

**Fall/ Early winter Cycle - Breakfast HHFKA 9-12 (age 14-18)**

Menu subject to change. For any questions or comments please contact us directly at [menu@luncherasdisi.com](mailto:menu@luncherasdisi.com)

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="right"><b>01/02/2023</b></p> <p align="center">NO SCHOOL TODAY</p>	<p align="right"><b>01/03/2023</b></p> <p align="center">Cereal Cheerios Multigrain (V/VG) Go Gurts Fruit Punch Juice Choice of Milk</p>	<p align="right"><b>01/04/2023</b></p> <p align="center">One-Pan Breakfast Potato, Egg Scramble &amp; Roll (V) Bananas Choice of Milk</p>	<p align="right"><b>01/05/2023</b></p> <p align="center">WG Choc. Chip Pancakes(V) Syrup Maple (ss) Fresh Apples Choice of Milk</p>	<p align="right"><b>01/06/2023</b></p> <p align="center">Cinn. Raisin WG Bagel(VG) Cream Cheese (ss) Fresh Pears Choice of Milk</p>
<p align="right"><b>01/09/2023</b></p> <p align="center">Pillsbury WW French Toast Triple Berry (V) Syrup Maple (ss) Bananas Choice of Milk</p>	<p align="right"><b>01/10/2023</b></p> <p align="center">Pumpkin- Carrot WW Breakfast Bar(V) Fresh Tangerines Choice of Milk</p>	<p align="right"><b>01/11/2023</b></p> <p align="center">WG Banana Muffin (V) Mozzarella Cheese Stick** Fresh Apples Choice of Milk</p>	<p align="right"><b>01/12/2023</b></p> <p align="center">WW Breakfast Roll w/ Cheesy Scramble Eggs (V) Fruit Punch Juice Choice of Milk</p>	<p align="right"><b>01/13/2023</b></p> <p align="center">Apple Caramel WW Bread Pudding (V) Fresh Pears Choice of Milk</p>
<p align="right"><b>01/16/2023</b></p> <p align="center">NO SCHOOL TODAY</p>	<p align="right"><b>01/17/2023</b></p> <p align="center">WG Waffles w/ Cinn. Apple-Pears Syrup (V) Fruit Punch Juice Choice of Milk</p>	<p align="right"><b>01/18/2023</b></p> <p align="center">Homemade WW Gingerbread Muffin (V) Mozzarella Cheese Stick** Fresh Apples Choice of Milk</p>	<p align="right"><b>01/19/2023</b></p> <p align="center">Breakfast Pizza w/ Hash Brown Crust &amp; Roll Fresh Pears Choice of Milk</p>	<p align="right"><b>01/20/2023</b></p> <p align="center">NO BREAKFAST</p>
<p align="right"><b>01/23/2023</b></p> <p align="center">Chai Cheesecake Whole Wheat Muffin (V) Fresh Tangerines Choice of Milk</p>	<p align="right"><b>01/24/2023</b></p> <p align="center">WG French Toast Sticks (V/VG) Syrup Maple (ss) Bananas Choice of Milk</p>	<p align="right"><b>01/25/2023</b></p> <p align="center">WG Cinnamon Roll (V) Fresh Apples Choice of Milk</p>	<p align="right"><b>01/26/2023</b></p> <p align="center">WG Waffle Breakfast w/ Egg Patty &amp; Cheese Fresh Pears Choice of Milk</p>	<p align="right"><b>01/27/2023</b></p> <p align="center">Cereal WG Cheerios (V/VG) Assorted Light Yogurt Cranberry Juice Choice of Milk</p>
<p align="right"><b>01/30/2023</b></p> <p align="center">WG Corn Muffin Fruit Punch Juice Choice of Milk</p>	<p align="right"><b>01/31/2023</b></p> <p align="center">One-Pan Breakfast Potato, Egg Scramble &amp; Roll (V) Fresh Tangerines Choice of Milk</p>	<p align="right"><b>02/01/2023</b></p> <p align="center">Cinn. Raisin WG Bagel(VG) Cream Cheese Bananas Choice of Milk</p>	<p align="right"><b>02/02/2023</b></p> <p align="center">Cinnamon Toast Crunch Cup (V/VG) Go Gurts Fresh Apples Choice of Milk</p>	<p align="right"><b>02/03/2023</b></p> <p align="center">WG Choc. Chip Pancakes(V) Syrup Maple (ss) Fresh Apples Choice of Milk</p>

**Available Choice of Milk: Unflavored 1% or skim milk, Lactose Free or Soy (upon request)**

**Locally Grown Components Daily Served: According to the season fruits and vegetables locally grown will be added on  
Breakfast and Lunch menu: *Apples (PA/ VA /MD)*.**

**Dairy - Free (DF), Gluten Free (GF), Vegan (VG), \*Vegetarian (V) options available daily upon request.**

**WG = Whole Grain WW = Whole Wheat**

**Dec 30, 2022**

## Luncheras Di Si

### Nutrient Breakdown Summary Report

From Jan 3, 2023 to Jan 6, 2023

85 - HHFKA Breakfast 9-12 (age 14-18)

Nutrient	Average	% of Cals	Weekly Target	% of Target <sup>1</sup>	Shortfall <sup>1</sup>	Overage <sup>1</sup>	Missing Data
Calories	470		450-600	100%			
Saturated Fat	2.76 g	5.29%	<10.000%				
Sodium	507 mg		640	79%			
Sugars	*44 g	*37.4%					*
Total Fat	8.06 g	15.4%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	66 mg						
Carbohydrate	86.47 g	73.6%					
Fiber	7.98 g						
Protein	*17.08 g	*14.5%					*
Vitamin A	*222 IU						*
Calcium	*22.6 mg						*
Vitamin C	*16.92 mg						*
Iron	*40.15 mg						*

<sup>1</sup>- Data comparisons are not available for date ranges outside of a valid menu week.

**\*N/A\*** - denotes a nutrient that is either missing or incomplete for an individual ingredient

**\*** - denotes combined nutrient totals with either missing or incomplete nutrient data

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# Luncheras Di Si

## Weekly Certification Worksheet

LAYC ACADEMY - Breakfast 9-12

Breakfast 9-12 (age 14-18)

4 Day Week	Tue 01/03/23	Wed 01/04/23	Thu 01/05/23	Fri 01/06/23				Weekly Total	Weekly Rqmt.	Weekly Rqmt. Check	Weekly Fruit Juice Limit Check (no more than half of Total Fruit)	Total Weekly Fruit	Total Weekly Fruit Juice	% of Total Weekly Fruit that is Juice	Weekly Rqmt. Check
Fruit: Minimum (cups)	1	1	1	1				4	4	Yes		4	1	25%	Yes
Vegetables: Minimum (cups)	0	0	0	0				0	N/A	N/A	Weekly Veg. Juice Limit Check (no more than half of Total Veg.)	Total Weekly Veg.	Total Weekly Veg. Juice	% of Total Weekly Veg. that is Juice	Weekly Rqmt. Check
-Dark Green	0	0	0	0			0	N/A	N/A						
-Red/Orange	0	0	0	0			0	N/A	N/A						
-Beans & Peas (Legumes)	0	0	0	0			0	N/A	N/A						
-Starchy	0	0	0	0			0	N/A	N/A						
-Other	0	0	0	0			0	N/A	N/A	0					
Meat/Meat Alt: Minimum (oz eq)	0	0	0	0				0	N/A	N/A					
Meat/Meat Alt: Maximum (oz eq)	0	0	0	0				0	N/A	N/A					
Grain: Minimum (oz eq)	2.5	3	2	2				9.5	7	Yes					
Grain: Maximum (oz eq)	2.5	3	2	2				9.5	8	OVER					
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	7	Weekly Whole Grain Rich Total	7	% of Whole Grain Rich	100%			80% Whole Grain Rich	Yes					
	Tue 01/03/23	Wed 01/04/23	Thu 01/05/23	Fri 01/06/23				Weekly Total	Weekly Rqmt.	Weekly Rqmt. Check					
Milk: Minimum (cups)	2	2	2	2				8	4	Yes					
Variety: Skim/Fat-free unflavored, Skim/fat-free flavored, Low-fat(1% or less) unflavored, Low-fat(1% or less), flavored	Yes	Yes	Yes	Yes											
Reduced fat(2%) or whole, unflavored and flavored															

\*\* Cells with this background color signify Requirements not being met!

## Luncheras Di Si

### Nutrient Breakdown Summary Report

From Jan 9, 2023 to Jan 13, 2023

85 - HHFKA Breakfast 9-12 (age 14-18)

Nutrient	Average	% of Cals	Weekly Target	% of Target <sup>1</sup>	Shortfall <sup>1</sup>	Overage <sup>1</sup>	Missing Data
Calories	477		450-600	100%			
Saturated Fat	3.72 g	7.02%	<10.000%				
Sodium	416 mg		640	65%			
Sugars	*52 g	*43.6%					*
Total Fat	10.03 g	18.9%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	74 mg						
Carbohydrate	81.89 g	68.7%					
Fiber	6.32 g						
Protein	*18.07 g	*15.2%					*
Vitamin A	*1171 IU						*
Calcium	*94.0 mg						*
Vitamin C	*22.87 mg						*
Iron	*5.15 mg						*

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## Weekly Certification Worksheet

LAYC ACADEMY - Breakfast 9-12

Breakfast 9-12 (age 14-18)

Week of 1/9/2023

5 Day Week	Mon 01/09/23	Tue 01/10/23	Wed 01/11/23	Thu 01/12/23	Fri 01/13/23			Weekly Total	Weekly Rqmt.	Weekly Rqmt. Check	Weekly Fruit Juice Limit Check (no more than half of Total Fruit)	Total Weekly Fruit	Total Weekly Fruit Juice	% of Total Weekly Fruit that is Juice	Weekly Rqmt. Check
Fruit: Minimum (cups)	1	1	1	1	1			5	5	Yes		5	1	20%	Yes
Vegetables: Minimum (cups)	0	0	0	0	0			0	N/A	N/A	Weekly Veg. Juice Limit Check (no more than half of Total Veg.)	Total Weekly Veg.	Total Weekly Veg. Juice	% of Total Weekly Veg. that is Juice	Weekly Rqmt. Check
-Dark Green	0	0	0	0	0		0	N/A	N/A						
-Red/Orange	0	0	0	0	0		0	N/A	N/A						
-Beans & Peas (Legumes)	0	0	0	0	0		0	N/A	N/A						
-Starchy	0	0	0	0	0		0	N/A	N/A						
-Other	0	0	0	0	0		0	N/A	N/A	0					
Meat/Meat Alt: Minimum (oz eq)	0	0	0	0	0			0	N/A	N/A					
Meat/Meat Alt: Maximum (oz eq)	0	0	0	0	0			0	N/A	N/A					
Grain: Minimum (oz eq)	2	1.75	2	2.5	1.5			9.75	9	Yes					
Grain: Maximum (oz eq)	2	1.75	2	2.5	1.5			9.75	10	Yes					
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	7	Weekly Whole Grain Rich Total	7	% of Whole Grain Rich	100%		80% Whole Grain Rich	Yes						
	Mon 01/09/23	Tue 01/10/23	Wed 01/11/23	Thu 01/12/23	Fri 01/13/23			Weekly Total	Weekly Rqmt.	Weekly Rqmt. Check					
Milk: Minimum (cups)	2	2	2	2	2			10	5	Yes					
Variety: Skim/Fat-free unflavored, Skim/fat-free flavored, Low-fat(1% or less) unflavored, Low-fat(1% or less), flavored	Yes	Yes	Yes	Yes	Yes										
Reduced fat(2%) or whole, unflavored and flavored															

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## Luncheras Di Si

### Nutrient Breakdown Summary Report

From Jan 17, 2023 to Jan 19, 2023

85 - HHFKA Breakfast 9-12 (age 14-18)

Nutrient	Average	% of Cals	Weekly Target	% of Target <sup>1</sup>	Shortfall <sup>1</sup>	Overage <sup>1</sup>	Missing Data
Calories	462		450-600	100%			
Saturated Fat	2.77 g	5.40%	<10.000%				
Sodium	444 mg		640	69%			
Sugars	*42 g	*36.4%					*
Total Fat	9.90 g	19.3%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	46 mg						
Carbohydrate	73.04 g	63.2%					
Fiber	5.61 g						
Protein	*17.83 g	*15.4%					*
Vitamin A	*216 IU						*
Calcium	*59.5 mg						*
Vitamin C	*9.93 mg						*
Iron	*11.24 mg						*

<sup>1</sup>- Data comparisons are not available for date ranges outside of a valid menu week.

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## Weekly Certification Worksheet

LAYC ACADEMY - Breakfast 9-12

Breakfast 9-12 (age 14-18)

3 Day Week	Tue 01/17/23	Wed 01/18/23	Thu 01/19/23					Weekly Total	Weekly Rqmt.	Weekly Rqmt. Check	Weekly Fruit Juice Limit Check (no more than half of Total Fruit)	Total Weekly Fruit	Total Weekly Fruit Juice	% of Total Weekly Fruit that is Juice	Weekly Rqmt. Check
Fruit: Minimum (cups)	1	1	1					3	3	Yes		3	1	33.33%	Yes
Vegetables: Minimum (cups)	0	0	0					0	N/A	N/A	Weekly Veg. Juice Limit Check (no more than half of Total Veg.)	Total Weekly Veg.	Total Weekly Veg. Juice	% of Total Weekly Veg. that is Juice	Weekly Rqmt. Check
-Dark Green	0	0	0				0	N/A	N/A						
-Red/Orange	0	0	0				0	N/A	N/A						
-Beans & Peas (Legumes)	0	0	0				0	N/A	N/A						
-Starchy	0	0	0				0	N/A	N/A						
-Other	0	0	0				0	N/A	N/A	0					
Meat/Meat Alt: Minimum (oz eq)	0	0	1					1	N/A	N/A					
Meat/Meat Alt: Maximum (oz eq)	0	0	1					1	N/A	N/A					
Grain: Minimum (oz eq)	2	2.75	1					5.75	5.5	Yes					
Grain: Maximum (oz eq)	2	2.75	1					5.75	6	Yes					
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	4.75	Weekly Whole Grain Rich Total	4.75	% of Whole Grain Rich	100%			80% Whole Grain Rich	Yes					
	Tue 01/17/23	Wed 01/18/23	Thu 01/19/23					Weekly Total	Weekly Rqmt.	Weekly Rqmt. Check					
Milk: Minimum (cups)	2	2	2					6	3	Yes					
Variety: Skim/Fat-free unflavored, Skim/fat-free flavored, Low-fat(1% or less) unflavored, Low-fat(1% or less), flavored	Yes	Yes	Yes												
Reduced fat(2%) or whole, unflavored and flavored															

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### Nutrient Breakdown Summary Report

From Jan 23, 2023 to Jan 27, 2023

85 - HHFKA Breakfast 9-12 (age 14-18)

Nutrient	Average	% of Cals	Weekly Target	% of Target <sup>1</sup>	Shortfall <sup>1</sup>	Overage <sup>1</sup>	Missing Data
Calories	495		450-600	100%			
Saturated Fat	4.25 g	7.73%	<10.000%				
Sodium	501 mg		640	78%			
Sugars	*47 g	*38.0%					*
Total Fat	12.27 g	22.3%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	42 mg						
Carbohydrate	81.03 g	65.5%					
Fiber	6.50 g						
Protein	16.61 g	13.4%					
Vitamin A	*431 IU						*
Calcium	*40.5 mg						*
Vitamin C	*22.65 mg						*
Iron	*19.61 mg						*

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# Luncheras Di Si

## Weekly Certification Worksheet

LAYC ACADEMY - Breakfast 9-12

Breakfast 9-12 (age 14-18)

Week of 1/23/2023

5 Day Week	Mon 01/23/23	Tue 01/24/23	Wed 01/25/23	Thu 01/26/23	Fri 01/27/23			Weekly Total	Weekly Rqmt.	Weekly Rqmt. Check	Weekly Fruit Juice Limit Check (no more than half of Total Fruit)	Total Weekly Fruit	Total Weekly Fruit Juice	% of Total Weekly Fruit that is Juice	Weekly Rqmt. Check
Fruit: Minimum (cups)	1	1	1	1	1			5	5	Yes		5	1	20%	Yes
Vegetables: Minimum (cups)	0	0	0	0	0			0	N/A	N/A	Weekly Veg. Juice Limit Check (no more than half of Total Veg.)	Total Weekly Veg.	Total Weekly Veg. Juice	% of Total Weekly Veg. that is Juice	Weekly Rqmt. Check
-Dark Green	0	0	0	0	0			0	N/A	N/A					
-Red/Orange	0	0	0	0	0			0	N/A	N/A					
-Beans & Peas (Legumes)	0	0	0	0	0			0	N/A	N/A					
-Starchy	0	0	0	0	0			0	N/A	N/A					
-Other	0	0	0	0	0			0	N/A	N/A					
Meat/Meat Alt: Minimum (oz eq)	0	0	0	1.75	1			2.75	N/A	N/A					
Meat/Meat Alt: Maximum (oz eq)	0	0	0	1.75	1			2.75	N/A	N/A					
Grain: Minimum (oz eq)	1.75	2.25	2	2	1			9	9	Yes					
Grain: Maximum (oz eq)	1.75	2.25	2	2	1			9	10	Yes					
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	9	Weekly Whole Grain Rich Total	9	% of Whole Grain Rich	100%		80% Whole Grain Rich	Yes						
	Mon 01/23/23	Tue 01/24/23	Wed 01/25/23	Thu 01/26/23	Fri 01/27/23			Weekly Total	Weekly Rqmt.	Weekly Rqmt. Check					
Milk: Minimum (cups)	2	2	2	2	2			10	5	Yes					
Variety: Skim/Fat-free unflavored, Skim/fat-free flavored, Low-fat(1% or less) unflavored, Low-fat(1% or less), flavored	Yes	Yes	Yes	Yes	Yes										
Reduced fat(2%) or whole, unflavored and flavored															

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## Luncheras Di Si

### Nutrient Breakdown Summary Report

From Jan 30, 2023 to Feb 3, 2023

85 - HHFKA Breakfast 9-12 (age 14-18)

Nutrient	Average	% of Cals	Weekly Target	% of Target <sup>1</sup>	Shortfall <sup>1</sup>	Overage <sup>1</sup>	Missing Data
Calories	485		450-600	100%			
Saturated Fat	3.16 g	5.86%	<10.000%				
Sodium	510 mg		640	80%			
Sugars	*45 g	*37.1%					*
Total Fat	9.45 g	17.5%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	61 mg						
Carbohydrate	87.68 g	72.3%					
Fiber	7.50 g						
Protein	*16.48 g	*13.6%					*
Vitamin A	*546 IU						*
Calcium	*35.6 mg						*
Vitamin C	*27.73 mg						*
Iron	*12.21 mg						*

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# Luncheras Di Si

## Weekly Certification Worksheet

LAYC ACADEMY - Breakfast 9-12

Breakfast 9-12 (age 14-18)

Week of 1/30/2023

5 Day Week	Mon 01/30/23	Tue 01/31/23	Wed 02/01/23	Thu 02/02/23	Fri 02/03/23			Weekly Total	Weekly Rqmt. Check	Weekly Rqmt. Check	Weekly Fruit Juice Limit Check (no more than half of Total Fruit)	Total Weekly Fruit	Total Weekly Fruit Juice	% of Total Weekly Fruit that is Juice	Weekly Rqmt. Check
Fruit: Minimum (cups)	1	1	1	1	1			5	5	Yes		5	1	20%	Yes
Vegetables: Minimum (cups)	0	0	0	0	0			0	N/A	N/A	Weekly Veg. Juice Limit Check (no more than half of Total Veg.)	Total Weekly Veg.	Total Weekly Veg. Juice	% of Total Weekly Veg. that is Juice	Weekly Rqmt. Check
-Dark Green	0	0	0	0	0			0	N/A	N/A					
-Red/Orange	0	0	0	0	0			0	N/A	N/A					
-Beans & Peas (Legumes)	0	0	0	0	0			0	N/A	N/A					
-Starchy	0	0	0	0	0			0	N/A	N/A					
-Other	0	0	0	0	0			0	N/A	N/A					
Meat/Meat Alt: Minimum (oz eq)	0	0	0	0	0			0	N/A	N/A					
Meat/Meat Alt: Maximum (oz eq)	0	0	0	0	0			0	N/A	N/A					
Grain: Minimum (oz eq)	1.5	3	2	2.5	2			11	9	Yes					
Grain: Maximum (oz eq)	1.5	3	2	2.5	2			11	10	OVER					
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	8.5	Weekly Whole Grain Rich Total	8.5	% of Whole Grain Rich	100%		80% Whole Grain Rich	Yes						
	Mon 01/30/23	Tue 01/31/23	Wed 02/01/23	Thu 02/02/23	Fri 02/03/23			Weekly Total	Weekly Rqmt. Check	Weekly Rqmt. Check					
Milk: Minimum (cups)	2	2	2	2	2			10	5	Yes					
Variety: Skim/Fat-free unflavored, Skim/fat-free flavored, Low-fat(1% or less) unflavored, Low-fat(1% or less), flavored	Yes	Yes	Yes	Yes	Yes										
Reduced fat(2%) or whole, unflavored and flavored															

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