	<b>125.84</b>	<b>16.35</b>	<b>102.32</b>	<b>3.6</b>	<b>7.97</b>	<b>464.85</b>	<b>9.87</b>	<b>489.12</b>	<b>3.57</b>	<b>33.45</b>
Breakfast																						
1oz MM5 Bacon Canadian Breakfast	37.42	1.12	0.0	0.41	4.79	1.44	2.13	0.26	80.04	300.3	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	13.89	0.0	0.52
2 Each Pancake f/Mix (Complete)	185.86	36.72	1.45	7.98	4.87	1.83	173.34	1.8	95.87	543.95	299.37	6.19	0.0	0.11	0.0	0.13	0.31	0.0	0.16	1.0	0.19	0.41
3/4cup S.Cereal Corn Flakes f/Bulk	90.89	17.16	0.56	4.7	3.28	1.28	74.05	4.9	113.82	152.0	73.38	116.44	3.67	1.35	0.12	0.37	0.26	63.44	1.17	4.88	0.05	0.79
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
4fl. oz Juice Orange f/Frz Conc 4 flz	45.27	10.77	0.31	9.09	0.73	0.08	14.46	0.1	193.36	4.98	18.66	3.98	44.36	0.0	0.12	0.05	0.22	23.55	0.0	0.0	0.0	0.02
8fl. oz Milk 2% Bulk 8 flz	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1fl. oz Syrup Pancake & Waffle f/Bulk	74.76	18.69	0.0	11.21	0.0	0.0	0.0	0.0	0.0	22.43	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1 #16 sc. Egg Scrambled f/Liquid	94.13	0.94	0.0	0.52	7.43	6.52	45.04	1.02	89.2	85.06	119.61	116.43	0.01	1.86	0.19	0.32	0.95	51.25	0.62	218.15	0.04	2.07
6fl. oz Coffee f/Grd	0.04	0.0	0.0	0.0	0.0	0.0	5.48	0.0	3.78	5.48	0.12	0.0	0.0	0.0	0.0	0.01	0.08	0.0	0.0	0.0	0.0	0.0
<b>Breakfast TOTAL</b>	<b>686.41</b>	<b>97.17</b>	<b>2.32</b>	<b>46.28</b>	<b>29.17</b>	<b>20.03</b>	<b>607.91</b>	<b>8.14</b>	<b>919.11</b>	<b>1261.76</b>	<b>736.23</b>	<b>377.45</b>	<b>48.93</b>	<b>6.31</b>	<b>4.67</b>	<b>1.32</b>	<b>2.62</b>	<b>150.59</b>	<b>3.25</b>	<b>257.47</b>	<b>1.24</b>	<b>7.65</b>
Lunch																						
1 #10 sc. MM5 BBQ Pork Ribs	254.52	14.58	0.32	11.86	16.75	14.28	38.51	0.88	295.78	443.07	139.87	9.96	0.21	0.9	0.64	0.28	0.76	0.71	0.48	59.47	0.12	5.0
1/2cup Macaroni & Cheese Side	181.17	24.33	1.02	2.91	7.2	6.08	125.17	1.13	121.71	180.41	128.06	89.2	0.08	1.21	0.62	0.23	0.31	70.62	0.33	12.1	0.11	2.31
1 2x3 Cornbread f/Mix	125.22	19.75	1.84	5.76	2.54	3.91	19.7	0.79	38.44	238.18	147.45	13.2	0.03	0.12	1.43	0.1	0.21	30.35	0.08	17.57	0.0	1.03
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup Cauliflower Buffalo Bites f/Fresh	57.14	10.3	2.4	2.52	2.7	1.17	25.49	0.78	338.38	318.37	49.21	19.13	57.58	0.34	17.03	0.1	0.74	79.46	0.0	0.0	0.0	0.14
1/2cup Carrot Marinated Soft Chilled f/Frz	71.98	9.49	3.04	5.91	0.61	3.92	33.43	0.5	183.47	64.24	29.27	767.59	2.9	0.0	14.68	0.03	0.16	10.53	0.0	0.0	0.01	0.35
3/4cup Ice Cream Sundae & Toppings	218.8	31.14	1.04	26.18	2.92	9.24	91.77	0.5	186.63	74.36	100.95	81.85	0.47	0.14	0.66	0.18	0.4	3.9	0.27	30.41	0.0	5.99
<b>Lunch TOTAL</b>	<b>1066.87</b>	<b>121.36</b>	<b>9.66</b>	<b>67.51</b>	<b>40.79</b>	<b>47.48</b>	<b>627.48</b>	<b>4.64</b>	<b>1507.45</b>	<b>1466.19</b>	<b>819.9</b>	<b>1115.34</b>	<b>61.76</b>	<b>5.7</b>	<b>39.3</b>	<b>1.37</b>	<b>3.45</b>	<b>207.84</b>	<b>2.46</b>	<b>139.1</b>	<b>1.2</b>	<b>18.66</b>
Dinner																						
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1/2cup Peaches Diced JcPk Cnd	53.98	14.23	1.59	12.64	0.77	0.04	7.36	0.33	157.03	4.91	20.86	23.31	4.42	0.0	2.09	0.02	0.06	3.68	0.0	0.0	0.0	0.0
1 Each Fish Pollock Unbrd on Bun	223.2	26.05	0.94	3.79	21.55	2.86	125.83	2.17	365.73	329.9	240.18	26.97	0.68	0.89	2.58	0.31	0.59	51.43	2.81	60.29	0.01	0.55
1 Slice Bread WW Bulk	71.43	13.39	0.89	1.79	2.68	0.89	24.11	0.63	28.57	133.93	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1/2cup Beans Wax w/Parsley	34.6	5.88	2.74	1.71	1.37	1.28	45.18	0.81	116.03	21.96	28.4	30.27	3.8	0.45	35.43	0.08	0.04	20.99	0.0	0.0	0.0	0.04
1tbsp Guacamole f/Fresh	29.51	2.26	1.31	0.64	0.48	2.37	4.16	0.14	117.62	49.46	12.78	7.35	3.95	0.0	4.53	0.02	0.23	15.78	0.0	0.0	0.0	0.34
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
2tbsp Sauce Cilantro Cream	68.37	1.54	0.16	0.78	0.54	6.88	21.15	0.07	33.67	129.03	16.27	25.8	1.81	0.01	9.48	0.03	0.11	2.27	0.05	12.71	0.16	2.37
<b>Dinner TOTAL</b>	<b>639.13</b>	<b>75.12</b>	<b>7.63</b>	<b>33.72</b>	<b>35.46</b>	<b>23.2</b>	<b>521.2</b>	<b>4.21</b>	<b>1161.69</b>	<b>816.75</b>	<b>543.58</b>	<b>248.11</b>	<b>15.15</b>	<b>4.34</b>	<b>58.35</b>	<b>0.91</b>	<b>1.9</b>	<b>106.42</b>	<b>4.16</b>	<b>92.55</b>	<b>1.13</b>	<b>7.14</b>

### Daily Nutrient Summary: World Cup 2026

Diet: Regular | Texture: Easy to Chew | Choice: 2

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (MCG)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	RIB (MG)	PANT (MG)	FOL (MCG)	VIT B12 (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>Ideal Value</b>	2000	250	21	0	46	75	1200	8	4700	1300	700	700	75	10	90	1.1	5	400	2.4	200	0	0
<b>DAILY TOTAL</b>	<b>2325.09</b>	<b>301.29</b>	<b>26.95</b>	<b>155.46</b>	<b>103.43</b>	<b>84.34</b>	<b>1448.18</b>	<b>13.47</b>	<b>3883.05</b>	<b>3003.62</b>	<b>1868.51</b>	<b>1261.53</b>	<b>199.81</b>	<b>14.22</b>	<b>92.7</b>	<b>3.15</b>	<b>8.72</b>	<b>439.92</b>	<b>6.9</b>	<b>520.39</b>	<b>3.83</b>	<b>27.9</b>
Breakfast																						
1oz MMS Bacon Canadian Breakfast	37.42	1.12	0.0	0.41	4.79	1.44	2.13	0.26	80.04	300.3	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	13.89	0.0	0.52
1 Slice Bread WW Bulk	71.43	13.39	0.89	1.79	2.68	0.89	24.11	0.63	28.57	133.93	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
4fl. oz Juice Orange f/Frz Conc 4 flz	45.27	10.77	0.31	9.09	0.73	0.08	14.46	0.1	193.36	4.98	18.66	3.98	44.36	0.0	0.12	0.05	0.22	23.55	0.0	0.0	0.0	0.02
8fl. oz Milk 2% Bulk 8 flz	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1 Each Jelly Grape PC	13.71	3.4	0.05	2.39	0.02	0.0	0.99	0.02	3.8	1.58	0.94	0.0	0.43	0.0	0.0	0.0	0.0	0.54	0.0	0.0	0.0	0.0
1 #16 sc. Egg Scrambled f/Liquid	94.13	0.94	0.0	0.52	7.43	6.52	45.04	1.02	89.2	85.06	119.61	116.43	0.01	1.86	0.19	0.32	0.95	51.25	0.62	218.15	0.04	2.07
6fl. oz Coffee f/Grd	0.04	0.0	0.0	0.0	0.0	0.0	5.48	0.0	3.78	5.48	0.12	0.0	0.0	0.0	0.0	0.0	0.01	0.08	0.0	0.0	0.0	0.0
1/2cup Strawberries f/Fresh	36.29	8.71	2.27	5.55	0.76	0.34	18.14	0.46	173.5	1.13	27.22	1.13	66.68	0.0	2.49	0.02	0.14	27.22	0.0	0.0	0.0	0.02
1/2cup Cereal Oatmeal Maple Sugar	148.7	32.4	2.04	18.83	2.57	1.53	29.16	0.9	102.58	8.96	67.09	0.0	0.0	0.0	0.0	0.0	0.02	0.19	0.0	0.0	0.0	0.26
<b>Breakfast TOTAL</b>	<b>605.03</b>	<b>82.5</b>	<b>5.56</b>	<b>50.95</b>	<b>27.05</b>	<b>19.68</b>	<b>432.92</b>	<b>3.45</b>	<b>1017.87</b>	<b>688.98</b>	<b>458.73</b>	<b>255.95</b>	<b>112.37</b>	<b>4.85</b>	<b>7.04</b>	<b>0.84</b>	<b>2.21</b>	<b>115.1</b>	<b>1.92</b>	<b>251.59</b>	<b>1.0</b>	<b>6.73</b>
Lunch																						
1 #10 sc. MMS Chicken Baked Herb f/Breast	109.4	1.55	0.17	0.03	19.2	2.35	8.0	0.41	298.75	273.97	182.96	15.46	0.09	0.02	1.8	0.15	1.28	8.11	0.18	61.99	0.01	0.49
1/2cup Macaroni & Cheese Side	181.17	24.33	1.02	2.91	7.2	6.08	125.17	1.13	121.71	180.41	128.06	89.2	0.08	1.21	0.62	0.23	0.31	70.62	0.33	12.1	0.11	2.31
1/2cup Green Beans & Gold Seas Frz	34.75	5.93	2.76	1.71	1.37	1.3	41.97	0.73	131.75	18.11	27.54	39.31	3.72	0.45	34.82	0.08	0.04	20.98	0.0	0.0	0.0	0.04
1 Slice Pie Boston Cream	252.0	42.9	1.4	36.1	2.4	8.5	23.0	0.38	39.0	254.0	49.0	24.0	0.2	0.13	3.1	0.27	0.3	14.0	0.16	37.0	0.0	2.44
1 2x3 Cornbread f/Mix	125.22	19.75	1.84	5.76	2.54	3.91	19.7	0.79	38.44	238.18	147.45	13.2	0.03	0.12	1.43	0.1	0.21	30.35	0.08	17.57	0.0	1.03
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup Cauliflower Buffalo Bites f/Fresh	57.14	10.3	2.4	2.52	2.7	1.17	25.49	0.78	338.38	318.37	49.21	19.13	57.58	0.34	17.03	0.1	0.74	79.46	0.0	0.0	0.0	0.14
<b>Lunch TOTAL</b>	<b>917.72</b>	<b>116.53</b>	<b>9.59</b>	<b>61.4</b>	<b>43.48</b>	<b>32.19</b>	<b>536.74</b>	<b>4.28</b>	<b>1311.07</b>	<b>1430.6</b>	<b>809.31</b>	<b>334.71</b>	<b>62.19</b>	<b>5.26</b>	<b>63.04</b>	<b>1.38</b>	<b>3.75</b>	<b>235.79</b>	<b>2.05</b>	<b>148.21</b>	<b>1.08</b>	<b>10.29</b>
Dinner																						
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1/2cup Peaches Diced JcPk Cnd	53.98	14.23	1.59	12.64	0.77	0.04	7.36	0.33	157.03	4.91	20.86	23.31	4.42	0.0	2.09	0.02	0.06	3.68	0.0	0.0	0.0	0.0
1 Slice Bread WW Bulk	71.43	13.39	0.89	1.79	2.68	0.89	24.11	0.63	28.57	133.93	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1tbsp Guacamole f/Fresh	29.51	2.26	1.31	0.64	0.48	2.37	4.16	0.14	117.62	49.46	12.78	7.35	3.95	0.0	4.53	0.02	0.23	15.78	0.0	0.0	0.0	0.34
3 Each Meatballs Mexican Albondigas	229.4	8.39	0.76	2.7	14.59	14.94	67.51	2.12	298.8	345.1	165.87	40.75	3.94	0.67	2.23	0.26	0.7	29.04	1.63	101.04	0.78	5.65
1/2cup Rice Cilantro No Base	121.21	22.04	0.51	0.1	2.05	2.46	21.45	0.21	51.28	97.15	41.95	2.17	0.17	0.0	3.57	0.01	0.18	2.58	0.0	0.0	0.01	0.24
1/2cup Squash Medley f/Frz	28.93	4.26	1.43	2.23	1.06	1.35	20.99	0.52	192.18	16.14	31.67	44.05	10.82	0.45	4.15	0.04	0.18	13.59	0.0	0.0	0.0	0.04
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup Mexican Chocolate Pudding Hmd	109.84	25.92	5.31	10.64	3.2	1.54	39.53	1.73	365.59	89.79	102.25	418.83	1.46	0.0	1.81	0.13	0.54	12.09	0.0	0.0	0.0	0.77
<b>Dinner TOTAL</b>	<b>802.34</b>	<b>102.26</b>	<b>11.8</b>	<b>43.11</b>	<b>32.9</b>	<b>32.47</b>	<b>478.52</b>	<b>5.74</b>	<b>1554.11</b>	<b>884.04</b>	<b>600.47</b>	<b>670.87</b>	<b>25.25</b>	<b>4.11</b>	<b>22.62</b>	<b>0.93</b>	<b>2.76</b>	<b>89.03</b>	<b>2.93</b>	<b>120.59</b>	<b>1.75</b>	<b>10.88</b>

**Daily Nutrient Summary: World Cup 2026**  
Diet: Regular | Texture: Soft & Bite Sized | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (MCG)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	RIB (MG)	PANT (MG)	FOL (MCG)	VIT B12 (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>Ideal Value</b>	2000	250	21	0	46	75	1200	8	4700	1300	700	700	75	10	90	1.1	5	400	2.4	200	0	0
<b>DAILY TOTAL</b>	<b>2151.19</b>	<b>254.4</b>	<b>20.21</b>	<b>119.94</b>	<b>101.16</b>	<b>84.1</b>	<b>1539.52</b>	<b>15.78</b>	<b>3395.29</b>	<b>3141.45</b>	<b>1769.18</b>	<b>1741.11</b>	<b>150.66</b>	<b>17.94</b>	<b>99.56</b>	<b>3.22</b>	<b>7.11</b>	<b>415.59</b>	<b>9.4</b>	<b>458.11</b>	<b>3.45</b>	<b>26.77</b>
<b>Breakfast</b>																						
2 #12 sc. PU4 Pancake f/Mix (Complete)	129.92	28.69	0.57	10.92	1.93	0.72	70.53	0.71	38.62	236.05	118.74	2.46	0.0	0.04	0.0	0.05	0.12	0.0	0.06	0.4	0.08	0.16
4fl. oz Juice Orange f/Frz Conc 4 flz	45.27	10.77	0.31	9.09	0.73	0.08	14.46	0.1	193.36	4.98	18.66	3.98	44.36	0.0	0.12	0.05	0.22	23.55	0.0	0.0	0.0	0.02
8fl. oz Milk 2% Bulk 8 flz	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1oz SB6 Bacon Canadian Breakfast	34.59	0.53	0.0	0.41	4.79	1.4	1.7	0.26	79.1	289.16	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	13.89	0.0	0.52
1 #16 sc. Egg Scrambled f/Liquid	94.13	0.94	0.0	0.52	7.43	6.52	45.04	1.02	89.2	85.06	119.61	116.43	0.01	1.86	0.19	0.32	0.95	51.25	0.62	218.15	0.04	2.07
6fl. oz Coffee f/Grd	0.04	0.0	0.0	0.0	0.0	0.0	5.48	0.0	3.78	5.48	0.12	0.0	0.0	0.0	0.0	0.0	0.01	0.08	0.0	0.0	0.0	0.0
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
3/4cup S.Cereal Corn Flakes f/Bulk	90.89	17.16	0.56	4.7	3.28	1.28	74.05	4.9	113.82	152.0	73.38	116.44	3.67	1.35	0.12	0.37	0.26	63.44	1.17	4.88	0.05	0.79
<b>Breakfast TOTAL</b>	<b>552.88</b>	<b>69.86</b>	<b>1.44</b>	<b>38.01</b>	<b>26.23</b>	<b>18.88</b>	<b>504.67</b>	<b>7.05</b>	<b>860.92</b>	<b>920.29</b>	<b>555.6</b>	<b>373.72</b>	<b>48.93</b>	<b>6.24</b>	<b>4.67</b>	<b>1.24</b>	<b>2.43</b>	<b>150.59</b>	<b>3.15</b>	<b>256.87</b>	<b>1.13</b>	<b>7.4</b>
<b>Lunch</b>																						
3oz SB6 BBQ Pork Ribs	227.56	8.19	0.18	6.66	16.62	14.18	33.34	0.78	259.42	281.63	136.73	8.24	0.12	0.9	0.36	0.27	0.73	0.4	0.48	59.47	0.12	4.99
1/2cup SB6 Macaroni & Cheese Side	181.17	24.33	1.02	2.91	7.2	6.08	125.17	1.13	121.71	180.41	128.06	89.2	0.08	1.21	0.62	0.23	0.31	70.62	0.33	12.1	0.11	2.31
1/2cup PU4 Cornbread f/Mix	129.73	20.95	1.84	5.76	2.54	3.91	21.48	0.79	39.03	242.97	147.45	13.2	0.03	0.12	1.43	0.1	0.21	30.35	0.08	17.57	0.0	1.03
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup SB6 Cauliflower Buffalo Bites f/Fresh	57.14	10.3	2.4	2.52	2.7	1.17	25.49	0.78	338.38	318.37	49.21	19.13	57.58	0.34	17.03	0.1	0.74	79.46	0.0	0.0	0.0	0.14
1/2cup SB6 Carrot Marinated Soft Chilled f/Frz	71.98	9.49	3.04	5.91	0.61	3.92	33.43	0.5	183.47	64.24	29.27	767.59	2.9	0.0	14.68	0.03	0.16	10.53	0.0	0.0	0.01	0.35
1/2cup Applesauce JcPk Cnd	51.24	13.79	1.34	11.46	0.21	0.12	4.88	0.28	90.28	2.44	6.1	1.22	25.86	0.0	0.61	0.04	0.05	3.66	0.0	0.0	0.0	0.01
<b>Lunch TOTAL</b>	<b>876.86</b>	<b>98.82</b>	<b>9.82</b>	<b>47.59</b>	<b>37.95</b>	<b>38.26</b>	<b>537.2</b>	<b>4.32</b>	<b>1375.33</b>	<b>1237.62</b>	<b>721.91</b>	<b>1032.99</b>	<b>87.06</b>	<b>5.56</b>	<b>38.97</b>	<b>1.22</b>	<b>3.07</b>	<b>207.29</b>	<b>2.19</b>	<b>108.69</b>	<b>1.2</b>	<b>12.67</b>
<b>Dinner</b>																						
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1/2cup Peaches Diced JcPk Cnd	53.98	14.23	1.59	12.64	0.77	0.04	7.36	0.33	157.03	4.91	20.86	23.31	4.42	0.0	2.09	0.02	0.06	3.68	0.0	0.0	0.0	0.0
1 Each MM5 Fish Pollock Unbrd Sndw PU4 White Bread	290.86	33.66	2.14	4.17	22.71	6.46	97.73	2.29	358.01	465.21	188.27	113.26	0.2	2.69	0.15	0.16	0.3	2.72	2.71	60.29	0.0	0.11
1 #12 sc. PU4 Bread Wheat	83.26	15.79	1.01	2.03	3.04	1.01	28.23	0.71	32.7	154.27	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1/2cup SB6 Beans Wax w/Parsley	34.6	5.88	2.74	1.71	1.37	1.28	45.18	0.81	116.03	21.96	28.4	30.27	3.8	0.45	35.43	0.08	0.04	20.99	0.0	0.0	0.0	0.04
1tbsp Guacamole f/Fresh	29.51	2.26	1.31	0.64	0.48	2.37	4.16	0.14	117.62	49.46	12.78	7.35	3.95	0.0	4.53	0.02	0.23	15.78	0.0	0.0	0.0	0.34
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
2tbsp PU4 Sauce Cilantro Cream	71.2	2.13	0.16	0.78	0.54	6.92	21.58	0.07	34.61	140.17	16.27	25.8	1.81	0.01	9.48	0.03	0.11	2.27	0.05	12.71	0.16	2.37
<b>Dinner TOTAL</b>	<b>721.45</b>	<b>85.72</b>	<b>8.95</b>	<b>34.34</b>	<b>36.98</b>	<b>26.96</b>	<b>497.65</b>	<b>4.41</b>	<b>1159.04</b>	<b>983.54</b>	<b>491.67</b>	<b>334.4</b>	<b>14.67</b>	<b>6.14</b>	<b>55.92</b>	<b>0.76</b>	<b>1.61</b>	<b>57.71</b>	<b>4.06</b>	<b>92.55</b>	<b>1.12</b>	<b>6.7</b>

### Daily Nutrient Summary: World Cup 2026

Diet: Regular | Texture: Soft & Bite Sized | Choice: 2

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (MCG)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	RIB (MG)	PANT (MG)	FOL (MCG)	VIT B12 (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>Ideal Value</b>	2000	250	21	0	46	75	1200	8	4700	1300	700	700	75	10	90	1.1	5	400	2.4	200	0	0
<b>DAILY TOTAL</b>	<b>2125.26</b>	<b>277.48</b>	<b>25.34</b>	<b>128.05</b>	<b>96.62</b>	<b>75.39</b>	<b>1403.94</b>	<b>12.86</b>	<b>3719.62</b>	<b>2774.4</b>	<b>1748.4</b>	<b>1220.06</b>	<b>197.91</b>	<b>13.81</b>	<b>88.65</b>	<b>2.74</b>	<b>8.11</b>	<b>413.46</b>	<b>6.04</b>	<b>447.47</b>	<b>3.49</b>	<b>25.61</b>
Breakfast																						
1 #12 sc. PU4 Toast Wheat Dry	73.69	13.99	0.89	1.79	2.68	0.89	25.0	0.63	28.87	136.32	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
4fl. oz Juice Orange f/Frz Conc 4 flz	45.27	10.77	0.31	9.09	0.73	0.08	14.46	0.1	193.36	4.98	18.66	3.98	44.36	0.0	0.12	0.05	0.22	23.55	0.0	0.0	0.0	0.02
8fl. oz Milk 2% Bulk 8 flz	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1 Each Jelly Grape PC	13.71	3.4	0.05	2.39	0.02	0.0	0.99	0.02	3.8	1.58	0.94	0.0	0.43	0.0	0.0	0.0	0.0	0.54	0.0	0.0	0.0	0.0
1oz SB6 Bacon Canadian Breakfast	34.59	0.53	0.0	0.41	4.79	1.4	1.7	0.26	79.1	289.16	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	13.89	0.0	0.52
1 #16 sc. Egg Scrambled f/Liquid	94.13	0.94	0.0	0.52	7.43	6.52	45.04	1.02	89.2	85.06	119.61	116.43	0.01	1.86	0.19	0.32	0.95	51.25	0.62	218.15	0.04	2.07
6fl. oz Coffee f/Grd	0.04	0.0	0.0	0.0	0.0	0.0	5.48	0.0	3.78	5.48	0.12	0.0	0.0	0.0	0.0	0.0	0.01	0.08	0.0	0.0	0.0	0.0
1/2cup SB6 Strawberries f/Fresh	36.29	8.71	2.27	5.55	0.76	0.34	18.14	0.46	173.5	1.13	27.22	1.13	66.68	0.0	2.49	0.02	0.14	27.22	0.0	0.0	0.0	0.02
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup Cereal Oatmeal Maple Sugar	148.7	32.4	2.04	18.83	2.57	1.53	29.16	0.9	102.58	8.96	67.09	0.0	0.0	0.0	0.0	0.0	0.02	0.19	0.0	0.0	0.0	0.26
<b>Breakfast TOTAL</b>	<b>604.46</b>	<b>82.51</b>	<b>5.56</b>	<b>50.95</b>	<b>27.05</b>	<b>19.64</b>	<b>433.38</b>	<b>3.45</b>	<b>1017.23</b>	<b>680.23</b>	<b>458.73</b>	<b>255.95</b>	<b>112.37</b>	<b>4.85</b>	<b>7.04</b>	<b>0.84</b>	<b>2.21</b>	<b>115.1</b>	<b>1.92</b>	<b>251.59</b>	<b>1.0</b>	<b>6.73</b>
Lunch																						
3oz SB6 Chicken Baked f/Breast	103.73	0.36	0.17	0.03	19.2	2.27	7.14	0.41	296.86	251.7	182.96	15.46	0.09	0.02	1.8	0.15	1.28	8.11	0.18	61.99	0.01	0.49
1/2cup SB6 Macaroni & Cheese Side	181.17	24.33	1.02	2.91	7.2	6.08	125.17	1.13	121.71	180.41	128.06	89.2	0.08	1.21	0.62	0.23	0.31	70.62	0.33	12.1	0.11	2.31
1/2cup SB6 Green Beans & Gold Seas Frz	34.75	5.93	2.76	1.71	1.37	1.3	41.97	0.73	131.75	18.11	27.54	39.31	3.72	0.45	34.82	0.08	0.04	20.98	0.0	0.0	0.0	0.04
1/2cup PU4 Cornbread f/Mix	129.73	20.95	1.84	5.76	2.54	3.91	21.48	0.79	39.03	242.97	147.45	13.2	0.03	0.12	1.43	0.1	0.21	30.35	0.08	17.57	0.0	1.03
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1 #10 sc. PU4 Cookies Sugar f/Dough	137.59	19.68	0.0	9.61	1.48	5.91	1.78	0.59	0.59	167.44	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	7.39	0.0	2.59
1/2cup SB6 Cauliflower Buffalo Bites f/Fresh	57.14	10.3	2.4	2.52	2.7	1.17	25.49	0.78	338.38	318.37	49.21	19.13	57.58	0.34	17.03	0.1	0.74	79.46	0.0	0.0	0.0	0.14
<b>Lunch TOTAL</b>	<b>802.15</b>	<b>93.32</b>	<b>8.19</b>	<b>34.91</b>	<b>42.56</b>	<b>29.52</b>	<b>516.44</b>	<b>4.49</b>	<b>1271.36</b>	<b>1326.56</b>	<b>760.31</b>	<b>310.71</b>	<b>61.99</b>	<b>5.13</b>	<b>59.94</b>	<b>1.11</b>	<b>3.45</b>	<b>221.79</b>	<b>1.89</b>	<b>118.6</b>	<b>1.08</b>	<b>10.44</b>
Dinner																						
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1/2cup Peaches Diced JcPk Cnd	53.98	14.23	1.59	12.64	0.77	0.04	7.36	0.33	157.03	4.91	20.86	23.31	4.42	0.0	2.09	0.02	0.06	3.68	0.0	0.0	0.0	0.0
1 #12 sc. PU4 Bread Wheat	83.26	15.79	1.01	2.03	3.04	1.01	28.23	0.71	32.7	154.27	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1tbsp Guacamole f/Fresh	29.51	2.26	1.31	0.64	0.48	2.37	4.16	0.14	117.62	49.46	12.78	7.35	3.95	0.0	4.53	0.02	0.23	15.78	0.0	0.0	0.0	0.34
3 Each SB6 Meatballs Mexican w/Sauce	131.05	4.79	0.43	1.54	8.34	8.54	38.56	1.22	170.65	197.19	94.76	23.28	2.24	0.39	1.28	0.12	0.39	16.58	0.93	57.73	0.44	3.21
1/2cup MM5 Rice Cilantro No Base	124.04	22.63	0.51	0.1	2.05	2.5	21.88	0.21	52.22	108.29	41.95	2.17	0.17	0.0	3.57	0.01	0.18	2.58	0.0	0.0	0.01	0.24
1/2cup SB6 Squash Medley f/Frz	28.93	4.26	1.43	2.23	1.06	1.35	20.99	0.52	192.18	16.14	31.67	44.05	10.82	0.45	4.15	0.04	0.18	13.59	0.0	0.0	0.0	0.04
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup Mexican Chocolate Pudding Hmd	109.84	25.92	5.31	10.64	3.2	1.54	39.53	1.73	365.59	89.79	102.25	418.83	1.46	0.0	1.81	0.13	0.54	12.09	0.0	0.0	0.0	0.77
<b>Dinner TOTAL</b>	<b>718.65</b>	<b>101.65</b>	<b>11.59</b>	<b>42.19</b>	<b>27.01</b>	<b>26.23</b>	<b>454.12</b>	<b>4.92</b>	<b>1431.03</b>	<b>767.61</b>	<b>529.36</b>	<b>653.4</b>	<b>23.55</b>	<b>3.83</b>	<b>21.67</b>	<b>0.79</b>	<b>2.45</b>	<b>76.57</b>	<b>2.23</b>	<b>77.28</b>	<b>1.41</b>	<b>8.44</b>

### Daily Nutrient Summary: World Cup 2026

Diet: Regular | Texture: Minced & Moist | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (MCG)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	RIB (MG)	PANT (MG)	FOL (MCG)	VIT B12 (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>Ideal Value</b>	2000	250	21	0	46	75	1200	8	4700	1300	700	700	75	10	90	1.1	5	400	2.4	200	0	0
<b>DAILY TOTAL</b>	<b>2193.8</b>	<b>264.14</b>	<b>20.35</b>	<b>125.14</b>	<b>101.29</b>	<b>84.4</b>	<b>1546.84</b>	<b>15.88</b>	<b>3436.36</b>	<b>3359.59</b>	<b>1772.32</b>	<b>1742.83</b>	<b>150.75</b>	<b>17.94</b>	<b>99.84</b>	<b>3.23</b>	<b>7.14</b>	<b>415.9</b>	<b>9.4</b>	<b>458.11</b>	<b>3.45</b>	<b>26.78</b>
Breakfast																						
2 #12 sc. PU4 Pancake f/Mix (Complete)	129.92	28.69	0.57	10.92	1.93	0.72	70.53	0.71	38.62	236.05	118.74	2.46	0.0	0.04	0.0	0.05	0.12	0.0	0.06	0.4	0.08	0.16
4fl. oz Juice Orange f/Frz Conc 4 flz	45.27	10.77	0.31	9.09	0.73	0.08	14.46	0.1	193.36	4.98	18.66	3.98	44.36	0.0	0.12	0.05	0.22	23.55	0.0	0.0	0.0	0.02
8fl. oz Milk 2% Bulk 8 flz	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1oz MM5 Bacon Canadian Breakfast	37.42	1.12	0.0	0.41	4.79	1.44	2.13	0.26	80.04	300.3	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	13.89	0.0	0.52
1 #16 sc. Egg Scrambled f/Liquid	94.13	0.94	0.0	0.52	7.43	6.52	45.04	1.02	89.2	85.06	119.61	116.43	0.01	1.86	0.19	0.32	0.95	51.25	0.62	218.15	0.04	2.07
6fl. oz Coffee f/Grd	0.04	0.0	0.0	0.0	0.0	0.0	5.48	0.0	3.78	5.48	0.12	0.0	0.0	0.0	0.0	0.0	0.01	0.08	0.0	0.0	0.0	0.0
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
3/4cup S.Cereal Corn Flakes f/Bulk	90.89	17.16	0.56	4.7	3.28	1.28	74.05	4.9	113.82	152.0	73.38	116.44	3.67	1.35	0.12	0.37	0.26	63.44	1.17	4.88	0.05	0.79
<b>Breakfast TOTAL</b>	<b>555.71</b>	<b>70.45</b>	<b>1.44</b>	<b>38.01</b>	<b>26.23</b>	<b>18.92</b>	<b>505.1</b>	<b>7.05</b>	<b>861.86</b>	<b>931.43</b>	<b>555.6</b>	<b>373.72</b>	<b>48.93</b>	<b>6.24</b>	<b>4.67</b>	<b>1.24</b>	<b>2.43</b>	<b>150.59</b>	<b>3.15</b>	<b>256.87</b>	<b>1.13</b>	<b>7.4</b>
Lunch																						
1 #10 sc. MM5 BBQ Pork Ribs	254.52	14.58	0.32	11.86	16.75	14.28	38.51	0.88	295.78	443.07	139.87	9.96	0.21	0.9	0.64	0.28	0.76	0.71	0.48	59.47	0.12	5.0
1 #10 sc. MM5 Macaroni & Cheese Side	184.0	24.92	1.02	2.91	7.2	6.12	125.6	1.13	122.65	191.55	128.06	89.2	0.08	1.21	0.62	0.23	0.31	70.62	0.33	12.1	0.11	2.31
1/2cup PU4 Cornbread f/Mix	129.73	20.95	1.84	5.76	2.54	3.91	21.48	0.79	39.03	242.97	147.45	13.2	0.03	0.12	1.43	0.1	0.21	30.35	0.08	17.57	0.0	1.03
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup MM5 Cauliflower Buffalo Bites f/Fresh	59.97	10.89	2.4	2.52	2.7	1.21	25.92	0.78	339.33	329.51	49.21	19.13	57.58	0.34	17.03	0.1	0.74	79.46	0.0	0.0	0.0	0.14
1 #10 sc. MM5 Carrot Marinated Soft Chilled f/Frz	74.81	10.08	3.04	5.91	0.61	3.96	33.86	0.5	184.41	75.38	29.27	767.59	2.9	0.0	14.68	0.03	0.16	10.53	0.0	0.0	0.01	0.35
1/2cup Applesauce JcPk Cnd	51.24	13.79	1.34	11.46	0.21	0.12	4.88	0.28	90.28	2.44	6.1	1.22	25.86	0.0	0.61	0.04	0.05	3.66	0.0	0.0	0.0	0.01
<b>Lunch TOTAL</b>	<b>912.31</b>	<b>106.98</b>	<b>9.96</b>	<b>52.79</b>	<b>38.08</b>	<b>38.48</b>	<b>543.66</b>	<b>4.42</b>	<b>1414.52</b>	<b>1432.48</b>	<b>725.05</b>	<b>1034.71</b>	<b>87.15</b>	<b>5.56</b>	<b>39.25</b>	<b>1.23</b>	<b>3.1</b>	<b>207.6</b>	<b>2.19</b>	<b>108.69</b>	<b>1.2</b>	<b>12.68</b>
Dinner																						
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1/2cup MM5 Peaches Diced JcPk Cnd	55.48	14.63	1.59	12.64	0.77	0.04	7.36	0.33	157.03	5.91	20.86	23.31	4.42	0.0	2.09	0.02	0.06	3.68	0.0	0.0	0.0	0.0
1 Each MM5 Fish Pollock Unbrd Sndw PU4 White Bread	290.86	33.66	2.14	4.17	22.71	6.46	97.73	2.29	358.01	465.21	188.27	113.26	0.2	2.69	0.15	0.16	0.3	2.72	2.71	60.29	0.0	0.11
1 #12 sc. PU4 Bread Wheat	83.26	15.79	1.01	2.03	3.04	1.01	28.23	0.71	32.7	154.27	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1 #10 sc. MM5 Beans Wax w/Parsley	37.43	6.47	2.74	1.71	1.37	1.32	45.61	0.81	116.97	33.1	28.4	30.27	3.8	0.45	35.43	0.08	0.04	20.99	0.0	0.0	0.0	0.04
1tbsp Guacamole f/Fresh	29.51	2.26	1.31	0.64	0.48	2.37	4.16	0.14	117.62	49.46	12.78	7.35	3.95	0.0	4.53	0.02	0.23	15.78	0.0	0.0	0.0	0.34
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
2tbsp PU4 Sauce Cilantro Cream	71.2	2.13	0.16	0.78	0.54	6.92	21.58	0.07	34.61	140.17	16.27	25.8	1.81	0.01	9.48	0.03	0.11	2.27	0.05	12.71	0.16	2.37
<b>Dinner TOTAL</b>	<b>725.78</b>	<b>86.71</b>	<b>8.95</b>	<b>34.34</b>	<b>36.98</b>	<b>27.0</b>	<b>498.08</b>	<b>4.41</b>	<b>1159.98</b>	<b>995.68</b>	<b>491.67</b>	<b>334.4</b>	<b>14.67</b>	<b>6.14</b>	<b>55.92</b>	<b>0.76</b>	<b>1.61</b>	<b>57.71</b>	<b>4.06</b>	<b>92.55</b>	<b>1.12</b>	<b>6.7</b>

### Daily Nutrient Summary: World Cup 2026

Diet: Regular | Texture: Minced & Moist | Choice: 2

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (MCG)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	RIB (MG)	PANT (MG)	FOL (MCG)	VIT B12 (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>Ideal Value</b>	2000	250	21	0	46	75	1200	8	4700	1300	700	700	75	10	90	1.1	5	400	2.4	200	0	0
<b>DAILY TOTAL</b>	<b>2154.6</b>	<b>283.83</b>	<b>25.57</b>	<b>128.6</b>	<b>96.8</b>	<b>75.76</b>	<b>1409.52</b>	<b>13.01</b>	<b>3772.67</b>	<b>2867.19</b>	<b>1752.54</b>	<b>1223.43</b>	<b>198.98</b>	<b>13.81</b>	<b>89.08</b>	<b>2.75</b>	<b>8.16</b>	<b>414.84</b>	<b>6.04</b>	<b>447.47</b>	<b>3.49</b>	<b>25.62</b>
Breakfast																						
1 #12 sc. PU4 Toast Wheat Dry	73.69	13.99	0.89	1.79	2.68	0.89	25.0	0.63	28.87	136.32	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
4fl. oz Juice Orange f/Frz Conc 4 flz	45.27	10.77	0.31	9.09	0.73	0.08	14.46	0.1	193.36	4.98	18.66	3.98	44.36	0.0	0.12	0.05	0.22	23.55	0.0	0.0	0.0	0.02
8fl. oz Milk 2% Bulk 8 flz	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1 Each Jelly Grape PC	13.71	3.4	0.05	2.39	0.02	0.0	0.99	0.02	3.8	1.58	0.94	0.0	0.43	0.0	0.0	0.0	0.0	0.54	0.0	0.0	0.0	0.0
1oz MM5 Bacon Canadian Breakfast	37.42	1.12	0.0	0.41	4.79	1.44	2.13	0.26	80.04	300.3	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	13.89	0.0	0.52
1 #16 sc. Egg Scrambled f/Liquid	94.13	0.94	0.0	0.52	7.43	6.52	45.04	1.02	89.2	85.06	119.61	116.43	0.01	1.86	0.19	0.32	0.95	51.25	0.62	218.15	0.04	2.07
6fl. oz Coffee f/Grd	0.04	0.0	0.0	0.0	0.0	0.0	5.48	0.0	3.78	5.48	0.12	0.0	0.0	0.0	0.0	0.0	0.01	0.08	0.0	0.0	0.0	0.0
1 #10 sc. MM5 Strawberries f/Fresh	37.79	9.11	2.27	5.55	0.76	0.34	18.14	0.46	173.5	2.13	27.22	1.13	66.68	0.0	2.49	0.02	0.14	27.22	0.0	0.0	0.0	0.02
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup Cereal Oatmeal Maple Sugar	148.7	32.4	2.04	18.83	2.57	1.53	29.16	0.9	102.58	8.96	67.09	0.0	0.0	0.0	0.0	0.0	0.02	0.19	0.0	0.0	0.0	0.26
<b>Breakfast TOTAL</b>	<b>608.79</b>	<b>83.5</b>	<b>5.56</b>	<b>50.95</b>	<b>27.05</b>	<b>19.68</b>	<b>433.81</b>	<b>3.45</b>	<b>1018.17</b>	<b>692.37</b>	<b>458.73</b>	<b>255.95</b>	<b>112.37</b>	<b>4.85</b>	<b>7.04</b>	<b>0.84</b>	<b>2.21</b>	<b>115.1</b>	<b>1.92</b>	<b>251.59</b>	<b>1.0</b>	<b>6.73</b>
Lunch																						
1 #10 sc. MM5 Chicken Baked Herb f/Breast	109.4	1.55	0.17	0.03	19.2	2.35	8.0	0.41	298.75	273.97	182.96	15.46	0.09	0.02	1.8	0.15	1.28	8.11	0.18	61.99	0.01	0.49
1 #10 sc. MM5 Macaroni & Cheese Side	184.0	24.92	1.02	2.91	7.2	6.12	125.6	1.13	122.65	191.55	128.06	89.2	0.08	1.21	0.62	0.23	0.31	70.62	0.33	12.1	0.11	2.31
1 #10 sc. MM5 Green Beans & Gold Seas f/ Frz	37.58	6.52	2.76	1.71	1.37	1.34	42.4	0.73	132.69	29.25	27.54	39.31	3.72	0.45	34.82	0.08	0.04	20.98	0.0	0.0	0.0	0.04
1/2cup PU4 Cornbread f/Mix	129.73	20.95	1.84	5.76	2.54	3.91	21.48	0.79	39.03	242.97	147.45	13.2	0.03	0.12	1.43	0.1	0.21	30.35	0.08	17.57	0.0	1.03
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup MM5 Cauliflower Buffalo Bites f/Fresh	59.97	10.89	2.4	2.52	2.7	1.21	25.92	0.78	339.33	329.51	49.21	19.13	57.58	0.34	17.03	0.1	0.74	79.46	0.0	0.0	0.0	0.14
1 #10 sc. PU4 Cookies Sugar f/Dough	137.59	19.68	0.0	9.61	1.48	5.91	1.78	0.59	0.59	167.44	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	7.39	0.0	2.59
<b>Lunch TOTAL</b>	<b>816.31</b>	<b>96.28</b>	<b>8.19</b>	<b>34.91</b>	<b>42.56</b>	<b>29.72</b>	<b>518.59</b>	<b>4.49</b>	<b>1276.08</b>	<b>1382.25</b>	<b>760.31</b>	<b>310.71</b>	<b>61.99</b>	<b>5.13</b>	<b>59.94</b>	<b>1.11</b>	<b>3.45</b>	<b>221.79</b>	<b>1.89</b>	<b>118.6</b>	<b>1.08</b>	<b>10.44</b>
Dinner																						
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1/2cup MM5 Peaches Diced JcPk Cnd	55.48	14.63	1.59	12.64	0.77	0.04	7.36	0.33	157.03	5.91	20.86	23.31	4.42	0.0	2.09	0.02	0.06	3.68	0.0	0.0	0.0	0.0
1 #12 sc. PU4 Bread Wheat	83.26	15.79	1.01	2.03	3.04	1.01	28.23	0.71	32.7	154.27	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1tbsp Guacamole f/Fresh	29.51	2.26	1.31	0.64	0.48	2.37	4.16	0.14	117.62	49.46	12.78	7.35	3.95	0.0	4.53	0.02	0.23	15.78	0.0	0.0	0.0	0.34
1 #10 sc. MM5 Meatballs Mexican w/Sauce	134.73	5.6	0.66	2.09	8.52	8.59	40.7	1.37	216.15	198.88	98.9	26.65	3.31	0.39	1.71	0.13	0.44	17.96	0.93	57.73	0.44	3.22
1/2cup MM5 Rice Cilantro No Base	124.04	22.63	0.51	0.1	2.05	2.5	21.88	0.21	52.22	108.29	41.95	2.17	0.17	0.0	3.57	0.01	0.18	2.58	0.0	0.0	0.01	0.24
1 #10 sc. MM5 Squash Medley f/Frz	34.6	5.45	1.43	2.23	1.06	1.43	21.85	0.52	194.07	38.41	31.67	44.05	10.82	0.45	4.15	0.04	0.18	13.59	0.0	0.0	0.0	0.04
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup Mexican Chocolate Pudding Hmd	109.84	25.92	5.31	10.64	3.2	1.54	39.53	1.73	365.59	89.79	102.25	418.83	1.46	0.0	1.81	0.13	0.54	12.09	0.0	0.0	0.0	0.77
<b>Dinner TOTAL</b>	<b>729.5</b>	<b>104.05</b>	<b>11.82</b>	<b>42.74</b>	<b>27.19</b>	<b>26.36</b>	<b>457.12</b>	<b>5.07</b>	<b>1478.42</b>	<b>792.57</b>	<b>533.5</b>	<b>656.77</b>	<b>24.62</b>	<b>3.83</b>	<b>22.1</b>	<b>0.8</b>	<b>2.5</b>	<b>77.95</b>	<b>2.23</b>	<b>77.28</b>	<b>1.41</b>	<b>8.45</b>

### Daily Nutrient Summary: World Cup 2026

Diet: Regular | Texture: Puree | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (MCG)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	RIB (MG)	PANT (MG)	FOL (MCG)	VIT B12 (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>Ideal Value</b>	2000	250	21	0	46	75	1200	8	4700	1300	700	700	75	10	90	1.1	5	400	2.4	200	0	0
<b>DAILY TOTAL</b>	<b>2161.73</b>	<b>257.76</b>	<b>20.98</b>	<b>114.96</b>	<b>97.69</b>	<b>84.49</b>	<b>1526.81</b>	<b>15.13</b>	<b>3389.28</b>	<b>2947.84</b>	<b>1926.89</b>	<b>1629.01</b>	<b>148.2</b>	<b>15.8</b>	<b>104.77</b>	<b>3.2</b>	<b>6.88</b>	<b>405.33</b>	<b>9.35</b>	<b>458.18</b>	<b>3.42</b>	<b>27.24</b>
Breakfast																						
2 #12 sc. PU4 Pancake f/Mix (Complete)	129.92	28.69	0.57	10.92	1.93	0.72	70.53	0.71	38.62	236.05	118.74	2.46	0.0	0.04	0.0	0.05	0.12	0.0	0.06	0.4	0.08	0.16
4fl. oz Juice Orange f/Frz Conc 4 flz	45.27	10.77	0.31	9.09	0.73	0.08	14.46	0.1	193.36	4.98	18.66	3.98	44.36	0.0	0.12	0.05	0.22	23.55	0.0	0.0	0.0	0.02
8fl. oz Milk 2% Bulk 8 flz	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1 #16 sc. PU4 Egg Scrambled f/Liquid	111.66	3.01	0.0	2.07	8.44	7.13	81.7	1.03	131.97	100.92	147.72	133.23	0.08	2.23	0.26	0.38	1.05	52.77	0.78	220.59	0.06	2.46
1oz PU4 Bacon Canadian Breakfast	40.26	1.72	0.0	0.41	4.79	1.48	2.56	0.26	80.99	311.43	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	13.89	0.0	0.52
6fl. oz Coffee f/Grd	0.04	0.0	0.0	0.0	0.0	0.0	5.48	0.0	3.78	5.48	0.12	0.0	0.0	0.0	0.0	0.0	0.01	0.08	0.0	0.0	0.0	0.0
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1 #12 sc. PU4 Cereal Corn Flakes f/Bulk	64.9	15.43	0.56	1.61	1.27	0.07	2.63	4.89	29.01	128.12	17.26	82.89	3.55	0.6	0.0	0.26	0.04	60.39	0.85	0.0	0.0	0.02
<b>Breakfast TOTAL</b>	<b>550.09</b>	<b>71.39</b>	<b>1.44</b>	<b>36.47</b>	<b>25.23</b>	<b>18.36</b>	<b>470.77</b>	<b>7.05</b>	<b>820.77</b>	<b>934.54</b>	<b>527.59</b>	<b>356.97</b>	<b>48.88</b>	<b>5.86</b>	<b>4.62</b>	<b>1.19</b>	<b>2.31</b>	<b>149.06</b>	<b>2.99</b>	<b>254.43</b>	<b>1.1</b>	<b>7.02</b>
Lunch																						
1 #10 sc. PU4 BBQ Pork Ribs	238.89	10.57	0.18	6.66	16.62	14.34	35.06	0.78	263.2	326.18	136.73	8.24	0.12	0.9	0.36	0.27	0.73	0.4	0.48	59.47	0.12	4.99
1 #10 sc. PU4 Macaroni & Cheese Side	192.5	26.71	1.02	2.91	7.2	6.24	126.89	1.13	125.49	224.96	128.06	89.2	0.08	1.21	0.62	0.23	0.31	70.62	0.33	12.1	0.11	2.31
1/2cup PU4 Cornbread f/Mix	129.73	20.95	1.84	5.76	2.54	3.91	21.48	0.79	39.03	242.97	147.45	13.2	0.03	0.12	1.43	0.1	0.21	30.35	0.08	17.57	0.0	1.03
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup PU4 Cauliflower Buffalo Bites f/Fresh	62.81	11.49	2.4	2.52	2.7	1.25	26.35	0.78	340.27	340.64	49.21	19.13	57.58	0.34	17.03	0.1	0.74	79.46	0.0	0.0	0.0	0.14
1 #10 sc. PU4 Carrot Marinated Soft Chilled f/Frz	71.98	9.49	3.04	5.91	0.61	3.92	33.43	0.5	183.47	64.24	29.27	767.59	2.9	0.0	14.68	0.03	0.16	10.53	0.0	0.0	0.01	0.35
1/2cup Applesauce JcPk Cnd	51.24	13.79	1.34	11.46	0.21	0.12	4.88	0.28	90.28	2.44	6.1	1.22	25.86	0.0	0.61	0.04	0.05	3.66	0.0	0.0	0.0	0.01
<b>Lunch TOTAL</b>	<b>905.19</b>	<b>104.77</b>	<b>9.82</b>	<b>47.59</b>	<b>37.95</b>	<b>38.66</b>	<b>541.5</b>	<b>4.32</b>	<b>1384.78</b>	<b>1348.99</b>	<b>721.91</b>	<b>1032.99</b>	<b>87.06</b>	<b>5.56</b>	<b>38.97</b>	<b>1.22</b>	<b>3.07</b>	<b>207.29</b>	<b>2.19</b>	<b>108.69</b>	<b>1.2</b>	<b>12.67</b>
Dinner																						
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1 #10 sc. PU4 Peaches Diced JcPk Cnd	55.0	14.5	1.62	12.87	0.79	0.04	7.5	0.34	160.0	5.0	21.25	23.75	4.5	0.0	2.12	0.02	0.06	3.75	0.0	0.0	0.0	0.0
4 #12 sc. PU4 Fish Pollock Tacos	293.02	29.15	4.19	1.14	20.7	9.18	116.92	1.77	493.57	150.8	386.38	24.82	1.66	0.93	9.91	0.21	0.42	9.7	2.82	62.8	0.0	1.3
1 #12 sc. PU4 Bread Wheat	83.26	15.79	1.01	2.03	3.04	1.01	28.23	0.71	32.7	154.27	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1 #10 sc. PU4 Beans Wax w/Parsley	45.93	8.26	2.74	1.71	1.37	1.44	46.9	0.81	119.81	66.51	28.4	30.27	3.8	0.45	35.43	0.08	0.04	20.99	0.0	0.0	0.0	0.04
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
2tbsp PU4 Sauce Cilantro Cream	71.2	2.13	0.16	0.78	0.54	6.92	21.58	0.07	34.61	140.17	16.27	25.8	1.81	0.01	9.48	0.03	0.11	2.27	0.05	12.71	0.16	2.37
<b>Dinner TOTAL</b>	<b>706.45</b>	<b>81.6</b>	<b>9.72</b>	<b>30.9</b>	<b>34.51</b>	<b>27.47</b>	<b>514.54</b>	<b>3.76</b>	<b>1183.73</b>	<b>664.31</b>	<b>677.39</b>	<b>239.05</b>	<b>12.26</b>	<b>4.38</b>	<b>61.18</b>	<b>0.79</b>	<b>1.5</b>	<b>48.98</b>	<b>4.17</b>	<b>95.06</b>	<b>1.12</b>	<b>7.55</b>

## Daily Nutrient Summary: World Cup 2026

Diet: Regular | Texture: Puree | Choice: 2

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (MCG)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	RIB (MG)	PANT (MG)	FOL (MCG)	VIT B12 (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>Ideal Value</b>	2000	250	21	0	46	75	1200	8	4700	1300	700	700	75	10	90	1.1	5	400	2.4	200	0	0
<b>DAILY TOTAL</b>	<b>2346.36</b>	<b>303.6</b>	<b>24.45</b>	<b>130.58</b>	<b>99.12</b>	<b>86.64</b>	<b>1487.92</b>	<b>14.12</b>	<b>3682.73</b>	<b>3112.06</b>	<b>1787.98</b>	<b>1260.1</b>	<b>195.71</b>	<b>14.74</b>	<b>85.41</b>	<b>2.97</b>	<b>7.87</b>	<b>424.06</b>	<b>7.17</b>	<b>514.09</b>	<b>3.88</b>	<b>29.69</b>
Breakfast																						
1 #12 sc. PU4 Toast Wheat Dry	73.69	13.99	0.89	1.79	2.68	0.89	25.0	0.63	28.87	136.32	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1 #8 sc. PU4 Cereal Oatmeal Maple Sugar	153.21	33.6	2.04	18.83	2.57	1.53	30.94	0.9	103.17	13.75	67.09	0.0	0.0	0.0	0.0	0.0	0.02	0.19	0.0	0.0	0.0	0.26
4fl. oz Juice Orange f/Frz Conc 4 flz	45.27	10.77	0.31	9.09	0.73	0.08	14.46	0.1	193.36	4.98	18.66	3.98	44.36	0.0	0.12	0.05	0.22	23.55	0.0	0.0	0.0	0.02
8fl. oz Milk 2% Bulk 8 flz	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1 Each Jelly Grape PC	13.71	3.4	0.05	2.39	0.02	0.0	0.99	0.02	3.8	1.58	0.94	0.0	0.43	0.0	0.0	0.0	0.0	0.54	0.0	0.0	0.0	0.0
1 #16 sc. PU4 Egg Scrambled f/Liquid	111.66	3.01	0.0	2.07	8.44	7.13	81.7	1.03	131.97	100.92	147.72	133.23	0.08	2.23	0.26	0.38	1.05	52.77	0.78	220.59	0.06	2.46
1oz PU4 Bacon Canadian Breakfast	40.26	1.72	0.0	0.41	4.79	1.48	2.56	0.26	80.99	311.43	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	13.89	0.0	0.52
6fl. oz Coffee f/Grd	0.04	0.0	0.0	0.0	0.0	0.0	5.48	0.0	3.78	5.48	0.12	0.0	0.0	0.0	0.0	0.0	0.01	0.08	0.0	0.0	0.0	0.0
1 #10 sc. PU4 Strawberries f/Fresh	36.29	8.71	2.27	5.55	0.76	0.34	18.14	0.46	173.5	1.13	27.22	1.13	66.68	0.0	2.49	0.02	0.14	27.22	0.0	0.0	0.0	0.02
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
<b>Breakfast TOTAL</b>	<b>632.17</b>	<b>86.97</b>	<b>5.56</b>	<b>52.5</b>	<b>28.06</b>	<b>20.33</b>	<b>472.68</b>	<b>3.46</b>	<b>1062.48</b>	<b>723.15</b>	<b>486.84</b>	<b>272.75</b>	<b>112.44</b>	<b>5.22</b>	<b>7.11</b>	<b>0.9</b>	<b>2.31</b>	<b>116.62</b>	<b>2.08</b>	<b>254.03</b>	<b>1.02</b>	<b>7.12</b>
Lunch																						
1 #10 sc. PU4 Chicken Fried Oven f/Thigh	163.32	6.72	0.23	0.26	14.9	7.96	16.1	0.89	180.99	209.22	135.75	28.14	0.0	0.3	2.04	0.2	0.86	20.47	0.45	82.86	0.04	2.08
1 #10 sc. PU4 Macaroni & Cheese Side	192.5	26.71	1.02	2.91	7.2	6.24	126.89	1.13	125.49	224.96	128.06	89.2	0.08	1.21	0.62	0.23	0.31	70.62	0.33	12.1	0.11	2.31
1/2cup PU4 Green Beans & Gold Seas Frz	46.08	8.31	2.76	1.71	1.37	1.46	43.69	0.73	135.53	62.66	27.54	39.31	3.72	0.45	34.82	0.08	0.04	20.98	0.0	0.0	0.0	0.04
1 #10 sc. PU4 Cookies Sugar f/Dough	137.59	19.68	0.0	9.61	1.48	5.91	1.78	0.59	0.59	167.44	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	7.39	0.0	2.59
1/2cup PU4 Cornbread f/Mix	129.73	20.95	1.84	5.76	2.54	3.91	21.48	0.79	39.03	242.97	147.45	13.2	0.03	0.12	1.43	0.1	0.21	30.35	0.08	17.57	0.0	1.03
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup PU4 Cauliflower Buffalo Bites f/Fresh	62.81	11.49	2.4	2.52	2.7	1.25	26.35	0.78	340.27	340.64	49.21	19.13	57.58	0.34	17.03	0.1	0.74	79.46	0.0	0.0	0.0	0.14
<b>Lunch TOTAL</b>	<b>890.07</b>	<b>105.63</b>	<b>8.25</b>	<b>35.14</b>	<b>38.26</b>	<b>35.61</b>	<b>529.7</b>	<b>4.97</b>	<b>1164.94</b>	<b>1395.45</b>	<b>713.1</b>	<b>323.39</b>	<b>61.9</b>	<b>5.41</b>	<b>60.18</b>	<b>1.16</b>	<b>3.03</b>	<b>234.15</b>	<b>2.16</b>	<b>139.47</b>	<b>1.11</b>	<b>12.03</b>
Dinner																						
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1 #10 sc. PU4 Peaches Diced JcPK Cnd	55.0	14.5	1.62	12.87	0.79	0.04	7.5	0.34	160.0	5.0	21.25	23.75	4.5	0.0	2.12	0.02	0.06	3.75	0.0	0.0	0.0	0.0
1 #12 sc. PU4 Bread Wheat	83.26	15.79	1.01	2.03	3.04	1.01	28.23	0.71	32.7	154.27	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1 #10 sc. PU4 Meatballs Mexican w/Sauce	240.67	10.76	0.76	2.7	14.59	15.1	69.2	2.12	302.37	389.65	165.83	40.75	3.93	0.67	2.23	0.26	0.7	29.01	1.63	101.04	0.78	5.65
1/2cup PU4 Rice Cilantro No Base	132.54	24.42	0.51	0.1	2.05	2.62	23.18	0.21	55.06	141.71	41.95	2.17	0.17	0.0	3.57	0.01	0.18	2.58	0.0	0.0	0.01	0.24
1 #10 sc. PU4 Squash Medley f/Frz	40.26	6.64	1.43	2.23	1.06	1.51	22.71	0.52	195.96	60.69	31.67	44.05	10.82	0.45	4.15	0.04	0.18	13.59	0.0	0.0	0.0	0.04
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup PU4 Mexican Chocolate Pudding Hmd	114.35	27.12	5.31	10.64	3.2	1.54	41.31	1.73	366.18	94.58	102.25	418.83	1.46	0.0	1.81	0.13	0.54	12.09	0.0	0.0	0.0	0.77
<b>Dinner TOTAL</b>	<b>824.12</b>	<b>111.0</b>	<b>10.64</b>	<b>42.94</b>	<b>32.8</b>	<b>30.7</b>	<b>485.54</b>	<b>5.69</b>	<b>1455.31</b>	<b>993.46</b>	<b>588.04</b>	<b>663.96</b>	<b>21.37</b>	<b>4.11</b>	<b>18.12</b>	<b>0.91</b>	<b>2.53</b>	<b>73.29</b>	<b>2.93</b>	<b>120.59</b>	<b>1.75</b>	<b>10.54</b>

### Daily Nutrient Summary: World Cup 2026

Diet: Regular | Texture: Finger Food | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (MCG)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	RIB (MG)	PANT (MG)	FOL (MCG)	VIT B12 (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>Ideal Value</b>	2000	250	21	0	46	75	1200	8	4700	1300	700	700	75	10	90	1.1	5	400	2.4	200	0	0
<b>DAILY TOTAL</b>	<b>2277.08</b>	<b>281.15</b>	<b>21.37</b>	<b>108.88</b>	<b>93.55</b>	<b>89.1</b>	<b>1360.28</b>	<b>13.78</b>	<b>3785.23</b>	<b>2644.54</b>	<b>1904.8</b>	<b>1773.98</b>	<b>149.19</b>	<b>13.25</b>	<b>79.15</b>	<b>3.04</b>	<b>7.15</b>	<b>424.85</b>	<b>8.93</b>	<b>423.31</b>	<b>3.12</b>	<b>27.98</b>
Breakfast																						
2 Each BTS.Pancake f/Mix (Complete)	73.72	14.57	0.57	3.17	1.93	0.72	68.76	0.71	38.03	215.76	118.74	2.46	0.0	0.04	0.0	0.05	0.12	0.0	0.06	0.4	0.08	0.16
4fl. oz Juice Orange f/Frz Conc 4 flz	45.27	10.77	0.31	9.09	0.73	0.08	14.46	0.1	193.36	4.98	18.66	3.98	44.36	0.0	0.12	0.05	0.22	23.55	0.0	0.0	0.0	0.02
8fl. oz Milk 2% Bulk 8 flz	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1fl. oz Syrup Pancake & Waffle f/Bulk	74.76	18.69	0.0	11.21	0.0	0.0	0.0	0.0	0.0	22.43	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1 Each Eggs Boiled Hard Whole	77.5	0.56	0.0	0.56	6.3	5.3	25.0	0.6	63.0	62.0	86.0	74.5	0.0	1.09	0.15	0.26	0.7	22.0	0.56	186.5	0.0	1.64
1oz BTS.Bacon Canadian Breakfast	34.59	0.53	0.0	0.41	4.79	1.4	1.7	0.26	79.1	289.16	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	13.89	0.0	0.52
6fl. oz Coffee f/Grd	0.04	0.0	0.0	0.0	0.0	0.0	5.48	0.0	3.78	5.48	0.12	0.0	0.0	0.0	0.0	0.0	0.01	0.08	0.0	0.0	0.0	0.0
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
3/4cup Cereal Corn Flakes Bulk	60.39	14.23	0.56	1.61	1.27	0.07	0.85	4.89	28.42	123.33	17.26	82.89	3.55	0.6	0.0	0.26	0.04	60.39	0.85	0.0	0.0	0.02
<b>Breakfast TOTAL</b>	<b>524.31</b>	<b>71.12</b>	<b>1.44</b>	<b>38.42</b>	<b>23.09</b>	<b>16.45</b>	<b>409.66</b>	<b>6.62</b>	<b>748.73</b>	<b>870.7</b>	<b>465.87</b>	<b>298.24</b>	<b>48.8</b>	<b>4.72</b>	<b>4.51</b>	<b>1.07</b>	<b>1.96</b>	<b>118.29</b>	<b>2.77</b>	<b>220.34</b>	<b>1.04</b>	<b>6.2</b>
Lunch																						
3oz Pork Cubes Seasoned f/Loin	127.75	0.07	0.01	0.03	12.24	8.38	11.36	0.49	222.18	132.44	122.54	13.63	0.43	0.56	0.0	0.15	0.45	0.77	0.33	39.11	0.0	2.71
1/2cup Macaroni Seasoned Parslied	110.73	20.46	0.94	0.75	3.61	1.55	15.46	0.96	69.82	70.42	52.56	25.02	0.32	0.45	3.51	0.12	0.12	64.96	0.0	0.0	0.0	0.08
1 2x3 Cornbread f/Mix	125.22	19.75	1.84	5.76	2.54	3.91	19.7	0.79	38.44	238.18	147.45	13.2	0.03	0.12	1.43	0.1	0.21	30.35	0.08	17.57	0.0	1.03
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup Cauliflower Buffalo Bites f/Fresh	57.14	10.3	2.4	2.52	2.7	1.17	25.49	0.78	338.38	318.37	49.21	19.13	57.58	0.34	17.03	0.1	0.74	79.46	0.0	0.0	0.0	0.14
3oz Carrot Sticks f/Fresh	46.49	10.86	3.18	5.38	1.05	0.27	37.42	0.34	362.87	78.24	39.69	946.87	6.69	0.0	14.97	0.07	0.31	21.55	0.0	0.0	0.0	0.04
1 Each Cone Ice Cream Vanilla	165.72	20.15	0.62	15.5	2.84	8.2	93.16	0.2	147.76	67.84	79.48	84.96	0.43	0.14	0.29	0.18	0.44	10.52	0.28	31.68	0.0	4.94
<b>Lunch TOTAL</b>	<b>791.09</b>	<b>93.36</b>	<b>8.99</b>	<b>42.31</b>	<b>33.05</b>	<b>32.36</b>	<b>496.0</b>	<b>3.62</b>	<b>1522.49</b>	<b>1053.05</b>	<b>716.02</b>	<b>1237.22</b>	<b>65.97</b>	<b>4.6</b>	<b>41.47</b>	<b>1.17</b>	<b>3.14</b>	<b>219.88</b>	<b>1.99</b>	<b>107.91</b>	<b>0.96</b>	<b>12.78</b>
Dinner																						
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1/2cup Fruit Salad Mexican w/ Tajin	51.9	13.23	0.96	11.77	0.65	0.22	11.85	0.28	139.39	50.02	10.86	28.72	16.45	0.0	1.49	0.03	0.17	14.54	0.0	0.0	0.0	0.04
2 Each Fish Pollock Tacos	285.09	27.36	4.19	1.14	20.7	9.1	115.17	1.77	491.39	126.13	386.38	24.82	1.66	0.93	9.91	0.21	0.42	9.7	2.82	62.8	0.0	1.3
2oz Chips Tortilla f/Bulk	283.95	40.56	2.03	0.0	4.06	12.17	0.0	0.61	81.13	212.96	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.01
1 Each Corn Cobbette Frz	73.34	17.4	1.64	0.0	2.43	0.58	2.34	0.48	195.82	3.12	58.51	0.0	3.74	0.0	0.0	0.05	0.2	24.19	0.0	0.0	0.0	0.09
1tbsp Guacamole f/Fresh	29.51	2.26	1.31	0.64	0.48	2.37	4.16	0.14	117.62	49.46	12.78	7.35	3.95	0.0	4.53	0.02	0.23	15.78	0.0	0.0	0.0	0.34
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
2tbsp Sauce Cilantro Cream	68.37	1.54	0.16	0.78	0.54	6.88	21.15	0.07	33.67	129.03	16.27	25.8	1.81	0.01	9.48	0.03	0.11	2.27	0.05	12.71	0.16	2.37
1 #12 sc. Pico de Gallo f/Fresh	11.48	2.55	0.65	1.45	0.48	0.09	6.54	0.13	111.95	2.51	13.02	17.42	6.32	0.0	3.52	0.01	0.05	7.93	0.0	0.0	0.0	0.01
<b>Dinner TOTAL</b>	<b>961.68</b>	<b>116.67</b>	<b>10.94</b>	<b>28.15</b>	<b>37.41</b>	<b>40.29</b>	<b>454.62</b>	<b>3.54</b>	<b>1514.01</b>	<b>720.79</b>	<b>722.91</b>	<b>238.52</b>	<b>34.42</b>	<b>3.93</b>	<b>33.17</b>	<b>0.8</b>	<b>2.05</b>	<b>86.68</b>	<b>4.17</b>	<b>95.06</b>	<b>1.12</b>	<b>9.0</b>

### Daily Nutrient Summary: World Cup 2026

Diet: Regular | Texture: Finger Food | Choice: 2

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (MCG)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	RIB (MG)	PANT (MG)	FOL (MCG)	VIT B12 (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>Ideal Value</b>	2000	250	21	0	46	75	1200	8	4700	1300	700	700	75	10	90	1.1	5	400	2.4	200	0	0
<b>DAILY TOTAL</b>	<b>2466.21</b>	<b>314.15</b>	<b>26.7</b>	<b>128.95</b>	<b>98.6</b>	<b>96.0</b>	<b>1290.9</b>	<b>14.17</b>	<b>3785.11</b>	<b>2980.16</b>	<b>1688.12</b>	<b>1173.75</b>	<b>215.29</b>	<b>13.05</b>	<b>91.86</b>	<b>2.83</b>	<b>7.79</b>	<b>445.14</b>	<b>6.92</b>	<b>485.66</b>	<b>3.85</b>	<b>29.85</b>
Breakfast																						
1 Slice Toast Wheat Dry	71.43	13.39	0.89	1.79	2.68	0.89	24.11	0.63	28.57	133.93	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
4fl. oz Juice Orange f/Frz Conc 4 flz	45.27	10.77	0.31	9.09	0.73	0.08	14.46	0.1	193.36	4.98	18.66	3.98	44.36	0.0	0.12	0.05	0.22	23.55	0.0	0.0	0.0	0.02
8fl. oz Milk 2% Bulk 8 flz	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1 Each Jelly Grape PC	13.71	3.4	0.05	2.39	0.02	0.0	0.99	0.02	3.8	1.58	0.94	0.0	0.43	0.0	0.0	0.0	0.0	0.54	0.0	0.0	0.0	0.0
1 Each Eggs Boiled Hard Whole	77.5	0.56	0.0	0.56	6.3	5.3	25.0	0.6	63.0	62.0	86.0	74.5	0.0	1.09	0.15	0.26	0.7	22.0	0.56	186.5	0.0	1.64
1oz BtS.Bacon Canadian Breakfast	34.59	0.53	0.0	0.41	4.79	1.4	1.7	0.26	79.1	289.16	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	13.89	0.0	0.52
6fl. oz Coffee f/Grd	0.04	0.0	0.0	0.0	0.0	0.0	5.48	0.0	3.78	5.48	0.12	0.0	0.0	0.0	0.0	0.0	0.01	0.08	0.0	0.0	0.0	0.0
1/2cup Strawberries f/Fresh	36.29	8.71	2.27	5.55	0.76	0.34	18.14	0.46	173.5	1.13	27.22	1.13	66.68	0.0	2.49	0.02	0.14	27.22	0.0	0.0	0.0	0.02
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1 #8 sc. Mug PU4 Cereal Oatmeal Maple Sugar	153.21	33.6	2.04	18.83	2.57	1.53	30.94	0.9	103.17	13.75	67.09	0.0	0.0	0.0	0.0	0.0	0.02	0.19	0.0	0.0	0.0	0.26
<b>Breakfast TOTAL</b>	<b>590.08</b>	<b>82.73</b>	<b>5.56</b>	<b>50.99</b>	<b>25.92</b>	<b>18.42</b>	<b>414.23</b>	<b>3.03</b>	<b>991.32</b>	<b>659.57</b>	<b>425.12</b>	<b>214.02</b>	<b>112.36</b>	<b>4.08</b>	<b>7.0</b>	<b>0.78</b>	<b>1.96</b>	<b>85.85</b>	<b>1.86</b>	<b>219.94</b>	<b>0.96</b>	<b>6.3</b>
Lunch																						
3oz BtS.Chicken Fried Oven f/Thigh	151.99	4.34	0.23	0.26	14.9	7.8	14.38	0.89	177.21	164.67	135.75	28.14	0.0	0.3	2.04	0.2	0.86	20.47	0.45	82.86	0.04	2.08
1/2cup Macaroni Seasoned Parslied	110.73	20.46	0.94	0.75	3.61	1.55	15.46	0.96	69.82	70.42	52.56	25.02	0.32	0.45	3.51	0.12	0.12	64.96	0.0	0.0	0.0	0.08
1/2cup Green Beans & Gold Seas Frz	34.75	5.93	2.76	1.71	1.37	1.3	41.97	0.73	131.75	18.11	27.54	39.31	3.72	0.45	34.82	0.08	0.04	20.98	0.0	0.0	0.0	0.04
1 2x3 Cornbread f/Mix	125.22	19.75	1.84	5.76	2.54	3.91	19.7	0.79	38.44	238.18	147.45	13.2	0.03	0.12	1.43	0.1	0.21	30.35	0.08	17.57	0.0	1.03
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup Cauliflower Buffalo Bites f/Fresh	57.14	10.3	2.4	2.52	2.7	1.17	25.49	0.78	338.38	318.37	49.21	19.13	57.58	0.34	17.03	0.1	0.74	79.46	0.0	0.0	0.0	0.14
2 Each Cookies Sugar f/Dough	177.62	24.67	0.0	12.83	1.97	7.89	0.0	0.79	0.0	217.09	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	9.87	0.0	3.45
<b>Lunch TOTAL</b>	<b>815.49</b>	<b>97.22</b>	<b>8.17</b>	<b>36.2</b>	<b>35.16</b>	<b>32.5</b>	<b>410.41</b>	<b>5.0</b>	<b>1098.64</b>	<b>1174.4</b>	<b>637.6</b>	<b>259.21</b>	<b>62.14</b>	<b>4.65</b>	<b>63.07</b>	<b>1.05</b>	<b>2.84</b>	<b>228.49</b>	<b>1.83</b>	<b>129.85</b>	<b>1.0</b>	<b>10.66</b>
Dinner																						
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1/2cup Fruit Salad Mexican w/ Tajin	51.9	13.23	0.96	11.77	0.65	0.22	11.85	0.28	139.39	50.02	10.86	28.72	16.45	0.0	1.49	0.03	0.17	14.54	0.0	0.0	0.0	0.04
2oz Chips Tortilla f/Bulk	283.95	40.56	2.03	0.0	4.06	12.17	0.0	0.61	81.13	212.96	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.01
1tbsp Guacamole f/Fresh	29.51	2.26	1.31	0.64	0.48	2.37	4.16	0.14	117.62	49.46	12.78	7.35	3.95	0.0	4.53	0.02	0.23	15.78	0.0	0.0	0.0	0.34
3 Each Meatballs Hmd No Sauce	244.53	6.01	0.34	1.55	15.86	16.94	55.99	1.97	264.18	261.41	168.79	30.46	0.28	0.56	1.88	0.24	0.64	22.33	1.85	91.92	0.93	6.44
1 Each Rice Patty	125.78	24.48	0.82	0.87	3.34	1.24	32.79	0.56	75.59	306.1	57.06	19.28	1.02	0.32	0.1	0.07	0.29	25.35	0.08	24.4	0.0	0.35
1/2cup Squash Medley f/Frz	28.93	4.26	1.43	2.23	1.06	1.35	20.99	0.52	192.18	16.14	31.67	44.05	10.82	0.45	4.15	0.04	0.18	13.59	0.0	0.0	0.0	0.04
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1 #12 sc. Pico de Gallo f/Fresh	11.48	2.55	0.65	1.45	0.48	0.09	6.54	0.13	111.95	2.51	13.02	17.42	6.32	0.0	3.52	0.01	0.05	7.93	0.0	0.0	0.0	0.01
1/2cup Cone Mexican Chocolate Pudding Hmd	126.52	29.08	5.43	10.88	3.52	1.82	40.53	1.87	370.07	100.03	106.13	418.83	1.46	0.0	1.88	0.14	0.56	19.01	0.0	0.0	0.0	0.82
<b>Dinner TOTAL</b>	<b>1060.64</b>	<b>134.2</b>	<b>12.97</b>	<b>41.76</b>	<b>37.52</b>	<b>45.08</b>	<b>466.26</b>	<b>6.14</b>	<b>1695.15</b>	<b>1146.19</b>	<b>625.4</b>	<b>700.52</b>	<b>40.79</b>	<b>4.32</b>	<b>21.79</b>	<b>1.0</b>	<b>2.99</b>	<b>130.8</b>	<b>3.23</b>	<b>135.87</b>	<b>1.89</b>	<b>12.89</b>

### Daily Nutrient Summary: World Cup 2026

Diet: HiCal/HiPro | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (MCG)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	RIB (MG)	PANT (MG)	FOL (MCG)	VIT B12 (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>Ideal Value</b>	2400	300	22	0	120	100	1200	8	4700	2300	700	700	75	15	90	1.1	5	400	2.4	300	0	0
<b>DAILY TOTAL</b>	<b>3087.92</b>	<b>341.18</b>	<b>25.11</b>	<b>137.88</b>	<b>128.17</b>	<b>136.58</b>	<b>1682.2</b>	<b>18.6</b>	<b>4262.66</b>	<b>3514.38</b>	<b>2535.79</b>	<b>1190.89</b>	<b>191.5</b>	<b>18.63</b>	<b>125.81</b>	<b>3.81</b>	<b>9.4</b>	<b>529.28</b>	<b>11.15</b>	<b>770.55</b>	<b>2.95</b>	<b>43.99</b>
Breakfast																						
2 Each Pancake f/Mix (Complete)	185.86	36.72	1.45	7.98	4.87	1.83	173.34	1.8	95.87	543.95	299.37	6.19	0.0	0.11	0.0	0.13	0.31	0.0	0.16	1.0	0.19	0.41
4fl. oz Juice Orange f/Frz Conc 4 flz	45.27	10.77	0.31	9.09	0.73	0.08	14.46	0.1	193.36	4.98	18.66	3.98	44.36	0.0	0.12	0.05	0.22	23.55	0.0	0.0	0.0	0.02
8fl. oz Milk Whole Bulk 8 flz	148.6	11.69	0.0	12.3	7.67	7.92	275.27	0.07	321.56	104.75	204.63	112.06	0.0	3.11	0.73	0.41	0.91	12.18	1.1	24.36	0.0	4.53
1fl. oz Syrup Pancake & Waffle f/Bulk	74.76	18.69	0.0	11.21	0.0	0.0	0.0	0.0	0.0	22.43	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
2 #16 sc. Egg Scrambled f/Liquid	188.26	1.88	0.0	1.04	14.86	13.04	90.08	2.04	178.4	170.12	239.22	232.86	0.02	3.72	0.38	0.64	1.9	102.5	1.24	436.3	0.08	4.14
1oz Bacon Canadian Breakfast	34.59	0.53	0.0	0.41	4.79	1.4	1.7	0.26	79.1	289.16	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	13.89	0.0	0.52
6fl. oz Coffee f/Grd	0.04	0.0	0.0	0.0	0.0	0.0	5.48	0.0	3.78	5.48	0.12	0.0	0.0	0.0	0.0	0.0	0.01	0.08	0.0	0.0	0.0	0.0
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
3/4cup Cereal Corn Flakes Bulk	60.39	14.23	0.56	1.61	1.27	0.07	0.85	4.89	28.42	123.33	17.26	82.89	3.55	0.6	0.0	0.26	0.04	60.39	0.85	0.0	0.0	0.02
<b>Breakfast TOTAL</b>	<b>773.62</b>	<b>94.55</b>	<b>2.32</b>	<b>43.64</b>	<b>34.2</b>	<b>28.38</b>	<b>561.33</b>	<b>9.17</b>	<b>901.39</b>	<b>1296.9</b>	<b>779.51</b>	<b>437.98</b>	<b>48.33</b>	<b>7.54</b>	<b>4.98</b>	<b>1.49</b>	<b>3.39</b>	<b>198.75</b>	<b>3.35</b>	<b>475.55</b>	<b>1.02</b>	<b>10.4</b>
Lunch																						
4oz BBQ Pork Ribs	303.41	10.92	0.24	8.88	22.16	18.91	44.45	1.04	345.89	375.51	182.31	10.99	0.16	1.2	0.48	0.36	0.97	0.53	0.64	79.29	0.16	6.65
1/2cup Macaroni & Cheese Side	181.17	24.33	1.02	2.91	7.2	6.08	125.17	1.13	121.71	180.41	128.06	89.2	0.08	1.21	0.62	0.23	0.31	70.62	0.33	12.1	0.11	2.31
1 2x3 Cornbread f/Mix	125.22	19.75	1.84	5.76	2.54	3.91	19.7	0.79	38.44	238.18	147.45	13.2	0.03	0.12	1.43	0.1	0.21	30.35	0.08	17.57	0.0	1.03
8fl. oz Milk Whole Bulk 8 flz	148.6	11.69	0.0	12.3	7.67	7.92	275.27	0.07	321.56	104.75	204.63	112.06	0.0	3.11	0.73	0.41	0.91	12.18	1.1	24.36	0.0	4.53
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup Cauliflower Buffalo Bites f/Fresh	57.14	10.3	2.4	2.52	2.7	1.17	25.49	0.78	338.38	318.37	49.21	19.13	57.58	0.34	17.03	0.1	0.74	79.46	0.0	0.0	0.0	0.14
1/2cup Coleslaw Summer	100.49	7.16	2.38	3.76	1.37	7.81	42.53	0.64	225.64	106.2	30.79	152.9	38.06	0.0	56.7	0.05	0.2	30.59	0.0	0.0	0.0	1.08
3/4cup Ice Cream Sundae & Toppings	218.8	31.14	1.04	26.18	2.92	9.24	91.77	0.5	186.63	74.36	100.95	81.85	0.47	0.14	0.66	0.18	0.4	3.9	0.27	30.41	0.0	5.99
<b>Lunch TOTAL</b>	<b>1170.68</b>	<b>115.33</b>	<b>8.92</b>	<b>62.31</b>	<b>46.57</b>	<b>59.08</b>	<b>624.53</b>	<b>4.96</b>	<b>1579.15</b>	<b>1430.48</b>	<b>843.65</b>	<b>479.33</b>	<b>96.38</b>	<b>6.12</b>	<b>81.4</b>	<b>1.43</b>	<b>3.74</b>	<b>227.68</b>	<b>2.42</b>	<b>163.73</b>	<b>1.02</b>	<b>22.49</b>
Dinner																						
8fl. oz Milk Whole Bulk 8 flz	148.6	11.69	0.0	12.3	7.67	7.92	275.27	0.07	321.56	104.75	204.63	112.06	0.0	3.11	0.73	0.41	0.91	12.18	1.1	24.36	0.0	4.53
1/2cup Fruit Salad Mexican w/ Tajin	51.9	13.23	0.96	11.77	0.65	0.22	11.85	0.28	139.39	50.02	10.86	28.72	16.45	0.0	1.49	0.03	0.17	14.54	0.0	0.0	0.0	0.04
3 Each Fish Pollock Tacos	427.64	41.04	6.29	1.71	31.05	13.65	172.76	2.66	737.09	189.2	579.57	37.23	2.49	1.4	14.87	0.32	0.63	14.55	4.23	94.2	0.0	1.95
2oz Chips Tortilla f/Bulk	283.95	40.56	2.03	0.0	4.06	12.17	0.0	0.61	81.13	212.96	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.01
1/2cup Corn Mexican f/Frz	86.32	18.39	2.47	3.28	2.46	1.78	4.46	0.5	238.81	16.38	75.25	45.0	15.77	0.45	1.06	0.07	0.17	35.55	0.0	0.0	0.0	0.09
1tbsp Guacamole f/Fresh	29.51	2.26	1.31	0.64	0.48	2.37	4.16	0.14	117.62	49.46	12.78	7.35	3.95	0.0	4.53	0.02	0.23	15.78	0.0	0.0	0.0	0.34
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
2tbsp Sauce Cilantro Cream	68.37	1.54	0.16	0.78	0.54	6.88	21.15	0.07	33.67	129.03	16.27	25.8	1.81	0.01	9.48	0.03	0.11	2.27	0.05	12.71	0.16	2.37
1 #12 sc. Pico de Gallo f/Fresh	11.48	2.55	0.65	1.45	0.48	0.09	6.54	0.13	111.95	2.51	13.02	17.42	6.32	0.0	3.52	0.01	0.05	7.93	0.0	0.0	0.0	0.01
<b>Dinner TOTAL</b>	<b>1143.62</b>	<b>131.3</b>	<b>13.87</b>	<b>31.93</b>	<b>47.4</b>	<b>49.12</b>	<b>496.34</b>	<b>4.47</b>	<b>1782.12</b>	<b>787.01</b>	<b>912.63</b>	<b>273.58</b>	<b>46.79</b>	<b>4.97</b>	<b>39.43</b>	<b>0.89</b>	<b>2.27</b>	<b>102.85</b>	<b>5.38</b>	<b>131.27</b>	<b>0.91</b>	<b>11.1</b>

### Daily Nutrient Summary: World Cup 2026

Diet: HiCal/HiPro | Texture: Regular | Choice: 2

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (MCG)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	RIB (MG)	PANT (MG)	FOL (MCG)	VIT B12 (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>Ideal Value</b>	2400	300	22	0	120	100	1200	8	4700	2300	700	700	75	15	90	1.1	5	400	2.4	300	0	0
<b>DAILY TOTAL</b>	<b>3022.58</b>	<b>358.71</b>	<b>28.13</b>	<b>172.82</b>	<b>118.45</b>	<b>130.86</b>	<b>1606.32</b>	<b>15.75</b>	<b>4336.46</b>	<b>3402.34</b>	<b>2099.88</b>	<b>1603.47</b>	<b>223.63</b>	<b>21.3</b>	<b>85.37</b>	<b>3.72</b>	<b>10.44</b>	<b>573.58</b>	<b>7.96</b>	<b>810.56</b>	<b>3.28</b>	<b>39.14</b>
Breakfast																						
1 Slice Toast Wheat Dry	71.43	13.39	0.89	1.79	2.68	0.89	24.11	0.63	28.57	133.93	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
4fl. oz Juice Orange f/Frz Conc 4 flz	45.27	10.77	0.31	9.09	0.73	0.08	14.46	0.1	193.36	4.98	18.66	3.98	44.36	0.0	0.12	0.05	0.22	23.55	0.0	0.0	0.0	0.02
8fl. oz Milk Whole Bulk 8 flz	148.6	11.69	0.0	12.3	7.67	7.92	275.27	0.07	321.56	104.75	204.63	112.06	0.0	3.11	0.73	0.41	0.91	12.18	1.1	24.36	0.0	4.53
1 Each Jelly Grape PC	13.71	3.4	0.05	2.39	0.02	0.0	0.99	0.02	3.8	1.58	0.94	0.0	0.43	0.0	0.0	0.0	0.0	0.54	0.0	0.0	0.0	0.0
2 #16 sc. Egg Scrambled f/Liquid	188.26	1.88	0.0	1.04	14.86	13.04	90.08	2.04	178.4	170.12	239.22	232.86	0.02	3.72	0.38	0.64	1.9	102.5	1.24	436.3	0.08	4.14
1oz Bacon Canadian Breakfast	34.59	0.53	0.0	0.41	4.79	1.4	1.7	0.26	79.1	289.16	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	13.89	0.0	0.52
6fl. oz Coffee f/Grd	0.04	0.0	0.0	0.0	0.0	0.0	5.48	0.0	3.78	5.48	0.12	0.0	0.0	0.0	0.0	0.0	0.01	0.08	0.0	0.0	0.0	0.0
1/2cup Strawberries f/Fresh	36.29	8.71	2.27	5.55	0.76	0.34	18.14	0.46	173.5	1.13	27.22	1.13	66.68	0.0	2.49	0.02	0.14	27.22	0.0	0.0	0.0	0.02
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
3/4cup Cereal HiCal Oatmeal Cinnamon	324.46	51.26	2.57	34.78	7.75	11.5	192.3	1.12	334.17	178.68	209.66	274.41	0.58	4.93	0.15	0.23	0.47	6.91	0.56	5.09	0.0	0.96
<b>Breakfast TOTAL</b>	<b>898.5</b>	<b>101.67</b>	<b>6.09</b>	<b>67.35</b>	<b>39.27</b>	<b>39.21</b>	<b>622.68</b>	<b>4.71</b>	<b>1317.14</b>	<b>922.51</b>	<b>700.7</b>	<b>624.44</b>	<b>112.47</b>	<b>11.76</b>	<b>7.62</b>	<b>1.35</b>	<b>3.65</b>	<b>173.03</b>	<b>2.9</b>	<b>479.64</b>	<b>0.83</b>	<b>10.95</b>
Lunch																						
4oz Chicken Fried Oven f/Thigh	202.65	5.79	0.31	0.35	19.87	10.4	19.17	1.19	236.28	219.56	181.0	37.52	0.0	0.4	2.72	0.27	1.15	27.29	0.6	110.48	0.05	2.77
1/2cup Okra Cut Southern Style f/Frz	70.78	11.3	2.11	3.7	2.54	2.53	48.24	0.87	242.65	131.28	56.3	12.57	10.16	0.0	22.59	0.08	0.21	58.82	0.06	4.01	0.0	0.82
1/2cup Macaroni & Cheese Side	181.17	24.33	1.02	2.91	7.2	6.08	125.17	1.13	121.71	180.41	128.06	89.2	0.08	1.21	0.62	0.23	0.31	70.62	0.33	12.1	0.11	2.31
1 2x3 Cornbread f/Mix	125.22	19.75	1.84	5.76	2.54	3.91	19.7	0.79	38.44	238.18	147.45	13.2	0.03	0.12	1.43	0.1	0.21	30.35	0.08	17.57	0.0	1.03
8fl. oz Milk Whole Bulk 8 flz	148.6	11.69	0.0	12.3	7.67	7.92	275.27	0.07	321.56	104.75	204.63	112.06	0.0	3.11	0.73	0.41	0.91	12.18	1.1	24.36	0.0	4.53
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup Cauliflower Buffalo Bites f/Fresh	57.14	10.3	2.4	2.52	2.7	1.17	25.49	0.78	338.38	318.37	49.21	19.13	57.58	0.34	17.03	0.1	0.74	79.46	0.0	0.0	0.0	0.14
1 Slice Pie Boston Cream	252.0	42.9	1.4	36.1	2.4	8.5	23.0	0.38	39.0	254.0	49.0	24.0	0.2	0.13	3.1	0.27	0.3	14.0	0.16	37.0	0.0	2.44
<b>Lunch TOTAL</b>	<b>1073.41</b>	<b>126.1</b>	<b>9.08</b>	<b>63.64</b>	<b>44.93</b>	<b>44.55</b>	<b>536.19</b>	<b>5.22</b>	<b>1338.92</b>	<b>1479.25</b>	<b>815.9</b>	<b>307.68</b>	<b>68.05</b>	<b>5.31</b>	<b>51.97</b>	<b>1.46</b>	<b>3.83</b>	<b>292.77</b>	<b>2.33</b>	<b>205.52</b>	<b>0.91</b>	<b>14.8</b>
Dinner																						
8fl. oz Milk Whole Bulk 8 flz	148.6	11.69	0.0	12.3	7.67	7.92	275.27	0.07	321.56	104.75	204.63	112.06	0.0	3.11	0.73	0.41	0.91	12.18	1.1	24.36	0.0	4.53
1/2cup Fruit Salad Mexican w/ Tajin	51.9	13.23	0.96	11.77	0.65	0.22	11.85	0.28	139.39	50.02	10.86	28.72	16.45	0.0	1.49	0.03	0.17	14.54	0.0	0.0	0.0	0.04
2oz Chips Tortilla f/Bulk	283.95	40.56	2.03	0.0	4.06	12.17	0.0	0.61	81.13	212.96	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.01
1tbsp Guacamole f/Fresh	29.51	2.26	1.31	0.64	0.48	2.37	4.16	0.14	117.62	49.46	12.78	7.35	3.95	0.0	4.53	0.02	0.23	15.78	0.0	0.0	0.0	0.34
3 Each Meatballs Mexican Albondigas	229.4	8.39	0.76	2.7	14.59	14.94	67.51	2.12	298.8	345.1	165.87	40.75	3.94	0.67	2.23	0.26	0.7	29.04	1.63	101.04	0.78	5.65
1/2cup Rice Cilantro No Base	121.21	22.04	0.51	0.1	2.05	2.46	21.45	0.21	51.28	97.15	41.95	2.17	0.17	0.0	3.57	0.01	0.18	2.58	0.0	0.0	0.01	0.24
1/2cup Squash Medley f/Frz	28.93	4.26	1.43	2.23	1.06	1.35	20.99	0.52	192.18	16.14	31.67	44.05	10.82	0.45	4.15	0.04	0.18	13.59	0.0	0.0	0.0	0.04
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1 #12 sc. Pico de Gallo f/Fresh	11.48	2.55	0.65	1.45	0.48	0.09	6.54	0.13	111.95	2.51	13.02	17.42	6.32	0.0	3.52	0.01	0.05	7.93	0.0	0.0	0.0	0.01
1/2cup Mexican Chocolate Pudding Hmd	109.84	25.92	5.31	10.64	3.2	1.54	39.53	1.73	365.59	89.79	102.25	418.83	1.46	0.0	1.81	0.13	0.54	12.09	0.0	0.0	0.0	0.77
<b>Dinner TOTAL</b>	<b>1050.67</b>	<b>130.94</b>	<b>12.96</b>	<b>41.83</b>	<b>34.25</b>	<b>47.1</b>	<b>447.45</b>	<b>5.82</b>	<b>1680.4</b>	<b>1000.58</b>	<b>583.28</b>	<b>671.35</b>	<b>43.11</b>	<b>4.23</b>	<b>25.78</b>	<b>0.91</b>	<b>2.96</b>	<b>107.78</b>	<b>2.73</b>	<b>125.4</b>	<b>1.54</b>	<b>13.39</b>

**Daily Nutrient Summary: World Cup 2026**  
Diet: 45gm Consistent CHO | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (MCG)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	RIB (MG)	PANT (MG)	FOL (MCG)	VIT B12 (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>Ideal Value</b>	1350	135	0	0	0	45	0	0	0	0	0	0	0	15	0	0	0	0	0	0	0	0
<b>DAILY TOTAL</b>	<b>1696.89</b>	<b>158.03</b>	<b>11.61</b>	<b>86.72</b>	<b>81.01</b>	<b>84.01</b>	<b>1381.46</b>	<b>11.83</b>	<b>2539.29</b>	<b>1969.56</b>	<b>1432.6</b>	<b>1035.05</b>	<b>67.01</b>	<b>14.61</b>	<b>122.17</b>	<b>2.9</b>	<b>5.8</b>	<b>296.83</b>	<b>7.92</b>	<b>438.05</b>	<b>3.31</b>	<b>30.5</b>
<b>Breakfast</b>																						
8fl. oz Milk 2% Bulk 8 flz	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1 #16 sc. Egg Scrambled f/Liquid	94.13	0.94	0.0	0.52	7.43	6.52	45.04	1.02	89.2	85.06	119.61	116.43	0.01	1.86	0.19	0.32	0.95	51.25	0.62	218.15	0.04	2.07
1oz Bacon Canadian Breakfast	34.59	0.53	0.0	0.41	4.79	1.4	1.7	0.26	79.1	289.16	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	13.89	0.0	0.52
6fl. oz Coffee f/Grd	0.04	0.0	0.0	0.0	0.0	0.0	5.48	0.0	3.78	5.48	0.12	0.0	0.0	0.0	0.0	0.0	0.01	0.08	0.0	0.0	0.0	0.0
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
3/4cup Cereal Corn Flakes Bulk	60.39	14.23	0.56	1.61	1.27	0.07	0.85	4.89	28.42	123.33	17.26	82.89	3.55	0.6	0.0	0.26	0.04	60.39	0.85	0.0	0.0	0.02
1 Slice Toast White Dry	71.43	13.39	0.89	1.79	2.68	0.45	18.75	0.8	21.43	133.93	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1 Each Jelly Grape LoCal PC	6.51	2.63	0.12	1.86	0.01	0.01	0.44	0.02	3.4	0.0	0.44	0.0	0.0	0.0	0.0	0.0	0.0	0.44	0.0	0.0	0.0	0.0
<b>Breakfast TOTAL</b>	<b>425.13</b>	<b>43.49</b>	<b>1.57</b>	<b>18.56</b>	<b>24.25</b>	<b>17.33</b>	<b>365.67</b>	<b>7.05</b>	<b>568.37</b>	<b>784.52</b>	<b>362.52</b>	<b>333.73</b>	<b>4.45</b>	<b>5.45</b>	<b>4.43</b>	<b>1.03</b>	<b>1.87</b>	<b>124.43</b>	<b>2.77</b>	<b>251.59</b>	<b>1.0</b>	<b>6.45</b>
<b>Lunch</b>																						
3oz BBQ Pork Ribs	227.56	8.19	0.18	6.66	16.62	14.18	33.34	0.78	259.42	281.63	136.73	8.24	0.12	0.9	0.36	0.27	0.73	0.4	0.48	59.47	0.12	4.99
1/2cup Macaroni & Cheese Side	181.17	24.33	1.02	2.91	7.2	6.08	125.17	1.13	121.71	180.41	128.06	89.2	0.08	1.21	0.62	0.23	0.31	70.62	0.33	12.1	0.11	2.31
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup Coleslaw Summer	100.49	7.16	2.38	3.76	1.37	7.81	42.53	0.64	225.64	106.2	30.79	152.9	38.06	0.0	56.7	0.05	0.2	30.59	0.0	0.0	0.0	1.08
1/2cup Ice Cream Vanilla f/Bulk	149.04	16.99	0.5	15.26	2.52	7.92	92.16	0.06	143.28	57.6	75.6	84.96	0.43	0.14	0.22	0.17	0.42	3.6	0.28	31.68	0.0	4.89
<b>Lunch TOTAL</b>	<b>816.3</b>	<b>68.44</b>	<b>4.08</b>	<b>40.96</b>	<b>35.78</b>	<b>44.87</b>	<b>586.61</b>	<b>2.67</b>	<b>1093.09</b>	<b>773.4</b>	<b>596.27</b>	<b>469.71</b>	<b>39.18</b>	<b>5.24</b>	<b>62.14</b>	<b>1.17</b>	<b>2.53</b>	<b>117.48</b>	<b>2.39</b>	<b>122.8</b>	<b>1.19</b>	<b>17.11</b>
<b>Dinner</b>																						
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1/2cup Fruit Salad Mexican w/ Tajin	51.9	13.23	0.96	11.77	0.65	0.22	11.85	0.28	139.39	50.02	10.86	28.72	16.45	0.0	1.49	0.03	0.17	14.54	0.0	0.0	0.0	0.04
1 Each Fish Pollock Tacos	142.55	13.68	2.1	0.57	10.35	4.55	57.59	0.89	245.7	63.07	193.19	12.41	0.83	0.47	4.96	0.11	0.21	4.85	1.41	31.4	0.0	0.65
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
2tbsp Sauce Cilantro Cream	68.37	1.54	0.16	0.78	0.54	6.88	21.15	0.07	33.67	129.03	16.27	25.8	1.81	0.01	9.48	0.03	0.11	2.27	0.05	12.71	0.16	2.37
1/2cup Beans Wax w/Parsley	34.6	5.88	2.74	1.71	1.37	1.28	45.18	0.81	116.03	21.96	28.4	30.27	3.8	0.45	35.43	0.08	0.04	20.99	0.0	0.0	0.0	0.04
<b>Dinner TOTAL</b>	<b>455.46</b>	<b>46.1</b>	<b>5.96</b>	<b>27.2</b>	<b>20.98</b>	<b>21.81</b>	<b>429.18</b>	<b>2.11</b>	<b>877.83</b>	<b>411.64</b>	<b>473.81</b>	<b>231.61</b>	<b>23.38</b>	<b>3.92</b>	<b>55.6</b>	<b>0.7</b>	<b>1.4</b>	<b>54.92</b>	<b>2.76</b>	<b>63.66</b>	<b>1.12</b>	<b>6.94</b>

**Daily Nutrient Summary: World Cup 2026**  
Diet: 45gm Consistent CHO | Texture: Regular | Choice: 2

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (MCG)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	RIB (MG)	PANT (MG)	FOL (MCG)	VIT B12 (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)	
<b>Ideal Value</b>	1350	135	0	0	0	45	0	0	0	0	0	0	0	15	0	0	0	0	0	0	0	0	0
<b>DAILY TOTAL</b>	<b>1845.82</b>	<b>168.58</b>	<b>16.14</b>	<b>79.17</b>	<b>94.59</b>	<b>92.85</b>	<b>1358.35</b>	<b>16.98</b>	<b>3009.15</b>	<b>2750.46</b>	<b>1694.98</b>	<b>1178.59</b>	<b>40.85</b>	<b>12.88</b>	<b>59.58</b>	<b>2.8</b>	<b>7.53</b>	<b>346.52</b>	<b>7.06</b>	<b>501.92</b>	<b>4.05</b>	<b>33.18</b>	
<b>Breakfast</b>																							
1 Slice Toast Wheat Dry	71.43	13.39	0.89	1.79	2.68	0.89	24.11	0.63	28.57	133.93	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
8fl. oz Milk 2% Bulk 8 flz	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08	
1 Each Jelly Grape LoCal PC	6.51	2.63	0.12	1.86	0.01	0.01	0.44	0.02	3.4	0.0	0.44	0.0	0.0	0.0	0.0	0.0	0.0	0.44	0.0	0.0	0.0	0.0	0.0
1 #16 sc. Egg Scrambled f/Liquid	94.13	0.94	0.0	0.52	7.43	6.52	45.04	1.02	89.2	85.06	119.61	116.43	0.01	1.86	0.19	0.32	0.95	51.25	0.62	218.15	0.04	2.07	
1oz Bacon Canadian Breakfast	34.59	0.53	0.0	0.41	4.79	1.4	1.7	0.26	79.1	289.16	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	13.89	0.0	0.52	
6fl. oz Coffee f/Grd	0.04	0.0	0.0	0.0	0.0	0.0	5.48	0.0	3.78	5.48	0.12	0.0	0.0	0.0	0.0	0.0	0.01	0.08	0.0	0.0	0.0	0.0	
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76	
1/2cup Cereal Crm of Rice	83.91	18.69	0.16	0.07	1.43	0.11	5.11	6.44	33.76	28.99	28.12	0.0	0.0	0.0	0.02	0.03	0.12	6.58	0.0	0.0	0.0	0.03	
<b>Breakfast TOTAL</b>	<b>448.65</b>	<b>47.95</b>	<b>1.17</b>	<b>17.02</b>	<b>24.41</b>	<b>17.81</b>	<b>375.29</b>	<b>8.43</b>	<b>580.85</b>	<b>690.18</b>	<b>373.38</b>	<b>250.84</b>	<b>0.9</b>	<b>4.85</b>	<b>4.45</b>	<b>0.8</b>	<b>1.95</b>	<b>70.62</b>	<b>1.92</b>	<b>251.59</b>	<b>1.0</b>	<b>6.46</b>	
<b>Lunch</b>																							
1/2cup Okra Cut Southern Style f/Frz	70.78	11.3	2.11	3.7	2.54	2.53	48.24	0.87	242.65	131.28	56.3	12.57	10.16	0.0	22.59	0.08	0.21	58.82	0.06	4.01	0.0	0.82	
3oz Chicken Fried Oven f/Thigh	151.99	4.34	0.23	0.26	14.9	7.8	14.38	0.89	177.21	164.67	135.75	28.14	0.0	0.3	2.04	0.2	0.86	20.47	0.45	82.86	0.04	2.08	
1/2cup Macaroni & Cheese Side	181.17	24.33	1.02	2.91	7.2	6.08	125.17	1.13	121.71	180.41	128.06	89.2	0.08	1.21	0.62	0.23	0.31	70.62	0.33	12.1	0.11	2.31	
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08	
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76	
<b>Lunch TOTAL</b>	<b>561.98</b>	<b>51.74</b>	<b>3.36</b>	<b>19.24</b>	<b>32.71</b>	<b>25.29</b>	<b>481.2</b>	<b>2.95</b>	<b>884.61</b>	<b>623.92</b>	<b>545.2</b>	<b>264.32</b>	<b>10.73</b>	<b>4.5</b>	<b>29.49</b>	<b>0.96</b>	<b>2.25</b>	<b>162.18</b>	<b>2.14</b>	<b>118.52</b>	<b>1.11</b>	<b>9.05</b>	
<b>Dinner</b>																							
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08	
1/2cup Fruit Salad Mexican w/ Tajin	51.9	13.23	0.96	11.77	0.65	0.22	11.85	0.28	139.39	50.02	10.86	28.72	16.45	0.0	1.49	0.03	0.17	14.54	0.0	0.0	0.0	0.04	
1/2cup Squash Medley f/Frz	28.93	4.26	1.43	2.23	1.06	1.35	20.99	0.52	192.18	16.14	31.67	44.05	10.82	0.45	4.15	0.04	0.18	13.59	0.0	0.0	0.0	0.04	
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76	
6 Each Meatballs/No Sauce f/Frz .5z	486.48	13.71	3.91	5.9	24.49	37.76	136.08	3.01	503.49	1132.85	406.53	37.42	0.0	0.09	13.95	0.39	1.57	61.23	1.7	112.26	0.98	12.98	
1/2cup Mexican Chocolate Pudding Hmd	109.84	25.92	5.31	10.64	3.2	1.54	39.53	1.73	365.59	89.79	102.25	418.83	1.46	0.0	1.81	0.13	0.54	12.09	0.0	0.0	0.0	0.77	
<b>Dinner TOTAL</b>	<b>835.19</b>	<b>68.89</b>	<b>11.61</b>	<b>42.91</b>	<b>37.47</b>	<b>49.75</b>	<b>501.86</b>	<b>5.6</b>	<b>1543.69</b>	<b>1436.36</b>	<b>776.4</b>	<b>663.43</b>	<b>29.22</b>	<b>3.53</b>	<b>25.64</b>	<b>1.04</b>	<b>3.33</b>	<b>113.72</b>	<b>3.0</b>	<b>131.81</b>	<b>1.94</b>	<b>17.67</b>	

**Daily Nutrient Summary: World Cup 2026**  
Diet: 60gm Consistent CHO | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (MCG)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	RIB (MG)	PANT (MG)	FOL (MCG)	VIT B12 (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>Ideal Value</b>	2000	180	22	0	90	75	1200	8	4700	2300	700	700	75	15	90	1.1	5	400	2.4	200	0	0
<b>DAILY TOTAL</b>	<b>1721.65</b>	<b>171.26</b>	<b>13.69</b>	<b>88.12</b>	<b>84.13</b>	<b>78.3</b>	<b>1322.36</b>	<b>12.35</b>	<b>2889.61</b>	<b>1780.0</b>	<b>1555.26</b>	<b>992.65</b>	<b>113.18</b>	<b>13.97</b>	<b>129.77</b>	<b>2.82</b>	<b>5.76</b>	<b>320.04</b>	<b>8.85</b>	<b>436.99</b>	<b>3.08</b>	<b>26.66</b>
Breakfast																						
8fl. oz Milk 2% Bulk 8 flz	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1 Each Jelly Grape PC	13.71	3.4	0.05	2.39	0.02	0.0	0.99	0.02	3.8	1.58	0.94	0.0	0.43	0.0	0.0	0.0	0.0	0.54	0.0	0.0	0.0	0.0
1 #16 sc. Egg Scrambled f/Liquid	94.13	0.94	0.0	0.52	7.43	6.52	45.04	1.02	89.2	85.06	119.61	116.43	0.01	1.86	0.19	0.32	0.95	51.25	0.62	218.15	0.04	2.07
1oz Bacon Canadian Breakfast	34.59	0.53	0.0	0.41	4.79	1.4	1.7	0.26	79.1	289.16	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	13.89	0.0	0.52
6fl. oz Coffee f/Grd	0.04	0.0	0.0	0.0	0.0	0.0	5.48	0.0	3.78	5.48	0.12	0.0	0.0	0.0	0.0	0.0	0.01	0.08	0.0	0.0	0.0	0.0
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
3/4cup Cereal Corn Flakes Bulk	60.39	14.23	0.56	1.61	1.27	0.07	0.85	4.89	28.42	123.33	17.26	82.89	3.55	0.6	0.0	0.26	0.04	60.39	0.85	0.0	0.0	0.02
1 Slice Toast White Dry	71.43	13.39	0.89	1.79	2.68	0.45	18.75	0.8	21.43	133.93	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
4fl. oz Juice Orange f/Frz Conc 4 flz	45.27	10.77	0.31	9.09	0.73	0.08	14.46	0.1	193.36	4.98	18.66	3.98	44.36	0.0	0.12	0.05	0.22	23.55	0.0	0.0	0.0	0.02
<b>Breakfast TOTAL</b>	<b>477.6</b>	<b>55.03</b>	<b>1.81</b>	<b>28.18</b>	<b>24.99</b>	<b>17.4</b>	<b>380.68</b>	<b>7.15</b>	<b>762.13</b>	<b>791.08</b>	<b>381.68</b>	<b>337.71</b>	<b>49.24</b>	<b>5.45</b>	<b>4.55</b>	<b>1.08</b>	<b>2.09</b>	<b>148.08</b>	<b>2.77</b>	<b>251.59</b>	<b>1.0</b>	<b>6.47</b>
Lunch																						
3oz Pork Cubes Seasoned f/Loin	127.75	0.07	0.01	0.03	12.24	8.38	11.36	0.49	222.18	132.44	122.54	13.63	0.43	0.56	0.0	0.15	0.45	0.77	0.33	39.11	0.0	2.71
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup Coleslaw Summer	100.49	7.16	2.38	3.76	1.37	7.81	42.53	0.64	225.64	106.2	30.79	152.9	38.06	0.0	56.7	0.05	0.2	30.59	0.0	0.0	0.0	1.08
1/2cup Macaroni Seasoned Parslied	110.73	20.46	0.94	0.75	3.61	1.55	15.46	0.96	69.82	70.42	52.56	25.02	0.32	0.45	3.51	0.12	0.12	64.96	0.0	0.0	0.0	0.08
1/2cup Ice Cream Vanilla f/Bulk	149.04	16.99	0.5	15.26	2.52	7.92	92.16	0.06	143.28	57.6	75.6	84.96	0.43	0.14	0.22	0.17	0.42	3.6	0.28	31.68	0.0	4.89
<b>Lunch TOTAL</b>	<b>646.05</b>	<b>56.45</b>	<b>3.83</b>	<b>32.17</b>	<b>27.81</b>	<b>34.54</b>	<b>454.92</b>	<b>2.21</b>	<b>1003.96</b>	<b>514.22</b>	<b>506.58</b>	<b>410.92</b>	<b>39.73</b>	<b>4.14</b>	<b>64.67</b>	<b>0.94</b>	<b>2.06</b>	<b>112.19</b>	<b>1.91</b>	<b>90.34</b>	<b>0.96</b>	<b>12.6</b>
Dinner																						
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1/2cup Fruit Salad Mexican w/ Tajin	51.9	13.23	0.96	11.77	0.65	0.22	11.85	0.28	139.39	50.02	10.86	28.72	16.45	0.0	1.49	0.03	0.17	14.54	0.0	0.0	0.0	0.04
2 Each Fish Pollock Tacos	285.09	27.36	4.19	1.14	20.7	9.1	115.17	1.77	491.39	126.13	386.38	24.82	1.66	0.93	9.91	0.21	0.42	9.7	2.82	62.8	0.0	1.3
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
2tbsp Sauce Cilantro Cream	68.37	1.54	0.16	0.78	0.54	6.88	21.15	0.07	33.67	129.03	16.27	25.8	1.81	0.01	9.48	0.03	0.11	2.27	0.05	12.71	0.16	2.37
1/2cup Beans Wax w/Parsley	34.6	5.88	2.74	1.71	1.37	1.28	45.18	0.81	116.03	21.96	28.4	30.27	3.8	0.45	35.43	0.08	0.04	20.99	0.0	0.0	0.0	0.04
<b>Dinner TOTAL</b>	<b>598.0</b>	<b>59.78</b>	<b>8.05</b>	<b>27.77</b>	<b>31.33</b>	<b>26.36</b>	<b>486.76</b>	<b>2.99</b>	<b>1123.52</b>	<b>474.7</b>	<b>667.0</b>	<b>244.02</b>	<b>24.21</b>	<b>4.38</b>	<b>60.55</b>	<b>0.8</b>	<b>1.61</b>	<b>59.77</b>	<b>4.17</b>	<b>95.06</b>	<b>1.12</b>	<b>7.59</b>

### Daily Nutrient Summary: World Cup 2026

Diet: 60gm Consistent CHO | Texture: Regular | Choice: 2

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (MCG)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	RIB (MG)	PANT (MG)	FOL (MCG)	VIT B12 (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>Ideal Value</b>	2000	180	22	0	90	75	1200	8	4700	2300	700	700	75	15	90	1.1	5	400	2.4	200	0	0
<b>DAILY TOTAL</b>	<b>1774.75</b>	<b>208.28</b>	<b>15.08</b>	<b>99.06</b>	<b>83.91</b>	<b>71.06</b>	<b>1221.21</b>	<b>16.28</b>	<b>2905.81</b>	<b>1968.68</b>	<b>1435.17</b>	<b>1162.63</b>	<b>83.22</b>	<b>13.22</b>	<b>68.22</b>	<b>2.76</b>	<b>6.85</b>	<b>303.96</b>	<b>6.68</b>	<b>493.09</b>	<b>3.75</b>	<b>24.32</b>
Breakfast																						
1 Slice Toast Wheat Dry	71.43	13.39	0.89	1.79	2.68	0.89	24.11	0.63	28.57	133.93	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
8fl. oz Milk 2% Bulk 8 flz	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1 Each Jelly Grape LoCal PC	6.51	2.63	0.12	1.86	0.01	0.01	0.44	0.02	3.4	0.0	0.44	0.0	0.0	0.0	0.0	0.0	0.0	0.44	0.0	0.0	0.0	0.0
1 #16 sc. Egg Scrambled f/Liquid	94.13	0.94	0.0	0.52	7.43	6.52	45.04	1.02	89.2	85.06	119.61	116.43	0.01	1.86	0.19	0.32	0.95	51.25	0.62	218.15	0.04	2.07
1oz Bacon Canadian Breakfast	34.59	0.53	0.0	0.41	4.79	1.4	1.7	0.26	79.1	289.16	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	13.89	0.0	0.52
6fl. oz Coffee f/Grd	0.04	0.0	0.0	0.0	0.0	0.0	5.48	0.0	3.78	5.48	0.12	0.0	0.0	0.0	0.0	0.0	0.01	0.08	0.0	0.0	0.0	0.0
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
4fl. oz Juice Orange f/Frz Conc 4 flz	45.27	10.77	0.31	9.09	0.73	0.08	14.46	0.1	193.36	4.98	18.66	3.98	44.36	0.0	0.12	0.05	0.22	23.55	0.0	0.0	0.0	0.02
1/2cup Cereal Crm of Rice	83.91	18.69	0.16	0.07	1.43	0.11	5.11	6.44	33.76	28.99	28.12	0.0	0.0	0.0	0.02	0.03	0.12	6.58	0.0	0.0	0.0	0.03
<b>Breakfast TOTAL</b>	<b>493.92</b>	<b>58.72</b>	<b>1.48</b>	<b>26.11</b>	<b>25.14</b>	<b>17.89</b>	<b>389.75</b>	<b>8.53</b>	<b>774.21</b>	<b>695.16</b>	<b>392.04</b>	<b>254.82</b>	<b>45.26</b>	<b>4.85</b>	<b>4.57</b>	<b>0.85</b>	<b>2.17</b>	<b>94.17</b>	<b>1.92</b>	<b>251.59</b>	<b>1.0</b>	<b>6.48</b>
Lunch																						
3oz Chicken Fried Oven f/Thigh	151.99	4.34	0.23	0.26	14.9	7.8	14.38	0.89	177.21	164.67	135.75	28.14	0.0	0.3	2.04	0.2	0.86	20.47	0.45	82.86	0.04	2.08
1/2cup Green Beans & Gold Seas Frz	34.75	5.93	2.76	1.71	1.37	1.3	41.97	0.73	131.75	18.11	27.54	39.31	3.72	0.45	34.82	0.08	0.04	20.98	0.0	0.0	0.0	0.04
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup Macaroni Seasoned Parslied	110.73	20.46	0.94	0.75	3.61	1.55	15.46	0.96	69.82	70.42	52.56	25.02	0.32	0.45	3.51	0.12	0.12	64.96	0.0	0.0	0.0	0.08
1/2 Slice Pie Boston Cream	126.0	21.45	0.7	18.05	1.2	4.25	11.5	0.19	19.5	127.0	24.5	12.0	0.1	0.07	1.55	0.14	0.15	7.0	0.08	18.5	0.0	1.22
<b>Lunch TOTAL</b>	<b>581.51</b>	<b>63.95</b>	<b>4.63</b>	<b>33.14</b>	<b>29.15</b>	<b>23.78</b>	<b>376.72</b>	<b>2.83</b>	<b>741.32</b>	<b>527.76</b>	<b>465.44</b>	<b>238.88</b>	<b>4.63</b>	<b>4.26</b>	<b>46.16</b>	<b>0.99</b>	<b>2.04</b>	<b>125.68</b>	<b>1.83</b>	<b>120.91</b>	<b>1.0</b>	<b>7.26</b>
Dinner																						
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1/2cup Fruit Salad Mexican w/ Tajin	51.9	13.23	0.96	11.77	0.65	0.22	11.85	0.28	139.39	50.02	10.86	28.72	16.45	0.0	1.49	0.03	0.17	14.54	0.0	0.0	0.0	0.04
3 Each Meatballs Mexican Albondigas	229.4	8.39	0.76	2.7	14.59	14.94	67.51	2.12	298.8	345.1	165.87	40.75	3.94	0.67	2.23	0.26	0.7	29.04	1.63	101.04	0.78	5.65
1/2cup Rice Cilantro No Base	121.21	22.04	0.51	0.1	2.05	2.46	21.45	0.21	51.28	97.15	41.95	2.17	0.17	0.0	3.57	0.01	0.18	2.58	0.0	0.0	0.01	0.24
1/2cup Squash Medley f/Frz	28.93	4.26	1.43	2.23	1.06	1.35	20.99	0.52	192.18	16.14	31.67	44.05	10.82	0.45	4.15	0.04	0.18	13.59	0.0	0.0	0.0	0.04
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup Mexican Chocolate Pudding Hmd	109.84	25.92	5.31	10.64	3.2	1.54	39.53	1.73	365.59	89.79	102.25	418.83	1.46	0.0	1.81	0.13	0.54	12.09	0.0	0.0	0.0	0.77
<b>Dinner TOTAL</b>	<b>699.32</b>	<b>85.61</b>	<b>8.97</b>	<b>39.81</b>	<b>29.62</b>	<b>29.39</b>	<b>454.74</b>	<b>4.92</b>	<b>1390.28</b>	<b>745.76</b>	<b>577.69</b>	<b>668.93</b>	<b>33.33</b>	<b>4.11</b>	<b>17.49</b>	<b>0.92</b>	<b>2.64</b>	<b>84.11</b>	<b>2.93</b>	<b>120.59</b>	<b>1.75</b>	<b>10.58</b>

**Daily Nutrient Summary: World Cup 2026**  
Diet: 75gm Consistent CHO | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (MCG)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	RIB (MG)	PANT (MG)	FOL (MCG)	VIT B12 (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>Ideal Value</b>	2250	0	0	0	0	75	0	0	0	0	0	0	0	15	0	0	0	0	0	0	0	0
<b>DAILY TOTAL</b>	<b>2018.32</b>	<b>210.97</b>	<b>14.62</b>	<b>107.89</b>	<b>94.52</b>	<b>89.55</b>	<b>1542.59</b>	<b>13.7</b>	<b>3023.74</b>	<b>2360.5</b>	<b>1806.0</b>	<b>1054.54</b>	<b>112.2</b>	<b>15.13</b>	<b>127.24</b>	<b>3.12</b>	<b>6.39</b>	<b>324.79</b>	<b>9.41</b>	<b>469.95</b>	<b>3.41</b>	<b>31.38</b>
<b>Breakfast</b>																						
1 Each Pancake f/Mix (Complete)	92.93	18.36	0.73	3.99	2.44	0.92	86.67	0.9	47.94	271.98	149.69	3.1	0.0	0.06	0.0	0.07	0.16	0.0	0.08	0.5	0.1	0.21
4fl. oz Juice Orange f/Frz Conc 4 flz	45.27	10.77	0.31	9.09	0.73	0.08	14.46	0.1	193.36	4.98	18.66	3.98	44.36	0.0	0.12	0.05	0.22	23.55	0.0	0.0	0.0	0.02
8fl. oz Milk 2% Bulk 8 flz	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1fl. oz Syrup Pancake & Waffle LoCal f/Bulk	47.2	12.76	0.0	9.38	0.0	0.0	2.86	0.01	0.86	50.92	12.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1 #16 sc. Egg Scrambled f/Liquid	94.13	0.94	0.0	0.52	7.43	6.52	45.04	1.02	89.2	85.06	119.61	116.43	0.01	1.86	0.19	0.32	0.95	51.25	0.62	218.15	0.04	2.07
1oz Bacon Canadian Breakfast	34.59	0.53	0.0	0.41	4.79	1.4	1.7	0.26	79.1	289.16	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	13.89	0.0	0.52
6fl. oz Coffee f/Grd	0.04	0.0	0.0	0.0	0.0	0.0	5.48	0.0	3.78	5.48	0.12	0.0	0.0	0.0	0.0	0.0	0.01	0.08	0.0	0.0	0.0	0.0
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
3/4cup Cereal Corn Flakes Bulk	60.39	14.23	0.56	1.61	1.27	0.07	0.85	4.89	28.42	123.33	17.26	82.89	3.55	0.6	0.0	0.26	0.04	60.39	0.85	0.0	0.0	0.02
<b>Breakfast TOTAL</b>	<b>532.59</b>	<b>69.36</b>	<b>1.6</b>	<b>37.37</b>	<b>24.73</b>	<b>17.87</b>	<b>450.47</b>	<b>7.24</b>	<b>785.7</b>	<b>978.47</b>	<b>542.73</b>	<b>340.81</b>	<b>48.81</b>	<b>5.51</b>	<b>4.55</b>	<b>1.15</b>	<b>2.25</b>	<b>147.54</b>	<b>2.85</b>	<b>252.09</b>	<b>1.1</b>	<b>6.68</b>
<b>Lunch</b>																						
3oz BBQ Pork Ribs	227.56	8.19	0.18	6.66	16.62	14.18	33.34	0.78	259.42	281.63	136.73	8.24	0.12	0.9	0.36	0.27	0.73	0.4	0.48	59.47	0.12	4.99
1/2cup Macaroni & Cheese Side	181.17	24.33	1.02	2.91	7.2	6.08	125.17	1.13	121.71	180.41	128.06	89.2	0.08	1.21	0.62	0.23	0.31	70.62	0.33	12.1	0.11	2.31
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup Coleslaw Summer	100.49	7.16	2.38	3.76	1.37	7.81	42.53	0.64	225.64	106.2	30.79	152.9	38.06	0.0	56.7	0.05	0.2	30.59	0.0	0.0	0.0	1.08
1/2cup Ice Cream Vanilla f/Bulk	149.04	16.99	0.5	15.26	2.52	7.92	92.16	0.06	143.28	57.6	75.6	84.96	0.43	0.14	0.22	0.17	0.42	3.6	0.28	31.68	0.0	4.89
<b>Lunch TOTAL</b>	<b>816.3</b>	<b>68.44</b>	<b>4.08</b>	<b>40.96</b>	<b>35.78</b>	<b>44.87</b>	<b>586.61</b>	<b>2.67</b>	<b>1093.09</b>	<b>773.4</b>	<b>596.27</b>	<b>469.71</b>	<b>39.18</b>	<b>5.24</b>	<b>62.14</b>	<b>1.17</b>	<b>2.53</b>	<b>117.48</b>	<b>2.39</b>	<b>122.8</b>	<b>1.19</b>	<b>17.11</b>
<b>Dinner</b>																						
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1/2cup Fruit Salad Mexican w/ Tajin	51.9	13.23	0.96	11.77	0.65	0.22	11.85	0.28	139.39	50.02	10.86	28.72	16.45	0.0	1.49	0.03	0.17	14.54	0.0	0.0	0.0	0.04
2 Each Fish Pollock Tacos	285.09	27.36	4.19	1.14	20.7	9.1	115.17	1.77	491.39	126.13	386.38	24.82	1.66	0.93	9.91	0.21	0.42	9.7	2.82	62.8	0.0	1.3
1 Slice Bread White	71.43	13.39	0.89	1.79	2.68	0.45	18.75	0.8	21.43	133.93	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1/2cup Beans Wax w/Parsley	34.6	5.88	2.74	1.71	1.37	1.28	45.18	0.81	116.03	21.96	28.4	30.27	3.8	0.45	35.43	0.08	0.04	20.99	0.0	0.0	0.0	0.04
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
2tbsp Sauce Cilantro Cream	68.37	1.54	0.16	0.78	0.54	6.88	21.15	0.07	33.67	129.03	16.27	25.8	1.81	0.01	9.48	0.03	0.11	2.27	0.05	12.71	0.16	2.37
<b>Dinner TOTAL</b>	<b>669.43</b>	<b>73.17</b>	<b>8.94</b>	<b>29.56</b>	<b>34.01</b>	<b>26.81</b>	<b>505.51</b>	<b>3.79</b>	<b>1144.95</b>	<b>608.63</b>	<b>667.0</b>	<b>244.02</b>	<b>24.21</b>	<b>4.38</b>	<b>60.55</b>	<b>0.8</b>	<b>1.61</b>	<b>59.77</b>	<b>4.17</b>	<b>95.06</b>	<b>1.12</b>	<b>7.59</b>

### Daily Nutrient Summary: World Cup 2026

Diet: 75gm Consistent CHO | Texture: Regular | Choice: 2

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (MCG)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	RIB (MG)	PANT (MG)	FOL (MCG)	VIT B12 (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)	
<b>Ideal Value</b>	2250	0	0	0	0	75	0	0	0	0	0	0	0	15	0	0	0	0	0	0	0	0	0
<b>DAILY TOTAL</b>	<b>2053.73</b>	<b>253.33</b>	<b>19.55</b>	<b>129.31</b>	<b>93.25</b>	<b>79.03</b>	<b>1398.13</b>	<b>12.31</b>	<b>3332.35</b>	<b>2306.87</b>	<b>1605.62</b>	<b>1201.2</b>	<b>156.1</b>	<b>13.53</b>	<b>55.57</b>	<b>2.86</b>	<b>7.25</b>	<b>368.29</b>	<b>7.07</b>	<b>509.2</b>	<b>3.86</b>	<b>27.58</b>	
Breakfast																							
1 Slice Toast Wheat Dry	71.43	13.39	0.89	1.79	2.68	0.89	24.11	0.63	28.57	133.93	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
4fl. oz Juice Orange f/Frz Conc 4 flz	45.27	10.77	0.31	9.09	0.73	0.08	14.46	0.1	193.36	4.98	18.66	3.98	44.36	0.0	0.12	0.05	0.22	23.55	0.0	0.0	0.0	0.0	0.02
8fl. oz Milk 2% Bulk 8 flz	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08	
1 Each Jelly Grape LoCal PC	6.51	2.63	0.12	1.86	0.01	0.01	0.44	0.02	3.4	0.0	0.44	0.0	0.0	0.0	0.0	0.0	0.0	0.44	0.0	0.0	0.0	0.0	0.0
1 #16 sc. Egg Scrambled f/Liquid	94.13	0.94	0.0	0.52	7.43	6.52	45.04	1.02	89.2	85.06	119.61	116.43	0.01	1.86	0.19	0.32	0.95	51.25	0.62	218.15	0.04	2.07	
1oz Bacon Canadian Breakfast	34.59	0.53	0.0	0.41	4.79	1.4	1.7	0.26	79.1	289.16	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	13.89	0.0	0.52	
6fl. oz Coffee f/Grd	0.04	0.0	0.0	0.0	0.0	0.0	5.48	0.0	3.78	5.48	0.12	0.0	0.0	0.0	0.0	0.0	0.01	0.08	0.0	0.0	0.0	0.0	0.0
1/2cup Strawberries f/Fresh	36.29	8.71	2.27	5.55	0.76	0.34	18.14	0.46	173.5	1.13	27.22	1.13	66.68	0.0	2.49	0.02	0.14	27.22	0.0	0.0	0.0	0.0	0.02
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76	
1/2cup Cereal Oatmeal Maple Sugar	148.7	32.4	2.04	18.83	2.57	1.53	29.16	0.9	102.58	8.96	67.09	0.0	0.0	0.0	0.0	0.0	0.02	0.19	0.0	0.0	0.0	0.0	0.26
<b>Breakfast TOTAL</b>	<b>595.0</b>	<b>81.14</b>	<b>5.63</b>	<b>50.42</b>	<b>27.04</b>	<b>19.65</b>	<b>431.94</b>	<b>3.45</b>	<b>1016.53</b>	<b>676.26</b>	<b>458.23</b>	<b>255.95</b>	<b>111.94</b>	<b>4.85</b>	<b>7.04</b>	<b>0.84</b>	<b>2.21</b>	<b>115.0</b>	<b>1.92</b>	<b>251.59</b>	<b>1.0</b>	<b>6.73</b>	
Lunch																							
1/2cup Okra Cut Southern Style f/Frz	70.78	11.3	2.11	3.7	2.54	2.53	48.24	0.87	242.65	131.28	56.3	12.57	10.16	0.0	22.59	0.08	0.21	58.82	0.06	4.01	0.0	0.82	
3oz Chicken Fried Oven f/Thigh	151.99	4.34	0.23	0.26	14.9	7.8	14.38	0.89	177.21	164.67	135.75	28.14	0.0	0.3	2.04	0.2	0.86	20.47	0.45	82.86	0.04	2.08	
1/2cup Macaroni & Cheese Side	181.17	24.33	1.02	2.91	7.2	6.08	125.17	1.13	121.71	180.41	128.06	89.2	0.08	1.21	0.62	0.23	0.31	70.62	0.33	12.1	0.11	2.31	
1/2 Slice Pie Boston Cream	126.0	21.45	0.7	18.05	1.2	4.25	11.5	0.19	19.5	127.0	24.5	12.0	0.1	0.07	1.55	0.14	0.15	7.0	0.08	18.5	0.0	1.22	
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08	
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76	
<b>Lunch TOTAL</b>	<b>687.98</b>	<b>73.19</b>	<b>4.06</b>	<b>37.29</b>	<b>33.91</b>	<b>29.54</b>	<b>492.7</b>	<b>3.14</b>	<b>904.11</b>	<b>750.92</b>	<b>569.7</b>	<b>276.32</b>	<b>10.83</b>	<b>4.57</b>	<b>31.04</b>	<b>1.1</b>	<b>2.4</b>	<b>169.18</b>	<b>2.22</b>	<b>137.02</b>	<b>1.11</b>	<b>10.27</b>	
Dinner																							
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08	
1/2cup Fruit Salad Mexican w/ Tajin	51.9	13.23	0.96	11.77	0.65	0.22	11.85	0.28	139.39	50.02	10.86	28.72	16.45	0.0	1.49	0.03	0.17	14.54	0.0	0.0	0.0	0.0	0.04
1 Slice Bread White	71.43	13.39	0.89	1.79	2.68	0.45	18.75	0.8	21.43	133.93	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
3 Each Meatballs Mexican Albondigas	229.4	8.39	0.76	2.7	14.59	14.94	67.51	2.12	298.8	345.1	165.87	40.75	3.94	0.67	2.23	0.26	0.7	29.04	1.63	101.04	0.78	5.65	
1/2cup Squash Medley f/Frz	28.93	4.26	1.43	2.23	1.06	1.35	20.99	0.52	192.18	16.14	31.67	44.05	10.82	0.45	4.15	0.04	0.18	13.59	0.0	0.0	0.0	0.04	
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76	
1/2cup Rice Cilantro No Base	121.21	22.04	0.51	0.1	2.05	2.46	21.45	0.21	51.28	97.15	41.95	2.17	0.17	0.0	3.57	0.01	0.18	2.58	0.0	0.0	0.01	0.24	
1/2cup Mexican Chocolate Pudding Hmd	109.84	25.92	5.31	10.64	3.2	1.54	39.53	1.73	365.59	89.79	102.25	418.83	1.46	0.0	1.81	0.13	0.54	12.09	0.0	0.0	0.0	0.77	
<b>Dinner TOTAL</b>	<b>770.75</b>	<b>99.0</b>	<b>9.86</b>	<b>41.6</b>	<b>32.3</b>	<b>29.84</b>	<b>473.49</b>	<b>5.72</b>	<b>1411.71</b>	<b>879.69</b>	<b>577.69</b>	<b>668.93</b>	<b>33.33</b>	<b>4.11</b>	<b>17.49</b>	<b>0.92</b>	<b>2.64</b>	<b>84.11</b>	<b>2.93</b>	<b>120.59</b>	<b>1.75</b>	<b>10.58</b>	

### Daily Nutrient Summary: World Cup 2026

Diet: No Added Salt | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (MCG)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	RIB (MG)	PANT (MG)	FOL (MCG)	VIT B12 (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>Ideal Value</b>	2000	250	21	0	0	75	0	0	0	0	0	0	0	15	0	0	0	0	0	200	0	0
<b>DAILY TOTAL</b>	<b>2527.58</b>	<b>314.53</b>	<b>22.7</b>	<b>127.35</b>	<b>96.58</b>	<b>100.9</b>	<b>1588.18</b>	<b>15.79</b>	<b>3769.86</b>	<b>2799.85</b>	<b>2215.72</b>	<b>1118.84</b>	<b>191.1</b>	<b>15.3</b>	<b>114.72</b>	<b>3.28</b>	<b>7.55</b>	<b>472.41</b>	<b>9.39</b>	<b>446.15</b>	<b>3.3</b>	<b>31.28</b>
Breakfast																						
2 Each Pancake f/Mix (Complete)	185.86	36.72	1.45	7.98	4.87	1.83	173.34	1.8	95.87	543.95	299.37	6.19	0.0	0.11	0.0	0.13	0.31	0.0	0.16	1.0	0.19	0.41
4fl. oz Juice Orange f/Frz Conc 4 flz	45.27	10.77	0.31	9.09	0.73	0.08	14.46	0.1	193.36	4.98	18.66	3.98	44.36	0.0	0.12	0.05	0.22	23.55	0.0	0.0	0.0	0.02
8fl. oz Milk 2% Bulk 8 flz	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1fl. oz Syrup Pancake & Waffle f/Bulk	74.76	18.69	0.0	11.21	0.0	0.0	0.0	0.0	0.0	22.43	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1 #16 sc. Egg Scrambled f/Liquid	94.13	0.94	0.0	0.52	7.43	6.52	45.04	1.02	89.2	85.06	119.61	116.43	0.01	1.86	0.19	0.32	0.95	51.25	0.62	218.15	0.04	2.07
6fl. oz Coffee f/Grd	0.04	0.0	0.0	0.0	0.0	0.0	5.48	0.0	3.78	5.48	0.12	0.0	0.0	0.0	0.0	0.0	0.01	0.08	0.0	0.0	0.0	0.0
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
3/4cup Cereal Corn Flakes Bulk	60.39	14.23	0.56	1.61	1.27	0.07	0.85	4.89	28.42	123.33	17.26	82.89	3.55	0.6	0.0	0.26	0.04	60.39	0.85	0.0	0.0	0.02
<b>Breakfast TOTAL</b>	<b>618.49</b>	<b>93.12</b>	<b>2.32</b>	<b>42.78</b>	<b>22.37</b>	<b>17.38</b>	<b>532.58</b>	<b>7.87</b>	<b>753.67</b>	<b>932.79</b>	<b>680.11</b>	<b>343.9</b>	<b>48.41</b>	<b>5.56</b>	<b>4.55</b>	<b>1.21</b>	<b>2.4</b>	<b>147.54</b>	<b>2.93</b>	<b>238.7</b>	<b>1.19</b>	<b>6.36</b>
Lunch																						
3oz Pork Cubes Seasoned f/Loin	127.75	0.07	0.01	0.03	12.24	8.38	11.36	0.49	222.18	132.44	122.54	13.63	0.43	0.56	0.0	0.15	0.45	0.77	0.33	39.11	0.0	2.71
1/2cup Macaroni & Cheese Side	181.17	24.33	1.02	2.91	7.2	6.08	125.17	1.13	121.71	180.41	128.06	89.2	0.08	1.21	0.62	0.23	0.31	70.62	0.33	12.1	0.11	2.31
1 2x3 Cornbread f/Mix	125.22	19.75	1.84	5.76	2.54	3.91	19.7	0.79	38.44	238.18	147.45	13.2	0.03	0.12	1.43	0.1	0.21	30.35	0.08	17.57	0.0	1.03
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup Cauliflower Buffalo Bites f/Fresh	57.14	10.3	2.4	2.52	2.7	1.17	25.49	0.78	338.38	318.37	49.21	19.13	57.58	0.34	17.03	0.1	0.74	79.46	0.0	0.0	0.0	0.14
1/2cup Coleslaw Summer	100.49	7.16	2.38	3.76	1.37	7.81	42.53	0.64	225.64	106.2	30.79	152.9	38.06	0.0	56.7	0.05	0.2	30.59	0.0	0.0	0.0	1.08
3/4cup Ice Cream Sundae & Toppings	218.8	31.14	1.04	26.18	2.92	9.24	91.77	0.5	186.63	74.36	100.95	81.85	0.47	0.14	0.66	0.18	0.4	3.9	0.27	30.41	0.0	5.99
<b>Lunch TOTAL</b>	<b>968.61</b>	<b>104.52</b>	<b>8.69</b>	<b>53.53</b>	<b>37.04</b>	<b>45.47</b>	<b>609.43</b>	<b>4.39</b>	<b>1476.02</b>	<b>1197.52</b>	<b>804.09</b>	<b>504.32</b>	<b>97.14</b>	<b>5.36</b>	<b>80.68</b>	<b>1.26</b>	<b>3.18</b>	<b>227.96</b>	<b>2.31</b>	<b>118.74</b>	<b>1.07</b>	<b>17.1</b>
Dinner																						
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1/2cup Fruit Salad Mexican w/ Tajin	51.9	13.23	0.96	11.77	0.65	0.22	11.85	0.28	139.39	50.02	10.86	28.72	16.45	0.0	1.49	0.03	0.17	14.54	0.0	0.0	0.0	0.04
2 Each Fish Pollock Tacos	285.09	27.36	4.19	1.14	20.7	9.1	115.17	1.77	491.39	126.13	386.38	24.82	1.66	0.93	9.91	0.21	0.42	9.7	2.82	62.8	0.0	1.3
2oz Chips Tortilla f/Bulk	283.95	40.56	2.03	0.0	4.06	12.17	0.0	0.61	81.13	212.96	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.01
1/2cup Corn Mexican f/Frz	86.32	18.39	2.47	3.28	2.46	1.78	4.46	0.5	238.81	16.38	75.25	45.0	15.77	0.45	1.06	0.07	0.17	35.55	0.0	0.0	0.0	0.09
1tbsp Guacamole f/Fresh	29.51	2.26	1.31	0.64	0.48	2.37	4.16	0.14	117.62	49.46	12.78	7.35	3.95	0.0	4.53	0.02	0.23	15.78	0.0	0.0	0.0	0.34
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1tbsp Sauce Cilantro Cream	34.19	0.77	0.08	0.39	0.27	3.44	10.58	0.04	16.84	64.52	8.14	12.9	0.91	0.01	4.74	0.02	0.06	1.14	0.03	6.36	0.08	1.19
1 #12 sc. Pico de Gallo f/Fresh	11.48	2.55	0.65	1.45	0.48	0.09	6.54	0.13	111.95	2.51	13.02	17.42	6.32	0.0	3.52	0.01	0.05	7.93	0.0	0.0	0.0	0.01
<b>Dinner TOTAL</b>	<b>940.47</b>	<b>116.89</b>	<b>11.69</b>	<b>31.04</b>	<b>37.17</b>	<b>38.05</b>	<b>446.17</b>	<b>3.53</b>	<b>1540.17</b>	<b>669.54</b>	<b>731.52</b>	<b>270.62</b>	<b>45.55</b>	<b>4.38</b>	<b>29.49</b>	<b>0.81</b>	<b>1.97</b>	<b>96.91</b>	<b>4.15</b>	<b>88.71</b>	<b>1.04</b>	<b>7.82</b>

### Daily Nutrient Summary: World Cup 2026

Diet: No Added Salt | Texture: Regular | Choice: 2

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (MCG)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	RIB (MG)	PANT (MG)	FOL (MCG)	VIT B12 (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>Ideal Value</b>	2000	250	21	0	0	75	0	0	0	0	0	0	0	15	0	0	0	0	0	200	0	0
<b>DAILY TOTAL</b>	<b>2552.18</b>	<b>331.68</b>	<b>28.17</b>	<b>154.07</b>	<b>96.08</b>	<b>99.9</b>	<b>1439.35</b>	<b>13.75</b>	<b>3828.34</b>	<b>2720.67</b>	<b>1824.32</b>	<b>1297.04</b>	<b>217.67</b>	<b>14.5</b>	<b>95.86</b>	<b>3.22</b>	<b>8.46</b>	<b>471.07</b>	<b>7.17</b>	<b>527.37</b>	<b>3.86</b>	<b>30.03</b>
Breakfast																						
1 Slice Toast Wheat Dry	71.43	13.39	0.89	1.79	2.68	0.89	24.11	0.63	28.57	133.93	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
4fl. oz Juice Orange f/Frz Conc 4 flz	45.27	10.77	0.31	9.09	0.73	0.08	14.46	0.1	193.36	4.98	18.66	3.98	44.36	0.0	0.12	0.05	0.22	23.55	0.0	0.0	0.0	0.02
8fl. oz Milk 2% Bulk 8 flz	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1 Each Jelly Grape PC	13.71	3.4	0.05	2.39	0.02	0.0	0.99	0.02	3.8	1.58	0.94	0.0	0.43	0.0	0.0	0.0	0.0	0.54	0.0	0.0	0.0	0.0
1 #16 sc. Egg Scrambled f/Liquid	94.13	0.94	0.0	0.52	7.43	6.52	45.04	1.02	89.2	85.06	119.61	116.43	0.01	1.86	0.19	0.32	0.95	51.25	0.62	218.15	0.04	2.07
6fl. oz Coffee f/Grd	0.04	0.0	0.0	0.0	0.0	0.0	5.48	0.0	3.78	5.48	0.12	0.0	0.0	0.0	0.0	0.0	0.01	0.08	0.0	0.0	0.0	0.0
1/2cup Strawberries f/Fresh	36.29	8.71	2.27	5.55	0.76	0.34	18.14	0.46	173.5	1.13	27.22	1.13	66.68	0.0	2.49	0.02	0.14	27.22	0.0	0.0	0.0	0.02
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup Cereal Oatmeal Maple Sugar	148.7	32.4	2.04	18.83	2.57	1.53	29.16	0.9	102.58	8.96	67.09	0.0	0.0	0.0	0.0	0.0	0.02	0.19	0.0	0.0	0.0	0.26
<b>Breakfast TOTAL</b>	<b>567.61</b>	<b>81.38</b>	<b>5.56</b>	<b>50.54</b>	<b>22.26</b>	<b>18.24</b>	<b>430.79</b>	<b>3.19</b>	<b>937.83</b>	<b>388.68</b>	<b>458.73</b>	<b>255.95</b>	<b>111.97</b>	<b>4.85</b>	<b>7.04</b>	<b>0.84</b>	<b>2.21</b>	<b>115.1</b>	<b>1.92</b>	<b>237.7</b>	<b>1.0</b>	<b>6.21</b>
Lunch																						
1/2cup Green Beans & Gold Seas Frz	34.75	5.93	2.76	1.71	1.37	1.3	41.97	0.73	131.75	18.11	27.54	39.31	3.72	0.45	34.82	0.08	0.04	20.98	0.0	0.0	0.0	0.04
3oz Chicken Fried Oven f/Thigh	151.99	4.34	0.23	0.26	14.9	7.8	14.38	0.89	177.21	164.67	135.75	28.14	0.0	0.3	2.04	0.2	0.86	20.47	0.45	82.86	0.04	2.08
1/2cup Macaroni & Cheese Side	181.17	24.33	1.02	2.91	7.2	6.08	125.17	1.13	121.71	180.41	128.06	89.2	0.08	1.21	0.62	0.23	0.31	70.62	0.33	12.1	0.11	2.31
1 Slice Pie Boston Cream	252.0	42.9	1.4	36.1	2.4	8.5	23.0	0.38	39.0	254.0	49.0	24.0	0.2	0.13	3.1	0.27	0.3	14.0	0.16	37.0	0.0	2.44
1 2x3 Cornbread f/Mix	125.22	19.75	1.84	5.76	2.54	3.91	19.7	0.79	38.44	238.18	147.45	13.2	0.03	0.12	1.43	0.1	0.21	30.35	0.08	17.57	0.0	1.03
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup Cauliflower Buffalo Bites f/Fresh	57.14	10.3	2.4	2.52	2.7	1.17	25.49	0.78	338.38	318.37	49.21	19.13	57.58	0.34	17.03	0.1	0.74	79.46	0.0	0.0	0.0	0.14
<b>Lunch TOTAL</b>	<b>960.31</b>	<b>119.32</b>	<b>9.65</b>	<b>61.63</b>	<b>39.18</b>	<b>37.64</b>	<b>543.12</b>	<b>4.76</b>	<b>1189.53</b>	<b>1321.3</b>	<b>762.1</b>	<b>347.39</b>	<b>62.1</b>	<b>5.54</b>	<b>63.28</b>	<b>1.43</b>	<b>3.33</b>	<b>248.15</b>	<b>2.32</b>	<b>169.08</b>	<b>1.11</b>	<b>11.88</b>
Dinner																						
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1/2cup Fruit Salad Mexican w/ Tajin	51.9	13.23	0.96	11.77	0.65	0.22	11.85	0.28	139.39	50.02	10.86	28.72	16.45	0.0	1.49	0.03	0.17	14.54	0.0	0.0	0.0	0.04
2oz Chips Tortilla f/Bulk	283.95	40.56	2.03	0.0	4.06	12.17	0.0	0.61	81.13	212.96	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.01
1tbsp Guacamole f/Fresh	29.51	2.26	1.31	0.64	0.48	2.37	4.16	0.14	117.62	49.46	12.78	7.35	3.95	0.0	4.53	0.02	0.23	15.78	0.0	0.0	0.0	0.34
3 Each Meatballs Mexican Albondigas	229.4	8.39	0.76	2.7	14.59	14.94	67.51	2.12	298.8	345.1	165.87	40.75	3.94	0.67	2.23	0.26	0.7	29.04	1.63	101.04	0.78	5.65
1/2cup Rice Cilantro No Base	121.21	22.04	0.51	0.1	2.05	2.46	21.45	0.21	51.28	97.15	41.95	2.17	0.17	0.0	3.57	0.01	0.18	2.58	0.0	0.0	0.01	0.24
1/2cup Squash Medley f/Frz	28.93	4.26	1.43	2.23	1.06	1.35	20.99	0.52	192.18	16.14	31.67	44.05	10.82	0.45	4.15	0.04	0.18	13.59	0.0	0.0	0.0	0.04
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1 #12 sc. Pico de Gallo f/Fresh	11.48	2.55	0.65	1.45	0.48	0.09	6.54	0.13	111.95	2.51	13.02	17.42	6.32	0.0	3.52	0.01	0.05	7.93	0.0	0.0	0.0	0.01
1/2cup Mexican Chocolate Pudding Hmd	109.84	25.92	5.31	10.64	3.2	1.54	39.53	1.73	365.59	89.79	102.25	418.83	1.46	0.0	1.81	0.13	0.54	12.09	0.0	0.0	0.0	0.77
<b>Dinner TOTAL</b>	<b>1024.26</b>	<b>130.98</b>	<b>12.96</b>	<b>41.9</b>	<b>34.64</b>	<b>44.02</b>	<b>465.44</b>	<b>5.8</b>	<b>1700.98</b>	<b>1010.69</b>	<b>603.49</b>	<b>693.7</b>	<b>43.6</b>	<b>4.11</b>	<b>25.54</b>	<b>0.95</b>	<b>2.92</b>	<b>107.82</b>	<b>2.93</b>	<b>120.59</b>	<b>1.75</b>	<b>11.94</b>

### Daily Nutrient Summary: World Cup 2026

Diet: 2gm Na | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (MCG)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	RIB (MG)	PANT (MG)	FOL (MCG)	VIT B12 (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>Ideal Value</b>	2000	250	22	0	90	75	1200	8	4700	2000	700	700	75	15	90	1.1	5	400	2.4	200	0	0
<b>DAILY TOTAL</b>	<b>2053.56</b>	<b>250.02</b>	<b>16.4</b>	<b>118.38</b>	<b>85.52</b>	<b>80.11</b>	<b>1374.36</b>	<b>13.86</b>	<b>3042.38</b>	<b>1968.51</b>	<b>1915.52</b>	<b>1007.67</b>	<b>123.49</b>	<b>14.14</b>	<b>92.53</b>	<b>2.97</b>	<b>6.18</b>	<b>363.58</b>	<b>8.98</b>	<b>433.55</b>	<b>3.1</b>	<b>27.34</b>
Breakfast																						
4fl. oz Juice Orange f/Frz Conc 4 flz	45.27	10.77	0.31	9.09	0.73	0.08	14.46	0.1	193.36	4.98	18.66	3.98	44.36	0.0	0.12	0.05	0.22	23.55	0.0	0.0	0.0	0.02
8fl. oz Milk 2% Bulk 8 flz	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1fl. oz Syrup Pancake & Waffle f/Bulk	74.76	18.69	0.0	11.21	0.0	0.0	0.0	0.0	0.0	22.43	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1 #16 sc. Egg Scrambled f/Liquid	94.13	0.94	0.0	0.52	7.43	6.52	45.04	1.02	89.2	85.06	119.61	116.43	0.01	1.86	0.19	0.32	0.95	51.25	0.62	218.15	0.04	2.07
6fl. oz Coffee f/Grd	0.04	0.0	0.0	0.0	0.0	0.0	5.48	0.0	3.78	5.48	0.12	0.0	0.0	0.0	0.0	0.0	0.01	0.08	0.0	0.0	0.0	0.0
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
3/4cup Cereal Corn Flakes Bulk	60.39	14.23	0.56	1.61	1.27	0.07	0.85	4.89	28.42	123.33	17.26	82.89	3.55	0.6	0.0	0.26	0.04	60.39	0.85	0.0	0.0	0.02
1 Each Pancake f/Mix (Complete)	92.93	18.36	0.73	3.99	2.44	0.92	86.67	0.9	47.94	271.98	149.69	3.1	0.0	0.06	0.0	0.07	0.16	0.0	0.08	0.5	0.1	0.21
<b>Breakfast TOTAL</b>	<b>525.56</b>	<b>74.76</b>	<b>1.6</b>	<b>38.79</b>	<b>19.94</b>	<b>16.47</b>	<b>445.91</b>	<b>6.97</b>	<b>705.74</b>	<b>660.82</b>	<b>530.43</b>	<b>340.81</b>	<b>48.41</b>	<b>5.51</b>	<b>4.55</b>	<b>1.15</b>	<b>2.25</b>	<b>147.54</b>	<b>2.85</b>	<b>238.2</b>	<b>1.1</b>	<b>6.16</b>
Lunch																						
3oz Pork Cubes Seasoned f/Loin	127.75	0.07	0.01	0.03	12.24	8.38	11.36	0.49	222.18	132.44	122.54	13.63	0.43	0.56	0.0	0.15	0.45	0.77	0.33	39.11	0.0	2.71
1/2cup Macaroni Seasoned Parslied	110.73	20.46	0.94	0.75	3.61	1.55	15.46	0.96	69.82	70.42	52.56	25.02	0.32	0.45	3.51	0.12	0.12	64.96	0.0	0.0	0.0	0.08
1 2x3 Cornbread f/Mix	125.22	19.75	1.84	5.76	2.54	3.91	19.7	0.79	38.44	238.18	147.45	13.2	0.03	0.12	1.43	0.1	0.21	30.35	0.08	17.57	0.0	1.03
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup Coleslaw Summer	100.49	7.16	2.38	3.76	1.37	7.81	42.53	0.64	225.64	106.2	30.79	152.9	38.06	0.0	56.7	0.05	0.2	30.59	0.0	0.0	0.0	1.08
3/4cup Ice Cream Sundae & Toppings	218.8	31.14	1.04	26.18	2.92	9.24	91.77	0.5	186.63	74.36	100.95	81.85	0.47	0.14	0.66	0.18	0.4	3.9	0.27	30.41	0.0	5.99
<b>Lunch TOTAL</b>	<b>841.03</b>	<b>90.35</b>	<b>6.21</b>	<b>48.85</b>	<b>30.75</b>	<b>39.77</b>	<b>474.23</b>	<b>3.44</b>	<b>1085.75</b>	<b>769.16</b>	<b>679.38</b>	<b>421.01</b>	<b>39.8</b>	<b>4.26</b>	<b>66.54</b>	<b>1.05</b>	<b>2.25</b>	<b>142.84</b>	<b>1.98</b>	<b>106.64</b>	<b>0.96</b>	<b>14.73</b>
Dinner																						
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1/2cup Fruit Salad Mexican w/ Tajin	51.9	13.23	0.96	11.77	0.65	0.22	11.85	0.28	139.39	50.02	10.86	28.72	16.45	0.0	1.49	0.03	0.17	14.54	0.0	0.0	0.0	0.04
2 Each Fish Pollock Tacos	285.09	27.36	4.19	1.14	20.7	9.1	115.17	1.77	491.39	126.13	386.38	24.82	1.66	0.93	9.91	0.21	0.42	9.7	2.82	62.8	0.0	1.3
1 Slice Bread White	71.43	13.39	0.89	1.79	2.68	0.45	18.75	0.8	21.43	133.93	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1/2cup Corn Mexican f/Frz	86.32	18.39	2.47	3.28	2.46	1.78	4.46	0.5	238.81	16.38	75.25	45.0	15.77	0.45	1.06	0.07	0.17	35.55	0.0	0.0	0.0	0.09
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1tbsp Sauce Cilantro Cream	34.19	0.77	0.08	0.39	0.27	3.44	10.58	0.04	16.84	64.52	8.14	12.9	0.91	0.01	4.74	0.02	0.06	1.14	0.03	6.36	0.08	1.19
<b>Dinner TOTAL</b>	<b>686.96</b>	<b>84.91</b>	<b>8.59</b>	<b>30.74</b>	<b>34.83</b>	<b>23.87</b>	<b>454.22</b>	<b>3.45</b>	<b>1250.9</b>	<b>538.54</b>	<b>705.72</b>	<b>245.85</b>	<b>35.28</b>	<b>4.38</b>	<b>21.44</b>	<b>0.78</b>	<b>1.69</b>	<b>73.2</b>	<b>4.15</b>	<b>88.71</b>	<b>1.04</b>	<b>6.46</b>

### Daily Nutrient Summary: World Cup 2026

Diet: 2gm Na | Texture: Regular | Choice: 2

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (MCG)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	RIB (MG)	PANT (MG)	FOL (MCG)	VIT B12 (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>Ideal Value</b>	2000	250	22	0	90	75	1200	8	4700	2000	700	700	75	15	90	1.1	5	400	2.4	200	0	0
<b>DAILY TOTAL</b>	<b>2171.09</b>	<b>285.53</b>	<b>22.59</b>	<b>149.09</b>	<b>87.45</b>	<b>80.02</b>	<b>1312.2</b>	<b>12.72</b>	<b>3148.8</b>	<b>2161.31</b>	<b>1673.81</b>	<b>1188.96</b>	<b>150.06</b>	<b>13.4</b>	<b>73.67</b>	<b>2.98</b>	<b>7.25</b>	<b>362.24</b>	<b>6.84</b>	<b>515.27</b>	<b>3.75</b>	<b>26.3</b>
Breakfast																						
1 Slice Toast Wheat Dry	71.43	13.39	0.89	1.79	2.68	0.89	24.11	0.63	28.57	133.93	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
4fl. oz Juice Orange f/Frz Conc 4 flz	45.27	10.77	0.31	9.09	0.73	0.08	14.46	0.1	193.36	4.98	18.66	3.98	44.36	0.0	0.12	0.05	0.22	23.55	0.0	0.0	0.0	0.02
8fl. oz Milk 2% Bulk 8 flz	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1 Each Jelly Grape PC	13.71	3.4	0.05	2.39	0.02	0.0	0.99	0.02	3.8	1.58	0.94	0.0	0.43	0.0	0.0	0.0	0.0	0.54	0.0	0.0	0.0	0.0
1 #16 sc. Egg Scrambled f/Liquid	94.13	0.94	0.0	0.52	7.43	6.52	45.04	1.02	89.2	85.06	119.61	116.43	0.01	1.86	0.19	0.32	0.95	51.25	0.62	218.15	0.04	2.07
6fl. oz Coffee f/Grd	0.04	0.0	0.0	0.0	0.0	0.0	5.48	0.0	3.78	5.48	0.12	0.0	0.0	0.0	0.0	0.0	0.01	0.08	0.0	0.0	0.0	0.0
1/2cup Strawberries f/Fresh	36.29	8.71	2.27	5.55	0.76	0.34	18.14	0.46	173.5	1.13	27.22	1.13	66.68	0.0	2.49	0.02	0.14	27.22	0.0	0.0	0.0	0.02
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup Cereal Oatmeal Maple Sugar	148.7	32.4	2.04	18.83	2.57	1.53	29.16	0.9	102.58	8.96	67.09	0.0	0.0	0.0	0.0	0.0	0.02	0.19	0.0	0.0	0.0	0.26
<b>Breakfast TOTAL</b>	<b>567.61</b>	<b>81.38</b>	<b>5.56</b>	<b>50.54</b>	<b>22.26</b>	<b>18.24</b>	<b>430.79</b>	<b>3.19</b>	<b>937.83</b>	<b>388.68</b>	<b>458.73</b>	<b>255.95</b>	<b>111.97</b>	<b>4.85</b>	<b>7.04</b>	<b>0.84</b>	<b>2.21</b>	<b>115.1</b>	<b>1.92</b>	<b>237.7</b>	<b>1.0</b>	<b>6.21</b>
Lunch																						
3oz Chicken Fried Oven f/Thigh	151.99	4.34	0.23	0.26	14.9	7.8	14.38	0.89	177.21	164.67	135.75	28.14	0.0	0.3	2.04	0.2	0.86	20.47	0.45	82.86	0.04	2.08
1/2cup Green Beans & Gold Seas Frz	34.75	5.93	2.76	1.71	1.37	1.3	41.97	0.73	131.75	18.11	27.54	39.31	3.72	0.45	34.82	0.08	0.04	20.98	0.0	0.0	0.0	0.04
1/2cup Macaroni Seasoned Parslied	110.73	20.46	0.94	0.75	3.61	1.55	15.46	0.96	69.82	70.42	52.56	25.02	0.32	0.45	3.51	0.12	0.12	64.96	0.0	0.0	0.0	0.08
1 Slice Pie Boston Cream	252.0	42.9	1.4	36.1	2.4	8.5	23.0	0.38	39.0	254.0	49.0	24.0	0.2	0.13	3.1	0.27	0.3	14.0	0.16	37.0	0.0	2.44
1 2x3 Cornbread f/Mix	125.22	19.75	1.84	5.76	2.54	3.91	19.7	0.79	38.44	238.18	147.45	13.2	0.03	0.12	1.43	0.1	0.21	30.35	0.08	17.57	0.0	1.03
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
<b>Lunch TOTAL</b>	<b>832.73</b>	<b>105.15</b>	<b>7.17</b>	<b>56.95</b>	<b>32.89</b>	<b>31.94</b>	<b>407.92</b>	<b>3.81</b>	<b>799.26</b>	<b>892.94</b>	<b>637.39</b>	<b>264.08</b>	<b>4.76</b>	<b>4.44</b>	<b>49.14</b>	<b>1.22</b>	<b>2.4</b>	<b>163.03</b>	<b>1.99</b>	<b>156.98</b>	<b>1.0</b>	<b>9.51</b>
Dinner																						
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1/2cup Fruit Salad Mexican w/ Tajin	51.9	13.23	0.96	11.77	0.65	0.22	11.85	0.28	139.39	50.02	10.86	28.72	16.45	0.0	1.49	0.03	0.17	14.54	0.0	0.0	0.0	0.04
1 Slice Bread White	71.43	13.39	0.89	1.79	2.68	0.45	18.75	0.8	21.43	133.93	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
3 Each Meatballs Mexican Albondigas	229.4	8.39	0.76	2.7	14.59	14.94	67.51	2.12	298.8	345.1	165.87	40.75	3.94	0.67	2.23	0.26	0.7	29.04	1.63	101.04	0.78	5.65
1/2cup Rice Cilantro No Base	121.21	22.04	0.51	0.1	2.05	2.46	21.45	0.21	51.28	97.15	41.95	2.17	0.17	0.0	3.57	0.01	0.18	2.58	0.0	0.0	0.01	0.24
1/2cup Squash Medley f/Frz	28.93	4.26	1.43	2.23	1.06	1.35	20.99	0.52	192.18	16.14	31.67	44.05	10.82	0.45	4.15	0.04	0.18	13.59	0.0	0.0	0.0	0.04
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup Mexican Chocolate Pudding Hmd	109.84	25.92	5.31	10.64	3.2	1.54	39.53	1.73	365.59	89.79	102.25	418.83	1.46	0.0	1.81	0.13	0.54	12.09	0.0	0.0	0.0	0.77
<b>Dinner TOTAL</b>	<b>770.75</b>	<b>99.0</b>	<b>9.86</b>	<b>41.6</b>	<b>32.3</b>	<b>29.84</b>	<b>473.49</b>	<b>5.72</b>	<b>1411.71</b>	<b>879.69</b>	<b>577.69</b>	<b>668.93</b>	<b>33.33</b>	<b>4.11</b>	<b>17.49</b>	<b>0.92</b>	<b>2.64</b>	<b>84.11</b>	<b>2.93</b>	<b>120.59</b>	<b>1.75</b>	<b>10.58</b>

**Daily Nutrient Summary: World Cup 2026**  
 Diet: Heart Healthy (Cardiac) | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (MCG)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	RIB (MG)	PANT (MG)	FOL (MCG)	VIT B12 (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>Ideal Value</b>	2000	250	20	0	90	66	1200	8	4700	2000	700	700	75	15	90	1.1	5	400	2.4	150	0	0
<b>DAILY TOTAL</b>	<b>1826.9</b>	<b>253.13</b>	<b>12.16</b>	<b>119.17</b>	<b>88.89</b>	<b>52.39</b>	<b>1449.4</b>	<b>14.15</b>	<b>3105.16</b>	<b>2143.63</b>	<b>1657.56</b>	<b>941.95</b>	<b>121.09</b>	<b>12.11</b>	<b>86.62</b>	<b>3.11</b>	<b>5.61</b>	<b>370.41</b>	<b>8.29</b>	<b>153.59</b>	<b>2.44</b>	<b>15.27</b>
Breakfast																						
1 Each Pancake f/Mix (Complete)	92.93	18.36	0.73	3.99	2.44	0.92	86.67	0.9	47.94	271.98	149.69	3.1	0.0	0.06	0.0	0.07	0.16	0.0	0.08	0.5	0.1	0.21
4fl. oz Juice Orange f/Frz Conc 4 flz	45.27	10.77	0.31	9.09	0.73	0.08	14.46	0.1	193.36	4.98	18.66	3.98	44.36	0.0	0.12	0.05	0.22	23.55	0.0	0.0	0.0	0.02
8fl. oz Milk Skim Bulk 8 flz	83.52	12.18	0.0	12.5	8.28	0.2	299.7	0.07	383.23	103.18	248.11	149.85	0.0	2.89	0.0	0.45	0.88	12.28	1.23	4.91	0.0	0.14
1fl. oz Syrup Pancake & Waffle f/Bulk	74.76	18.69	0.0	11.21	0.0	0.0	0.0	0.0	0.0	22.43	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1/4cup Egg Substitute Scramble	38.78	1.65	0.0	1.67	7.2	0.12	34.11	0.06	133.71	131.06	33.62	15.01	0.0	0.29	0.0	0.3	0.2	3.57	0.17	0.49	0.0	0.01
6fl. oz Coffee f/Grd	0.04	0.0	0.0	0.0	0.0	0.0	5.48	0.0	3.78	5.48	0.12	0.0	0.0	0.0	0.0	0.0	0.01	0.08	0.0	0.0	0.0	0.0
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
3/4cup Cereal Corn Flakes Bulk	60.39	14.23	0.56	1.61	1.27	0.07	0.85	4.89	28.42	123.33	17.26	82.89	3.55	0.6	0.0	0.26	0.04	60.39	0.85	0.0	0.0	0.02
<b>Breakfast TOTAL</b>	<b>431.54</b>	<b>75.92</b>	<b>1.6</b>	<b>40.07</b>	<b>19.93</b>	<b>5.43</b>	<b>441.42</b>	<b>6.03</b>	<b>791.34</b>	<b>695.14</b>	<b>467.71</b>	<b>254.83</b>	<b>47.91</b>	<b>3.84</b>	<b>3.87</b>	<b>1.13</b>	<b>1.51</b>	<b>99.92</b>	<b>2.33</b>	<b>5.9</b>	<b>0.85</b>	<b>1.16</b>
Lunch																						
1/2cup Macaroni Seasoned Parslied	110.73	20.46	0.94	0.75	3.61	1.55	15.46	0.96	69.82	70.42	52.56	25.02	0.32	0.45	3.51	0.12	0.12	64.96	0.0	0.0	0.0	0.08
3oz Pork Cubes Seasoned f/Loin	127.75	0.07	0.01	0.03	12.24	8.38	11.36	0.49	222.18	132.44	122.54	13.63	0.43	0.56	0.0	0.15	0.45	0.77	0.33	39.11	0.0	2.71
1 Each Roll White f/RTB Dough	131.81	22.11	0.85	2.36	4.63	2.75	75.69	1.58	59.1	198.57	51.87	0.43	0.09	0.0	4.51	0.16	0.19	42.95	0.06	1.7	0.0	0.59
8fl. oz Milk Skim Bulk 8 flz	83.52	12.18	0.0	12.5	8.28	0.2	299.7	0.07	383.23	103.18	248.11	149.85	0.0	2.89	0.0	0.45	0.88	12.28	1.23	4.91	0.0	0.14
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup Coleslaw Summer	100.49	7.16	2.38	3.76	1.37	7.81	42.53	0.64	225.64	106.2	30.79	152.9	38.06	0.0	56.7	0.05	0.2	30.59	0.0	0.0	0.0	1.08
3/4cup Ice Cream Sundae & Toppings	218.8	31.14	1.04	26.18	2.92	9.24	91.77	0.5	186.63	74.36	100.95	81.85	0.47	0.14	0.66	0.18	0.4	3.9	0.27	30.41	0.0	5.99
<b>Lunch TOTAL</b>	<b>808.95</b>	<b>93.16</b>	<b>5.22</b>	<b>45.58</b>	<b>33.06</b>	<b>33.97</b>	<b>536.66</b>	<b>4.25</b>	<b>1147.5</b>	<b>717.87</b>	<b>607.07</b>	<b>423.68</b>	<b>39.37</b>	<b>4.04</b>	<b>69.13</b>	<b>1.11</b>	<b>2.24</b>	<b>155.5</b>	<b>1.89</b>	<b>76.13</b>	<b>0.75</b>	<b>11.35</b>
Dinner																						
8fl. oz Milk Skim Bulk 8 flz	83.52	12.18	0.0	12.5	8.28	0.2	299.7	0.07	383.23	103.18	248.11	149.85	0.0	2.89	0.0	0.45	0.88	12.28	1.23	4.91	0.0	0.14
1/2cup Fruit Salad Mexican w/ Tajin	51.9	13.23	0.96	11.77	0.65	0.22	11.85	0.28	139.39	50.02	10.86	28.72	16.45	0.0	1.49	0.03	0.17	14.54	0.0	0.0	0.0	0.04
1 Slice Bread White	71.43	13.39	0.89	1.79	2.68	0.45	18.75	0.8	21.43	133.93	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1/2cup Corn Mexican f/Frz	86.32	18.39	2.47	3.28	2.46	1.78	4.46	0.5	238.81	16.38	75.25	45.0	15.77	0.45	1.06	0.07	0.17	35.55	0.0	0.0	0.0	0.09
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1tbsp Sauce Cilantro Cream	34.19	0.77	0.08	0.39	0.27	3.44	10.58	0.04	16.84	64.52	8.14	12.9	0.91	0.01	4.74	0.02	0.06	1.14	0.03	6.36	0.08	1.19
1 Each Fish Pollock Unbrd on Bun	223.2	26.05	0.94	3.79	21.55	2.86	125.83	2.17	365.73	329.9	240.18	26.97	0.68	0.89	2.58	0.31	0.59	51.43	2.81	60.29	0.01	0.55
<b>Dinner TOTAL</b>	<b>586.41</b>	<b>84.05</b>	<b>5.34</b>	<b>33.52</b>	<b>35.9</b>	<b>12.99</b>	<b>471.32</b>	<b>3.87</b>	<b>1166.33</b>	<b>730.63</b>	<b>582.79</b>	<b>263.44</b>	<b>33.81</b>	<b>4.24</b>	<b>13.62</b>	<b>0.88</b>	<b>1.87</b>	<b>114.99</b>	<b>4.07</b>	<b>71.56</b>	<b>0.84</b>	<b>2.77</b>

**Daily Nutrient Summary: World Cup 2026**  
Diet: Heart Healthy (Cardiac) | Texture: Regular | Choice: 2

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (MCG)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	RIB (MG)	PANT (MG)	FOL (MCG)	VIT B12 (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>Ideal Value</b>	2000	250	20	0	90	66	1200	8	4700	2000	700	700	75	15	90	1.1	5	400	2.4	150	0	0
<b>DAILY TOTAL</b>	<b>1880.32</b>	<b>268.5</b>	<b>20.9</b>	<b>129.18</b>	<b>88.77</b>	<b>54.29</b>	<b>1365.08</b>	<b>12.42</b>	<b>3317.74</b>	<b>2005.66</b>	<b>1537.55</b>	<b>1109.09</b>	<b>148.54</b>	<b>11.35</b>	<b>73.54</b>	<b>2.89</b>	<b>6.36</b>	<b>320.34</b>	<b>6.08</b>	<b>219.32</b>	<b>3.08</b>	<b>13.76</b>
Breakfast																						
1 Slice Toast Wheat Dry	71.43	13.39	0.89	1.79	2.68	0.89	24.11	0.63	28.57	133.93	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
4fl. oz Juice Orange f/Frz Conc 4 flz	45.27	10.77	0.31	9.09	0.73	0.08	14.46	0.1	193.36	4.98	18.66	3.98	44.36	0.0	0.12	0.05	0.22	23.55	0.0	0.0	0.0	0.02
8fl. oz Milk Skim Bulk 8 flz	83.52	12.18	0.0	12.5	8.28	0.2	299.7	0.07	383.23	103.18	248.11	149.85	0.0	2.89	0.0	0.45	0.88	12.28	1.23	4.91	0.0	0.14
1 Each Jelly Grape PC	13.71	3.4	0.05	2.39	0.02	0.0	0.99	0.02	3.8	1.58	0.94	0.0	0.43	0.0	0.0	0.0	0.0	0.54	0.0	0.0	0.0	0.0
1/4cup Egg Substitute Scramble	38.78	1.65	0.0	1.67	7.2	0.12	34.11	0.06	133.71	131.06	33.62	15.01	0.0	0.29	0.0	0.3	0.2	3.57	0.17	0.49	0.0	0.01
6fl. oz Coffee f/Grd	0.04	0.0	0.0	0.0	0.0	0.0	5.48	0.0	3.78	5.48	0.12	0.0	0.0	0.0	0.0	0.0	0.01	0.08	0.0	0.0	0.0	0.0
1/2cup Strawberries f/Fresh	36.29	8.71	2.27	5.55	0.76	0.34	18.14	0.46	173.5	1.13	27.22	1.13	66.68	0.0	2.49	0.02	0.14	27.22	0.0	0.0	0.0	0.02
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup Cereal Oatmeal Maple Sugar	148.7	32.4	2.04	18.83	2.57	1.53	29.16	0.9	102.58	8.96	67.09	0.0	0.0	0.0	0.0	0.0	0.02	0.19	0.0	0.0	0.0	0.26
<b>Breakfast TOTAL</b>	<b>473.59</b>	<b>82.54</b>	<b>5.56</b>	<b>51.82</b>	<b>22.25</b>	<b>7.2</b>	<b>426.3</b>	<b>2.25</b>	<b>1023.43</b>	<b>423.0</b>	<b>396.01</b>	<b>169.97</b>	<b>111.47</b>	<b>3.18</b>	<b>6.36</b>	<b>0.82</b>	<b>1.47</b>	<b>67.48</b>	<b>1.4</b>	<b>5.4</b>	<b>0.75</b>	<b>1.21</b>
Lunch																						
3oz Chicken Fried Oven f/Thigh	151.99	4.34	0.23	0.26	14.9	7.8	14.38	0.89	177.21	164.67	135.75	28.14	0.0	0.3	2.04	0.2	0.86	20.47	0.45	82.86	0.04	2.08
1/2cup Macaroni Seasoned Parslied	110.73	20.46	0.94	0.75	3.61	1.55	15.46	0.96	69.82	70.42	52.56	25.02	0.32	0.45	3.51	0.12	0.12	64.96	0.0	0.0	0.0	0.08
1/2cup Green Beans & Gold Seas Frz	34.75	5.93	2.76	1.71	1.37	1.3	41.97	0.73	131.75	18.11	27.54	39.31	3.72	0.45	34.82	0.08	0.04	20.98	0.0	0.0	0.0	0.04
1 Each Roll White f/RTB Dough	131.81	22.11	0.85	2.36	4.63	2.75	75.69	1.58	59.1	198.57	51.87	0.43	0.09	0.0	4.51	0.16	0.19	42.95	0.06	1.7	0.0	0.59
8fl. oz Milk Skim Bulk 8 flz	83.52	12.18	0.0	12.5	8.28	0.2	299.7	0.07	383.23	103.18	248.11	149.85	0.0	2.89	0.0	0.45	0.88	12.28	1.23	4.91	0.0	0.14
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2 Slice Pie Boston Cream	126.0	21.45	0.7	18.05	1.2	4.25	11.5	0.19	19.5	127.0	24.5	12.0	0.1	0.07	1.55	0.14	0.15	7.0	0.08	18.5	0.0	1.22
<b>Lunch TOTAL</b>	<b>674.65</b>	<b>86.51</b>	<b>5.48</b>	<b>35.63</b>	<b>34.0</b>	<b>21.89</b>	<b>458.85</b>	<b>4.43</b>	<b>841.51</b>	<b>714.65</b>	<b>540.58</b>	<b>254.75</b>	<b>4.23</b>	<b>4.16</b>	<b>50.18</b>	<b>1.15</b>	<b>2.24</b>	<b>168.69</b>	<b>1.82</b>	<b>107.97</b>	<b>0.79</b>	<b>4.91</b>
Dinner																						
8fl. oz Milk Skim Bulk 8 flz	83.52	12.18	0.0	12.5	8.28	0.2	299.7	0.07	383.23	103.18	248.11	149.85	0.0	2.89	0.0	0.45	0.88	12.28	1.23	4.91	0.0	0.14
1/2cup Fruit Salad Mexican w/ Tajin	51.9	13.23	0.96	11.77	0.65	0.22	11.85	0.28	139.39	50.02	10.86	28.72	16.45	0.0	1.49	0.03	0.17	14.54	0.0	0.0	0.0	0.04
1 Slice Bread White	71.43	13.39	0.89	1.79	2.68	0.45	18.75	0.8	21.43	133.93	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
3 Each Meatballs Mexican Albondigas	229.4	8.39	0.76	2.7	14.59	14.94	67.51	2.12	298.8	345.1	165.87	40.75	3.94	0.67	2.23	0.26	0.7	29.04	1.63	101.04	0.78	5.65
1/2cup Rice Cilantro No Base	121.21	22.04	0.51	0.1	2.05	2.46	21.45	0.21	51.28	97.15	41.95	2.17	0.17	0.0	3.57	0.01	0.18	2.58	0.0	0.0	0.01	0.24
1/2cup Squash Medley f/Frz	28.93	4.26	1.43	2.23	1.06	1.35	20.99	0.52	192.18	16.14	31.67	44.05	10.82	0.45	4.15	0.04	0.18	13.59	0.0	0.0	0.0	0.04
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup Mexican Chocolate Pudding Hmd	109.84	25.92	5.31	10.64	3.2	1.54	39.53	1.73	365.59	89.79	102.25	418.83	1.46	0.0	1.81	0.13	0.54	12.09	0.0	0.0	0.0	0.77
<b>Dinner TOTAL</b>	<b>732.08</b>	<b>99.45</b>	<b>9.86</b>	<b>41.73</b>	<b>32.52</b>	<b>25.2</b>	<b>479.93</b>	<b>5.74</b>	<b>1452.8</b>	<b>868.01</b>	<b>600.96</b>	<b>684.37</b>	<b>32.84</b>	<b>4.01</b>	<b>17.0</b>	<b>0.92</b>	<b>2.65</b>	<b>84.17</b>	<b>2.86</b>	<b>105.95</b>	<b>1.54</b>	<b>7.64</b>

### Daily Nutrient Summary: World Cup 2026

Diet: Fat Restricted | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (MCG)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	RIB (MG)	PANT (MG)	FOL (MCG)	VIT B12 (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>Ideal Value</b>	2000	275	22	0	90	55	1200	8	4700	2300	700	700	75	15	90	1.1	5	400	2.4	150	0	0
<b>DAILY TOTAL</b>	<b>2192.85</b>	<b>294.36</b>	<b>21.9</b>	<b>122.74</b>	<b>90.99</b>	<b>75.14</b>	<b>1400.19</b>	<b>13.82</b>	<b>3837.81</b>	<b>2428.84</b>	<b>1974.35</b>	<b>996.47</b>	<b>189.86</b>	<b>12.61</b>	<b>115.95</b>	<b>3.08</b>	<b>6.48</b>	<b>419.25</b>	<b>8.32</b>	<b>171.97</b>	<b>2.43</b>	<b>17.96</b>
Breakfast																						
1 Each Pancake f/Mix (Complete)	92.93	18.36	0.73	3.99	2.44	0.92	86.67	0.9	47.94	271.98	149.69	3.1	0.0	0.06	0.0	0.07	0.16	0.0	0.08	0.5	0.1	0.21
4fl. oz Juice Orange f/Frz Conc 4 flz	45.27	10.77	0.31	9.09	0.73	0.08	14.46	0.1	193.36	4.98	18.66	3.98	44.36	0.0	0.12	0.05	0.22	23.55	0.0	0.0	0.0	0.02
8fl. oz Milk Skim Bulk 8 flz	83.52	12.18	0.0	12.5	8.28	0.2	299.7	0.07	383.23	103.18	248.11	149.85	0.0	2.89	0.0	0.45	0.88	12.28	1.23	4.91	0.0	0.14
1fl. oz Syrup Pancake & Waffle f/Bulk	74.76	18.69	0.0	11.21	0.0	0.0	0.0	0.0	0.0	22.43	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1/4cup Egg Substitute Scramble	38.78	1.65	0.0	1.67	7.2	0.12	34.11	0.06	133.71	131.06	33.62	15.01	0.0	0.29	0.0	0.3	0.2	3.57	0.17	0.49	0.0	0.01
6fl. oz Coffee f/Grd	0.04	0.0	0.0	0.0	0.0	0.0	5.48	0.0	3.78	5.48	0.12	0.0	0.0	0.0	0.0	0.0	0.01	0.08	0.0	0.0	0.0	0.0
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
3/4cup Cereal Corn Flakes Bulk	60.39	14.23	0.56	1.61	1.27	0.07	0.85	4.89	28.42	123.33	17.26	82.89	3.55	0.6	0.0	0.26	0.04	60.39	0.85	0.0	0.0	0.02
<b>Breakfast TOTAL</b>	<b>431.54</b>	<b>75.92</b>	<b>1.6</b>	<b>40.07</b>	<b>19.93</b>	<b>5.43</b>	<b>441.42</b>	<b>6.03</b>	<b>791.34</b>	<b>695.14</b>	<b>467.71</b>	<b>254.83</b>	<b>47.91</b>	<b>3.84</b>	<b>3.87</b>	<b>1.13</b>	<b>1.51</b>	<b>99.92</b>	<b>2.33</b>	<b>5.9</b>	<b>0.85</b>	<b>1.16</b>
Lunch																						
3oz Pork Cubes Seasoned f/Loin	127.75	0.07	0.01	0.03	12.24	8.38	11.36	0.49	222.18	132.44	122.54	13.63	0.43	0.56	0.0	0.15	0.45	0.77	0.33	39.11	0.0	2.71
1/2cup Macaroni Seasoned Parslied	110.73	20.46	0.94	0.75	3.61	1.55	15.46	0.96	69.82	70.42	52.56	25.02	0.32	0.45	3.51	0.12	0.12	64.96	0.0	0.0	0.0	0.08
1 2x3 Cornbread f/Mix	125.22	19.75	1.84	5.76	2.54	3.91	19.7	0.79	38.44	238.18	147.45	13.2	0.03	0.12	1.43	0.1	0.21	30.35	0.08	17.57	0.0	1.03
8fl. oz Milk Skim Bulk 8 flz	83.52	12.18	0.0	12.5	8.28	0.2	299.7	0.07	383.23	103.18	248.11	149.85	0.0	2.89	0.0	0.45	0.88	12.28	1.23	4.91	0.0	0.14
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup Cauliflower Buffalo Bites f/Fresh	57.14	10.3	2.4	2.52	2.7	1.17	25.49	0.78	338.38	318.37	49.21	19.13	57.58	0.34	17.03	0.1	0.74	79.46	0.0	0.0	0.0	0.14
1/2cup Coleslaw Summer	100.49	7.16	2.38	3.76	1.37	7.81	42.53	0.64	225.64	106.2	30.79	152.9	38.06	0.0	56.7	0.05	0.2	30.59	0.0	0.0	0.0	1.08
3/4cup Ice Cream Sundae & Toppings	218.8	31.14	1.04	26.18	2.92	9.24	91.77	0.5	186.63	74.36	100.95	81.85	0.47	0.14	0.66	0.18	0.4	3.9	0.27	30.41	0.0	5.99
<b>Lunch TOTAL</b>	<b>859.5</b>	<b>101.1</b>	<b>8.61</b>	<b>51.5</b>	<b>33.67</b>	<b>36.3</b>	<b>506.16</b>	<b>4.24</b>	<b>1465.22</b>	<b>1075.85</b>	<b>751.86</b>	<b>455.58</b>	<b>96.89</b>	<b>4.5</b>	<b>83.08</b>	<b>1.15</b>	<b>3.0</b>	<b>222.36</b>	<b>1.91</b>	<b>92.0</b>	<b>0.75</b>	<b>11.93</b>
Dinner																						
8fl. oz Milk Skim Bulk 8 flz	83.52	12.18	0.0	12.5	8.28	0.2	299.7	0.07	383.23	103.18	248.11	149.85	0.0	2.89	0.0	0.45	0.88	12.28	1.23	4.91	0.0	0.14
1/2cup Fruit Salad Mexican w/ Tajin	51.9	13.23	0.96	11.77	0.65	0.22	11.85	0.28	139.39	50.02	10.86	28.72	16.45	0.0	1.49	0.03	0.17	14.54	0.0	0.0	0.0	0.04
2 Each Fish Pollock Tacos	285.09	27.36	4.19	1.14	20.7	9.1	115.17	1.77	491.39	126.13	386.38	24.82	1.66	0.93	9.91	0.21	0.42	9.7	2.82	62.8	0.0	1.3
2oz Chips Tortilla f/Bulk	283.95	40.56	2.03	0.0	4.06	12.17	0.0	0.61	81.13	212.96	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.01
1/2cup Corn Mexican f/Frz	86.32	18.39	2.47	3.28	2.46	1.78	4.46	0.5	238.81	16.38	75.25	45.0	15.77	0.45	1.06	0.07	0.17	35.55	0.0	0.0	0.0	0.09
1tbsp Guacamole f/Fresh	29.51	2.26	1.31	0.64	0.48	2.37	4.16	0.14	117.62	49.46	12.78	7.35	3.95	0.0	4.53	0.02	0.23	15.78	0.0	0.0	0.0	0.34
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1tbsp Sauce Cilantro Cream	34.19	0.77	0.08	0.39	0.27	3.44	10.58	0.04	16.84	64.52	8.14	12.9	0.91	0.01	4.74	0.02	0.06	1.14	0.03	6.36	0.08	1.19
1 #12 sc. Pico de Gallo f/Fresh	11.48	2.55	0.65	1.45	0.48	0.09	6.54	0.13	111.95	2.51	13.02	17.42	6.32	0.0	3.52	0.01	0.05	7.93	0.0	0.0	0.0	0.01
<b>Dinner TOTAL</b>	<b>901.81</b>	<b>117.34</b>	<b>11.69</b>	<b>31.17</b>	<b>37.39</b>	<b>33.41</b>	<b>452.6</b>	<b>3.55</b>	<b>1581.26</b>	<b>657.86</b>	<b>754.79</b>	<b>286.06</b>	<b>45.06</b>	<b>4.28</b>	<b>29.0</b>	<b>0.81</b>	<b>1.98</b>	<b>96.96</b>	<b>4.08</b>	<b>74.07</b>	<b>0.83</b>	<b>4.88</b>

### Daily Nutrient Summary: World Cup 2026

Diet: Fat Restricted | Texture: Regular | Choice: 2

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (MCG)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	RIB (MG)	PANT (MG)	FOL (MCG)	VIT B12 (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>Ideal Value</b>	2000	275	22	0	90	55	1200	8	4700	2300	700	700	75	15	90	1.1	5	400	2.4	150	0	0
<b>DAILY TOTAL</b>	<b>2310.38</b>	<b>329.87</b>	<b>28.09</b>	<b>153.45</b>	<b>92.92</b>	<b>75.05</b>	<b>1338.03</b>	<b>12.68</b>	<b>3944.23</b>	<b>2621.64</b>	<b>1732.64</b>	<b>1177.76</b>	<b>216.43</b>	<b>11.87</b>	<b>97.09</b>	<b>3.09</b>	<b>7.55</b>	<b>417.91</b>	<b>6.18</b>	<b>253.69</b>	<b>3.08</b>	<b>16.92</b>
Breakfast																						
1 Slice Toast Wheat Dry	71.43	13.39	0.89	1.79	2.68	0.89	24.11	0.63	28.57	133.93	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
4fl. oz Juice Orange f/Frz Conc 4 flz	45.27	10.77	0.31	9.09	0.73	0.08	14.46	0.1	193.36	4.98	18.66	3.98	44.36	0.0	0.12	0.05	0.22	23.55	0.0	0.0	0.0	0.02
8fl. oz Milk Skim Bulk 8 flz	83.52	12.18	0.0	12.5	8.28	0.2	299.7	0.07	383.23	103.18	248.11	149.85	0.0	2.89	0.0	0.45	0.88	12.28	1.23	4.91	0.0	0.14
1 Each Jelly Grape PC	13.71	3.4	0.05	2.39	0.02	0.0	0.99	0.02	3.8	1.58	0.94	0.0	0.43	0.0	0.0	0.0	0.0	0.54	0.0	0.0	0.0	0.0
1/4cup Egg Substitute Scramble	38.78	1.65	0.0	1.67	7.2	0.12	34.11	0.06	133.71	131.06	33.62	15.01	0.0	0.29	0.0	0.3	0.2	3.57	0.17	0.49	0.0	0.01
6fl. oz Coffee f/Grd	0.04	0.0	0.0	0.0	0.0	0.0	5.48	0.0	3.78	5.48	0.12	0.0	0.0	0.0	0.0	0.0	0.01	0.08	0.0	0.0	0.0	0.0
1/2cup Strawberries f/Fresh	36.29	8.71	2.27	5.55	0.76	0.34	18.14	0.46	173.5	1.13	27.22	1.13	66.68	0.0	2.49	0.02	0.14	27.22	0.0	0.0	0.0	0.02
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup Cereal Oatmeal Maple Sugar	148.7	32.4	2.04	18.83	2.57	1.53	29.16	0.9	102.58	8.96	67.09	0.0	0.0	0.0	0.0	0.0	0.02	0.19	0.0	0.0	0.0	0.26
<b>Breakfast TOTAL</b>	<b>473.59</b>	<b>82.54</b>	<b>5.56</b>	<b>51.82</b>	<b>22.25</b>	<b>7.2</b>	<b>426.3</b>	<b>2.25</b>	<b>1023.43</b>	<b>423.0</b>	<b>396.01</b>	<b>169.97</b>	<b>111.47</b>	<b>3.18</b>	<b>6.36</b>	<b>0.82</b>	<b>1.47</b>	<b>67.48</b>	<b>1.4</b>	<b>5.4</b>	<b>0.75</b>	<b>1.21</b>
Lunch																						
1/2cup Macaroni Seasoned Parslied	110.73	20.46	0.94	0.75	3.61	1.55	15.46	0.96	69.82	70.42	52.56	25.02	0.32	0.45	3.51	0.12	0.12	64.96	0.0	0.0	0.0	0.08
1/2cup Green Beans & Gold Seas Frz	34.75	5.93	2.76	1.71	1.37	1.3	41.97	0.73	131.75	18.11	27.54	39.31	3.72	0.45	34.82	0.08	0.04	20.98	0.0	0.0	0.0	0.04
3oz Chicken Fried Oven f/Thigh	151.99	4.34	0.23	0.26	14.9	7.8	14.38	0.89	177.21	164.67	135.75	28.14	0.0	0.3	2.04	0.2	0.86	20.47	0.45	82.86	0.04	2.08
1 Slice Pie Boston Cream	252.0	42.9	1.4	36.1	2.4	8.5	23.0	0.38	39.0	254.0	49.0	24.0	0.2	0.13	3.1	0.27	0.3	14.0	0.16	37.0	0.0	2.44
1 2x3 Cornbread f/Mix	125.22	19.75	1.84	5.76	2.54	3.91	19.7	0.79	38.44	238.18	147.45	13.2	0.03	0.12	1.43	0.1	0.21	30.35	0.08	17.57	0.0	1.03
8fl. oz Milk Skim Bulk 8 flz	83.52	12.18	0.0	12.5	8.28	0.2	299.7	0.07	383.23	103.18	248.11	149.85	0.0	2.89	0.0	0.45	0.88	12.28	1.23	4.91	0.0	0.14
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup Cauliflower Buffalo Bites f/Fresh	57.14	10.3	2.4	2.52	2.7	1.17	25.49	0.78	338.38	318.37	49.21	19.13	57.58	0.34	17.03	0.1	0.74	79.46	0.0	0.0	0.0	0.14
<b>Lunch TOTAL</b>	<b>851.2</b>	<b>115.9</b>	<b>9.57</b>	<b>59.6</b>	<b>35.81</b>	<b>28.47</b>	<b>439.85</b>	<b>4.61</b>	<b>1178.73</b>	<b>1199.63</b>	<b>709.87</b>	<b>298.65</b>	<b>61.85</b>	<b>4.68</b>	<b>65.68</b>	<b>1.32</b>	<b>3.15</b>	<b>242.55</b>	<b>1.92</b>	<b>142.34</b>	<b>0.79</b>	<b>6.71</b>
Dinner																						
8fl. oz Milk Skim Bulk 8 flz	83.52	12.18	0.0	12.5	8.28	0.2	299.7	0.07	383.23	103.18	248.11	149.85	0.0	2.89	0.0	0.45	0.88	12.28	1.23	4.91	0.0	0.14
1/2cup Fruit Salad Mexican w/ Tajin	51.9	13.23	0.96	11.77	0.65	0.22	11.85	0.28	139.39	50.02	10.86	28.72	16.45	0.0	1.49	0.03	0.17	14.54	0.0	0.0	0.0	0.04
2oz Chips Tortilla f/Bulk	283.95	40.56	2.03	0.0	4.06	12.17	0.0	0.61	81.13	212.96	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.01
1tbsp Guacamole f/Fresh	29.51	2.26	1.31	0.64	0.48	2.37	4.16	0.14	117.62	49.46	12.78	7.35	3.95	0.0	4.53	0.02	0.23	15.78	0.0	0.0	0.0	0.34
3 Each Meatballs Mexican Albondigas	229.4	8.39	0.76	2.7	14.59	14.94	67.51	2.12	298.8	345.1	165.87	40.75	3.94	0.67	2.23	0.26	0.7	29.04	1.63	101.04	0.78	5.65
1/2cup Rice Cilantro No Base	121.21	22.04	0.51	0.1	2.05	2.46	21.45	0.21	51.28	97.15	41.95	2.17	0.17	0.0	3.57	0.01	0.18	2.58	0.0	0.0	0.01	0.24
1/2cup Squash Medley f/Frz	28.93	4.26	1.43	2.23	1.06	1.35	20.99	0.52	192.18	16.14	31.67	44.05	10.82	0.45	4.15	0.04	0.18	13.59	0.0	0.0	0.0	0.04
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1 #12 sc. Pico de Gallo f/Fresh	11.48	2.55	0.65	1.45	0.48	0.09	6.54	0.13	111.95	2.51	13.02	17.42	6.32	0.0	3.52	0.01	0.05	7.93	0.0	0.0	0.0	0.01
1/2cup Mexican Chocolate Pudding Hmd	109.84	25.92	5.31	10.64	3.2	1.54	39.53	1.73	365.59	89.79	102.25	418.83	1.46	0.0	1.81	0.13	0.54	12.09	0.0	0.0	0.0	0.77
<b>Dinner TOTAL</b>	<b>985.59</b>	<b>131.43</b>	<b>12.96</b>	<b>42.03</b>	<b>34.86</b>	<b>39.38</b>	<b>471.88</b>	<b>5.82</b>	<b>1742.07</b>	<b>999.01</b>	<b>626.76</b>	<b>709.14</b>	<b>43.11</b>	<b>4.01</b>	<b>25.05</b>	<b>0.95</b>	<b>2.93</b>	<b>107.88</b>	<b>2.86</b>	<b>105.95</b>	<b>1.54</b>	<b>9.0</b>

### Daily Nutrient Summary: World Cup 2026

Diet: Renal | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (MCG)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	RIB (MG)	PANT (MG)	FOL (MCG)	VIT B12 (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>Ideal Value</b>	1800	250	22	0	60	50	1200	8	2000	2000	700	700	75	15	90	1.1	5	400	2.4	200	0	0
<b>DAILY TOTAL</b>	<b>1670.42</b>	<b>263.66</b>	<b>17.65</b>	<b>127.46</b>	<b>48.53</b>	<b>51.48</b>	<b>496.25</b>	<b>12.66</b>	<b>1972.82</b>	<b>1726.46</b>	<b>1048.99</b>	<b>1191.59</b>	<b>158.17</b>	<b>6.21</b>	<b>56.45</b>	<b>1.58</b>	<b>3.9</b>	<b>365.51</b>	<b>3.91</b>	<b>303.47</b>	<b>2.5</b>	<b>10.9</b>
Breakfast																						
1 Each Pancake f/Mix (Complete)	92.93	18.36	0.73	3.99	2.44	0.92	86.67	0.9	47.94	271.98	149.69	3.1	0.0	0.06	0.0	0.07	0.16	0.0	0.08	0.5	0.1	0.21
4fl. oz Juice Cranberry f/Frz Conc 4 flz	59.61	15.24	0.06	12.6	0.01	0.0	6.1	0.09	15.48	4.03	1.48	0.59	13.58	0.0	0.0	0.01	0.14	0.0	0.0	0.0	0.0	0.0
4fl. oz Milk 2% Bulk 8 flz	61.1	5.87	0.0	6.19	4.03	2.42	146.63	0.03	171.07	57.43	112.42	67.21	0.25	1.5	0.25	0.23	0.44	6.11	0.65	9.78	0.11	1.54
1fl. oz Syrup Pancake & Waffle f/Bulk	74.76	18.69	0.0	11.21	0.0	0.0	0.0	0.0	0.0	22.43	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1 #16 sc. Egg Scrambled f/Liquid	94.13	0.94	0.0	0.52	7.43	6.52	45.04	1.02	89.2	85.06	119.61	116.43	0.01	1.86	0.19	0.32	0.95	51.25	0.62	218.15	0.04	2.07
6fl. oz Coffee f/Grd	0.04	0.0	0.0	0.0	0.0	0.0	5.48	0.0	3.78	5.48	0.12	0.0	0.0	0.0	0.0	0.0	0.01	0.08	0.0	0.0	0.0	0.0
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
3/4cup Cereal Corn Flakes Bulk	60.39	14.23	0.56	1.61	1.27	0.07	0.85	4.89	28.42	123.33	17.26	82.89	3.55	0.6	0.0	0.26	0.04	60.39	0.85	0.0	0.0	0.02
<b>Breakfast TOTAL</b>	<b>478.81</b>	<b>73.37</b>	<b>1.35</b>	<b>36.12</b>	<b>15.19</b>	<b>13.97</b>	<b>290.92</b>	<b>6.94</b>	<b>356.79</b>	<b>602.44</b>	<b>400.83</b>	<b>270.21</b>	<b>17.39</b>	<b>4.01</b>	<b>4.19</b>	<b>0.88</b>	<b>1.73</b>	<b>117.88</b>	<b>2.2</b>	<b>228.43</b>	<b>0.99</b>	<b>4.6</b>
Lunch																						
2oz Pork Cubes Seasoned f/Loin	85.17	0.05	0.01	0.02	8.16	5.59	7.57	0.33	148.12	88.29	81.69	9.09	0.29	0.37	0.0	0.1	0.3	0.51	0.22	26.07	0.0	1.81
1/2cup Macaroni Seasoned Parslied	110.73	20.46	0.94	0.75	3.61	1.55	15.46	0.96	69.82	70.42	52.56	25.02	0.32	0.45	3.51	0.12	0.12	64.96	0.0	0.0	0.0	0.08
1 2x3 Cornbread f/Mix	125.22	19.75	1.84	5.76	2.54	3.91	19.7	0.79	38.44	238.18	147.45	13.2	0.03	0.12	1.43	0.1	0.21	30.35	0.08	17.57	0.0	1.03
8fl. oz Drink Lemonade f/Mix	97.85	25.4	0.1	24.65	0.0	0.27	12.3	0.05	40.63	20.37	1.04	0.0	10.38	0.0	0.0	0.0	0.02	1.56	0.0	0.0	0.0	0.04
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup Cauliflower Buffalo Bites f/Fresh	57.14	10.3	2.4	2.52	2.7	1.17	25.49	0.78	338.38	318.37	49.21	19.13	57.58	0.34	17.03	0.1	0.74	79.46	0.0	0.0	0.0	0.14
1/2cup Carrot Marinated Soft Chilled f/Frz	71.98	9.49	3.04	5.91	0.61	3.92	33.43	0.5	183.47	64.24	29.27	767.59	2.9	0.0	14.68	0.03	0.16	10.53	0.0	0.0	0.01	0.35
1/2cup Applesauce JcPk Cnd	51.24	13.79	1.34	11.46	0.21	0.12	4.88	0.28	90.28	2.44	6.1	1.22	25.86	0.0	0.61	0.04	0.05	3.66	0.0	0.0	0.0	0.01
<b>Lunch TOTAL</b>	<b>635.18</b>	<b>99.28</b>	<b>9.67</b>	<b>51.07</b>	<b>17.84</b>	<b>20.57</b>	<b>118.98</b>	<b>3.7</b>	<b>910.04</b>	<b>835.01</b>	<b>367.57</b>	<b>835.25</b>	<b>97.36</b>	<b>1.28</b>	<b>41.01</b>	<b>0.49</b>	<b>1.6</b>	<b>191.08</b>	<b>0.3</b>	<b>43.64</b>	<b>0.76</b>	<b>4.22</b>
Dinner																						
8fl. oz Drink Lemonade f/Mix	97.85	25.4	0.1	24.65	0.0	0.27	12.3	0.05	40.63	20.37	1.04	0.0	10.38	0.0	0.0	0.0	0.02	1.56	0.0	0.0	0.0	0.04
1/2cup Fruit Salad Mexican w/ Tajin	51.9	13.23	0.96	11.77	0.65	0.22	11.85	0.28	139.39	50.02	10.86	28.72	16.45	0.0	1.49	0.03	0.17	14.54	0.0	0.0	0.0	0.04
1 Each Fish Pollock Tacos	142.55	13.68	2.1	0.57	10.35	4.55	57.59	0.89	245.7	63.07	193.19	12.41	0.83	0.47	4.96	0.11	0.21	4.85	1.41	31.4	0.0	0.65
1oz Chips Tortilla f/Bulk	141.98	20.28	1.02	0.0	2.03	6.09	0.0	0.31	40.57	106.48	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.51
1/2cup Corn Mexican f/Frz	86.32	18.39	2.47	3.28	2.46	1.78	4.46	0.5	238.81	16.38	75.25	45.0	15.77	0.45	1.06	0.07	0.17	35.55	0.0	0.0	0.0	0.09
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
<b>Dinner TOTAL</b>	<b>556.44</b>	<b>91.02</b>	<b>6.64</b>	<b>40.27</b>	<b>15.5</b>	<b>16.95</b>	<b>86.35</b>	<b>2.03</b>	<b>705.99</b>	<b>289.02</b>	<b>280.59</b>	<b>86.13</b>	<b>43.43</b>	<b>0.92</b>	<b>11.26</b>	<b>0.21</b>	<b>0.57</b>	<b>56.55</b>	<b>1.41</b>	<b>31.4</b>	<b>0.75</b>	<b>2.09</b>

### Daily Nutrient Summary: World Cup 2026

Diet: Renal | Texture: Regular | Choice: 2

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (MCG)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	RIB (MG)	PANT (MG)	FOL (MCG)	VIT B12 (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>Ideal Value</b>	1800	250	22	0	60	50	1200	8	2000	2000	700	700	75	15	90	1.1	5	400	2.4	200	0	0
<b>DAILY TOTAL</b>	<b>2165.23</b>	<b>307.21</b>	<b>19.85</b>	<b>153.27</b>	<b>59.37</b>	<b>82.56</b>	<b>538.6</b>	<b>11.52</b>	<b>2105.31</b>	<b>2382.23</b>	<b>1057.63</b>	<b>399.05</b>	<b>190.8</b>	<b>5.41</b>	<b>92.2</b>	<b>1.43</b>	<b>4.83</b>	<b>385.81</b>	<b>2.51</b>	<b>371.36</b>	<b>2.92</b>	<b>21.77</b>
Breakfast																						
1 Slice Toast Wheat Dry	71.43	13.39	0.89	1.79	2.68	0.89	24.11	0.63	28.57	133.93	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
4fl. oz Juice Cranberry f/Frz Conc 4 flz	59.61	15.24	0.06	12.6	0.01	0.0	6.1	0.09	15.48	4.03	1.48	0.59	13.58	0.0	0.0	0.01	0.14	0.0	0.0	0.0	0.0	0.0
4fl. oz Milk 2% Bulk 8 flz	61.1	5.87	0.0	6.19	4.03	2.42	146.63	0.03	171.07	57.43	112.42	67.21	0.25	1.5	0.25	0.23	0.44	6.11	0.65	9.78	0.11	1.54
1 Each Jelly Grape PC	13.71	3.4	0.05	2.39	0.02	0.0	0.99	0.02	3.8	1.58	0.94	0.0	0.43	0.0	0.0	0.0	0.0	0.54	0.0	0.0	0.0	0.0
1 #16 sc. Egg Scrambled f/Liquid	94.13	0.94	0.0	0.52	7.43	6.52	45.04	1.02	89.2	85.06	119.61	116.43	0.01	1.86	0.19	0.32	0.95	51.25	0.62	218.15	0.04	2.07
6fl. oz Coffee f/Grd	0.04	0.0	0.0	0.0	0.0	0.0	5.48	0.0	3.78	5.48	0.12	0.0	0.0	0.0	0.0	0.0	0.01	0.08	0.0	0.0	0.0	0.0
1/2cup Strawberries f/Fresh	36.29	8.71	2.27	5.55	0.76	0.34	18.14	0.46	173.5	1.13	27.22	1.13	66.68	0.0	2.49	0.02	0.14	27.22	0.0	0.0	0.0	0.02
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup Cereal Oatmeal Maple Sugar	148.7	32.4	2.04	18.83	2.57	1.53	29.16	0.9	102.58	8.96	67.09	0.0	0.0	0.0	0.0	0.0	0.02	0.19	0.0	0.0	0.0	0.26
<b>Breakfast TOTAL</b>	<b>520.86</b>	<b>79.99</b>	<b>5.31</b>	<b>47.86</b>	<b>17.51</b>	<b>15.74</b>	<b>275.8</b>	<b>3.16</b>	<b>588.88</b>	<b>330.3</b>	<b>329.13</b>	<b>185.36</b>	<b>80.95</b>	<b>3.36</b>	<b>6.68</b>	<b>0.58</b>	<b>1.7</b>	<b>85.44</b>	<b>1.27</b>	<b>227.93</b>	<b>0.9</b>	<b>4.65</b>
Lunch																						
2oz Chicken Fried Oven f/Thigh	101.33	2.89	0.15	0.17	9.93	5.2	9.59	0.59	118.14	109.78	90.5	18.76	0.0	0.2	1.36	0.13	0.57	13.65	0.3	55.24	0.03	1.39
1/2cup Green Beans & Gold Seas Frz	34.75	5.93	2.76	1.71	1.37	1.3	41.97	0.73	131.75	18.11	27.54	39.31	3.72	0.45	34.82	0.08	0.04	20.98	0.0	0.0	0.0	0.04
1/2cup Macaroni Seasoned Parslied	110.73	20.46	0.94	0.75	3.61	1.55	15.46	0.96	69.82	70.42	52.56	25.02	0.32	0.45	3.51	0.12	0.12	64.96	0.0	0.0	0.0	0.08
2 Each Cookies Sugar f/Dough	177.62	24.67	0.0	12.83	1.97	7.89	0.0	0.79	0.0	217.09	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	9.87	0.0	3.45
1 2x3 Cornbread f/Mix	125.22	19.75	1.84	5.76	2.54	3.91	19.7	0.79	38.44	238.18	147.45	13.2	0.03	0.12	1.43	0.1	0.21	30.35	0.08	17.57	0.0	1.03
8fl. oz Drink Lemonade f/Mix	97.85	25.4	0.1	24.65	0.0	0.27	12.3	0.05	40.63	20.37	1.04	0.0	10.38	0.0	0.0	0.0	0.02	1.56	0.0	0.0	0.0	0.04
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup Cauliflower Buffalo Bites f/Fresh	57.14	10.3	2.4	2.52	2.7	1.17	25.49	0.78	338.38	318.37	49.21	19.13	57.58	0.34	17.03	0.1	0.74	79.46	0.0	0.0	0.0	0.14
<b>Lunch TOTAL</b>	<b>740.49</b>	<b>109.44</b>	<b>8.19</b>	<b>48.39</b>	<b>22.13</b>	<b>25.33</b>	<b>124.66</b>	<b>4.7</b>	<b>738.06</b>	<b>1025.02</b>	<b>368.55</b>	<b>115.42</b>	<b>72.03</b>	<b>1.56</b>	<b>61.9</b>	<b>0.53</b>	<b>1.7</b>	<b>211.01</b>	<b>0.38</b>	<b>82.68</b>	<b>0.78</b>	<b>6.93</b>
Dinner																						
8fl. oz Drink Lemonade f/Mix	97.85	25.4	0.1	24.65	0.0	0.27	12.3	0.05	40.63	20.37	1.04	0.0	10.38	0.0	0.0	0.0	0.02	1.56	0.0	0.0	0.0	0.04
1/2cup Fruit Salad Mexican w/ Tajin	51.9	13.23	0.96	11.77	0.65	0.22	11.85	0.28	139.39	50.02	10.86	28.72	16.45	0.0	1.49	0.03	0.17	14.54	0.0	0.0	0.0	0.04
1oz Chips Tortilla f/Bulk	141.98	20.28	1.02	0.0	2.03	6.09	0.0	0.31	40.57	106.48	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.51
1/2cup Rice Cilantro No Base	121.21	22.04	0.51	0.1	2.05	2.46	21.45	0.21	51.28	97.15	41.95	2.17	0.17	0.0	3.57	0.01	0.18	2.58	0.0	0.0	0.01	0.24
1/2cup Squash Medley f/Frz	28.93	4.26	1.43	2.23	1.06	1.35	20.99	0.52	192.18	16.14	31.67	44.05	10.82	0.45	4.15	0.04	0.18	13.59	0.0	0.0	0.0	0.04
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
3 Each Meatballs/No Sauce f/Frz .5z	243.24	6.86	1.96	2.95	12.25	18.88	68.04	1.51	251.75	566.43	203.27	18.71	0.0	0.05	6.98	0.2	0.79	30.62	0.85	56.13	0.49	6.49
2 Each Cookies Snickerdoodle f/Dough	182.93	25.68	0.38	15.31	1.68	8.18	3.36	0.78	61.68	137.62	70.91	4.62	0.0	0.0	3.69	0.05	0.1	26.43	0.01	4.62	0.0	2.08
<b>Dinner TOTAL</b>	<b>903.89</b>	<b>117.79</b>	<b>6.35</b>	<b>57.01</b>	<b>19.72</b>	<b>41.49</b>	<b>138.14</b>	<b>3.66</b>	<b>778.37</b>	<b>1026.91</b>	<b>359.95</b>	<b>98.27</b>	<b>37.82</b>	<b>0.5</b>	<b>23.63</b>	<b>0.33</b>	<b>1.44</b>	<b>89.37</b>	<b>0.86</b>	<b>60.75</b>	<b>1.25</b>	<b>10.2</b>

### Daily Nutrient Summary: World Cup 2026

Diet: Lactose Controlled | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (MCG)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	RIB (MG)	PANT (MG)	FOL (MCG)	VIT B12 (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>Ideal Value</b>	2000	250	22	0	90	75	1200	8	4700	2300	700	700	75	15	90	1.1	5	400	2.4	200	0	0
<b>DAILY TOTAL</b>	<b>2213.12</b>	<b>299.8</b>	<b>19.76</b>	<b>119.43</b>	<b>100.21</b>	<b>71.43</b>	<b>1417.24</b>	<b>16.37</b>	<b>3697.41</b>	<b>3154.06</b>	<b>1961.16</b>	<b>565.24</b>	<b>213.45</b>	<b>5.63</b>	<b>104.37</b>	<b>3.19</b>	<b>7.37</b>	<b>506.18</b>	<b>8.62</b>	<b>384.39</b>	<b>2.6</b>	<b>15.44</b>
Breakfast																						
2 Each Pancake f/Mix (Complete)	185.86	36.72	1.45	7.98	4.87	1.83	173.34	1.8	95.87	543.95	299.37	6.19	0.0	0.11	0.0	0.13	0.31	0.0	0.16	1.0	0.19	0.41
4fl. oz Juice Orange f/Frz Conc 4 flz	45.27	10.77	0.31	9.09	0.73	0.08	14.46	0.1	193.36	4.98	18.66	3.98	44.36	0.0	0.12	0.05	0.22	23.55	0.0	0.0	0.0	0.02
8fl. oz Milk Skim LacF Bulk 8 flz	85.15	11.82	0.0	12.38	8.2	0.44	296.82	0.07	379.54	102.18	245.73	4.87	0.0	0.0	0.0	0.44	0.87	12.16	1.22	4.87	0.0	0.28
1fl. oz Syrup Pancake & Waffle f/Bulk	74.76	18.69	0.0	11.21	0.0	0.0	0.0	0.0	0.0	22.43	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1 #16 sc. Egg Scrambled f/Liquid LacF	90.47	0.59	0.0	0.15	7.19	6.38	36.26	1.02	78.95	81.62	112.88	112.4	0.0	1.77	0.18	0.31	0.92	50.88	0.58	217.56	0.03	1.98
1oz Bacon Canadian Breakfast	34.59	0.53	0.0	0.41	4.79	1.4	1.7	0.26	79.1	289.16	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	13.89	0.0	0.52
6fl. oz Coffee f/Grd	0.04	0.0	0.0	0.0	0.0	0.0	5.48	0.0	3.78	5.48	0.12	0.0	0.0	0.0	0.0	0.0	0.01	0.08	0.0	0.0	0.0	0.0
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
3/4cup Cereal Corn Flakes Bulk	60.39	14.23	0.56	1.61	1.27	0.07	0.85	4.89	28.42	123.33	17.26	82.89	3.55	0.6	0.0	0.26	0.04	60.39	0.85	0.0	0.0	0.02
<b>Breakfast TOTAL</b>	<b>612.38</b>	<b>93.39</b>	<b>2.32</b>	<b>42.83</b>	<b>27.06</b>	<b>14.24</b>	<b>529.06</b>	<b>8.15</b>	<b>859.92</b>	<b>1205.83</b>	<b>694.27</b>	<b>210.33</b>	<b>48.31</b>	<b>2.48</b>	<b>4.05</b>	<b>1.19</b>	<b>2.37</b>	<b>147.11</b>	<b>2.81</b>	<b>237.32</b>	<b>0.97</b>	<b>3.99</b>
Lunch																						
3oz BBQ Pork Ribs	227.56	8.19	0.18	6.66	16.62	14.18	33.34	0.78	259.42	281.63	136.73	8.24	0.12	0.9	0.36	0.27	0.73	0.4	0.48	59.47	0.12	4.99
1/2cup Macaroni Seasoned Parslied	110.73	20.46	0.94	0.75	3.61	1.55	15.46	0.96	69.82	70.42	52.56	25.02	0.32	0.45	3.51	0.12	0.12	64.96	0.0	0.0	0.0	0.08
1 2x3 Cornbread f/Mix	125.22	19.75	1.84	5.76	2.54	3.91	19.7	0.79	38.44	238.18	147.45	13.2	0.03	0.12	1.43	0.1	0.21	30.35	0.08	17.57	0.0	1.03
8fl. oz Milk Skim LacF Bulk 8 flz	85.15	11.82	0.0	12.38	8.2	0.44	296.82	0.07	379.54	102.18	245.73	4.87	0.0	0.0	0.0	0.44	0.87	12.16	1.22	4.87	0.0	0.28
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup Cauliflower Buffalo Bites f/Fresh	57.14	10.3	2.4	2.52	2.7	1.17	25.49	0.78	338.38	318.37	49.21	19.13	57.58	0.34	17.03	0.1	0.74	79.46	0.0	0.0	0.0	0.14
1/2cup Coleslaw Summer	100.49	7.16	2.38	3.76	1.37	7.81	42.53	0.64	225.64	106.2	30.79	152.9	38.06	0.0	56.7	0.05	0.2	30.59	0.0	0.0	0.0	1.08
1/2cup Applesauce JcPk Cnd	51.24	13.79	1.34	11.46	0.21	0.12	4.88	0.28	90.28	2.44	6.1	1.22	25.86	0.0	0.61	0.04	0.05	3.66	0.0	0.0	0.0	0.01
<b>Lunch TOTAL</b>	<b>793.38</b>	<b>91.51</b>	<b>9.08</b>	<b>43.29</b>	<b>35.26</b>	<b>33.22</b>	<b>438.37</b>	<b>4.31</b>	<b>1402.42</b>	<b>1152.12</b>	<b>668.82</b>	<b>224.58</b>	<b>121.97</b>	<b>1.81</b>	<b>83.39</b>	<b>1.12</b>	<b>2.92</b>	<b>221.63</b>	<b>1.78</b>	<b>81.91</b>	<b>0.87</b>	<b>8.37</b>
Dinner																						
8fl. oz Milk Skim LacF Bulk 8 flz	85.15	11.82	0.0	12.38	8.2	0.44	296.82	0.07	379.54	102.18	245.73	4.87	0.0	0.0	0.0	0.44	0.87	12.16	1.22	4.87	0.0	0.28
1/2cup Fruit Salad Mexican w/ Tajin	51.9	13.23	0.96	11.77	0.65	0.22	11.85	0.28	139.39	50.02	10.86	28.72	16.45	0.0	1.49	0.03	0.17	14.54	0.0	0.0	0.0	0.04
1 Each Fish Pollock Unbrd on Bun	223.2	26.05	0.94	3.79	21.55	2.86	125.83	2.17	365.73	329.9	240.18	26.97	0.68	0.89	2.58	0.31	0.59	51.43	2.81	60.29	0.01	0.55
2oz Chips Tortilla f/Bulk	283.95	40.56	2.03	0.0	4.06	12.17	0.0	0.61	81.13	212.96	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.01
1/2cup Corn Mexican f/Frz	86.32	18.39	2.47	3.28	2.46	1.78	4.46	0.5	238.81	16.38	75.25	45.0	15.77	0.45	1.06	0.07	0.17	35.55	0.0	0.0	0.0	0.09
1tbsp Guacamole f/Fresh	29.51	2.26	1.31	0.64	0.48	2.37	4.16	0.14	117.62	49.46	12.78	7.35	3.95	0.0	4.53	0.02	0.23	15.78	0.0	0.0	0.0	0.34
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1 #12 sc. Pico de Gallo f/Fresh	11.48	2.55	0.65	1.45	0.48	0.09	6.54	0.13	111.95	2.51	13.02	17.42	6.32	0.0	3.52	0.01	0.05	7.93	0.0	0.0	0.0	0.01
<b>Dinner TOTAL</b>	<b>807.36</b>	<b>114.9</b>	<b>8.36</b>	<b>33.31</b>	<b>37.89</b>	<b>23.97</b>	<b>449.81</b>	<b>3.91</b>	<b>1435.07</b>	<b>796.11</b>	<b>598.07</b>	<b>130.33</b>	<b>43.17</b>	<b>1.34</b>	<b>16.93</b>	<b>0.88</b>	<b>2.08</b>	<b>137.44</b>	<b>4.03</b>	<b>65.16</b>	<b>0.76</b>	<b>3.08</b>

### Daily Nutrient Summary: World Cup 2026

Diet: Lactose Controlled | Texture: Regular | Choice: 2

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (MCG)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	RIB (MG)	PANT (MG)	FOL (MCG)	VIT B12 (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>Ideal Value</b>	2000	250	22	0	90	75	1200	8	4700	2300	700	700	75	15	90	1.1	5	400	2.4	200	0	0
<b>DAILY TOTAL</b>	<b>2314.94</b>	<b>311.42</b>	<b>25.98</b>	<b>130.47</b>	<b>102.5</b>	<b>78.52</b>	<b>1309.27</b>	<b>13.97</b>	<b>4149.05</b>	<b>3021.65</b>	<b>1831.73</b>	<b>776.79</b>	<b>223.16</b>	<b>3.82</b>	<b>81.7</b>	<b>2.75</b>	<b>8.53</b>	<b>476.34</b>	<b>6.19</b>	<b>440.54</b>	<b>3.08</b>	<b>20.03</b>
Breakfast																						
1 Slice Toast Wheat Dry	71.43	13.39	0.89	1.79	2.68	0.89	24.11	0.63	28.57	133.93	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
4fl. oz Juice Orange f/Frz Conc 4 flz	45.27	10.77	0.31	9.09	0.73	0.08	14.46	0.1	193.36	4.98	18.66	3.98	44.36	0.0	0.12	0.05	0.22	23.55	0.0	0.0	0.0	0.02
8fl. oz Milk Skim LacF Bulk 8 flz	85.15	11.82	0.0	12.38	8.2	0.44	296.82	0.07	379.54	102.18	245.73	4.87	0.0	0.0	0.0	0.44	0.87	12.16	1.22	4.87	0.0	0.28
1 Each Jelly Grape PC	13.71	3.4	0.05	2.39	0.02	0.0	0.99	0.02	3.8	1.58	0.94	0.0	0.43	0.0	0.0	0.0	0.0	0.54	0.0	0.0	0.0	0.0
1 #16 sc. Egg Scrambled f/Liquid LacF	90.47	0.59	0.0	0.15	7.19	6.38	36.26	1.02	78.95	81.62	112.88	112.4	0.0	1.77	0.18	0.31	0.92	50.88	0.58	217.56	0.03	1.98
1oz Bacon Canadian Breakfast	34.59	0.53	0.0	0.41	4.79	1.4	1.7	0.26	79.1	289.16	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	13.89	0.0	0.52
6fl. oz Coffee f/Grd	0.04	0.0	0.0	0.0	0.0	0.0	5.48	0.0	3.78	5.48	0.12	0.0	0.0	0.0	0.0	0.0	0.01	0.08	0.0	0.0	0.0	0.0
1/2cup Strawberries f/Fresh	36.29	8.71	2.27	5.55	0.76	0.34	18.14	0.46	173.5	1.13	27.22	1.13	66.68	0.0	2.49	0.02	0.14	27.22	0.0	0.0	0.0	0.02
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup Cereal Oatmeal Maple Sugar	148.7	32.4	2.04	18.83	2.57	1.53	29.16	0.9	102.58	8.96	67.09	0.0	0.0	0.0	0.0	0.0	0.02	0.19	0.0	0.0	0.0	0.26
<b>Breakfast TOTAL</b>	<b>561.5</b>	<b>81.65</b>	<b>5.56</b>	<b>50.59</b>	<b>26.95</b>	<b>15.1</b>	<b>427.27</b>	<b>3.47</b>	<b>1044.08</b>	<b>661.72</b>	<b>472.89</b>	<b>122.38</b>	<b>111.87</b>	<b>1.77</b>	<b>6.54</b>	<b>0.82</b>	<b>2.18</b>	<b>114.67</b>	<b>1.8</b>	<b>236.32</b>	<b>0.78</b>	<b>3.84</b>
Lunch																						
1/2cup Macaroni Seasoned Parslied	110.73	20.46	0.94	0.75	3.61	1.55	15.46	0.96	69.82	70.42	52.56	25.02	0.32	0.45	3.51	0.12	0.12	64.96	0.0	0.0	0.0	0.08
3oz Chicken Baked Herb f/Breast	103.73	0.36	0.17	0.03	19.2	2.27	7.14	0.41	296.86	251.7	182.96	15.46	0.09	0.02	1.8	0.15	1.28	8.11	0.18	61.99	0.01	0.49
1/2cup Okra Cut Southern Style f/Frz	70.78	11.3	2.11	3.7	2.54	2.53	48.24	0.87	242.65	131.28	56.3	12.57	10.16	0.0	22.59	0.08	0.21	58.82	0.06	4.01	0.0	0.82
2 Each Cookies Sugar f/Dough	177.62	24.67	0.0	12.83	1.97	7.89	0.0	0.79	0.0	217.09	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	9.87	0.0	3.45
1 2x3 Cornbread f/Mix	125.22	19.75	1.84	5.76	2.54	3.91	19.7	0.79	38.44	238.18	147.45	13.2	0.03	0.12	1.43	0.1	0.21	30.35	0.08	17.57	0.0	1.03
8fl. oz Milk Skim LacF Bulk 8 flz	85.15	11.82	0.0	12.38	8.2	0.44	296.82	0.07	379.54	102.18	245.73	4.87	0.0	0.0	0.0	0.44	0.87	12.16	1.22	4.87	0.0	0.28
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup Cauliflower Buffalo Bites f/Fresh	57.14	10.3	2.4	2.52	2.7	1.17	25.49	0.78	338.38	318.37	49.21	19.13	57.58	0.34	17.03	0.1	0.74	79.46	0.0	0.0	0.0	0.14
<b>Lunch TOTAL</b>	<b>766.22</b>	<b>98.7</b>	<b>7.46</b>	<b>37.97</b>	<b>40.77</b>	<b>23.8</b>	<b>413.0</b>	<b>4.68</b>	<b>1366.59</b>	<b>1361.92</b>	<b>734.46</b>	<b>90.25</b>	<b>68.18</b>	<b>0.93</b>	<b>50.11</b>	<b>0.99</b>	<b>3.43</b>	<b>253.91</b>	<b>1.54</b>	<b>98.31</b>	<b>0.76</b>	<b>7.05</b>
Dinner																						
8fl. oz Milk Skim LacF Bulk 8 flz	85.15	11.82	0.0	12.38	8.2	0.44	296.82	0.07	379.54	102.18	245.73	4.87	0.0	0.0	0.0	0.44	0.87	12.16	1.22	4.87	0.0	0.28
1/2cup Fruit Salad Mexican w/ Tajin	51.9	13.23	0.96	11.77	0.65	0.22	11.85	0.28	139.39	50.02	10.86	28.72	16.45	0.0	1.49	0.03	0.17	14.54	0.0	0.0	0.0	0.04
2oz Chips Tortilla f/Bulk	283.95	40.56	2.03	0.0	4.06	12.17	0.0	0.61	81.13	212.96	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.01
1tbsp Guacamole f/Fresh	29.51	2.26	1.31	0.64	0.48	2.37	4.16	0.14	117.62	49.46	12.78	7.35	3.95	0.0	4.53	0.02	0.23	15.78	0.0	0.0	0.0	0.34
3 Each Meatballs Mexican Albondigas	229.4	8.39	0.76	2.7	14.59	14.94	67.51	2.12	298.8	345.1	165.87	40.75	3.94	0.67	2.23	0.26	0.7	29.04	1.63	101.04	0.78	5.65
1/2cup Rice Cilantro No Base	121.21	22.04	0.51	0.1	2.05	2.46	21.45	0.21	51.28	97.15	41.95	2.17	0.17	0.0	3.57	0.01	0.18	2.58	0.0	0.0	0.01	0.24
1/2cup Squash Medley f/Frz	28.93	4.26	1.43	2.23	1.06	1.35	20.99	0.52	192.18	16.14	31.67	44.05	10.82	0.45	4.15	0.04	0.18	13.59	0.0	0.0	0.0	0.04
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1 #12 sc. Pico de Gallo f/Fresh	11.48	2.55	0.65	1.45	0.48	0.09	6.54	0.13	111.95	2.51	13.02	17.42	6.32	0.0	3.52	0.01	0.05	7.93	0.0	0.0	0.0	0.01
1/2cup Mexican Chocolate Pudding Hmd	109.84	25.92	5.31	10.64	3.2	1.54	39.53	1.73	365.59	89.79	102.25	418.83	1.46	0.0	1.81	0.13	0.54	12.09	0.0	0.0	0.0	0.77
<b>Dinner TOTAL</b>	<b>987.22</b>	<b>131.07</b>	<b>12.96</b>	<b>41.91</b>	<b>34.78</b>	<b>39.62</b>	<b>469.0</b>	<b>5.82</b>	<b>1738.38</b>	<b>998.01</b>	<b>624.38</b>	<b>564.16</b>	<b>43.11</b>	<b>1.12</b>	<b>25.05</b>	<b>0.94</b>	<b>2.92</b>	<b>107.76</b>	<b>2.85</b>	<b>105.91</b>	<b>1.54</b>	<b>9.14</b>

### Daily Nutrient Summary: World Cup 2026

Diet: Gluten Restricted | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (MCG)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	RIB (MG)	PANT (MG)	FOL (MCG)	VIT B12 (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>Ideal Value</b>	2000	250	22	0	90	75	1200	8	4700	2300	700	700	75	15	90	1.1	5	400	2.4	200	0	0
<b>DAILY TOTAL</b>	<b>2541.31</b>	<b>308.24</b>	<b>26.23</b>	<b>115.94</b>	<b>96.23</b>	<b>106.3</b>	<b>1451.41</b>	<b>16.37</b>	<b>3855.96</b>	<b>2548.48</b>	<b>1754.05</b>	<b>1226.26</b>	<b>196.98</b>	<b>15.43</b>	<b>120.33</b>	<b>3.34</b>	<b>7.19</b>	<b>466.11</b>	<b>9.82</b>	<b>492.56</b>	<b>3.12</b>	<b>31.74</b>
Breakfast																						
1 Each G-F Toast French	131.01	19.02	1.64	2.92	4.45	4.05	98.17	1.26	91.01	202.94	75.71	41.8	0.06	0.76	0.22	0.32	0.34	27.93	0.31	56.84	0.04	1.25
4fl. oz Juice Orange f/Frz Conc 4 flz	45.27	10.77	0.31	9.09	0.73	0.08	14.46	0.1	193.36	4.98	18.66	3.98	44.36	0.0	0.12	0.05	0.22	23.55	0.0	0.0	0.0	0.02
8fl. oz Milk 2% Bulk 8 flz	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1fl. oz Syrup Pancake & Waffle f/Bulk	74.76	18.69	0.0	11.21	0.0	0.0	0.0	0.0	0.0	22.43	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1 #16 sc. Egg Scrambled f/Liquid	94.13	0.94	0.0	0.52	7.43	6.52	45.04	1.02	89.2	85.06	119.61	116.43	0.01	1.86	0.19	0.32	0.95	51.25	0.62	218.15	0.04	2.07
1oz Bacon Canadian Breakfast	34.59	0.53	0.0	0.41	4.79	1.4	1.7	0.26	79.1	289.16	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	13.89	0.0	0.52
6fl. oz Coffee f/Grd	0.04	0.0	0.0	0.0	0.0	0.0	5.48	0.0	3.78	5.48	0.12	0.0	0.0	0.0	0.0	0.0	0.01	0.08	0.0	0.0	0.0	0.0
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
3/4cup Cereal Puffed Rice f/bulk	80.01	17.86	0.08	2.07	1.42	0.43	1.05	6.39	26.25	110.67	26.25	238.56	13.29	1.3	0.0	0.27	0.13	128.1	1.52	0.0	0.0	0.1
<b>Breakfast TOTAL</b>	<b>617.85</b>	<b>79.58</b>	<b>2.03</b>	<b>38.59</b>	<b>26.89</b>	<b>21.36</b>	<b>459.31</b>	<b>9.09</b>	<b>825.74</b>	<b>868.28</b>	<b>465.44</b>	<b>535.18</b>	<b>58.61</b>	<b>6.91</b>	<b>4.77</b>	<b>1.41</b>	<b>2.52</b>	<b>243.18</b>	<b>3.75</b>	<b>308.43</b>	<b>1.04</b>	<b>7.8</b>
Lunch																						
3oz Pork Cubes Seasoned f/Loin	127.75	0.07	0.01	0.03	12.24	8.38	11.36	0.49	222.18	132.44	122.54	13.63	0.43	0.56	0.0	0.15	0.45	0.77	0.33	39.11	0.0	2.71
1/2cup G-F Pasta Penne Buttered	170.94	35.97	4.99	0.0	3.38	2.07	13.18	0.42	137.15	168.15	0.0	24.77	0.0	0.45	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.13
1 Slice Bread White G-F	105.46	19.48	1.83	1.5	1.83	2.23	58.68	1.12	31.89	190.08	21.69	0.0	0.0	0.0	0.13	0.21	0.0	15.31	0.0	0.0	0.0	0.42
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup Cauliflower Roasted f/Fresh	67.32	5.41	2.18	2.08	2.09	4.84	24.43	0.49	326.69	127.36	47.9	0.0	52.47	0.0	19.6	0.07	0.73	62.05	0.0	0.0	0.0	0.77
1/2cup Coleslaw Summer	100.49	7.16	2.38	3.76	1.37	7.81	42.53	0.64	225.64	106.2	30.79	152.9	38.06	0.0	56.7	0.05	0.2	30.59	0.0	0.0	0.0	1.08
3/4cup Ice Cream Sundae & Toppings	218.8	31.14	1.04	26.18	2.92	9.24	91.77	0.5	186.63	74.36	100.95	81.85	0.47	0.14	0.66	0.18	0.4	3.9	0.27	30.41	0.0	5.99
<b>Lunch TOTAL</b>	<b>948.8</b>	<b>111.0</b>	<b>12.43</b>	<b>45.92</b>	<b>31.9</b>	<b>43.45</b>	<b>535.36</b>	<b>3.72</b>	<b>1473.22</b>	<b>946.15</b>	<b>548.96</b>	<b>407.56</b>	<b>91.92</b>	<b>4.14</b>	<b>81.33</b>	<b>1.11</b>	<b>2.65</b>	<b>124.89</b>	<b>1.9</b>	<b>89.07</b>	<b>0.96</b>	<b>14.94</b>
Dinner																						
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1/2cup Fruit Salad Mexican w/ Tajin	51.9	13.23	0.96	11.77	0.65	0.22	11.85	0.28	139.39	50.02	10.86	28.72	16.45	0.0	1.49	0.03	0.17	14.54	0.0	0.0	0.0	0.04
2 Each Fish Pollock Tacos	285.09	27.36	4.19	1.14	20.7	9.1	115.17	1.77	491.39	126.13	386.38	24.82	1.66	0.93	9.91	0.21	0.42	9.7	2.82	62.8	0.0	1.3
2oz Chips Tortilla f/Bulk	283.95	40.56	2.03	0.0	4.06	12.17	0.0	0.61	81.13	212.96	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.01
1/2cup Corn Mexican f/Frz	86.32	18.39	2.47	3.28	2.46	1.78	4.46	0.5	238.81	16.38	75.25	45.0	15.77	0.45	1.06	0.07	0.17	35.55	0.0	0.0	0.0	0.09
1tbsp Guacamole f/Fresh	29.51	2.26	1.31	0.64	0.48	2.37	4.16	0.14	117.62	49.46	12.78	7.35	3.95	0.0	4.53	0.02	0.23	15.78	0.0	0.0	0.0	0.34
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
2tbsp Sauce Cilantro Cream	68.37	1.54	0.16	0.78	0.54	6.88	21.15	0.07	33.67	129.03	16.27	25.8	1.81	0.01	9.48	0.03	0.11	2.27	0.05	12.71	0.16	2.37
1 #12 sc. Pico de Gallo f/Fresh	11.48	2.55	0.65	1.45	0.48	0.09	6.54	0.13	111.95	2.51	13.02	17.42	6.32	0.0	3.52	0.01	0.05	7.93	0.0	0.0	0.0	0.01
<b>Dinner TOTAL</b>	<b>974.66</b>	<b>117.66</b>	<b>11.77</b>	<b>31.43</b>	<b>37.44</b>	<b>41.49</b>	<b>456.74</b>	<b>3.56</b>	<b>1557.0</b>	<b>734.05</b>	<b>739.65</b>	<b>283.52</b>	<b>46.45</b>	<b>4.38</b>	<b>34.23</b>	<b>0.82</b>	<b>2.02</b>	<b>98.04</b>	<b>4.17</b>	<b>95.06</b>	<b>1.12</b>	<b>9.0</b>

### Daily Nutrient Summary: World Cup 2026

Diet: Gluten Restricted | Texture: Regular | Choice: 2

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (MCG)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	RIB (MG)	PANT (MG)	FOL (MCG)	VIT B12 (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)	
<b>Ideal Value</b>	2000	250	22	0	90	75	1200	8	4700	2300	700	700	75	15	90	1.1	5	400	2.4	200	0	0	
<b>DAILY TOTAL</b>	<b>2452.71</b>	<b>316.12</b>	<b>28.51</b>	<b>114.14</b>	<b>98.11</b>	<b>94.37</b>	<b>1386.01</b>	<b>18.33</b>	<b>3991.39</b>	<b>3143.14</b>	<b>1683.44</b>	<b>1129.19</b>	<b>215.51</b>	<b>12.28</b>	<b>87.94</b>	<b>3.01</b>	<b>8.31</b>	<b>407.29</b>	<b>6.32</b>	<b>453.78</b>	<b>3.71</b>	<b>25.66</b>	
Breakfast																							
1 Slice G-F Toast	94.24	17.4	1.63	1.34	1.64	1.99	52.44	1.0	28.5	169.86	19.38	0.0	0.0	0.0	0.11	0.19	0.0	13.68	0.0	0.0	0.0	0.37	
4fl. oz Juice Orange f/Frz Conc 4 flz	45.27	10.77	0.31	9.09	0.73	0.08	14.46	0.1	193.36	4.98	18.66	3.98	44.36	0.0	0.12	0.05	0.22	23.55	0.0	0.0	0.0	0.02	
8fl. oz Milk 2% Bulk 8 flz	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08	
1 Each Jelly Grape PC	13.71	3.4	0.05	2.39	0.02	0.0	0.99	0.02	3.8	1.58	0.94	0.0	0.43	0.0	0.0	0.0	0.0	0.54	0.0	0.0	0.0	0.0	
1 #16 sc. Egg Scrambled f/Liquid	94.13	0.94	0.0	0.52	7.43	6.52	45.04	1.02	89.2	85.06	119.61	116.43	0.01	1.86	0.19	0.32	0.95	51.25	0.62	218.15	0.04	2.07	
1oz Bacon Canadian Breakfast	34.59	0.53	0.0	0.41	4.79	1.4	1.7	0.26	79.1	289.16	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	13.89	0.0	0.52	
6fl. oz Coffee f/Grd	0.04	0.0	0.0	0.0	0.0	0.0	5.48	0.0	3.78	5.48	0.12	0.0	0.0	0.0	0.0	0.0	0.01	0.08	0.0	0.0	0.0	0.0	
1/2cup Strawberries f/Fresh	36.29	8.71	2.27	5.55	0.76	0.34	18.14	0.46	173.5	1.13	27.22	1.13	66.68	0.0	2.49	0.02	0.14	27.22	0.0	0.0	0.0	0.02	
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76	
1/2cup Cereal Crm of Rice	83.91	18.69	0.16	0.07	1.43	0.11	5.11	6.44	33.76	28.99	28.12	0.0	0.0	0.0	0.02	0.03	0.12	6.58	0.0	0.0	0.0	0.03	
<b>Breakfast TOTAL</b>	<b>560.22</b>	<b>72.21</b>	<b>4.42</b>	<b>31.74</b>	<b>24.87</b>	<b>19.32</b>	<b>436.77</b>	<b>9.36</b>	<b>948.04</b>	<b>733.8</b>	<b>439.14</b>	<b>255.95</b>	<b>112.37</b>	<b>4.85</b>	<b>7.17</b>	<b>1.06</b>	<b>2.31</b>	<b>135.17</b>	<b>1.92</b>	<b>251.59</b>	<b>1.0</b>	<b>6.87</b>	
Lunch																							
1/2cup G-F Pasta Penne Buttered	170.94	35.97	4.99	0.0	3.38	2.07	13.18	0.42	137.15	168.15	0.0	24.77	0.0	0.45	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.13
3oz Chicken Baked Herb f/Breast	103.73	0.36	0.17	0.03	19.2	2.27	7.14	0.41	296.86	251.7	182.96	15.46	0.09	0.02	1.8	0.15	1.28	8.11	0.18	61.99	0.01	0.49	
1/2cup Okra Cut Southern Style f/Frz	70.78	11.3	2.11	3.7	2.54	2.53	48.24	0.87	242.65	131.28	56.3	12.57	10.16	0.0	22.59	0.08	0.21	58.82	0.06	4.01	0.0	0.82	
1 Slice Bread White G-F	105.46	19.48	1.83	1.5	1.83	2.23	58.68	1.12	31.89	190.08	21.69	0.0	0.0	0.0	0.13	0.21	0.0	15.31	0.0	0.0	0.0	0.42	
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08	
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76	
1/2cup Cauliflower Roasted f/Fresh	67.32	5.41	2.18	2.08	2.09	4.84	24.43	0.49	326.69	127.36	47.9	0.0	52.47	0.0	19.6	0.07	0.73	62.05	0.0	0.0	0.0	0.77	
2 Each G-F Cookie Sugar f/Mix	222.08	31.34	0.18	22.32	3.33	9.58	60.03	0.24	44.44	309.66	138.15	12.8	0.0	0.16	6.28	0.14	0.21	19.0	0.09	29.76	0.03	0.9	
<b>Lunch TOTAL</b>	<b>898.35</b>	<b>115.63</b>	<b>11.46</b>	<b>42.0</b>	<b>40.44</b>	<b>32.4</b>	<b>505.11</b>	<b>3.61</b>	<b>1422.72</b>	<b>1325.79</b>	<b>672.09</b>	<b>200.01</b>	<b>63.21</b>	<b>3.62</b>	<b>54.64</b>	<b>1.1</b>	<b>3.3</b>	<b>175.56</b>	<b>1.63</b>	<b>115.31</b>	<b>1.0</b>	<b>7.37</b>	
Dinner																							
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08	
1/2cup Fruit Salad Mexican w/ Tajin	51.9	13.23	0.96	11.77	0.65	0.22	11.85	0.28	139.39	50.02	10.86	28.72	16.45	0.0	1.49	0.03	0.17	14.54	0.0	0.0	0.0	0.04	
2oz Chips Tortilla f/Bulk	283.95	40.56	2.03	0.0	4.06	12.17	0.0	0.61	81.13	212.96	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.01	
1tbsp Guacamole f/Fresh	29.51	2.26	1.31	0.64	0.48	2.37	4.16	0.14	117.62	49.46	12.78	7.35	3.95	0.0	4.53	0.02	0.23	15.78	0.0	0.0	0.0	0.34	
3 Each G-F Beef Meatballs	199.28	5.69	0.43	1.2	12.75	13.57	46.2	1.68	218.45	417.96	134.59	20.28	0.27	0.37	2.82	0.16	0.48	17.78	1.47	67.33	0.74	5.13	
1/2cup Rice Cilantro No Base	121.21	22.04	0.51	0.1	2.05	2.46	21.45	0.21	51.28	97.15	41.95	2.17	0.17	0.0	3.57	0.01	0.18	2.58	0.0	0.0	0.01	0.24	
1/2cup Squash Medley f/Frz	28.93	4.26	1.43	2.23	1.06	1.35	20.99	0.52	192.18	16.14	31.67	44.05	10.82	0.45	4.15	0.04	0.18	13.59	0.0	0.0	0.0	0.04	
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76	
1 #12 sc. Pico de Gallo f/Fresh	11.48	2.55	0.65	1.45	0.48	0.09	6.54	0.13	111.95	2.51	13.02	17.42	6.32	0.0	3.52	0.01	0.05	7.93	0.0	0.0	0.0	0.01	
1/2cup Mexican Chocolate Pudding Hmd	109.84	25.92	5.31	10.64	3.2	1.54	39.53	1.73	365.59	89.79	102.25	418.83	1.46	0.0	1.81	0.13	0.54	12.09	0.0	0.0	0.0	0.77	
<b>Dinner TOTAL</b>	<b>994.14</b>	<b>128.28</b>	<b>12.63</b>	<b>40.4</b>	<b>32.8</b>	<b>42.65</b>	<b>444.13</b>	<b>5.36</b>	<b>1620.63</b>	<b>1083.55</b>	<b>572.21</b>	<b>673.23</b>	<b>39.93</b>	<b>3.81</b>	<b>26.13</b>	<b>0.85</b>	<b>2.7</b>	<b>96.56</b>	<b>2.77</b>	<b>86.88</b>	<b>1.71</b>	<b>11.42</b>	

**Daily Nutrient Summary: World Cup 2026**  
Diet: Vegetarian LactoOvo | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (MCG)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	RIB (MG)	PANT (MG)	FOL (MCG)	VIT B12 (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>Ideal Value</b>	2000	250	22	0	90	75	1200	8	4700	2300	700	700	75	15	90	1.1	0	400	2.4	200	0	0
<b>DAILY TOTAL</b>	<b>2764.45</b>	<b>365.05</b>	<b>26.21</b>	<b>141.54</b>	<b>102.62</b>	<b>104.56</b>	<b>1616.08</b>	<b>19.97</b>	<b>3482.96</b>	<b>4097.62</b>	<b>2140.63</b>	<b>1107.68</b>	<b>190.55</b>	<b>13.81</b>	<b>111.93</b>	<b>3.34</b>	<b>7.01</b>	<b>549.46</b>	<b>9.99</b>	<b>350.59</b>	<b>3.53</b>	<b>30.81</b>
Breakfast																						
2 Each Pancake f/Mix (Complete)	185.86	36.72	1.45	7.98	4.87	1.83	173.34	1.8	95.87	543.95	299.37	6.19	0.0	0.11	0.0	0.13	0.31	0.0	0.16	1.0	0.19	0.41
4fl. oz Juice Orange f/Frz Conc 4 flz	45.27	10.77	0.31	9.09	0.73	0.08	14.46	0.1	193.36	4.98	18.66	3.98	44.36	0.0	0.12	0.05	0.22	23.55	0.0	0.0	0.0	0.02
8fl. oz Milk 2% Bulk 8 flz	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1fl. oz Syrup Pancake & Waffle f/Bulk	74.76	18.69	0.0	11.21	0.0	0.0	0.0	0.0	0.0	22.43	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1 #16 sc. Egg Scrambled f/Liquid	94.13	0.94	0.0	0.52	7.43	6.52	45.04	1.02	89.2	85.06	119.61	116.43	0.01	1.86	0.19	0.32	0.95	51.25	0.62	218.15	0.04	2.07
6fl. oz Coffee f/Grd	0.04	0.0	0.0	0.0	0.0	0.0	5.48	0.0	3.78	5.48	0.12	0.0	0.0	0.0	0.0	0.0	0.01	0.08	0.0	0.0	0.0	0.0
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
3/4cup Cereal Corn Flakes Bulk	60.39	14.23	0.56	1.61	1.27	0.07	0.85	4.89	28.42	123.33	17.26	82.89	3.55	0.6	0.0	0.26	0.04	60.39	0.85	0.0	0.0	0.02
<b>Breakfast TOTAL</b>	<b>618.49</b>	<b>93.12</b>	<b>2.32</b>	<b>42.78</b>	<b>22.37</b>	<b>17.38</b>	<b>532.58</b>	<b>7.87</b>	<b>753.67</b>	<b>932.79</b>	<b>680.11</b>	<b>343.9</b>	<b>48.41</b>	<b>5.56</b>	<b>4.55</b>	<b>1.21</b>	<b>2.4</b>	<b>147.54</b>	<b>2.93</b>	<b>238.7</b>	<b>1.19</b>	<b>6.36</b>
Lunch																						
1 Each Vegt Riblett BBQ	310.98	46.29	3.69	11.36	18.74	6.67	42.6	1.99	136.32	962.76	201.64	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.14	1.14
1/2cup Macaroni & Cheese Side	181.17	24.33	1.02	2.91	7.2	6.08	125.17	1.13	121.71	180.41	128.06	89.2	0.08	1.21	0.62	0.23	0.31	70.62	0.33	12.1	0.11	2.31
1 2x3 Cornbread f/Mix	125.22	19.75	1.84	5.76	2.54	3.91	19.7	0.79	38.44	238.18	147.45	13.2	0.03	0.12	1.43	0.1	0.21	30.35	0.08	17.57	0.0	1.03
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup Cauliflower Buffalo Bites f/Fresh	57.14	10.3	2.4	2.52	2.7	1.17	25.49	0.78	338.38	318.37	49.21	19.13	57.58	0.34	17.03	0.1	0.74	79.46	0.0	0.0	0.0	0.14
1/2cup Coleslaw Summer	100.49	7.16	2.38	3.76	1.37	7.81	42.53	0.64	225.64	106.2	30.79	152.9	38.06	0.0	56.7	0.05	0.2	30.59	0.0	0.0	0.0	1.08
3/4cup Ice Cream Sundae & Toppings	218.8	31.14	1.04	26.18	2.92	9.24	91.77	0.5	186.63	74.36	100.95	81.85	0.47	0.14	0.66	0.18	0.4	3.9	0.27	30.41	0.0	5.99
<b>Lunch TOTAL</b>	<b>1151.84</b>	<b>150.74</b>	<b>12.37</b>	<b>64.86</b>	<b>43.54</b>	<b>43.76</b>	<b>640.67</b>	<b>5.89</b>	<b>1390.16</b>	<b>2027.84</b>	<b>883.19</b>	<b>490.69</b>	<b>96.71</b>	<b>4.8</b>	<b>80.68</b>	<b>1.11</b>	<b>2.73</b>	<b>227.19</b>	<b>1.98</b>	<b>79.63</b>	<b>1.21</b>	<b>15.53</b>
Dinner																						
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1/2cup Fruit Salad Mexican w/ Tajin	51.9	13.23	0.96	11.77	0.65	0.22	11.85	0.28	139.39	50.02	10.86	28.72	16.45	0.0	1.49	0.03	0.17	14.54	0.0	0.0	0.0	0.04
1 Each Vegt Chicken-like Patty Brd Sndw f/RTC	304.55	30.89	3.94	3.61	19.97	11.03	101.26	4.42	273.52	529.07	224.06	14.39	0.64	0.0	2.38	0.41	0.28	86.39	3.73	0.0	0.01	1.22
2oz Chips Tortilla f/Bulk	283.95	40.56	2.03	0.0	4.06	12.17	0.0	0.61	81.13	212.96	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.01
1/2cup Corn Mexican f/Frz	86.32	18.39	2.47	3.28	2.46	1.78	4.46	0.5	238.81	16.38	75.25	45.0	15.77	0.45	1.06	0.07	0.17	35.55	0.0	0.0	0.0	0.09
1tbsp Guacamole f/Fresh	29.51	2.26	1.31	0.64	0.48	2.37	4.16	0.14	117.62	49.46	12.78	7.35	3.95	0.0	4.53	0.02	0.23	15.78	0.0	0.0	0.0	0.34
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
2tbsp Sauce Cilantro Cream	68.37	1.54	0.16	0.78	0.54	6.88	21.15	0.07	33.67	129.03	16.27	25.8	1.81	0.01	9.48	0.03	0.11	2.27	0.05	12.71	0.16	2.37
1 #12 sc. Pico de Gallo f/Fresh	11.48	2.55	0.65	1.45	0.48	0.09	6.54	0.13	111.95	2.51	13.02	17.42	6.32	0.0	3.52	0.01	0.05	7.93	0.0	0.0	0.0	0.01
<b>Dinner TOTAL</b>	<b>994.12</b>	<b>121.19</b>	<b>11.52</b>	<b>33.9</b>	<b>36.71</b>	<b>43.42</b>	<b>442.83</b>	<b>6.21</b>	<b>1339.13</b>	<b>1136.99</b>	<b>577.33</b>	<b>273.09</b>	<b>45.43</b>	<b>3.45</b>	<b>26.7</b>	<b>1.02</b>	<b>1.88</b>	<b>174.73</b>	<b>5.08</b>	<b>32.26</b>	<b>1.13</b>	<b>8.92</b>

**Daily Nutrient Summary: World Cup 2026**  
Diet: Vegetarian LactoOvo | Texture: Regular | Choice: 2

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (MCG)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	RIB (MG)	PANT (MG)	FOL (MCG)	VIT B12 (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>Ideal Value</b>	2000	250	22	0	90	75	1200	8	4700	2300	700	700	75	15	90	1.1	0	400	2.4	200	0	0
<b>DAILY TOTAL</b>	<b>2571.23</b>	<b>341.85</b>	<b>34.56</b>	<b>153.81</b>	<b>100.54</b>	<b>96.42</b>	<b>1454.4</b>	<b>15.66</b>	<b>3785.21</b>	<b>3436.29</b>	<b>2007.49</b>	<b>1245.66</b>	<b>214.28</b>	<b>13.94</b>	<b>99.85</b>	<b>3.58</b>	<b>7.15</b>	<b>537.29</b>	<b>10.69</b>	<b>362.82</b>	<b>3.06</b>	<b>25.04</b>
<b>Breakfast</b>																						
1 Slice Toast Wheat Dry	71.43	13.39	0.89	1.79	2.68	0.89	24.11	0.63	28.57	133.93	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
4fl. oz Juice Orange f/Frz Conc 4 flz	45.27	10.77	0.31	9.09	0.73	0.08	14.46	0.1	193.36	4.98	18.66	3.98	44.36	0.0	0.12	0.05	0.22	23.55	0.0	0.0	0.0	0.02
8fl. oz Milk 2% Bulk 8 flz	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1 Each Jelly Grape PC	13.71	3.4	0.05	2.39	0.02	0.0	0.99	0.02	3.8	1.58	0.94	0.0	0.43	0.0	0.0	0.0	0.0	0.54	0.0	0.0	0.0	0.0
1 #16 sc. Egg Scrambled f/Liquid	94.13	0.94	0.0	0.52	7.43	6.52	45.04	1.02	89.2	85.06	119.61	116.43	0.01	1.86	0.19	0.32	0.95	51.25	0.62	218.15	0.04	2.07
6fl. oz Coffee f/Grd	0.04	0.0	0.0	0.0	0.0	0.0	5.48	0.0	3.78	5.48	0.12	0.0	0.0	0.0	0.0	0.0	0.01	0.08	0.0	0.0	0.0	0.0
1/2cup Strawberries f/Fresh	36.29	8.71	2.27	5.55	0.76	0.34	18.14	0.46	173.5	1.13	27.22	1.13	66.68	0.0	2.49	0.02	0.14	27.22	0.0	0.0	0.0	0.02
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup Cereal Oatmeal Maple Sugar	148.7	32.4	2.04	18.83	2.57	1.53	29.16	0.9	102.58	8.96	67.09	0.0	0.0	0.0	0.0	0.0	0.02	0.19	0.0	0.0	0.0	0.26
<b>Breakfast TOTAL</b>	<b>567.61</b>	<b>81.38</b>	<b>5.56</b>	<b>50.54</b>	<b>22.26</b>	<b>18.24</b>	<b>430.79</b>	<b>3.19</b>	<b>937.83</b>	<b>388.68</b>	<b>458.73</b>	<b>255.95</b>	<b>111.97</b>	<b>4.85</b>	<b>7.04</b>	<b>0.84</b>	<b>2.21</b>	<b>115.1</b>	<b>1.92</b>	<b>237.7</b>	<b>1.0</b>	<b>6.21</b>
<b>Lunch</b>																						
1/2cup Macaroni & Cheese Side	181.17	24.33	1.02	2.91	7.2	6.08	125.17	1.13	121.71	180.41	128.06	89.2	0.08	1.21	0.62	0.23	0.31	70.62	0.33	12.1	0.11	2.31
1/2cup Green Beans & Gold Seas Frz	34.75	5.93	2.76	1.71	1.37	1.3	41.97	0.73	131.75	18.11	27.54	39.31	3.72	0.45	34.82	0.08	0.04	20.98	0.0	0.0	0.0	0.04
1 Each Vegt Chicken-like Patty Brd f/RTC	166.14	6.04	3.05	0.0	15.12	9.09	29.82	2.72	213.0	284.0	173.95	0.0	0.0	0.0	0.0	0.26	0.0	39.76	3.63	0.0	0.0	0.8
1 2x3 Cornbread f/Mix	125.22	19.75	1.84	5.76	2.54	3.91	19.7	0.79	38.44	238.18	147.45	13.2	0.03	0.12	1.43	0.1	0.21	30.35	0.08	17.57	0.0	1.03
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup Cauliflower Buffalo Bites f/Fresh	57.14	10.3	2.4	2.52	2.7	1.17	25.49	0.78	338.38	318.37	49.21	19.13	57.58	0.34	17.03	0.1	0.74	79.46	0.0	0.0	0.0	0.14
1 Slice Pie Boston Cream	252.0	42.9	1.4	36.1	2.4	8.5	23.0	0.38	39.0	254.0	49.0	24.0	0.2	0.13	3.1	0.27	0.3	14.0	0.16	37.0	0.0	2.44
<b>Lunch TOTAL</b>	<b>974.46</b>	<b>121.02</b>	<b>12.47</b>	<b>61.37</b>	<b>39.4</b>	<b>38.93</b>	<b>558.56</b>	<b>6.59</b>	<b>1225.32</b>	<b>1440.63</b>	<b>800.3</b>	<b>319.25</b>	<b>62.1</b>	<b>5.24</b>	<b>61.24</b>	<b>1.49</b>	<b>2.47</b>	<b>267.44</b>	<b>5.5</b>	<b>86.22</b>	<b>1.07</b>	<b>10.6</b>
<b>Dinner</b>																						
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1/2cup Fruit Salad Mexican w/ Tajin	51.9	13.23	0.96	11.77	0.65	0.22	11.85	0.28	139.39	50.02	10.86	28.72	16.45	0.0	1.49	0.03	0.17	14.54	0.0	0.0	0.0	0.04
2oz Chips Tortilla f/Bulk	283.95	40.56	2.03	0.0	4.06	12.17	0.0	0.61	81.13	212.96	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.01
1tbsp Guacamole f/Fresh	29.51	2.26	1.31	0.64	0.48	2.37	4.16	0.14	117.62	49.46	12.78	7.35	3.95	0.0	4.53	0.02	0.23	15.78	0.0	0.0	0.0	0.34
6oz Vegt Beef-like Meatballs w/Mushroom Sc	234.3	16.86	4.33	2.7	18.83	10.17	67.12	2.2	219.88	941.39	310.84	17.51	0.55	0.41	8.26	0.56	0.25	75.97	1.97	19.35	0.02	1.94
1/2cup Rice Cilantro No Base	121.21	22.04	0.51	0.1	2.05	2.46	21.45	0.21	51.28	97.15	41.95	2.17	0.17	0.0	3.57	0.01	0.18	2.58	0.0	0.0	0.01	0.24
1/2cup Squash Medley f/Frz	28.93	4.26	1.43	2.23	1.06	1.35	20.99	0.52	192.18	16.14	31.67	44.05	10.82	0.45	4.15	0.04	0.18	13.59	0.0	0.0	0.0	0.04
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1 #12 sc. Pico de Gallo f/Fresh	11.48	2.55	0.65	1.45	0.48	0.09	6.54	0.13	111.95	2.51	13.02	17.42	6.32	0.0	3.52	0.01	0.05	7.93	0.0	0.0	0.0	0.01
1/2cup Mexican Chocolate Pudding Hmd	109.84	25.92	5.31	10.64	3.2	1.54	39.53	1.73	365.59	89.79	102.25	418.83	1.46	0.0	1.81	0.13	0.54	12.09	0.0	0.0	0.0	0.77
<b>Dinner TOTAL</b>	<b>1029.16</b>	<b>139.45</b>	<b>16.53</b>	<b>41.9</b>	<b>38.88</b>	<b>39.25</b>	<b>465.05</b>	<b>5.88</b>	<b>1622.06</b>	<b>1606.98</b>	<b>748.46</b>	<b>670.46</b>	<b>40.21</b>	<b>3.85</b>	<b>31.57</b>	<b>1.25</b>	<b>2.47</b>	<b>154.75</b>	<b>3.27</b>	<b>38.9</b>	<b>0.99</b>	<b>8.23</b>

**Daily Nutrient Summary: World Cup 2026**  
Diet: Fiber Restricted | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (MCG)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	RIB (MG)	PANT (MG)	FOL (MCG)	VIT B12 (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>Ideal Value</b>	2000	250	0	0	90	75	1200	8	4700	2300	700	700	75	15	90	1.1	5	400	2.4	200	0	0
<b>DAILY TOTAL</b>	<b>2096.11</b>	<b>266.02</b>	<b>14.27</b>	<b>127.38</b>	<b>93.5</b>	<b>73.81</b>	<b>1558.6</b>	<b>16.45</b>	<b>2754.99</b>	<b>2675.76</b>	<b>1775.91</b>	<b>1604.2</b>	<b>33.93</b>	<b>14.04</b>	<b>85.85</b>	<b>3.15</b>	<b>6.17</b>	<b>349.93</b>	<b>9.05</b>	<b>435.91</b>	<b>3.29</b>	<b>27.22</b>
<b>Breakfast</b>																						
2 Each Pancake f/Mix (Complete)	185.86	36.72	1.45	7.98	4.87	1.83	173.34	1.8	95.87	543.95	299.37	6.19	0.0	0.11	0.0	0.13	0.31	0.0	0.16	1.0	0.19	0.41
4fl. oz Juice Cranberry f/Frz Conc 4 flz	59.61	15.24	0.06	12.6	0.01	0.0	6.1	0.09	15.48	4.03	1.48	0.59	13.58	0.0	0.0	0.01	0.14	0.0	0.0	0.0	0.0	0.0
8fl. oz Milk 2% Bulk 8 flz	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1fl. oz Syrup Pancake & Waffle f/Bulk	74.76	18.69	0.0	11.21	0.0	0.0	0.0	0.0	0.0	22.43	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1 #16 sc. Egg Scrambled f/Liquid	94.13	0.94	0.0	0.52	7.43	6.52	45.04	1.02	89.2	85.06	119.61	116.43	0.01	1.86	0.19	0.32	0.95	51.25	0.62	218.15	0.04	2.07
1oz Bacon Canadian Breakfast	34.59	0.53	0.0	0.41	4.79	1.4	1.7	0.26	79.1	289.16	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	13.89	0.0	0.52
6fl. oz Coffee Decaf f/Grd	0.0	0.0	0.0	0.0	0.0	0.0	5.36	0.0	2.71	5.36	0.02	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
3/4cup Cereal Corn Flakes Bulk	60.39	14.23	0.56	1.61	1.27	0.07	0.85	4.89	28.42	123.33	17.26	82.89	3.55	0.6	0.0	0.26	0.04	60.39	0.85	0.0	0.0	0.02
<b>Breakfast TOTAL</b>	<b>667.38</b>	<b>98.12</b>	<b>2.07</b>	<b>46.7</b>	<b>26.44</b>	<b>18.7</b>	<b>525.8</b>	<b>8.12</b>	<b>653.82</b>	<b>1220.88</b>	<b>662.83</b>	<b>340.51</b>	<b>18.03</b>	<b>5.56</b>	<b>4.43</b>	<b>1.17</b>	<b>2.31</b>	<b>123.91</b>	<b>2.93</b>	<b>252.59</b>	<b>1.19</b>	<b>6.86</b>
<b>Lunch</b>																						
3oz Pork Cubes Seasoned f/Loin	127.75	0.07	0.01	0.03	12.24	8.38	11.36	0.49	222.18	132.44	122.54	13.63	0.43	0.56	0.0	0.15	0.45	0.77	0.33	39.11	0.0	2.71
1/2cup Macaroni Seasoned Parslied	110.73	20.46	0.94	0.75	3.61	1.55	15.46	0.96	69.82	70.42	52.56	25.02	0.32	0.45	3.51	0.12	0.12	64.96	0.0	0.0	0.0	0.08
1 Each Roll White f/RTB Dough	131.81	22.11	0.85	2.36	4.63	2.75	75.69	1.58	59.1	198.57	51.87	0.43	0.09	0.0	4.51	0.16	0.19	42.95	0.06	1.7	0.0	0.59
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup Carrot Marinated Soft Chilled f/Frz	71.98	9.49	3.04	5.91	0.61	3.92	33.43	0.5	183.47	64.24	29.27	767.59	2.9	0.0	14.68	0.03	0.16	10.53	0.0	0.0	0.01	0.35
3/4cup Ice Cream Sundae & Toppings	218.8	31.14	1.04	26.18	2.92	9.24	91.77	0.5	186.63	74.36	100.95	81.85	0.47	0.14	0.66	0.18	0.4	3.9	0.27	30.41	0.0	5.99
<b>Lunch TOTAL</b>	<b>819.11</b>	<b>95.04</b>	<b>5.88</b>	<b>47.6</b>	<b>32.08</b>	<b>34.72</b>	<b>521.12</b>	<b>4.09</b>	<b>1064.24</b>	<b>687.59</b>	<b>582.28</b>	<b>1022.93</b>	<b>4.7</b>	<b>4.14</b>	<b>27.6</b>	<b>1.09</b>	<b>2.19</b>	<b>135.38</b>	<b>1.96</b>	<b>90.77</b>	<b>0.97</b>	<b>13.56</b>
<b>Dinner</b>																						
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1/2cup Peaches Diced JcPk Cnd	53.98	14.23	1.59	12.64	0.77	0.04	7.36	0.33	157.03	4.91	20.86	23.31	4.42	0.0	2.09	0.02	0.06	3.68	0.0	0.0	0.0	0.0
1 Each Fish Pollock Unbrd on Bun	223.2	26.05	0.94	3.79	21.55	2.86	125.83	2.17	365.73	329.9	240.18	26.97	0.68	0.89	2.58	0.31	0.59	51.43	2.81	60.29	0.01	0.55
1 Slice Bread White	71.43	13.39	0.89	1.79	2.68	0.45	18.75	0.8	21.43	133.93	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1/2cup Beans Wax w/Parsley	34.6	5.88	2.74	1.71	1.37	1.28	45.18	0.81	116.03	21.96	28.4	30.27	3.8	0.45	35.43	0.08	0.04	20.99	0.0	0.0	0.0	0.04
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
2tbsp Sauce Cilantro Cream	68.37	1.54	0.16	0.78	0.54	6.88	21.15	0.07	33.67	129.03	16.27	25.8	1.81	0.01	9.48	0.03	0.11	2.27	0.05	12.71	0.16	2.37
<b>Dinner TOTAL</b>	<b>609.62</b>	<b>72.86</b>	<b>6.32</b>	<b>33.08</b>	<b>34.98</b>	<b>20.39</b>	<b>511.68</b>	<b>4.24</b>	<b>1036.93</b>	<b>767.29</b>	<b>530.8</b>	<b>240.76</b>	<b>11.2</b>	<b>4.34</b>	<b>53.82</b>	<b>0.89</b>	<b>1.67</b>	<b>90.64</b>	<b>4.16</b>	<b>92.55</b>	<b>1.13</b>	<b>6.8</b>

### Daily Nutrient Summary: World Cup 2026

Diet: Fiber Restricted | Texture: Regular | Choice: 2

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (MCG)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	RIB (MG)	PANT (MG)	FOL (MCG)	VIT B12 (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>Ideal Value</b>	2000	250	0	0	90	75	1200	8	4700	2300	700	700	75	15	90	1.1	5	400	2.4	200	0	0
<b>DAILY TOTAL</b>	<b>2111.99</b>	<b>268.97</b>	<b>14.12</b>	<b>121.84</b>	<b>97.51</b>	<b>73.27</b>	<b>1414.15</b>	<b>18.15</b>	<b>2876.73</b>	<b>2539.56</b>	<b>1544.54</b>	<b>779.19</b>	<b>65.59</b>	<b>14.36</b>	<b>70.81</b>	<b>2.84</b>	<b>7.06</b>	<b>292.01</b>	<b>7.04</b>	<b>475.05</b>	<b>3.82</b>	<b>26.62</b>
Breakfast																						
1 Slice Toast White Dry	71.43	13.39	0.89	1.79	2.68	0.45	18.75	0.8	21.43	133.93	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
4fl. oz Juice Cranberry f/Frz Conc 4 flz	59.61	15.24	0.06	12.6	0.01	0.0	6.1	0.09	15.48	4.03	1.48	0.59	13.58	0.0	0.0	0.01	0.14	0.0	0.0	0.0	0.0	0.0
8fl. oz Milk 2% Bulk 8 flz	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1 Each Jelly Grape PC	13.71	3.4	0.05	2.39	0.02	0.0	0.99	0.02	3.8	1.58	0.94	0.0	0.43	0.0	0.0	0.0	0.0	0.54	0.0	0.0	0.0	0.0
1 #16 sc. Egg Scrambled f/Liquid	94.13	0.94	0.0	0.52	7.43	6.52	45.04	1.02	89.2	85.06	119.61	116.43	0.01	1.86	0.19	0.32	0.95	51.25	0.62	218.15	0.04	2.07
1oz Bacon Canadian Breakfast	34.59	0.53	0.0	0.41	4.79	1.4	1.7	0.26	79.1	289.16	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	13.89	0.0	0.52
6fl. oz Coffee Decaf f/Grd	0.0	0.0	0.0	0.0	0.0	0.0	5.36	0.0	2.71	5.36	0.02	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1/2cup Applesauce Cinnamon JcPk Cnd	53.27	14.45	1.78	11.48	0.24	0.13	13.12	0.35	93.83	2.52	6.63	1.34	25.89	0.0	0.87	0.04	0.05	3.71	0.0	0.0	0.0	0.01
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup Cereal Crm of Rice	83.91	18.69	0.16	0.07	1.43	0.11	5.11	6.44	33.76	28.99	28.12	0.0	0.0	0.0	0.02	0.03	0.12	6.58	0.0	0.0	0.0	0.03
<b>Breakfast TOTAL</b>	<b>568.69</b>	<b>78.41</b>	<b>2.94</b>	<b>41.63</b>	<b>24.67</b>	<b>17.49</b>	<b>389.58</b>	<b>9.04</b>	<b>682.35</b>	<b>698.19</b>	<b>381.89</b>	<b>252.77</b>	<b>40.8</b>	<b>4.85</b>	<b>5.32</b>	<b>0.85</b>	<b>2.13</b>	<b>74.35</b>	<b>1.92</b>	<b>251.59</b>	<b>1.0</b>	<b>6.47</b>
Lunch																						
3oz Chicken Baked Herb f/Breast	103.73	0.36	0.17	0.03	19.2	2.27	7.14	0.41	296.86	251.7	182.96	15.46	0.09	0.02	1.8	0.15	1.28	8.11	0.18	61.99	0.01	0.49
1/2cup Macaroni Seasoned Parslied	110.73	20.46	0.94	0.75	3.61	1.55	15.46	0.96	69.82	70.42	52.56	25.02	0.32	0.45	3.51	0.12	0.12	64.96	0.0	0.0	0.0	0.08
1/2cup Green Beans & Gold Seas Frz	34.75	5.93	2.76	1.71	1.37	1.3	41.97	0.73	131.75	18.11	27.54	39.31	3.72	0.45	34.82	0.08	0.04	20.98	0.0	0.0	0.0	0.04
2 Each Cookies Sugar f/Dough	177.62	24.67	0.0	12.83	1.97	7.89	0.0	0.79	0.0	217.09	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	9.87	0.0	3.45
1 Each Roll White f/RTB Dough	131.81	22.11	0.85	2.36	4.63	2.75	75.69	1.58	59.1	198.57	51.87	0.43	0.09	0.0	4.51	0.16	0.19	42.95	0.06	1.7	0.0	0.59
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
<b>Lunch TOTAL</b>	<b>716.68</b>	<b>85.3</b>	<b>4.72</b>	<b>30.05</b>	<b>38.85</b>	<b>24.64</b>	<b>433.67</b>	<b>4.53</b>	<b>900.57</b>	<b>903.45</b>	<b>540.02</b>	<b>214.63</b>	<b>4.71</b>	<b>3.91</b>	<b>48.88</b>	<b>0.96</b>	<b>2.5</b>	<b>149.27</b>	<b>1.54</b>	<b>93.11</b>	<b>0.97</b>	<b>8.49</b>
Dinner																						
8fl. oz Milk 2% Bulk L & D	122.19	11.73	0.0	12.37	8.06	4.84	293.26	0.05	342.14	114.86	224.84	134.41	0.49	2.99	0.49	0.45	0.87	12.22	1.3	19.55	0.21	3.08
1/2cup Peaches Diced JcPk Cnd	53.98	14.23	1.59	12.64	0.77	0.04	7.36	0.33	157.03	4.91	20.86	23.31	4.42	0.0	2.09	0.02	0.06	3.68	0.0	0.0	0.0	0.0
1 Slice Bread White	71.43	13.39	0.89	1.79	2.68	0.45	18.75	0.8	21.43	133.93	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
3 Each Meatballs Mexican Albondigas	229.4	8.39	0.76	2.7	14.59	14.94	67.51	2.12	298.8	345.1	165.87	40.75	3.94	0.67	2.23	0.26	0.7	29.04	1.63	101.04	0.78	5.65
1/2cup Rice Cilantro No Base	121.21	22.04	0.51	0.1	2.05	2.46	21.45	0.21	51.28	97.15	41.95	2.17	0.17	0.0	3.57	0.01	0.18	2.58	0.0	0.0	0.01	0.24
1/2cup Squash Medley f/Frz	28.93	4.26	1.43	2.23	1.06	1.35	20.99	0.52	192.18	16.14	31.67	44.05	10.82	0.45	4.15	0.04	0.18	13.59	0.0	0.0	0.0	0.04
1 Each Margarine Pat	35.85	0.04	0.0	0.0	0.01	4.04	0.15	0.01	0.9	32.7	0.25	0.0	0.0	0.0	3.75	0.0	0.0	0.05	0.0	0.0	0.75	0.76
1/2cup Pudding Chocolate f/Inst	163.63	31.18	1.28	18.33	4.77	3.02	161.43	0.54	230.05	193.13	137.19	67.1	0.24	1.49	0.33	0.25	0.44	7.23	0.65	9.76	0.1	1.89
<b>Dinner TOTAL</b>	<b>826.62</b>	<b>105.26</b>	<b>6.46</b>	<b>50.16</b>	<b>33.99</b>	<b>31.14</b>	<b>590.9</b>	<b>4.58</b>	<b>1293.81</b>	<b>937.92</b>	<b>622.63</b>	<b>311.79</b>	<b>20.08</b>	<b>5.6</b>	<b>16.61</b>	<b>1.03</b>	<b>2.43</b>	<b>68.39</b>	<b>3.58</b>	<b>130.35</b>	<b>1.85</b>	<b>11.66</b>



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