

# Washington County School District

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 1

Oct 1, 2025 thru Oct 31, 2025

Combined: K-7 BREAKFAST MENU/ALT  
BREAKFAST K-7

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	Portion Size	Reimb Qty	Carb (g)
Wed - 10/01/2025			
K-7 BREAKFAST MENU	Total	1	
OMELET, COLBY CHEESE	SERVING	1	1.0
TOAST	SLICE	1	19.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
MIXED FRUIT CUP	SERVINGS	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
JELLY: VARIETY PACK	PC	1	9.4
KETCHUP : P/C	PC	1	10.12
SALSA PICANTE	1 OZ	1	1.4
MILK	CARTON	1	17.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
MIXED FRUIT CUP	SERVINGS	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
MILK	CARTON	1	17.0
Weighted Daily Average			121.65
% of Calories			74.6%
Nutrient Guideline			

Thu - 10/02/2025			
K-7 BREAKFAST MENU	Total	1	
YOGURT VAN. PEACH PARFAIT	PARFAIT	1	46.84
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average			119.81
% of Calories			79.5%
Nutrient Guideline			

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### Portion Values - Detailed

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Combined: K-7 BREAKFAST MENU/ALT  
BREAKFAST K-7

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	Portion Size	Reimb Qty	Carb (g)
Fri - 10/03/2025			
K-7 BREAKFAST MENU	Total	1	
DONUT:SPRINKLED	DONUT	1	23.0
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
JUICE : VARIETY SUNCUP	BOX	1	15.25
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
MILK	CARTON	1	17.0
Weighted Daily Average			122.68
% of Calories			71.6%
Nutrient Guideline			

Mon - 10/06/2025			
K-7 BREAKFAST MENU	Total	1	
PANCAKE, BITES	SERVINGS	1	37.02
STRING CHEESE: 1oz M	1 EA	1	1.0
SYRUP	1 EA	1	4.0
APPLESAUCE,W/CINNAMON	1 CUP	1	28.02
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
APPLESAUCE,W/CINNAMON	1 CUP	1	28.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average			119.21
% of Calories			73.1%
Nutrient Guideline			

Tue - 10/07/2025			
K-7 BREAKFAST MENU	Total	1	
PANCAKE CORNDOGS	SERVINGS	1	17.0
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
SYRUP	1 EA	1	4.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0

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Oct 1, 2025 thru Oct 31, 2025

Base Menu Spreadsheet

Combined: K-7 BREAKFAST MENU/ALT  
BREAKFAST K-7

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	18.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average			98.67
% of Calories			71.4%
Nutrient Guideline			

Wed - 10/08/2025			
K-7 BREAKFAST MENU	Total	1	
BREAKFAST BURRITO: ELEM.	BURRITOS	1	23.32
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
MIXED FRUIT CUP	SERVINGS	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
SALSA PICANTE	1 OZ	1	1.4
MILK	CARTON	1	17.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
MIXED FRUIT CUP	SERVINGS	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
MILK	CARTON	1	17.0
Weighted Daily Average			113.55
% of Calories			65.5%
Nutrient Guideline			

Tue - 10/14/2025			
K-7 BREAKFAST MENU	Total	1	
BREAKFAST PIZZA: SAUSAGE	SLICE	1	26.95
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	18.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0

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Combined: K-7 BREAKFAST MENU/ALT  
BREAKFAST K-7

## Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			101.65 73.6%
Nutrient Guideline			

Wed - 10/15/2025			
K-7 BREAKFAST MENU	Total	1	
SUNRISE STICK, BREAKFAST	1 EACH	1	16.84
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
MIXED FRUIT CUP	SERVINGS	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
MIXED FRUIT CUP	SERVINGS	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
MILK	CARTON	1	17.0
Weighted Daily Average % of Calories			109.60 74.3%
Nutrient Guideline			

Thu - 10/16/2025			
K-7 BREAKFAST MENU	Total	1	
YOGURT: UPSTATE FARMS	SERVING	1	15.0
UBR- OATMEAL CHOCOLATE CHIP	1 EACH	1	43.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average % of Calories			111.18 75.9%
Nutrient Guideline			

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### Portion Values - Detailed

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Oct 1, 2025 thru Oct 31, 2025

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BREAKFAST K-7

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	Portion Size	Reimb Qty	Carb (g)
Fri - 10/17/2025			
K-7 BREAKFAST MENU	Total	1	
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	52.46
STRING CHEESE: 1oz M	1 EA	1	1.0
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
JUICE : VARIETY SUNCUP	BOX	1	15.25
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
MILK	CARTON	1	17.0
Weighted Daily Average			127.91
% of Calories			73.8%
Nutrient Guideline			

Mon - 10/20/2025			
K-7 BREAKFAST MENU	Total	1	
WAFFLE, BC	WAFFLE	1	12.0
STRING CHEESE: 1oz M	1 EA	1	1.0
SYRUP	1 EA	1	4.0
APPLESAUCE, W/CINNAMON	1 CUP	1	28.02
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
APPLESAUCE, W/CINNAMON	1 CUP	1	28.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average			106.70
% of Calories			75.3%
Nutrient Guideline			

Tue - 10/21/2025			
K-7 BREAKFAST MENU	Total	1	
BREAKFAST SANDWICH - McMUFFIN	SANDWICHES	1	23.49
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MAYONNAISE, LIGHT	POUCH	1	0.0
MILK	CARTON	1	17.0

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Oct 1, 2025 thru Oct 31, 2025

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BREAKFAST K-7

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	18.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average			99.92
% of Calories			62.9%
Nutrient Guideline			

Wed - 10/22/2025			
K-7 BREAKFAST MENU	Total	1	
OMELET, COLBY CHEESE	SERVING	1	1.0
TOAST	SLICE	1	19.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
MIXED FRUIT CUP	SERVINGS	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
JELLY: VARIETY PACK	PC	1	9.4
KETCHUP : P/C	PC	1	10.12
SALSA PICANTE	1 OZ	1	1.4
MILK	CARTON	1	17.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
MIXED FRUIT CUP	SERVINGS	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
MILK	CARTON	1	17.0
Weighted Daily Average			121.65
% of Calories			74.6%
Nutrient Guideline			

Thu - 10/23/2025			
K-7 BREAKFAST MENU	Total	1	
YOGURT STRAW PARFAIT	PARFAIT	1	40.51
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0

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BREAKFAST K-7

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average			116.64
% of Calories			78.3%
Nutrient Guideline			

Fri - 10/24/2025			
K-7 BREAKFAST MENU	Total	1	
DONUT:SPRINKLED	DONUT	1	23.0
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
JUICE : VARIETY SUNCUP	BOX	1	15.25
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
MILK	CARTON	1	17.0
Weighted Daily Average			122.68
% of Calories			71.6%
Nutrient Guideline			

Mon - 10/27/2025			
K-7 BREAKFAST MENU	Total	1	
PANCAKE, BITES	SERVINGS	1	37.02
STRING CHEESE: 1oz M	1 EA	1	1.0
SYRUP	1 EA	1	4.0
APPLESAUCE,W/CINNAMON	1 CUP	1	28.02
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
APPLESAUCE,W/CINNAMON	1 CUP	1	28.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0

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BREAKFAST K-7

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			119.21 73.1%
Nutrient Guideline			

Tue - 10/28/2025			
K-7 BREAKFAST MENU	Total	1	
PANCAKE CORNDOGS	SERVINGS	1	17.0
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
SYRUP	1 EA	1	4.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	18.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average % of Calories			98.67 71.4%
Nutrient Guideline			

Wed - 10/29/2025			
K-7 BREAKFAST MENU	Total	1	
BREAKFAST BURRITO: ELEM.	BURRITOS	1	23.32
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
MIXED FRUIT CUP	SERVINGS	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
SALSA PICANTE	1 OZ	1	1.4
MILK	CARTON	1	17.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
MIXED FRUIT CUP	SERVINGS	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
MILK	CARTON	1	17.0
Weighted Daily Average % of Calories			113.55 65.5%
Nutrient Guideline			

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BREAKFAST K-7

### Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Thu - 10/30/2025			
K-7 BREAKFAST MENU	Total	1	
SMOOTHIE	SMOOTHIES	1	36.0
SCOOBY-DOO GRAHAM CRACKER STIC	BAG	1	21.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average			110.68
% of Calories			80.4%
Nutrient Guideline			

Fri - 10/31/2025			
K-7 BREAKFAST MENU	Total	1	
BAGELS, MINI	MINI BAGELS	1	41.97
STRING CHEESE: 1oz M	1 EA	1	1.0
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
JUICE : VARIETY SUNCUP	BOX	1	15.25
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
MILK	CARTON	1	17.0
Weighted Daily Average			122.67
% of Calories			75.1%
Nutrient Guideline			

Weighted Average			113.91
			72.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	113.91	72.91%						

\*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

**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.