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| Menu | Servings | Section Name | Nutrient | Values | Recommended Minimum Per Meal (%) |
| Optimal combination of foods for one meal costs $10.15 | | | | | |
| Lipton® Unsweetened Iced Tea | 1.0 | Drinks | Calories | 910.0 | 113.75 |
| Bean Burrito | 1.0 | Veggie Cravings | Protein (g) | 34.0 | 188.89 |
| Black Beans | 1.0 | Breakfast | Total Carbohydrate (g) | 126.0 | 293.02 |
| Pintos N Cheese | 1.0 |  | Dietary Fiber (g) | 26.0 | 288.89 |
| Cheesy Toasted Breakfast Burrito Potato | 1.0 |  | Total Fat (g) | 31.0 | 100.0 |
| Calories | 2352.86 |  | Saturated Fat (g) | 11.0 | 137.5 |
|  |  |  | Trans Fat (g) | 0.0 | 0.0 |
|  |  |  | Cholesterol (mg) | 110.0 | 110.0 |
|  |  |  | Sodium (mg) | 2890.0 | 377.28 |
|  |  |  | Sugars (g) | 11.0 | 366.67 |
|  |  |  | Potassium (mg) | 1240.0 | 109.44 |
|  |  |  | Iron (mg) | 10.0 | 500.0 |
|  |  |  | Calcium (mg) | 510.0 | 153.15 |