



## Breakfast Menu A

Date	Meal Type	Meal	Portion	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Thu 09-01-2022	Egg & Cheese Sandwich	EGG & CHEESE BK SANDWICH	EACH	152.65	466.92	1.00	9.57	16.53	6.06	3.04	0.00
	Cereal w/ Cinnamon Tiger	CEREAL FROOT LOOPS	EACH	110.00	160.00	2.00	2.00	24.00	0.50	0.00	0.00
		CRACKERS TIGER CINN KELLOGGS	EACH	120.00	105.00	1.00	2.00	21.00	4.00	1.00	0.00
	100% Fruit Juice	JUICE TOTALLY BERRY 4 OZ	EACH	60.00	10.00	0.00	0.00	17.00	0.00	0.00	0.00
	Banana	BANANA 150 COUNT 1/2 C	EACH	105.02	1.18	3.07	1.29	26.95	0.39	0.13	0.00
	Whole Fruit (Pear)	PEAR FRESH 150 COUNT 1/2 C	EACH	68.84	1.21	3.74	0.43	18.39	0.17	0.03	0.00
	1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	160.00	0.00	11.00	16.00	2.50	1.50	0.00
Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	135.00	0.00	9.00	13.00	0.00	0.00	0.00	
Fri 09-02-2022	Cinnamon Delight	CINNAMON DELIGHT WG BTS	EACH	300.00	300.00	2.00	4.00	43.00	13.00	3.00	0.00
	Frosted Mini	CEREAL FROSTED MINI WHEAT ORIG	EACH	100.00	0.00	3.00	3.00	24.00	0.00	0.00	0.00
	Wheats w/ Honey	CRACKERS HONEY GRAHAM KELLOGGS	EACH	90.00	95.00	1.00	2.00	17.00	2.50	0.00	0.00
	Apple	APPLE FRESH 163 COUNT 3/4 C	EACH	57.79	1.11	2.67	0.29	15.35	0.19	0.03	0.00
	Whole Fruit 2	ORANGES (1/2 C)	EACH	61.57	0.00	3.14	1.23	15.39	0.16	0.02	0.00
	1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	160.00	0.00	11.00	16.00	2.50	1.50	0.00
	Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	135.00	0.00	9.00	13.00	0.00	0.00	0.00
Tue 09-06-2022	Mango Muffin	MUFFIN MANGO 2G BTS	EACH	350.00	20.00	5.00	9.00	43.00	18.00	3.00	0.00
	Apple Jacks w/ Cinnamon	CEREAL APPLE JACKS	EACH	110.00	160.00	3.00	2.00	24.00	1.00	0.50	0.00
		CRACKERS TIGER CINN KELLOGGS	EACH	120.00	105.00	1.00	2.00	21.00	4.00	1.00	0.00
	Whole Fruit	APPLE FRESH 163 COUNT 3/4 C	EACH	57.79	1.11	2.67	0.29	15.35	0.19	0.03	0.00
	Banana	BANANA 150 COUNT 1/2 C	EACH	105.02	1.18	3.07	1.29	26.95	0.39	0.13	0.00
	1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	160.00	0.00	11.00	16.00	2.50	1.50	0.00
Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	135.00	0.00	9.00	13.00	0.00	0.00	0.00	
Wed 09-07-2022	Apple Jacks w/ Honey	CEREAL APPLE JACKS	EACH	110.00	160.00	3.00	2.00	24.00	1.00	0.50	0.00
		CRACKERS HONEY GRAHAM KELLOGGS	EACH	90.00	95.00	1.00	2.00	17.00	2.50	0.00	0.00
	Grahams & Whole Fruit	APPLE FRESH 163 COUNT 3/4 C	EACH	57.79	1.11	2.67	0.29	15.35	0.19	0.03	0.00
	Yogurt Parfait w/ Blueberries & Honey	YOGURT PARFAIT W BLUEBERRIES	EACH	138.11	54.21	2.66	5.38	27.94	1.27	0.50	0.00
	Orange	CRACKERS HONEY GRAHAM KELLOGGS	EACH	90.00	95.00	1.00	2.00	17.00	2.50	0.00	0.00
		ORANGES (1/2 C)	EACH	61.57	0.00	3.14	1.23	15.39	0.16	0.02	0.00
	1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	160.00	0.00	11.00	16.00	2.50	1.50	0.00
	Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	135.00	0.00	9.00	13.00	0.00	0.00	0.00

Thu 09-08-2022	Cereal w/ Cinnamon Tiger	CEREAL FROOT LOOPS CRACKERS TIGER CINN KELLOGGS	EACH	110.00	160.00	2.00	2.00	24.00	0.50	0.00	0.00
	French Toast Slice	FRENCH TOAST SLICE WG	EACH	160.09	260.15	3.00	7.00	27.02	3.50	1.00	0.00
		SYRUP	EACH	35.00	5.00	0.00	0.00	8.00	0.00	0.00	0.00
	100% Fruit Juice	JUICE TOTALLY BERRY 4 OZ	EACH	60.00	10.00	0.00	0.00	17.00	0.00	0.00	0.00
	Whole Fruit	APPLE FRESH 163 COUNT 3/4 C	EACH	57.79	1.11	2.67	0.29	15.35	0.19	0.03	0.00
	1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	160.00	0.00	11.00	16.00	2.50	1.50	0.00
	Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	135.00	0.00	9.00	13.00	0.00	0.00	0.00
Fri 09-09-2022	Coffee Cake	COFFEE CAKE 3.6 OZ	EACH	340.00	270.00	2.00	4.00	39.00	19.00	2.00	0.00
	Apple Jacks w/ Honey	CEREAL APPLE JACKS	EACH	110.00	160.00	3.00	2.00	24.00	1.00	0.50	0.00
		CRACKERS HONEY GRAHAM KELLOGGS	EACH	90.00	95.00	1.00	2.00	17.00	2.50	0.00	0.00
	Apple	APPLE FRESH 163 COUNT 3/4 C	EACH	57.79	1.11	2.67	0.29	15.35	0.19	0.03	0.00
	Whole Fruit (Pear)	PEAR FRESH 150 COUNT 1/2 C	EACH	68.84	1.21	3.74	0.43	18.39	0.17	0.03	0.00
	1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	160.00	0.00	11.00	16.00	2.50	1.50	0.00
	Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	135.00	0.00	9.00	13.00	0.00	0.00	0.00
Mon 09-12-2022	Pan Dulce	PAN DULCE CONCHA ARTIMEX	EACH	199.33	89.70	1.99	4.98	33.89	5.98	1.50	0.00
	Froot Loops w/ Honey	CEREAL FROOT LOOPS	EACH	110.00	160.00	2.00	2.00	24.00	0.50	0.00	0.00
		CRACKERS HONEY GRAHAM KELLOGGS	EACH	90.00	95.00	1.00	2.00	17.00	2.50	0.00	0.00
	Apple Sauce	APPLESAUCE CUP 4.5 OZ	EACH	53.33	2.08	1.03	0.00	14.63	0.00	0.00	0.00
	Whole Fruit (Pear)	PEAR FRESH 150 COUNT 1/2 C	EACH	68.84	1.21	3.74	0.43	18.39	0.17	0.03	0.00
	1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	160.00	0.00	11.00	16.00	2.50	1.50	0.00
	Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	135.00	0.00	9.00	13.00	0.00	0.00	0.00
Tue 09-13-2022	WG Mini Maple Eggo Waffles	MINI MAPLE WAFFLES	EACH	190.00	210.00	4.00	4.00	36.00	5.00	1.50	0.00
	Apple Jacks w/ Cinnamon	CEREAL APPLE JACKS	EACH	110.00	160.00	3.00	2.00	24.00	1.00	0.50	0.00
		CRACKERS TIGER CINN KELLOGGS	EACH	120.00	105.00	1.00	2.00	21.00	4.00	1.00	0.00
	Whole Fruit	APPLE FRESH 163 COUNT 3/4 C	EACH	57.79	1.11	2.67	0.29	15.35	0.19	0.03	0.00
	Banana	BANANA 150 COUNT 1/2 C	EACH	105.02	1.18	3.07	1.29	26.95	0.39	0.13	0.00
	1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	160.00	0.00	11.00	16.00	2.50	1.50	0.00
	Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	135.00	0.00	9.00	13.00	0.00	0.00	0.00

Wed 09-14-2022	Mantecada Muffin	MUFFIN, MANTECADA BTS 3G	EACH	360.00	310.00	2.00	5.00	47.00	17.00	3.00	0.00
	Apple Jacks w/ Honey	CEREAL APPLE JACKS	EACH	110.00	160.00	3.00	2.00	24.00	1.00	0.50	0.00
		CRACKERS HONEY GRAHAM KELLOGGS	EACH	90.00	95.00	1.00	2.00	17.00	2.50	0.00	0.00
	Pear	PEAR FRESH 150 COUNT 1/2 C	EACH	68.84	1.21	3.74	0.43	18.39	0.17	0.03	0.00
	Whole Fruit 2	ORANGES (1/2 C)	EACH	61.57	0.00	3.14	1.23	15.39	0.16	0.02	0.00
	1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	160.00	0.00	11.00	16.00	2.50	1.50	0.00
Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	135.00	0.00	9.00	13.00	0.00	0.00	0.00	
Thu 09-15-2022	Sausage & Cheese Sandwich	TURKEY SAUSAGE&CHEESE SANDWICH	EACH	212.65	576.92	1.00	11.57	14.53	13.06	5.04	0.00
	Cereal w/ Cinnamon Tiger	CEREAL FROOT LOOPS	EACH	110.00	160.00	2.00	2.00	24.00	0.50	0.00	0.00
		CRACKERS TIGER CINN KELLOGGS	EACH	120.00	105.00	1.00	2.00	21.00	4.00	1.00	0.00
	100% Fruit Juice	JUICE TOTALLY BERRY 4 OZ	EACH	60.00	10.00	0.00	0.00	17.00	0.00	0.00	0.00
	Whole Fruit	APPLE FRESH 163 COUNT 3/4 C	EACH	57.79	1.11	2.67	0.29	15.35	0.19	0.03	0.00
	1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	160.00	0.00	11.00	16.00	2.50	1.50	0.00
Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	135.00	0.00	9.00	13.00	0.00	0.00	0.00	
Fri 09-16-2022	Cranberry Oatmeal Round	CRANBERRY OATMEAL ROUND 2G	EACH	320.00	95.00	4.00	5.00	53.00	10.00	4.00	0.00
	Apple Jacks w/ Honey	CEREAL APPLE JACKS	EACH	110.00	160.00	3.00	2.00	24.00	1.00	0.50	0.00
		CRACKERS HONEY GRAHAM KELLOGGS	EACH	90.00	95.00	1.00	2.00	17.00	2.50	0.00	0.00
	Apple	APPLE FRESH 163 COUNT 3/4 C	EACH	57.79	1.11	2.67	0.29	15.35	0.19	0.03	0.00
	Whole Fruit (Pear)	PEAR FRESH 150 COUNT 1/2 C	EACH	68.84	1.21	3.74	0.43	18.39	0.17	0.03	0.00
	1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	160.00	0.00	11.00	16.00	2.50	1.50	0.00
Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	135.00	0.00	9.00	13.00	0.00	0.00	0.00	
Mon 09-19-2022	Froot Loops w/ Honey	CEREAL FROOT LOOPS	EACH	110.00	160.00	2.00	2.00	24.00	0.50	0.00	0.00
		CRACKERS HONEY GRAHAM KELLOGGS	EACH	90.00	95.00	1.00	2.00	17.00	2.50	0.00	0.00
	Whole Grain Bagel w/ Cream Cheese	BAGEL W/ CREAM CHEESE	EACH	370.00	470.00	0.00	9.00	43.00	17.00	10.00	0.00
	Orange	ORANGES (1/2 C)	EACH	61.57	0.00	3.14	1.23	15.39	0.16	0.02	0.00
	Whole Fruit (Pear)	PEAR FRESH 150 COUNT 1/2 C	EACH	68.84	1.21	3.74	0.43	18.39	0.17	0.03	0.00
	1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	160.00	0.00	11.00	16.00	2.50	1.50	0.00
	Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	135.00	0.00	9.00	13.00	0.00	0.00	0.00

Tue 09-20-2022	WG Cinnamon Pancakes	PANCAKE CINNAMON GLOBAL FOOD	EACH	180.47	85.22	2.01	4.01	35.09	2.51	0.00	0.00
		SYRUP	EACH	35.00	5.00	0.00	0.00	8.00	0.00	0.00	0.00
	Apple Jacks w/ Cinnamon	CEREAL APPLE JACKS	EACH	110.00	160.00	3.00	2.00	24.00	1.00	0.50	0.00
		CRACKERS TIGER CINN KELLOGGS	EACH	120.00	105.00	1.00	2.00	21.00	4.00	1.00	0.00
	Whole Fruit	APPLE FRESH 163 COUNT 3/4 C	EACH	57.79	1.11	2.67	0.29	15.35	0.19	0.03	0.00
	Banana	BANANA 150 COUNT 1/2 C	EACH	105.02	1.18	3.07	1.29	26.95	0.39	0.13	0.00
	1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	160.00	0.00	11.00	16.00	2.50	1.50	0.00
Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	135.00	0.00	9.00	13.00	0.00	0.00	0.00	
Wed 09-21-2022	Orange Muffin	MUFFIN ORANGE 2G BTS	EACH	360.00	20.00	5.00	9.00	43.00	18.00	3.00	0.00
	Apple Jacks w/ Honey	CEREAL APPLE JACKS	EACH	110.00	160.00	3.00	2.00	24.00	1.00	0.50	0.00
		CRACKERS HONEY GRAHAM KELLOGGS	EACH	90.00	95.00	1.00	2.00	17.00	2.50	0.00	0.00
	Pear	PEAR FRESH 150 COUNT 1/2 C	EACH	68.84	1.21	3.74	0.43	18.39	0.17	0.03	0.00
	Whole Fruit 2	ORANGES (1/2 C)	EACH	61.57	0.00	3.14	1.23	15.39	0.16	0.02	0.00
	1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	160.00	0.00	11.00	16.00	2.50	1.50	0.00
Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	135.00	0.00	9.00	13.00	0.00	0.00	0.00	
Thu 09-22-2022	Cereal w/ Cinnamon Tiger	CEREAL FROOT LOOPS	EACH	110.00	160.00	2.00	2.00	24.00	0.50	0.00	0.00
		CRACKERS TIGER CINN KELLOGGS	EACH	120.00	105.00	1.00	2.00	21.00	4.00	1.00	0.00
	Chicken & Waffle w/ Syrup	CHICKEN STRIP AND WAFFLE RS	EACH	171.42	306.37	2.67	7.32	19.98	7.99	1.25	0.00
		SYRUP	EACH	35.00	5.00	0.00	0.00	8.00	0.00	0.00	0.00
	100% Fruit Juice	JUICE TOTALLY BERRY 4 OZ	EACH	60.00	10.00	0.00	0.00	17.00	0.00	0.00	0.00
	Whole Fruit	APPLE FRESH 163 COUNT 3/4 C	EACH	57.79	1.11	2.67	0.29	15.35	0.19	0.03	0.00
	1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	160.00	0.00	11.00	16.00	2.50	1.50	0.00
Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	135.00	0.00	9.00	13.00	0.00	0.00	0.00	
Fri 09-23-2022	Apple Jacks w/ Honey	CEREAL APPLE JACKS	EACH	110.00	160.00	3.00	2.00	24.00	1.00	0.50	0.00
		CRACKERS HONEY GRAHAM KELLOGGS	EACH	90.00	95.00	1.00	2.00	17.00	2.50	0.00	0.00
	Mini Vanilla Loaf & String Cheese	WG LOAF MINI VANILLA 1 G	EACH	180.00	150.00	1.00	2.00	23.00	9.00	1.50	0.00
		STRING CHEESE UPSTATE FARMS	EACH	81.00	192.37	0.00	7.09	0.00	6.08	3.54	0.00
	Apple	APPLE FRESH 163 COUNT 3/4 C	EACH	57.79	1.11	2.67	0.29	15.35	0.19	0.03	0.00
	Whole Fruit (Pear)	PEAR FRESH 150 COUNT 1/2 C	EACH	68.84	1.21	3.74	0.43	18.39	0.17	0.03	0.00
	1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	160.00	0.00	11.00	16.00	2.50	1.50	0.00
	Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	135.00	0.00	9.00	13.00	0.00	0.00	0.00

Mon 09-26-2022	Chocolate Chip Muffin Flat	MUFFIN FLAT, CHOC CHIP	EACH	280.00	290.00	2.00	6.00	46.00	9.00	2.00	0.00
	Froot Loops w/ Honey	CEREAL FROOT LOOPS	EACH	110.00	160.00	2.00	2.00	24.00	0.50	0.00	0.00
		CRACKERS HONEY GRAHAM KELLOGGS	EACH	90.00	95.00	1.00	2.00	17.00	2.50	0.00	0.00
	Apple Sauce	APPLESAUCE CUP 4.5 OZ	EACH	53.33	2.08	1.03	0.00	14.63	0.00	0.00	0.00
	Whole Fruit (Pear)	PEAR FRESH 150 COUNT 1/2 C	EACH	68.84	1.21	3.74	0.43	18.39	0.17	0.03	0.00
	1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	160.00	0.00	11.00	16.00	2.50	1.50	0.00
	Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	135.00	0.00	9.00	13.00	0.00	0.00	0.00
Tue 09-27-2022	Bean & Cheese Burrito w/	HOT SAUCE CHOLULA	EACH	0.00	110.00	0.00	0.00	0.00	0.00	0.00	0.00
		BURRITO BEAN & CHEESE BK	EACH	177.07	263.85	3.90	9.92	18.12	7.30	3.54	0.00
	Apple Jacks w/ Cinnamon	CEREAL APPLE JACKS	EACH	110.00	160.00	3.00	2.00	24.00	1.00	0.50	0.00
		CRACKERS TIGER CINN KELLOGGS	EACH	120.00	105.00	1.00	2.00	21.00	4.00	1.00	0.00
	Whole Fruit	APPLE FRESH 163 COUNT 3/4 C	EACH	57.79	1.11	2.67	0.29	15.35	0.19	0.03	0.00
	Banana	BANANA 150 COUNT 1/2 C	EACH	105.02	1.18	3.07	1.29	26.95	0.39	0.13	0.00
1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	160.00	0.00	11.00	16.00	2.50	1.50	0.00	
	Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	135.00	0.00	9.00	13.00	0.00	0.00	0.00
Wed 09-28-2022	Banana Bread	BANANA BREAD 3.6 OZ	EACH	360.00	350.00	2.00	5.00	47.00	17.00	3.00	0.00
	Apple Jacks w/ Honey	CEREAL APPLE JACKS	EACH	110.00	160.00	3.00	2.00	24.00	1.00	0.50	0.00
		CRACKERS HONEY GRAHAM KELLOGGS	EACH	90.00	95.00	1.00	2.00	17.00	2.50	0.00	0.00
	Pear	PEAR FRESH 150 COUNT 1/2 C	EACH	68.84	1.21	3.74	0.43	18.39	0.17	0.03	0.00
	Whole Fruit 2	ORANGES (1/2 C)	EACH	61.57	0.00	3.14	1.23	15.39	0.16	0.02	0.00
	1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	160.00	0.00	11.00	16.00	2.50	1.50	0.00
	Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	135.00	0.00	9.00	13.00	0.00	0.00	0.00
Thu 09-29-2022	Egg & Cheese Sandwich	EGG & CHEESE BK SANDWICH	EACH	152.65	466.92	1.00	9.57	16.53	6.06	3.04	0.00
	Cereal w/ Cinnamon Tiger	CEREAL FROOT LOOPS	EACH	110.00	160.00	2.00	2.00	24.00	0.50	0.00	0.00
		CRACKERS TIGER CINN KELLOGGS	EACH	120.00	105.00	1.00	2.00	21.00	4.00	1.00	0.00
	100% Fruit Juice	JUICE TOTALLY BERRY 4 OZ	EACH	60.00	10.00	0.00	0.00	17.00	0.00	0.00	0.00
	Whole Fruit	APPLE FRESH 163 COUNT 3/4 C	EACH	57.79	1.11	2.67	0.29	15.35	0.19	0.03	0.00
	1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	160.00	0.00	11.00	16.00	2.50	1.50	0.00
	Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	135.00	0.00	9.00	13.00	0.00	0.00	0.00

Fri 09-30-2022	Cinnamon Delight	CINNAMON DELIGHT WG BTS	EACH	300.00	300.00	2.00	4.00	43.00	13.00	3.00	0.00
	Apple Jacks w/ Honey	CEREAL APPLE JACKS	EACH	110.00	160.00	3.00	2.00	24.00	1.00	0.50	0.00
		CRACKERS HONEY GRAHAM KELLOGGS	EACH	90.00	95.00	1.00	2.00	17.00	2.50	0.00	0.00
	Apple	APPLE FRESH 163 COUNT 3/4 C	EACH	57.79	1.11	2.67	0.29	15.35	0.19	0.03	0.00
	Whole Fruit (Pear)	PEAR FRESH 150 COUNT 1/2 C	EACH	68.84	1.21	3.74	0.43	18.39	0.17	0.03	0.00
	1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	160.00	0.00	11.00	16.00	2.50	1.50	0.00
	Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	135.00	0.00	9.00	13.00	0.00	0.00	0.00

The data contained within this report and the NUTRIKIDS® 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