

Base Menu Spreadsheet

Portion Values

May 1, 2025 thru May 23, 2025

Menu Name: LUNCH MIDDLE AND K8 **Include Cost:** No

Site:

Use Alternate Menu Name: No

Thursday - 05/01/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990135 CHICKEN, TENDERS BOOM BOOM	3 TENDERS	1	328	553	1	*N/A*	20.28	*0.00	69	19.81	4.00	17.00
990067 ROLLS, 2oz PROOF AND BAKE	1 ROLL	1	140	190	3	*N/A*	2.50	0.00	0	24.00	5.00	6.00
990134 PIZZA, 3 CHEESE GARLIC BREAD	1 EACH	1	335	802	*3	*N/A*	14.64	0.00	24	33.81	0.91	18.48
990607 BENTO BOX	1 BOX	1	589	632	*42	*N/A*	24.35	*0.00	82	80.41	6.00	16.78
990783 GLAZED SWEET POTATOES, ES/K8/MIDDLE 1/2 CUPS	1/2 CUP	1	252	*111	*27	*N/A*	*5.09	*0.00	*0	*49.81	*3.28	*1.09
990445 BEANS, LIMA CANNED USDA	1/2 CUP	1	100	241	*0	*N/A*	0.44	0.00	*0	*18.21	*6.06	*6.06
991077 APPLES, FRESH, W/SKIN	1 EACH	1	72	1	14	0	0.23	0.00	0	19.06	3.31	0.36
001262 PEARS, ROSY	HALF CUP	1	108	18	*5	*N/A*	0.00	0.00	0	26.43	2.86	0.32
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00

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Portion Values

May 1, 2025 thru May 23, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990780 DRESSING, RANCH 1oz CUPS	1 oz cup	1	70	125	3	*N/A*	6.01	0.00	5	5.01	0.00	0.00
Weighted Daily Average			2304	*3139	*145	*12	*73.55	*0.00	*195	*326.56	*31.42	*90.09
% of Calories					*25.2%	*2.1%	*28.7%	*0.0%		*56.7%		*15.6%
Weekly Nutrient Guideline			600 - 650	1110			<=0					

Friday - 05/02/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990131 TACOS, FISH	2 TACOS	1	467	643	*3	*N/A*	17.82	*0.00	65	54.93	5.17	25.34
990905 LETTUCE SHRD, TOM. DICED, CHEESE (FISH TACO)	1 SERVING	1	57	103	*0	*N/A*	4.82	*0.00	15	3.93	1.17	4.34
990139 SANDWICH, COUNTRY FRIED STEAK	1 EACH	1	430	580	5	*N/A*	19.50	0.00	30	45.00	4.00	21.00
990527 SANDWICH, PBJ (Elem/Middle)	1 SANDWICH	1	548	468	18	*2	25.01	0.00	*0	65.18	*8.85	16.85
990121 SALAD, CUCUMBER & TOMATO	1/2 CUP	1	75	132	*6	*N/A*	4.58	*0.00	*0	9.23	*0.88	0.93
990052 POTATO, FRENCH FRIES 1/2 CUP	1/2 CUP	1	96	24	0	*N/A*	3.60	0.00	0	15.21	1.60	1.60
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	308	12	*34	*N/A*	1.38	*0.00	0	79.57	13.85	3.24
990883 FRUIT, MIXED, CANNED	1/2 CUP	1	170	13	*34	*N/A*	0.00	0.00	0	41.80	2.60	0.00
991118 COOKIE DOUGH, CHOC CHIP WG	1 COOKIE	1	104	94	9	0	3.15	0.00	10	18.50	1.92	1.69
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00

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May 1, 2025 thru May 23, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
990237 SAUCE, MAYONNAISE, LIGHT, INDV	1 PACK	1	40	85	0	*N/A*	4.00	0.00	5	0.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	*N/A*	0.00	0.00	0	0.50	0.00	0.50
990392 SAUCE, TARTAR INDV	POUCH	1	25	85	1	*N/A*	2.50	*N/A*	5	1.00	0.00	0.00
Weighted Daily Average			2634	2753	*156	*14	86.36	*0.00	*146	384.84	*40.04	99.50
% of Calories					*23.7%	*2.1%	29.5%	*0.0%		58.4%		15.1%
Weekly Nutrient Guideline			600 - 650	1110			<=0					

Monday - 05/05/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990279 SAUSAGE DOG	2 OZ; 1 PIECE	1	399	860	7	*N/A*	20.00	0.00	60	37.00	*2.00	18.00
991074 PIZZA, FIESTA FLATBREAD ES/MS	1 EACH	1	437	928	3	*0	22.16	0.04	77	30.34	3.99	29.22
990527 SANDWICH, PBJ (Elem/Middle)	1 SANDWICH	1	548	468	18	*2	25.01	0.00	*0	65.18	*8.85	16.85
990084 POTATO, SEASONED FRIES 1/2 CUP	1/2 CUP	1	127	335	0	*N/A*	4.07	0.00	0	20.80	1.81	1.81
000251 CARROT STICKS, 1/2 CUP	1/2 cup	1	25	21	*N/A*	*N/A*	0.11	*N/A*	0	5.98	1.77	0.61
991081 ORANGES, WEDGES	EACH	1	76	0	15	*N/A*	0.19	0.00	0	18.99	3.88	1.52
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	*N/A*	0.00	0.00	0	29.15	3.98	0.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00

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May 1, 2025 thru May 23, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	*N/A*	0.00	0.00	0	3.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	*N/A*	0.00	0.00	0	0.50	0.00	0.50
Weighted Daily Average			2056	3227	*91	*14	71.55	*0.04	*152	260.95	*26.28	92.51
% of Calories					*17.7%	*2.7%	31.3%	*0.0%		50.8%		18.0%
Weekly Nutrient Guideline			600 - 650	1110			<=0					

Tuesday - 05/06/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990298 Beefaroni	1 cup	1	434	403	*7	*N/A*	20.12	*0.00	64	39.07	4.61	21.95
001440 SUB, TURKEY ES/MS	SANDWICH	1	486	853	6	*N/A*	11.69	0.00	37	63.88	4.85	24.73
990263 SUB FIXINS	EACH	1	18	858	*1	*N/A*	0.20	*0.00	*0	4.09	1.43	0.70
991072 YOGURT & MUFFIN PLATE- (BLUEBERRY MUFFIN)	SERVING	1	397	511	31	*N/A*	13.16	0.00	*25	58.30	0.00	14.06
990202 BROCCOLI, RANCH	1/2 CUP	1	28	121	*1	*N/A*	0.00	0.00	0	4.67	*3.20	3.20
000419 VEGETABLES, FRESH ASSORTED	1/2 c.	1	14	21	*1	*N/A*	0.13	*0.00	0	3.02	1.18	0.79
990337 SIDEKICKS, STRAWBERRY MANGO	1 PORTION CUP	1	80	45	19	*N/A*	0.00	0.00	0	20.00	0.00	0.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991075 APPLESAUCE, CUPS, ASST FLAVORS	4.5 OZ CUP	1	54	1	12	0	0.00	0.00	0	14.39	1.20	0.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
990237 SAUCE, MAYONNAISE, LIGHT, IND	1 PACK	1	40	85	0	*N/A*	4.00	0.00	5	0.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	*N/A*	0.00	0.00	0	0.50	0.00	0.50
990780 DRESSING, RANCH 1oz CUPS	1 oz cup	1	70	125	3	*N/A*	6.01	0.00	5	5.01	0.00	0.00
Weighted Daily Average			1936	3538	*126	*12	55.31	*0.00	*150	262.92	*16.48	89.93
% of Calories					*26.0%	*2.5%	25.7%	*0.0%		54.3%		18.6%
Weekly Nutrient Guideline			600 - 650	1110			<=0					

Wednesday - 05/07/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991159 CHICKEN N WAFFLES (BRFST BREAST FILLETS)	1 EACH	1	500	810	12	*N/A*	20.00	0.00	80	55.00	5.00	24.00
990864 PORK, BBQ RIBLET ON HOAGIE	1 SANDWICH	1	412	976	18	*N/A*	13.10	0.00	38	51.40	1.40	16.40
001057 SANDWICH, GRILLED CHEESE	1 each	1	392	1355	*4	*2	26.86	1.41	51	28.42	4.05	14.19
990309 CAULIFLOWER, SEASONED	1/2 CUP	1	30	25	3	*N/A*	0.49	0.00	0	5.69	2.28	2.01

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990122 CARROTS, SWEET GLAZED 1/2 CUP	1/2 CUP	1	57	66	*9	*N/A*	1.26	*0.00	*0	*11.44	*2.69	*0.64
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	308	12	*34	*N/A*	1.38	*0.00	0	79.57	13.85	3.24
000289 STRAWBERRY DELIGHT	1/2 cup	1	173	0	36	*N/A*	1.00	0.00	0	39.17	2.01	1.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
990277 SAUCE, SWEET-N-SOUR, CUPS	1 PORTION CUP	1	51	86	11	*N/A*	0.00	0.00	0	13.16	0.00	0.00
Weighted Daily Average			2233	3795	*173	*14	64.10	*1.41	*184	*333.85	*31.28	*85.49
% of Calories					*31.0%	*2.5%	25.8%	*0.6%		*59.8%		*15.3%
Weekly Nutrient Guideline			600 - 650	1110			<=0					

Thursday - 05/08/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990938 WALKING TACO, BEEF AND DORITOS	1 SERVING	1	355	721	1	*1	16.63	0.00	59	31.48	3.49	19.51
990085 LETTUCE SHRD, TOM. DICED & SOUR CREAM (TACOS, ETC.)	1 SERVING	1	77	22	*1	*N/A*	5.33	*0.00	20	4.54	1.20	1.83
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990269 BENTO BOX-MOZZARELLA CHEESE	1 BOX	1	370	631	*20	*N/A*	15.38	*0.00	40	49.73	5.00	16.67

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990366 CORN, SEASONED, CANNED	1/2 CUP	1	*33	*36	*0	*N/A*	*3.56	*0.00	*0	*0.16	*0.00	*0.00
990452 BEANS, BLACK, SEASONED	1/2 CUP	1	145	207	1	*N/A*	0.84	0.00	0	25.41	5.73	8.02
991077 APPLES, FRESH, W/SKIN	1 EACH	1	72	1	14	0	0.23	0.00	0	19.06	3.31	0.36
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	*N/A*	0.00	0.00	0	18.49	1.32	0.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
Weighted Daily Average			*1422	*2091	*88	*13	*41.98	*0.00	*134	*198.88	*20.05	*70.39
% of Calories					*24.8%	*3.7%	*26.6%	*0.0%		*55.9%		*19.8%
Weekly Nutrient Guideline			600 - 650	1110			<=0					

Friday - 05/09/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990440 FISH, NUGGETS BREADED	4 nuggets	1	230	290	1	*N/A*	8.00	0.00	50	23.00	2.00	15.00
001413 HUSHPUPIES, 3 PIECE	3 EACH	1	190	240	2	*N/A*	10.00	0.00	5	22.00	2.00	2.00
990119 CHEESE DUNKERS W. MARINARA	2 STICKS	1	327	913	9	*N/A*	12.66	0.00	10	38.43	4.89	14.89
990527 SANDWICH, PBJ (Elem/Middle)	1 SANDWICH	1	548	468	18	*2	25.01	0.00	*0	65.18	*8.85	16.85
990054 SALAD, ROMAINE & SPINACH	1 CUP	1	30	56	2	*N/A*	0.48	0.00	0	5.49	2.94	2.81

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990058 POTATO, FRESH BAKED	1/2 Each	1	168	11	1	*N/A*	0.17	0.00	0	38.49	2.77	4.56
990196 ORANGES, MANDARIN CN	1/2 CUP	1	46	6	10	*N/A*	0.05	0.00	0	11.31	1.44	0.90
991087 GRAPES, FRESH, CHILLED	1/2 CUP	1	56	2	13	*N/A*	0.13	0.00	0	14.78	0.74	0.59
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
990397 DRESSING, RANCH, POUCH 12GM	POUCH	1	60	90	0	*N/A*	6.00	0.00	5	1.00	0.00	0.00
990398 MARGARINE, INDIVIDUAL	pack	1	25	40	0	*N/A*	2.50	0.00	0	0.00	0.00	0.00
990399 SOUR CREAM, IND.	POUCH	1	61	15	1	*N/A*	5.06	0.00	20	1.01	0.00	1.01
990392 SAUCE, TARTAR INDV	POUCH	1	25	85	1	*N/A*	2.50	*N/A*	5	1.00	0.00	0.00
991070 SAUCE, MARINARA	1/4 CUP	1	30	195	4	*N/A*	0.75	0.00	0	5.00	1.00	1.00
Weighted Daily Average			2106	2875	107	*14	73.32	*0.00	*110	276.69	*26.63	83.61
% of Calories					20.3%	*2.7%	31.3%	*0.0%		52.6%		15.9%
Weekly Nutrient Guideline			600 - 650	1110			<=0					

Monday - 05/12/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990019 CHICKEN, SANDWICH KICKIN	1 EACH	1	361	645	5	*N/A*	9.50	0.00	65	41.16	3.00	27.00

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001716 SANDWICH, SOUTHERN STYLE CHICKEN	1 EACH	1	360	560	5	*N/A*	9.50	0.00	65	41.00	3.00	27.00
990059 LETTUCE & TOMATO (FOR SANDWICHES)	1 each	1	17	11	*0	*N/A*	0.27	*0.00	0	3.58	1.23	0.84
001444 TURKEY, HOTDOG	2 oz	1	279	770	*5	*N/A*	10.00	0.00	50	34.00	2.00	13.00
990527 SANDWICH, PBJ (Elem/Middle)	1 SANDWICH	1	548	468	18	*2	25.01	0.00	*0	65.18	*8.85	16.85
990805 CUCUMBERS, FRESH, SLICED	1/2 CUP	1	81	127	4	*N/A*	6.08	0.00	5	7.74	0.38	0.49
001118 COLESLAW (KFC STYLE) 1/2 CUP	1/2 CUP	1	64	132	*6	*N/A*	3.08	*0.00	*8	8.90	*0.94	0.89
991028 BLUEBERRY DELIGHT, FARM FRESH BLUEBERRIES	1/2 cup	1	43	1	8	*0	0.26	0.00	0	11.07	1.84	0.56
990883 FRUIT, MIXED, CANNED	1/2 CUP	1	170	13	*34	*N/A*	0.00	0.00	0	41.80	2.60	0.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
990237 SAUCE, MAYONAISE, LIGHT, IND	1 PACK	1	40	85	0	*N/A*	4.00	0.00	5	0.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	*N/A*	0.00	0.00	0	0.50	0.00	0.50
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	*N/A*	0.00	0.00	0	3.00	0.00	0.00
Weighted Daily Average			2289	3426	*132	*14	67.71	*0.00	*213	307.94	*23.83	111.13
% of Calories					*23.1%	*2.4%	26.6%	*0.0%		53.8%		19.4%
Weekly Nutrient Guideline			600 - 650	1110			<=0					

Base Menu Spreadsheet

Portion Values

May 1, 2025 thru May 23, 2025

Tuesday - 05/13/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990211 CHICKEN, BBQ	2 OZ	1	175	509	*18	*N/A*	6.60	0.00	37	19.20	0.00	9.30
990067 ROLLS, 2oz PROOF AND BAKE	1 ROLL	1	140	190	3	*N/A*	2.50	0.00	0	24.00	5.00	6.00
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
991072 YOGURT & MUFFIN PLATE-(BLUEBERRY MUFFIN)	SERVING	1	397	511	31	*N/A*	13.16	0.00	*25	58.30	0.00	14.06
990711 Manager's Choice Vegetable	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
991162 Potato Smiles	4	1	356	492	*N/A*	*N/A*	12.31	0.00	0	54.70	5.47	5.47
000165 BANANAS, FRESH 1/2 CUP (150's)	EACH	1	126	1	17	*N/A*	0.47	0.00	0	32.38	3.68	1.54
990336 SIDEKICKS, STRAWBERRY KIWI	1 PORTION CUP	1	80	45	19	*N/A*	0.00	0.00	0	20.00	0.00	0.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	*N/A*	0.00	0.00	0	3.00	0.00	0.00
Weighted Daily Average			1593	2314	*136	*12	35.04	0.00	*76	261.58	14.16	60.38
% of Calories					*34.1%	*3.0%	19.8%	0.0%		65.7%		15.2%
Weekly Nutrient Guideline			600 - 650	1110			<=0					

Wednesday - 05/14/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

May 1, 2025 thru May 23, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990316 NACHOS, BEEF SUPREME (BEEF AND CHEESE) ES/MS	1 SERVING	1	384	271	*0	*N/A*	26.98	*0.00	*57	19.18	2.36	63.97
990274 QUESADILLA, CHEESE, ELEM/MIDDLE	1 QUESADILLA	1	431	649	1	*N/A*	29.24	0.00	73	21.92	2.00	23.41
990471 LACTOSE FREE BENTO BOX	1 BOX	1	704	923	*26	*13	36.63	*0.00	0	77.90	12.54	19.60
000370 MEXICALI CORN 1/2 CUP	HALF CUP	1	110	28	*5	*N/A*	2.72	*0.34	*0	19.78	1.47	2.84
991098 CARROTS, MEXICAN PICKLED	1/2 CUP	1	34	300	*0	*N/A*	0.23	*0.00	*0	7.87	*2.34	0.78
991096 PEARS, FRESH	1 pear	1	101	2	17	*N/A*	0.25	0.00	0	27.11	5.52	0.64
991075 APPLESAUCE, CUPS, ASST FLAVORS	4.5 OZ CUP	1	54	1	12	0	0.00	0.00	0	14.39	1.20	0.00
990399 SOUR CREAM, IND.	POUCH	1	61	15	1	*N/A*	5.06	0.00	20	1.01	0.00	1.01
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
990397 DRESSING, RANCH, POUCH 12GM	POUCH	1	60	90	0	*N/A*	6.00	0.00	5	1.00	0.00	0.00
Weighted Daily Average			2249	2744	*108	*25	107.11	*0.34	*170	240.16	*27.43	136.26
% of Calories					*19.2%	*4.4%	42.9%	*0.1%		42.7%		24.2%
Weekly Nutrient Guideline			600 - 650	1110			<=0					

Thursday - 05/15/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

May 1, 2025 thru May 23, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990703 ES/K8/MS-CHICKEN, NUGGETS & MAC-n-CHEESE	3 pieces, 1/2 c	1	96	228	1	*N/A*	3.60	0.00	15	7.80	0.60	8.40
001238 TURKEY, CORN DOG	1 CORNDOG	1	280	700	9	*N/A*	14.00	0.00	45	27.00	1.00	10.00
990177 BENTO BOX-CHEDDAR CHEESE	1 BOX	1	425	564	*27	*6	17.11	*0.00	42	*56.04	5.27	15.66
990783 GLAZED SWEET POTATOES, ES/K8/MIDDLE 1/2 CUPS	1/2 CUP	1	252	*111	*27	*N/A*	*5.09	*0.00	*0	*49.81	*3.28	*1.09
000442 BROCCOLI, SEASONED	1/2 c.	1	18	24	*1	*N/A*	0.00	0.00	0	2.92	*2.03	2.03
991077 APPLES, FRESH, W/SKIN	1 EACH	1	72	1	14	0	0.23	0.00	0	19.06	3.31	0.36
990626 PEACHES, DICED CANNED HS 1 CUP	1 cup	1	119	13	8	*N/A*	0.00	0.00	0	36.99	2.64	0.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	*N/A*	0.00	0.00	0	3.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	*N/A*	0.00	0.00	0	0.50	0.00	0.50
Weighted Daily Average			1587	*2256	*134	*18	*40.04	*0.00	*117	*253.12	*18.13	*62.04
% of Calories					*33.8%	*4.5%	*22.7%	*0.0%		*63.8%		*15.6%
Weekly Nutrient Guideline			600 - 650	1110			<=0					

Friday - 05/16/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

May 1, 2025 thru May 23, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990132 SANDWICH, FISH	1 SANDWICH	1	300	380	4	*N/A*	7.50	0.00	50	42.00	4.00	20.00
990527 SANDWICH, PBJ (Elem/Middle)	1 SANDWICH	1	548	468	18	*2	25.01	0.00	*0	65.18	*8.85	16.85
991089 CHICKEN SALAD ON CROISSANT	1/2 CUP + 1	1	293	768	5	*2	11.52	0.00	40	33.81	2.81	16.04
990463 VEGGIES, FRESH, RED PEPPERS AND CELERY	1/2 CUP	1	43	47	*5	*N/A*	0.45	*0.00	0	9.18	3.20	1.87
000339 BEANS, PINTO, 1/2 CUP	1/2 CUP	1	176	282	*3	*N/A*	0.01	0.00	*0	31.12	*11.92	9.89
000177 ORANGES, FRESH	EACH	1	76	0	15	*N/A*	0.19	0.00	0	18.99	3.88	1.52
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	*N/A*	0.00	0.00	0	29.15	3.98	0.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
991070 SAUCE, MARINARA	1/4 CUP	1	30	195	4	*N/A*	0.75	0.00	0	5.00	1.00	1.00
990392 SAUCE, TARTAR INDV	POUCH	1	25	85	1	*N/A*	2.50	*N/A*	5	1.00	0.00	0.00
Weighted Daily Average			1921	2690	*101	*16	47.93	*0.00	*110	285.42	*39.63	91.18
% of Calories					*21.0%	*3.3%	22.5%	*0.0%		59.4%		19.0%
Weekly Nutrient Guideline			600 - 650	1110			<=0					

Monday - 05/19/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

May 1, 2025 thru May 23, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990325 SALAD, CHEF (HAM & TURKEY) ES/MS	1 SALAD	1	157	756	*3	*N/A*	8.90	*0.00	40	10.17	4.29	16.78
990949 CRACKERS, IW, WHOLE WHEAT	1 IW BAG	1	180	250	4	3	6.00	0.00	0	30.00	3.00	3.00
991049 Buffalo Chicken Dip w/chips	2.8 oz	1	311	745	1	*0	14.39	0.34	57	24.17	*2.29	20.97
990527 SANDWICH, PBJ (Elem/Middle)	1 SANDWICH	1	548	468	18	*2	25.01	0.00	*0	65.18	*8.85	16.85
990882 Potato, Curly Spiral Cut Fries 1/2 CUP	1/2 CUP	1	130	290	0	*N/A*	5.00	0.00	0	21.00	1.00	1.00
990068 BEANS, BAKED	1/2 CUP	1	111	266	11	*N/A*	0.00	0.00	0	23.30	4.44	3.33
990265 RIPS, PARADISE PUNCH	1 POUCH	1	60	15	12	*N/A*	0.00	0.00	0	15.00	0.00	0.00
991065 Mandarin Fruit Salad	1/2 cup	1	76	16	15	*N/A*	1.25	0.00	0	16.90	1.58	0.80
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
990780 DRESSING, RANCH 1oz CUPS	1 oz cup	1	70	125	3	*N/A*	6.01	0.00	5	5.01	0.00	0.00
990397 DRESSING, RANCH, POUCH 12GM	POUCH	1	60	90	0	*N/A*	6.00	0.00	5	1.00	0.00	0.00
990396 DRESSING, ITALIAN, POUCH 12GM	POUCH	1	5	100	1	*N/A*	0.00	0.00	0	1.00	0.00	0.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	*N/A*	0.00	0.00	0	3.00	0.00	0.00
Weighted Daily Average			2028	3686	*116	*17	72.57	*0.34	*122	265.73	*25.44	86.73
% of Calories					*22.9%	*3.4%	32.2%	*0.2%		52.4%		17.1%
Weekly Nutrient Guideline			600 - 650	1110			<=0					

Base Menu Spreadsheet

Portion Values

May 1, 2025 thru May 23, 2025

Tuesday - 05/20/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990406 POT PIE, CHICKEN	8 OZ	1	419	1326	*6	*N/A*	21.29	*0.00	*59	43.76	3.63	22.10
990077 PIZZA, PEPPERONI	1 SLICE	1	370	560	9	*N/A*	17.00	0.00	45	35.00	3.00	21.00
991072 YOGURT & MUFFIN PLATE- (BLUEBERRY MUFFIN)	SERVING	1	397	511	31	*N/A*	13.16	0.00	*25	58.30	0.00	14.06
001648 GREEN BEANS, CANNED, USDA	1/2 cup	1	35	176	*0	*N/A*	1.78	0.00	*0	*3.47	*2.27	*1.14
990338 CARROTS, BABY, DOD	1/2 cup	1	25	55	3	*N/A*	0.09	0.00	0	5.79	2.04	0.45
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	308	12	*34	*N/A*	1.38	*0.00	0	79.57	13.85	3.24
000289 STRAWBERRY DELIGHT	1/2 cup	1	173	0	36	*N/A*	1.00	0.00	0	39.17	2.01	1.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
990780 DRESSING, RANCH 1oz CUPS	1 oz cup	1	70	125	3	*N/A*	6.01	0.00	5	5.01	0.00	0.00
Weighted Daily Average			2107	3230	*168	*12	61.72	*0.00	*148	*320.06	*26.80	*87.00
% of Calories					*31.9%	*2.3%	26.4%	*0.0%		*60.8%		*16.5%
Weekly Nutrient Guideline			600 - 650	1110			<=0					

Wednesday - 05/21/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

May 1, 2025 thru May 23, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990270 BAKED SPAGHETTI WITH TACO FILLING	1 CUP	1	293	893	*4	*0	10.20	*0.00	*55	28.73	*4.33	21.54
990972 BAKED SPAGHETTI WITH GROUND BEEF	1 CUP	1	359	643	*4	*N/A*	18.19	*0.00	*50	28.09	*4.00	62.08
990066 BREADSTICK	BREADSTICK	1	67	83	2	*N/A*	0.83	0.00	0	11.67	0.83	1.67
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990063 PIZZA, FOUR CHEESE	1 SLICE	1	370	490	9	*N/A*	16.00	0.00	35	35.00	3.00	21.00
990523 SALAD, KALE CAESAR	1 CUP	1	34	*6	1	*N/A*	0.23	*0.00	*0	5.42	3.04	2.49
990782 CORN ON COB-DOD	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
991075 APPLESAUCE, CUPS, ASST FLAVORS	4.5 OZ CUP	1	54	1	12	0	0.00	0.00	0	14.39	1.20	0.00
991076 MELON, FRESH CUT	1/2 CUP	1	56	16	*9	*N/A*	0.31	*0.00	0	14.01	1.10	1.11
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
990397 DRESSING, RANCH, POUCH 12GM	POUCH	1	60	90	0	*N/A*	6.00	0.00	5	1.00	0.00	0.00
Weighted Daily Average			1603	*2687	*87	*12	51.77	*0.00	*161	188.33	*17.51	133.90
% of Calories					*21.7%	*3.0%	29.1%	*0.0%		47.0%		33.4%
Weekly Nutrient Guideline			600 - 650	1110			<=0					

Thursday - 05/22/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

May 1, 2025 thru May 23, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990135 CHICKEN, TENDERS BOOM BOOM	3 TENDERS	1	328	553	1	*N/A*	20.28	*0.00	69	19.81	4.00	17.00
990067 ROLLS, 2oz PROOF AND BAKE	1 ROLL	1	140	190	3	*N/A*	2.50	0.00	0	24.00	5.00	6.00
990134 PIZZA, 3 CHEESE GARLIC BREAD	1 EACH	1	335	802	*3	*N/A*	14.64	0.00	24	33.81	0.91	18.48
990607 BENTO BOX	1 BOX	1	589	632	*42	*N/A*	24.35	*0.00	82	80.41	6.00	16.78
990783 GLAZED SWEET POTATOES, ES/K8/MIDDLE 1/2 CUPS	1/2 CUP	1	252	*111	*27	*N/A*	*5.09	*0.00	*0	*49.81	*3.28	*1.09
990445 BEANS, LIMA CANNED USDA	1/2 CUP	1	100	241	*0	*N/A*	0.44	0.00	*0	*18.21	*6.06	*6.06
991077 APPLES, FRESH, W/SKIN	1 EACH	1	72	1	14	0	0.23	0.00	0	19.06	3.31	0.36
001262 PEARS, ROSY	HALF CUP	1	108	18	*5	*N/A*	0.00	0.00	0	26.43	2.86	0.32
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
990780 DRESSING, RANCH 1oz CUPS	1 oz cup	1	70	125	3	*N/A*	6.01	0.00	5	5.01	0.00	0.00
Weighted Daily Average			2304	*3139	*145	*12	*73.55	*0.00	*195	*326.56	*31.42	*90.09
% of Calories					*25.2%	*2.1%	*28.7%	*0.0%		*56.7%		*15.6%
Weekly Nutrient Guideline			600 - 650	1110			<=0					

Friday - 05/23/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

May 1, 2025 thru May 23, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990131 TACOS, FISH	2 TACOS	1	467	643	*3	*N/A*	17.82	*0.00	65	54.93	5.17	25.34
990905 LETTUCE SHRD, TOM. DICED, CHEESE (FISH TACO)	1 SERVING	1	57	103	*0	*N/A*	4.82	*0.00	15	3.93	1.17	4.34
990139 SANDWICH, COUNTRY FRIED STEAK	1 EACH	1	430	580	5	*N/A*	19.50	0.00	30	45.00	4.00	21.00
990527 SANDWICH, PBJ (Elem/Middle)	1 SANDWICH	1	548	468	18	*2	25.01	0.00	*0	65.18	*8.85	16.85
990121 SALAD, CUCUMBER & TOMATO	1/2 CUP	1	75	132	*6	*N/A*	4.58	*0.00	*0	9.23	*0.88	0.93
990052 POTATO, FRENCH FRIES 1/2 CUP	1/2 CUP	1	96	24	0	*N/A*	3.60	0.00	0	15.21	1.60	1.60
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	308	12	*34	*N/A*	1.38	*0.00	0	79.57	13.85	3.24
990883 FRUIT, MIXED, CANNED	1/2 CUP	1	170	13	*34	*N/A*	0.00	0.00	0	41.80	2.60	0.00
991118 COOKIE DOUGH, CHOC CHIP WG	1 COOKIE	1	104	94	9	0	3.15	0.00	10	18.50	1.92	1.69
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
990237 SAUCE, MAYONAISE, LIGHT, IND	1 PACK	1	40	85	0	*N/A*	4.00	0.00	5	0.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	*N/A*	0.00	0.00	0	0.50	0.00	0.50
990392 SAUCE, TARTAR INDV	POUCH	1	25	85	1	*N/A*	2.50	*N/A*	5	1.00	0.00	0.00
Weighted Daily Average			2634	2753	*156	*14	86.36	*0.00	*146	384.84	*40.04	99.50
% of Calories					*23.7%	*2.1%	29.5%	*0.0%		58.4%		15.1%
Weekly Nutrient Guideline			600 - 650	1110			<=0					

Base Menu Spreadsheet

Portion Values

May 1, 2025 thru May 23, 2025

	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages	*2059	*2961	*128	*14	*65.29	*0.13	*149	*286.97	*26.86	*92.34
% of Calories			*24.9%	*2.7%	*28.5%	*0.1%		*55.7%		*17.9%

**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*

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.