

Planned Menu Spreadsheet

Portion Values

Mar 1, 2022 thru Mar 31, 2022

Menu Name: After School Snacks w/out Milk
Site: 1 - Archdiocese of Chicago

Include Cost: No
Report Style: Detailed

Tuesday - 03/01/2022

Reimbursable Meal Total 1900

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
831289 BRD: CRACK SS, Chz-It WG	Package	1900	100	1.00	150	0	3.50	0.00	14.00	1.00	2.00
826341 JUICE SS, Frit Bld 100% 6oz Crt	Each	1900	90	0.00	20	19	0.00	0.00	21.00	0.00	0.00
Weighted Daily Average			190	1.00	170	19	3.50	0.00	35.00	1.00	2.00
% of Calories				4.74%		40.0%	16.6%	0.0%	73.7%		4.2%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

Wednesday - 03/02/2022

Reimbursable Meal Total 1900

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
831311 BRD: BAR, NutriGr ApCin1.5WGIW	Each	1900	160	0.50	130	14	4.00	0.00	30.00	3.00	2.00
833274 CHEESE, CH STICK 1EA 1.0	Stick	1900	90	4.50	200	0	7.00	0.00	0.00	0.00	7.00
Weighted Daily Average			250	5.00	330	14	11.00	0.00	30.00	3.00	9.00
% of Calories				18.00%		22.4%	39.6%	0.0%	48.0%		14.4%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

Thursday - 03/03/2022

Reimbursable Meal Total 1900

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Portion Values

Mar 1, 2022 thru Mar 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
831718 BRD: CRACK SS, Bear GrhmChocWG	Package	1900	120	0.00	85	7	4.00	0.00	20.00	2.00	2.00
826348 JUICE SS, Orange 100% 6oz Cart	Each	1900	80	0.00	20	17	0.00	0.00	20.00	0.00	1.00
Weighted Daily Average			200	0.00	105	24	4.00	0.00	40.00	2.00	3.00
% of Calories				0.00%		48.0%	18.0%	0.0%	80.0%		6.0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

Friday - 03/04/2022

Reimbursable Meal Total 1900

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
832162 SNACK: CHIP SS, SNACK MIX WG	Package	1900	110	0.00	180	2	3.50	0.00	17.00	2.00	2.00
826339 JUICE SS, Apple 100% 6oz Cart	Each	1900	80	0.00	20	19	0.00	0.00	20.00	0.00	0.00
Weighted Daily Average			190	0.00	200	21	3.50	0.00	37.00	2.00	2.00
% of Calories				0.00%		44.2%	16.6%	0.0%	77.9%		4.2%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

Monday - 03/07/2022

Reimbursable Meal Total 1800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
831306 BRD: MUF AP, Choc 2oz WG (1BG)	Muffin	1800	200	2.00	135	17	6.00	0.00	32.00	3.00	4.00

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Portion Values

Mar 1, 2022 thru Mar 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
826348 JUICE SS, Orange 100% 6oz Cart	Each	1800	80	0.00	20	17	0.00	0.00	20.00	0.00	1.00
Weighted Daily Average			280	2.00	155	34	6.00	0.00	52.00	3.00	5.00
% of Calories				6.43%		48.6%	19.3%	0.0%	74.3%		7.1%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

Tuesday - 03/08/2022

Reimbursable Meal Total 1750

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	1750	90	0.00	200	0	1.50	0.00	16.00	1.00	2.00
831458 CHEESE, CH CUBES RF IW 1.0	Pkg (1oz)	1750	90	4.50	190	0	7.00	0.00	0.00	0.00	7.00
Weighted Daily Average			180	4.50	390	0	8.50	0.00	16.00	1.00	9.00
% of Calories				22.50%		0%	42.5%	0.0%	35.6%		20.0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

Wednesday - 03/09/2022

Reimbursable Meal Total 1800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
831162 BRD: BAR, Cereal GldnGrm WG IW	Each	1800	150	0.00	110	9	3.00	0.00	30.00	3.00	2.00

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Mar 1, 2022 thru Mar 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
826348 JUICE SS, Orange 100% 6oz Cart	Each	1800	80	0.00	20	17	0.00	0.00	20.00	0.00	1.00
Weighted Daily Average			230	0.00	130	26	3.00	0.00	50.00	3.00	3.00
% of Calories				0.00%		45.2%	11.7%	0.0%	87.0%		5.2%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

Thursday - 03/10/2022

Reimbursable Meal Total 1825

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
825953 BRD: CRACK SS, GFishChd.75ozWG	Package	1825	100	0.50	170	0	4.00	0.00	14.00	1.00	2.00
826339 JUICE SS, Apple 100% 6oz Cart	Each	1825	80	0.00	20	19	0.00	0.00	20.00	0.00	0.00
Weighted Daily Average			180	0.50	190	19	4.00	0.00	34.00	1.00	2.00
% of Calories				2.50%		42.2%	20.0%	0.0%	75.6%		4.4%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

Friday - 03/11/2022

Reimbursable Meal Total 1500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
831142 BRD: CRACK SS, Bug Bites CinWG	Package	1500	120	1.00	115	8	3.50	0.00	21.00	1.00	2.00

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Mar 1, 2022 thru Mar 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
826341 JUICE SS, Frt Bld 100% 6oz Crt	Each	1500	90	0.00	20	19	0.00	0.00	21.00	0.00	0.00
Weighted Daily Average			210	1.00	135	27	3.50	0.00	42.00	1.00	2.00
% of Calories				4.29%		51.4%	15.0%	0.0%	80.0%		3.8%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

Monday - 03/14/2022

Reimbursable Meal Total 1700

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
831289 BRD: CRACK SS, Chz-It WG	Package	1700	100	1.00	150	0	3.50	0.00	14.00	1.00	2.00
826341 JUICE SS, Frt Bld 100% 6oz Crt	Each	1700	90	0.00	20	19	0.00	0.00	21.00	0.00	0.00
Weighted Daily Average			190	1.00	170	19	3.50	0.00	35.00	1.00	2.00
% of Calories				4.74%		40.0%	16.6%	0.0%	73.7%		4.2%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

Tuesday - 03/15/2022

Reimbursable Meal Total 1700

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	1700	120	1.00	115	8	3.50	0.00	21.00	1.00	2.00

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Mar 1, 2022 thru Mar 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
826339 JUICE SS, Apple 100% 6oz Cart	Each	1700	80	0.00	20	19	0.00	0.00	20.00	0.00	0.00
Weighted Daily Average			200	1.00	135	27	3.50	0.00	41.00	1.00	2.00
% of Calories				4.50%		54.0%	15.8%	0.0%	82.0%		4.0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

Wednesday - 03/16/2022

Reimbursable Meal Total 1700

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
831269 SNACK: CHIP SS, Dorito CR RFWG	Package	1700	130	1.00	160	1	5.00	0.00	19.00	2.00	2.00
826348 JUICE SS, Orange 100% 6oz Cart	Each	1700	80	0.00	20	17	0.00	0.00	20.00	0.00	1.00
Weighted Daily Average			210	1.00	180	18	5.00	0.00	39.00	2.00	3.00
% of Calories				4.29%		34.3%	21.4%	0.0%	74.3%		5.7%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

Thursday - 03/17/2022

Reimbursable Meal Total 1700

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
833274 CHEESE, CH STICK 1EA 1.0	Stick	1700	90	4.50	200	0	7.00	0.00	0.00	0.00	7.00

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Mar 1, 2022 thru Mar 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
831312 BRD: BAR, NutriGr Strwb1.5WGIW	Each	1700	150	0.50	150	14	3.50	0.00	30.00	3.00	2.00
Weighted Daily Average			240	5.00	350	14	10.50	0.00	30.00	3.00	9.00
% of Calories				18.75%		23.3%	39.4%	0.0%	50.0%		15.0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

Friday - 03/18/2022

Reimbursable Meal Total 1700

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	1700	130	0.00	120	8	4.00	0.00	21.00	1.00	2.00
826339 JUICE SS, Apple 100% 6oz Cart	Each	1700	80	0.00	20	19	0.00	0.00	20.00	0.00	0.00
Weighted Daily Average			210	0.00	140	27	4.00	0.00	41.00	1.00	2.00
% of Calories				0.00%		51.4%	17.1%	0.0%	78.1%		3.8%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

Monday - 03/21/2022

Reimbursable Meal Total 1700

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
831305 BRD: MUF AP, Blueb 2ozWG (1BG)	Muffin	1700	190	2.00	130	16	6.00	0.00	30.00	2.00	3.00

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Mar 1, 2022 thru Mar 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
826341 JUICE SS, Frt Bld 100% 6oz Crt	Each	1700	90	0.00	20	19	0.00	0.00	21.00	0.00	0.00
Weighted Daily Average			280	2.00	150	35	6.00	0.00	51.00	2.00	3.00
% of Calories				6.43%		50.0%	19.3%	0.0%	72.9%		4.3%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

Tuesday - 03/22/2022

Reimbursable Meal Total 1700

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
831264 SNACK: CHIP SS, Cheeto Bkd Cru	Package	1700	120	1.00	200	1	4.50	0.00	16.00	1.00	2.00
826339 JUICE SS, Apple 100% 6oz Cart	Each	1700	80	0.00	20	19	0.00	0.00	20.00	0.00	0.00
Weighted Daily Average			200	1.00	220	20	4.50	0.00	36.00	1.00	2.00
% of Calories				4.50%		40.0%	20.2%	0.0%	72.0%		4.0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

Wednesday - 03/23/2022

Reimbursable Meal Total 860

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	860	90	0.00	200	0	1.50	0.00	16.00	1.00	2.00

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Portion Values

Mar 1, 2022 thru Mar 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
829216 CHEESE, MZ String LF 1ea 1.0	Stick	860	60	2.00	210	0	2.50	0.00	1.00	0.00	8.00
Weighted Daily Average			150	2.00	410	0	4.00	0.00	17.00	1.00	10.00
% of Calories				12.00%		0%	24.0%	0.0%	45.3%		26.7%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

Thursday - 03/24/2022

Reimbursable Meal Total 1700

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990369 Danimals, Strawberry Banana Yogurt	ea	1700	70	0.00	70	9	0.00	0.00	12.00	0.00	4.00
831142 BRD: CRACK SS, Bug Bites CinWG	Package	1700	120	1.00	115	8	3.50	0.00	21.00	1.00	2.00
Weighted Daily Average			190	1.00	185	17	3.50	0.00	33.00	1.00	6.00
% of Calories				4.74%		35.8%	16.6%	0.0%	69.5%		12.6%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

Friday - 03/25/2022

Reimbursable Meal Total 1700

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990555 BRD: BAR, BENEFIT MINI MAPLE BROWN SUGAR WG IW	Each	1700	130	1.00	110	9	4.00	0.00	23.00	3.00	2.00

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Mar 1, 2022 thru Mar 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
826348 JUICE SS, Orange 100% 6oz Cart	Each	1700	80	0.00	20	17	0.00	0.00	20.00	0.00	1.00
Weighted Daily Average			210	1.00	130	26	4.00	0.00	43.00	3.00	3.00
% of Calories				4.29%		49.5%	17.1%	0.0%	81.9%		5.7%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

Monday - 03/28/2022

Reimbursable Meal Total 1800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
831163 BRD: BAR, Cereal TeamCh WG IW	Each	1800	150	1.00	85	9	4.00	0.00	30.00	3.00	2.00
826339 JUICE SS, Apple 100% 6oz Cart	Each	1800	80	0.00	20	19	0.00	0.00	20.00	0.00	0.00
Weighted Daily Average			230	1.00	105	28	4.00	0.00	50.00	3.00	2.00
% of Calories				3.91%		48.7%	15.7%	0.0%	87.0%		3.5%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

Tuesday - 03/29/2022

Reimbursable Meal Total 1700

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	1700	120	1.00	115	8	3.50	0.00	21.00	1.00	2.00

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Mar 1, 2022 thru Mar 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
826348 JUICE SS, Orange 100% 6oz Cart	Each	1700	80	0.00	20	17	0.00	0.00	20.00	0.00	1.00
Weighted Daily Average			200	1.00	135	25	3.50	0.00	41.00	1.00	3.00
% of Calories				4.50%		50.0%	15.8%	0.0%	82.0%		6.0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

Wednesday - 03/30/2022

Reimbursable Meal Total 1700

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
829498 YOGURT SS, Danimals Vanilla4oz	Each	1700	70	0.00	70	9	0.00	0.00	12.00	0.00	4.00
831285 BRD: CRACK SS, Animal WG	Package	1700	120	1.00	115	8	3.50	0.00	22.00	2.00	2.00
Weighted Daily Average			190	1.00	185	17	3.50	0.00	34.00	2.00	6.00
% of Calories				4.74%		35.8%	16.6%	0.0%	71.6%		12.6%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

Thursday - 03/31/2022

Reimbursable Meal Total 1600

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
825953 BRD: CRACK SS, GFishChd.75ozWG	Package	1600	100	0.50	170	0	4.00	0.00	14.00	1.00	2.00

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Mar 1, 2022 thru Mar 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
833274 CHEESE, CH STICK 1EA 1.0	Stick	1600	90	4.50	200	0	7.00	0.00	0.00	0.00	7.00
Weighted Daily Average			190	5.00	370	0	11.00	0.00	14.00	1.00	9.00
% of Calories				23.68%		0%	52.1%	0.0%	29.5%		18.9%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

			Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages			209	2	203	20	5.11	0.00	36.57	1.74	4.30
% of Calories				6.93%		38.3%	22.0%	0.0%	70.0%		8.2%

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.