

San Juan Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 2, 2018 thru Apr 30, 2018

9-12 LAUREL RUFF BREAKFAST

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/02/2018							
9-12 LAUREL RUFF BREAK	Total						
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
BREAKFAST BUN OAT (SKY BLUE)	1 EACH	230	340	6.0	39.0	7.0	2.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	210	255	4.67	46.0	1.83	0.00
FRUIT CKTAIL,CND,EXTRA LT SYRP	1/2 CUP	60	5	0.0	15.0	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
Weighted Daily Average		435	488	15.46	85.22	5.19	1.34
% of Calories				14.2%	78.3%	10.7%	2.8%
Nutrient Guideline							

Tue - 04/03/2018							
9-12 LAUREL RUFF BREAK	Total						
YOGURT PARFAIT, LR	1 SERVING	216	114	7.6	38.4	2.7	0.60
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	210	255	4.67	46.0	1.83	0.00
PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	16.0	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
Weighted Daily Average		458	377	16.26	93.42	3.04	0.64
% of Calories				14.2%	81.6%	6.0%	1.3%
Nutrient Guideline							

Wed - 04/04/2018							
9-12 LAUREL RUFF BREAK	Total						
CRUMB SQUARE & YOGURT (6 OZ)	SVG (1SQ&1YG)	302	223	7.7	50.4	6.8	1.35
FRUIT JUICE VARIETY (SUNCUP)	1 CARTON	60	2	0.0	14.5	0.0	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	210	255	4.67	46.0	1.83	0.00
APPLESAUCE,CND,UNSWTND	1/2 CUP	51	2	0.0	14.0	0.0	0.00
Weighted Daily Average		489	427	15.38	95.90	4.82	0.97
% of Calories				12.6%	78.4%	8.9%	1.8%
Nutrient Guideline							

Thu - 04/05/2018							
9-12 LAUREL RUFF BREAK	Total						
PANCAKES, CINNAMON (THE MAX)	SVG (4 PANCA KE)	440	520	8.0	70.0	14.0	3.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	210	255	4.67	46.0	1.83	0.00
PEACHES,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	14.0	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
MAPLE SYRUP CUP, 1.5 FL OZ	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
Weighted Daily Average		578	532	15.29	110.72	8.23	1.84
% of Calories				10.6%	76.7%	12.8%	2.9%
Nutrient Guideline							

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

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San Juan Unified School District

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

9-12 LAUREL RUFF BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 04/06/2018							
9-12 LAUREL RUFF BREAK	Total						
FRENCH TOAST STICKS (RICHS)	SVG (4 STICKS)	260	300	6.0	38.0	10.0	2.00
TURKEY BACON (JENNIE O)	SVG (2 SLICE)	40	190	4.0	0.0	2.0	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	210	255	4.67	46.0	1.83	0.00
FRUIT CKTAIL,CND,EXTRA LT SYRP	1/2 CUP	60	5	0.0	15.0	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
MAPLE SYRUP CUP, 1.5 FL OZ	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
Weighted Daily Average		580	675	19.46	107.22	8.69	1.34
% of Calories				13.4%	73.9%	13.5%	2.1%
Nutrient Guideline							

Mon - 04/09/2018							
9-12 LAUREL RUFF BREAK	Total						
WAFFLES, MINI MAPLE (EGGO)	1 PACKAGE	200	220	4.0	35.0	5.0	1.50
BEEF SAUSAGE PATTY (ADVANCE P)	1 EACH	70	240	6.0	1.0	4.5	1.50
FRUIT JUICE VARIETY (SUNCUP)	1 CARTON	60	2	0.0	14.5	0.0	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	210	255	4.67	46.0	1.83	0.00
PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	16.0	0.0	0.00
MAPLE SYRUP CUP, 1.5 FL OZ	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
Weighted Daily Average		542	564	16.53	105.70	6.17	1.80
% of Calories				12.2%	78.0%	10.2%	3.0%
Nutrient Guideline							

Tue - 04/10/2018							
9-12 LAUREL RUFF BREAK	Total						
CORN STAR & YOGURT, LR	1 STR & 1 YGR	274	180	8.4	44.4	6.2	1.50
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	210	255	4.67	46.0	1.83	0.00
FRUIT CKTAIL,CND,EXTRA LT SYRP	1/2 CUP	60	5	0.0	15.0	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
Weighted Daily Average		487	410	16.66	95.42	4.79	1.09
% of Calories				13.7%	78.3%	8.8%	2.0%
Nutrient Guideline							

Wed - 04/11/2018							
9-12 LAUREL RUFF BREAK	Total						
BREAKFAST PIZZA (TONY'S)	1 EACH	210	350	9.0	27.0	7.0	2.00
FRUIT JUICE VARIETY (SUNCUP)	1 CARTON	60	2	0.0	14.5	0.0	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	210	255	4.67	46.0	1.83	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04

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9-12 LAUREL RUFF BREAKFAST

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		455	493	16.96	86.22	5.19	1.34
% of Calories				14.9%	75.8%	10.3%	2.6%
Nutrient Guideline							

Thu - 04/12/2018							
9-12 LAUREL RUFF BREAK	Total						
PANCAKES, CINNAMON (THE MAX)	SVG (4 PANCAKE)	440	520	8.0	70.0	14.0	3.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	210	255	4.67	46.0	1.83	0.00
APPLESAUCE, CND, UNSWTND	1/2 CUP	51	2	0.0	14.0	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
MAPLE SYRUP CUP, 1.5 FL OZ	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
Weighted Daily Average		681	607	16.46	137.22	8.69	1.84
% of Calories				9.7%	80.6%	11.5%	2.4%
Nutrient Guideline							

Fri - 04/13/2018							
9-12 LAUREL RUFF BREAK	Total						
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
BREAKFAST BUN OAT (SKY BLUE)	1 EACH	230	340	6.0	39.0	7.0	2.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	210	255	4.67	46.0	1.83	0.00
PEACHES, CND, EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	14.0	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
Weighted Daily Average		465	490	15.46	91.72	5.19	1.34
% of Calories				13.3%	78.9%	10.0%	2.6%
Nutrient Guideline							

Mon - 04/16/2018							
9-12 LAUREL RUFF BREAK	Total						
FRUIT JUICE VARIETY (SUNCUP)	1 CARTON	60	2	0.0	14.5	0.0	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
MUFFIN VARIETY (DAVE'S BAKING)	1 EACH	226	120	3.85	39.25	6.0	0.90
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	210	255	4.67	46.0	1.83	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
Weighted Daily Average		463	378	14.38	92.35	4.69	0.79
% of Calories				12.4%	79.8%	9.1%	1.5%
Nutrient Guideline							

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Portion Values - Detailed

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9-12 LAUREL RUFF BREAKFAST

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 04/17/2018							
9-12 LAUREL RUFF BREAK	Total						
PANCAKE ROLL UP TKY (F FARMS)	2 EACH	400	620	14.0	34.0	20.0	5.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	210	255	4.67	46.0	1.83	0.00
APPLESAUCE,CND,UNSWTND	1/2 CUP	51	2	0.0	14.0	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
MAPLE SYRUP CUP, 1.5 FL OZ	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
Weighted Daily Average		601	642	19.46	104.22	11.69	2.84
% of Calories				12.9%	69.3%	17.5%	4.2%
Nutrient Guideline							

Wed - 04/18/2018							
9-12 LAUREL RUFF BREAK	Total						
YOGURT PARFAIT, LR	1 SERVING	216	114	7.6	38.4	2.7	0.60
FRUIT JUICE VARIETY (SUNCUP)	1 CARTON	60	2	0.0	14.5	0.0	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	210	255	4.67	46.0	1.83	0.00
FRUIT CKTAIL,CND,EXTRA LT SYRP	1/2 CUP	60	5	0.0	15.0	0.0	0.00
Weighted Daily Average		455	376	15.33	90.90	2.77	0.60
% of Calories				13.5%	79.9%	5.5%	1.2%
Nutrient Guideline							

Thu - 04/19/2018							
9-12 LAUREL RUFF BREAK	Total						
PANCAKES, CINNAMON (THE MAX)	SVG (4 PANCAKE)	440	520	8.0	70.0	14.0	3.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	210	255	4.67	46.0	1.83	0.00
PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	16.0	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
MAPLE SYRUP CUP, 1.5 FL OZ	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
Weighted Daily Average		630	595	16.46	124.22	8.69	1.84
% of Calories				10.4%	78.9%	12.4%	2.6%
Nutrient Guideline							

Fri - 04/20/2018							
9-12 LAUREL RUFF BREAK	Total						
FRENCH TOAST STICKS (RICHS)	SVG (4 STICKS)	260	300	6.0	38.0	10.0	2.00
TURKEY BACON (JENNIE O)	SVG (2 SLICE)	40	190	4.0	0.0	2.0	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	210	255	4.67	46.0	1.83	0.00
PEACHES,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	14.0	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
MAPLE SYRUP CUP, 1.5 FL OZ	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		580	675	19.46	106.22	8.69	1.34
% of Calories				13.4%	73.2%	13.5%	2.1%
Nutrient Guideline							

Mon - 04/23/2018							
9-12 LAUREL RUFF BREAK	Total						
WAFFLES, MINI MAPLE (EGGO)	1 PACKAGE	200	220	4.0	35.0	5.0	1.50
BEEF SAUSAGE PATTY (ADVANCE P)	1 EACH	70	240	6.0	1.0	4.5	1.50
FRUIT JUICE VARIETY (SUNCUP)	1 CARTON	60	2	0.0	14.5	0.0	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	210	255	4.67	46.0	1.83	0.00
APPLESAUCE, CND, UNSWTND	1/2 CUP	51	2	0.0	14.0	0.0	0.00
MAPLE SYRUP CUP, 1.5 FL OZ	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
Weighted Daily Average		533	561	16.53	103.70	6.17	1.80
% of Calories				12.4%	77.8%	10.4%	3.0%
Nutrient Guideline							

Tue - 04/24/2018							
9-12 LAUREL RUFF BREAK	Total						
CRUMB SQUARE & YOGURT (6 OZ)	SVG (1SQ&1YG)	302	223	7.7	50.4	6.8	1.35
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	210	255	4.67	46.0	1.83	0.00
PEACHES, CND, EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	14.0	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
Weighted Daily Average		501	432	16.31	97.42	5.09	1.01
% of Calories				13.0%	77.8%	9.1%	1.8%
Nutrient Guideline							

Wed - 04/25/2018							
9-12 LAUREL RUFF BREAK	Total						
BREAKFAST PIZZA (TONY'S)	1 EACH	210	350	9.0	27.0	7.0	2.00
FRUIT JUICE VARIETY (SUNCUP)	1 CARTON	60	2	0.0	14.5	0.0	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	210	255	4.67	46.0	1.83	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
Weighted Daily Average		455	493	16.96	86.22	5.19	1.34
% of Calories				14.9%	75.8%	10.3%	2.6%
Nutrient Guideline							

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 04/26/2018							
9-12 LAUREL RUFF BREAK	Total						
PANCAKES, CINNAMON (THE MAX)	SVG (4 PANCAKE)	440	520	8.0	70.0	14.0	3.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	210	255	4.67	46.0	1.83	0.00
FRUIT CKTAIL, CND, EXTRA LT SYRP	1/2 CUP	60	5	0.0	15.0	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
MAPLE SYRUP CUP, 1.5 FL OZ	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
Weighted Daily Average		630	595	16.46	123.22	8.69	1.84
% of Calories				10.4%	78.2%	12.4%	2.6%
Nutrient Guideline							

Mon - 04/30/2018							
9-12 LAUREL RUFF BREAK	Total						
FRUIT JUICE VARIETY (SUNCUP)	1 CARTON	60	2	0.0	14.5	0.0	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
MUFFIN VARIETY (DAVE'S BAKING)	1 EACH	226	120	3.85	39.25	6.0	0.90
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	210	255	4.67	46.0	1.83	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
Weighted Daily Average		463	378	14.38	92.35	4.69	0.79
% of Calories				12.4%	79.8%	9.1%	1.5%
Nutrient Guideline							

Weighted Average		524	510	16.48	101.48	6.32	1.39
				12.6%	77.4%	10.8%	2.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	524		450 - 600	100%				
Sodium 1 (mg)	510		640					
Sodium 2 (mg)	510		570					
Protein (g)	16.48	12.58%						
Carbohydrate (g)	101.48	77.44%						
Total Fat (g)	6.32	10.85%						
Saturated Fat (g)	1.39	2.38%	<10.00%					

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

NOTICE: 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.