Lunch Middle
Lincoln County Schools Child Nutrition
May 2013

Wed - 05/01/2013	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
TACO SALAD: Jennie-O refri	serving	261	44	483	2.76	1.74	188.97	141	2.35	17.22	23.20	11.58	3.23
RICE w SALSA & BEANS	3/8 cup	88	0	318	1.24	1.39	67.71	167	1.61	2.60	18.09	0.32	0.08
PIZZA, SmartTny CHS WG 7	slice	300	25	580	4.00	1.80	250.00	300	0.00	16.00	35.00	11.00	5.00
SALSA COMMODITY	1/2 cup	46	0	544	1.77	2.83	15.18	696	5.06	1.90	8.86	0.25	0.04
BEANS PINTO & Refried cn	1/2 cup	134	4	359	7.40	2.25	49.06	77	4.07	7.49	22.75	0.66	0.25
Juice Tropical Twist 4.23 ozs	4.23 fl oz	60	0	15	0.00	0.00	0.00	500	60.00	0.00	14.00	0.00	0.00
MILK, CHOC skim: Maola	half pint	130	5	190	0.00	0.00	300.00	500	0.00	8.00	24.00	0.00	0.00
MILK, SKIM: Maola	half pint	90	5	120	0.00	0.00	250.00	500	2.40	8.00	11.00	0.00	0.00
SALAD, MESCLUN MIX	1 cup	3	0	4	0.29	0.21	11.55	433	2.60	0.29	0.58	0.00	0.00
SALAD DRESSING, RANCH	1.5 fl oz	76	13	247	0.00	0.00	57.12	215	0.23	1.51	3.47	6.02	0.60
SALAD TOMATOES	1/4 cup	12	0	67	0.48	0.35	19.12	358	5.74	0.48	2.39	0.00	0.00
TRAIL MIX FRUIT: fruit mix	1/4 cup	136	0	6	3.03	0.71	22.83	477	0.18	0.96	35.37	0.20	0.01
BAR PEANUT BUTTER & J	2 each	594	0	565	6.24	6.88	3.40	1	0.02	17.20	59.40	17.20	5.00

Thu - 05/02/2013	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
CHICKEN BAKED RANCH	serving	140	50	71	0.00	0.80	8.00	130	0.00	14.10	0.29	8.09	2.30
ROLL WG 2 svg 20534	roll	160	0	140	4.00	2.16	0.00	0	0.00	6.00	28.00	3.00	0.00
PIZZA, GALAXY Tony 78542	PIZZA	303	16	629	1.88	2.44	311.93	517	0.55	16.73	28.50	13.98	4.76
BEANS GREEN cnd ckd	1/2 cup	16	0	196	1.51	0.71	20.69	273	3.48	0.96	3.66	0.08	0.02
SWEET POTATO SOUFFLE	1/2 cup	326	3	219	3.84	1.21	205.18	12037	14.37	6.49	66.79	4.06	0.85
APPLESAUCE, BERRY GR	serving	102	0	3	1.50	0.31	5.44	39	38.40	0.23	26.16	0.14	0.01
MILK, CHOC skim: Maola	half pint	130	5	190	0.00	0.00	300.00	500	0.00	8.00	24.00	0.00	0.00
MILK, SKIM: Maola	half pint	90	5	120	0.00	0.00	250.00	500	2.40	8.00	11.00	0.00	0.00
SALAD, MESCLUN MIX	1 cup	3	0	4	0.29	0.21	11.55	433	2.60	0.29	0.58	0.00	0.00
SALAD DRESSING, RANCH	1.5 fl oz	76	13	247	0.00	0.00	57.12	215	0.23	1.51	3.47	6.02	0.60
SALAD TOMATOES	1/4 cup	12	0	67	0.48	0.35	19.12	358	5.74	0.48	2.39	0.00	0.00
TRAIL MIX FRUIT: fruit mix	1/4 cup	136	0	6	3.03	0.71	22.83	477	0.18	0.96	35.37	0.20	0.01
BAR PEANUT BUTTER & J	2 each	594	0	565	6.24	6.88	3.40	1	0.02	17.20	59.40	17.20	5.00

Fri - 05/03/2013	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
SND HAM & CHS rf Pork del	sandwich	276	45	1040	3.00	4.51	225.00	200	0.00	20.17	35.31	6.08	2.06
PIZZA, Stuffed crust WG RF	slice	304	25	566	3.01	1.80	400.23	771	3.60	20.02	35.05	9.47	3.10
POTATOES, CRINKLE OV.	SERVING	114	0	149	1.43	0.56	2.16	*112	7.26	1.60	19.77	2.83	0.84
JUICE RIPS BLUE RAZZ	pkg	110	0	35	0.00	0.36	0.00	0	0.00	0.00	28.00	0.00	0.00
MILK, CHOC skim: Maola	half pint	130	5	190	0.00	0.00	300.00	500	0.00	8.00	24.00	0.00	0.00
MILK, SKIM: Maola	half pint	90	5	120	0.00	0.00	250.00	500	2.40	8.00	11.00	0.00	0.00
SALAD, MESCLUN MIX	1 cup	3	0	4	0.29	0.21	11.55	433	2.60	0.29	0.58	0.00	0.00
SALAD DRESSING, RANCH	1.5 fl oz	76	13	247	0.00	0.00	57.12	215	0.23	1.51	3.47	6.02	0.60
SALAD TOMATOES	1/4 cup	12	0	67	0.48	0.35	19.12	358	5.74	0.48	2.39	0.00	0.00
TRAIL MIX FRUIT: fruit mix	1/4 cup	136	0	6	3.03	0.71	22.83	477	0.18	0.96	35.37	0.20	0.01
BAR PEANUT BUTTER & J	2 each	594	0	565	6.24	6.88	3.40	1	0.02	17.20	59.40	17.20	5.00
MAYONNAISE IND 24930	1 ea	90	5	70	0.00	0.00	0.00	0	0.00	0.00	1.00	9.00	1.50
MUSTARD: ind	1 ea	5	0	50	0.00	0.00	0.00	0	0.00	0.50	0.50	0.00	0.00
KETCHUP: ind	2 ea	20	0	210	0.00	0.00	0.00	0	0.00	0.00	6.00	0.00	0.00

Mon - 05/06/2013	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
GOLDEN MOUNTAIN, rf	serving	202	59	1344	1.44	1.87	92.68	218	10.00	16.59	17.47	6.48	2.45
ROLL WG 2 svg 20534	roll	160	0	140	4.00	2.16	0.00	0	0.00	6.00	28.00	3.00	0.00
PIZZA, CHEESE Tony flatbr	PIZZA	370	35	600	4.00	2.70	350.00	500	1.20	18.00	37.00	17.00	8.00
PEAS, BLACKEYED cnd	1/2 cup	85	0	332	3.66	1.08	22.19	14	3.00	5.26	15.12	0.61	0.16
APPLESAUCE, ROSY	serving	82	0	3	1.50	0.31	5.44	39	34.22	0.23	21.42	0.14	0.01
FRUIT, FRZ PEACH cup: S	1/2 cup	118	0	8	2.25	0.46	3.75	355	117.75	0.79	29.98	0.16	0.01
MILK, CHOC skim: Maola	half pint	130	5	190	0.00	0.00	300.00	500	0.00	8.00	24.00	0.00	0.00
MILK, SKIM: Maola	half pint	90	5	120	0.00	0.00	250.00	500	2.40	8.00	11.00	0.00	0.00
SALAD, MESCLUN MIX	1 cup	3	0	4	0.29	0.21	11.55	433	2.60	0.29	0.58	0.00	0.00
SALAD DRESSING, RANCH	1.5 fl oz	76	13	247	0.00	0.00	57.12	215	0.23	1.51	3.47	6.02	0.60
SALAD TOMATOES	1/4 cup	12	0	67	0.48	0.35	19.12	358	5.74	0.48	2.39	0.00	0.00
TRAIL MIX FRUIT: fruit mix	1/4 cup	136	0	6	3.03	0.71	22.83	477	0.18	0.96	35.37	0.20	0.01
BAR PEANUT BUTTER & J	2 each	594	0	565	6.24	6.88	3.40	1	0.02	17.20	59.40	17.20	5.00

Tue - 05/07/2013	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
BURGER w/ cheese WGbun	serving	405	40	471	4.25	4.90	258.77	276	0.00	21.81	38.72	18.41	6.57
PIZZA, SmartTny PEP WG 7	slice	300	25	660	4.00	2.70	200.00	300	0.00	16.00	35.00	12.00	5.00
CORN yellow frz steamed	1/2 cup	73	0	2	1.73	0.35	3.30	161	5.28	2.49	17.10	0.64	0.10
COLE SLAW	1/2 cup	82	12	145	1.59	0.30	25.41	183	23.24	0.81	6.33	6.11	0.63
ONIONS FRESH	1/8 cup	9	0	1	0.37	0.05	4.96	0	1.59	0.24	2.01	0.02	0.01
FRUIT, FRESH ORANGE	1 each	45	0	0	2.30	0.10	38.40	216	51.07	0.90	11.28	0.12	0.02
MILK, CHOC skim: Maola	half pint	130	5	190	0.00	0.00	300.00	500	0.00	8.00	24.00	0.00	0.00
MILK, SKIM: Maola	half pint	90	5	120	0.00	0.00	250.00	500	2.40	8.00	11.00	0.00	0.00
SALAD, MESCLUN MIX	1 cup	3	0	4	0.29	0.21	11.55	433	2.60	0.29	0.58	0.00	0.00
SALAD DRESSING, RANCH	1.5 fl oz	76	13	247	0.00	0.00	57.12	215	0.23	1.51	3.47	6.02	0.60
SALAD TOMATOES	1/4 cup	12	0	67	0.48	0.35	19.12	358	5.74	0.48	2.39	0.00	0.00
TRAIL MIX FRUIT: fruit mix	1/4 cup	136	0	6	3.03	0.71	22.83	477	0.18	0.96	35.37	0.20	0.01
BAR PEANUT BUTTER & J	2 each	594	0	565	6.24	6.88	3.40	1	0.02	17.20	59.40	17.20	5.00
KETCHUP: ind	2 ea	20	0	210	0.00	0.00	0.00	0	0.00	0.00	6.00	0.00	0.00
MUSTARD: ind	1 ea	5	0	50	0.00	0.00	0.00	0	0.00	0.50	0.50	0.00	0.00

Wed - 05/08/2013	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
TACO SALAD: Jennie-O refri	serving	261	44	483	2.76	1.74	188.97	141	2.35	17.22	23.20	11.58	3.23
RICE w SALSA & BEANS	3/8 cup	88	0	318	1.24	1.39	67.71	167	1.61	2.60	18.09	0.32	0.08
CHEESE STICK brd 20187 h	5 ea	390	30	380	3.00	1.08	450.26	400	0.00	18.01	31.02	22.01	8.00
MARINARA SAUCE	1/2 cup	115	0	640	3.58	0.92	50.72	1296	15.69	2.22	17.84	4.37	0.62
SALSA COMMODITY	1/2 cup	46	0	544	1.77	2.83	15.18	696	5.06	1.90	8.86	0.25	0.04
BEANS PINTO cnd ckd	1/2 cup	119	0	423	6.50	1.95	43.34	108	1.30	6.50	20.58	0.00	0.00
FRUIT, FRZ STRB cup: SW	serving	123	0	4	2.43	0.76	14.08	31	52.99	0.68	33.18	0.17	0.01
MILK, CHOC skim: Maola	half pint	130	5	190	0.00	0.00	300.00	500	0.00	8.00	24.00	0.00	0.00
MILK, SKIM: Maola	half pint	90	5	120	0.00	0.00	250.00	500	2.40	8.00	11.00	0.00	0.00
SALAD, MESCLUN MIX	1 cup	3	0	4	0.29	0.21	11.55	433	2.60	0.29	0.58	0.00	0.00
SALAD DRESSING, RANCH	1.5 fl oz	76	13	247	0.00	0.00	57.12	215	0.23	1.51	3.47	6.02	0.60
SALAD TOMATOES	1/4 cup	12	0	67	0.48	0.35	19.12	358	5.74	0.48	2.39	0.00	0.00
TRAIL MIX FRUIT: fruit mix	1/4 cup	136	0	6	3.03	0.71	22.83	477	0.18	0.96	35.37	0.20	0.01
BAR PEANUT BUTTER & J	2 each	594	0	565	6.24	6.88	3.40	1	0.02	17.20	59.40	17.20	5.00

Thu - 05/09/2013	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
CHIC BAKED BBQ	serving	224	50	862	4.41	0.80	8.00	351	0.00	14.00	19.85	7.80	2.20
ROLL WG 2 svg 20534	roll	160	0	140	4.00	2.16	0.00	0	0.00	6.00	28.00	3.00	0.00
PIZZA, GALAXY Tony 78542	PIZZA	303	16	629	1.88	2.44	311.93	517	0.55	16.73	28.50	13.98	4.76
PEAS, GREEN frz, steamed	serving	73	0	103	4.29	1.46	20.96	1960	17.15	4.97	12.97	0.38	0.06
POTATOES, MASHED: pear	1/2 cup	76	0	348	1.30	0.19	11.92	0	3.60	1.50	15.00	1.00	0.10
APPLESAUCE, BERRY GR	serving	102	0	3	1.50	0.31	5.44	39	38.40	0.23	26.16	0.14	0.01
MILK, CHOC skim: Maola	half pint	130	5	190	0.00	0.00	300.00	500	0.00	8.00	24.00	0.00	0.00
MILK, SKIM: Maola	half pint	90	5	120	0.00	0.00	250.00	500	2.40	8.00	11.00	0.00	0.00
SALAD, MESCLUN MIX	1 cup	3	0	4	0.29	0.21	11.55	433	2.60	0.29	0.58	0.00	0.00
SALAD DRESSING, RANCH	1.5 fl oz	76	13	247	0.00	0.00	57.12	215	0.23	1.51	3.47	6.02	0.60
SALAD TOMATOES	1/4 cup	12	0	67	0.48	0.35	19.12	358	5.74	0.48	2.39	0.00	0.00
TRAIL MIX FRUIT: fruit mix	1/4 cup	136	0	6	3.03	0.71	22.83	477	0.18	0.96	35.37	0.20	0.01
BAR PEANUT BUTTER & J	2 each	594	0	565	6.24	6.88	3.40	1	0.02	17.20	59.40	17.20	5.00

Fri - 05/10/2013	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
SND HAM & CHS rf Pork del	sandwich	276	45	1040	3.00	4.51	225.00	200	0.00	20.17	35.31	6.08	2.06
PIZZA, Stuffed crust WG RF	slice	304	25	566	3.01	1.80	400.23	771	3.60	20.02	35.05	9.47	3.10
POTATOES, CRINKLE OV.	SERVING	114	0	149	1.43	0.56	2.16	*112	7.26	1.60	19.77	2.83	0.84
JUICE RIPS BLUE RAZZ	pkg	110	0	35	0.00	0.36	0.00	0	0.00	0.00	28.00	0.00	0.00
MILK, CHOC skim: Maola	half pint	130	5	190	0.00	0.00	300.00	500	0.00	8.00	24.00	0.00	0.00
MILK, SKIM: Maola	half pint	90	5	120	0.00	0.00	250.00	500	2.40	8.00	11.00	0.00	0.00
SALAD, MESCLUN MIX	1 cup	3	0	4	0.29	0.21	11.55	433	2.60	0.29	0.58	0.00	0.00
SALAD DRESSING, RANCH	1.5 fl oz	76	13	247	0.00	0.00	57.12	215	0.23	1.51	3.47	6.02	0.60
SALAD TOMATOES	1/4 cup	12	0	67	0.48	0.35	19.12	358	5.74	0.48	2.39	0.00	0.00
TRAIL MIX FRUIT: fruit mix	1/4 cup	136	0	6	3.03	0.71	22.83	477	0.18	0.96	35.37	0.20	0.01
BAR PEANUT BUTTER & J	2 each	594	0	565	6.24	6.88	3.40	1	0.02	17.20	59.40	17.20	5.00
MAYONNAISE IND 24930	1 ea	90	5	70	0.00	0.00	0.00	0	0.00	0.00	1.00	9.00	1.50
MUSTARD: ind	1 ea	5	0	50	0.00	0.00	0.00	0	0.00	0.50	0.50	0.00	0.00
KETCHUP: ind	2 ea	20	0	210	0.00	0.00	0.00	0	0.00	0.00	6.00	0.00	0.00

Mon - 05/13/2013	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
SPAGHETTI w/ CHEESE	serving	411	31	967	5.43	1.80	506.75	1833	13.74	21.48	42.80	17.45	7.89
PIZZA, CHEESE Tony flatbr	PIZZA	370	35	600	4.00	2.70	350.00	500	1.20	18.00	37.00	17.00	8.00
PEAS, GREEN frz, steamed	serving	73	0	103	4.29	1.46	20.96	1960	17.15	4.97	12.97	0.38	0.06
APPLESAUCE, ROSY	serving	82	0	3	1.50	0.31	5.44	39	34.22	0.23	21.42	0.14	0.01
FRUIT, FRZ PEACH cup: S	1/2 cup	118	0	8	2.25	0.46	3.75	355	117.75	0.79	29.98	0.16	0.01
MILK, CHOC skim: Maola	half pint	130	5	190	0.00	0.00	300.00	500	0.00	8.00	24.00	0.00	0.00
MILK, SKIM: Maola	half pint	90	5	120	0.00	0.00	250.00	500	2.40	8.00	11.00	0.00	0.00
SALAD, MESCLUN MIX	1 cup	3	0	4	0.29	0.21	11.55	433	2.60	0.29	0.58	0.00	0.00
SALAD DRESSING, RANCH	1.5 fl oz	76	13	247	0.00	0.00	57.12	215	0.23	1.51	3.47	6.02	0.60
SALAD TOMATOES	1/4 cup	12	0	67	0.48	0.35	19.12	358	5.74	0.48	2.39	0.00	0.00
TRAIL MIX FRUIT: fruit mix	1/4 cup	136	0	6	3.03	0.71	22.83	477	0.18	0.96	35.37	0.20	0.01
BAR PEANUT BUTTER & J	2 each	594	0	565	6.24	6.88	3.40	1	0.02	17.20	59.40	17.20	5.00

Tue - 05/14/2013	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
CHICKEN FAJITAS, rf: str 2	1 fajita	465	82	1264	6.00	1.13	441.90	203	1.80	33.54	44.63	15.53	5.24
PIZZA, SmartTny PEP WG 7	slice	300	25	660	4.00	2.70	200.00	300	0.00	16.00	35.00	12.00	5.00
SALSA COMMODITY	1/2 cup	46	0	544	1.77	2.83	15.18	696	5.06	1.90	8.86	0.25	0.04
BEANS REFRIED	1/2 cup	125	11	149	7.11	2.22	46.68	0	8.06	7.34	20.76	1.70	0.64
POTATO PUFFS:LambWest	1/2 cup	160	0	330	2.00	0.72	0.00	0	2.40	2.00	19.00	8.00	2.00
CORN yellow frz steamed	1/2 cup	73	0	2	1.73	0.35	3.30	161	5.28	2.49	17.10	0.64	0.10
FRUIT, FRESH ORANGE	1 each	45	0	0	2.30	0.10	38.40	216	51.07	0.90	11.28	0.12	0.02
MILK, CHOC skim: Maola	half pint	130	5	190	0.00	0.00	300.00	500	0.00	8.00	24.00	0.00	0.00
MILK, SKIM: Maola	half pint	90	5	120	0.00	0.00	250.00	500	2.40	8.00	11.00	0.00	0.00
SALAD, MESCLUN MIX	1 cup	3	0	4	0.29	0.21	11.55	433	2.60	0.29	0.58	0.00	0.00
SALAD DRESSING, RANCH	1.5 fl oz	76	13	247	0.00	0.00	57.12	215	0.23	1.51	3.47	6.02	0.60
SALAD TOMATOES	1/4 cup	12	0	67	0.48	0.35	19.12	358	5.74	0.48	2.39	0.00	0.00
TRAIL MIX FRUIT: fruit mix	1/4 cup	136	0	6	3.03	0.71	22.83	477	0.18	0.96	35.37	0.20	0.01
BAR PEANUT BUTTER & J	2 each	594	0	565	6.24	6.88	3.40	1	0.02	17.20	59.40	17.20	5.00
KETCHUP: ind	2 ea	20	0	210	0.00	0.00	0.00	0	0.00	0.00	6.00	0.00	0.00

Wed - 05/15/2013	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
TACO SALAD: Jennie-O refri	serving	261	44	483	2.76	1.74	188.97	141	2.35	17.22	23.20	11.58	3.23
RICE w SALSA & BEANS	3/8 cup	88	0	318	1.24	1.39	67.71	167	1.61	2.60	18.09	0.32	0.08
PIZZA, SmartTny CHS WG 7	slice	300	25	580	4.00	1.80	250.00	300	0.00	16.00	35.00	11.00	5.00
SALSA COMMODITY	1/2 cup	46	0	544	1.77	2.83	15.18	696	5.06	1.90	8.86	0.25	0.04
BEANS PINTO & Refried cn	1/2 cup	134	4	359	7.40	2.25	49.06	77	4.07	7.49	22.75	0.66	0.25
Juice Tropical Twist 4.23 ozs	4.23 fl oz	60	0	15	0.00	0.00	0.00	500	60.00	0.00	14.00	0.00	0.00
MILK, CHOC skim: Maola	half pint	130	5	190	0.00	0.00	300.00	500	0.00	8.00	24.00	0.00	0.00
MILK, SKIM: Maola	half pint	90	5	120	0.00	0.00	250.00	500	2.40	8.00	11.00	0.00	0.00
SALAD, MESCLUN MIX	1 cup	3	0	4	0.29	0.21	11.55	433	2.60	0.29	0.58	0.00	0.00
SALAD DRESSING, RANCH	1.5 fl oz	76	13	247	0.00	0.00	57.12	215	0.23	1.51	3.47	6.02	0.60
SALAD TOMATOES	1/4 cup	12	0	67	0.48	0.35	19.12	358	5.74	0.48	2.39	0.00	0.00
TRAIL MIX FRUIT: fruit mix	1/4 cup	136	0	6	3.03	0.71	22.83	477	0.18	0.96	35.37	0.20	0.01
BAR PEANUT BUTTER & J	2 each	594	0	565	6.24	6.88	3.40	1	0.02	17.20	59.40	17.20	5.00

Thu - 05/16/2013	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
CHICKEN BAKED RANCH	serving	140	50	71	0.00	0.80	8.00	130	0.00	14.10	0.29	8.09	2.30
ROLL WG 2 svg 20534	roll	160	0	140	4.00	2.16	0.00	0	0.00	6.00	28.00	3.00	0.00
PIZZA, GALAXY Tony 78542	PIZZA	303	16	629	1.88	2.44	311.93	517	0.55	16.73	28.50	13.98	4.76
BEANS GREEN cnd ckd	1/2 cup	16	0	196	1.51	0.71	20.69	273	3.48	0.96	3.66	0.08	0.02
SWEET POTATO SOUFFLE	1/2 cup	326	3	219	3.84	1.21	205.18	12037	14.37	6.49	66.79	4.06	0.85
APPLESAUCE, BERRY GR	serving	102	0	3	1.50	0.31	5.44	39	38.40	0.23	26.16	0.14	0.01
MILK, CHOC skim: Maola	half pint	130	5	190	0.00	0.00	300.00	500	0.00	8.00	24.00	0.00	0.00
MILK, SKIM: Maola	half pint	90	5	120	0.00	0.00	250.00	500	2.40	8.00	11.00	0.00	0.00
SALAD, MESCLUN MIX	1 cup	3	0	4	0.29	0.21	11.55	433	2.60	0.29	0.58	0.00	0.00
SALAD DRESSING, RANCH	1.5 fl oz	76	13	247	0.00	0.00	57.12	215	0.23	1.51	3.47	6.02	0.60
SALAD TOMATOES	1/4 cup	12	0	67	0.48	0.35	19.12	358	5.74	0.48	2.39	0.00	0.00
TRAIL MIX FRUIT: fruit mix	1/4 cup	136	0	6	3.03	0.71	22.83	477	0.18	0.96	35.37	0.20	0.01
BAR PEANUT BUTTER & J	2 each	594	0	565	6.24	6.88	3.40	1	0.02	17.20	59.40	17.20	5.00

Fri - 05/17/2013	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
SND HAM & CHS rf Pork del	sandwich	276	45	1040	3.00	4.51	225.00	200	0.00	20.17	35.31	6.08	2.06
PIZZA, Stuffed crust WG RF	slice	304	25	566	3.01	1.80	400.23	771	3.60	20.02	35.05	9.47	3.10
POTATOES, CRINKLE OV.	SERVING	114	0	149	1.43	0.56	2.16	*112	7.26	1.60	19.77	2.83	0.84
JUICE RIPS BLUE RAZZ	pkg	110	0	35	0.00	0.36	0.00	0	0.00	0.00	28.00	0.00	0.00
MILK, CHOC skim: Maola	half pint	130	5	190	0.00	0.00	300.00	500	0.00	8.00	24.00	0.00	0.00
MILK, SKIM: Maola	half pint	90	5	120	0.00	0.00	250.00	500	2.40	8.00	11.00	0.00	0.00
SALAD, MESCLUN MIX	1 cup	3	0	4	0.29	0.21	11.55	433	2.60	0.29	0.58	0.00	0.00
SALAD DRESSING, RANCH	1.5 fl oz	76	13	247	0.00	0.00	57.12	215	0.23	1.51	3.47	6.02	0.60
SALAD TOMATOES	1/4 cup	12	0	67	0.48	0.35	19.12	358	5.74	0.48	2.39	0.00	0.00
TRAIL MIX FRUIT: fruit mix	1/4 cup	136	0	6	3.03	0.71	22.83	477	0.18	0.96	35.37	0.20	0.01
BAR PEANUT BUTTER & J	2 each	594	0	565	6.24	6.88	3.40	1	0.02	17.20	59.40	17.20	5.00
MAYONNAISE IND 24930	1 ea	90	5	70	0.00	0.00	0.00	0	0.00	0.00	1.00	9.00	1.50
MUSTARD: ind	1 ea	5	0	50	0.00	0.00	0.00	0	0.00	0.50	0.50	0.00	0.00
KETCHUP: ind	2 ea	20	0	210	0.00	0.00	0.00	0	0.00	0.00	6.00	0.00	0.00

Mon - 05/20/2013	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
GOLDEN MOUNTAIN, rf	serving	202	59	1344	1.44	1.87	92.68	218	10.00	16.59	17.47	6.48	2.45
ROLL WG 2 svg 20534	roll	160	0	140	4.00	2.16	0.00	0	0.00	6.00	28.00	3.00	0.00
PIZZA, CHEESE Tony flatbr	PIZZA	370	35	600	4.00	2.70	350.00	500	1.20	18.00	37.00	17.00	8.00
PEAS, BLACKEYED cnd	1/2 cup	85	0	332	3.66	1.08	22.19	14	3.00	5.26	15.12	0.61	0.16
APPLESAUCE, ROSY	serving	82	0	3	1.50	0.31	5.44	39	34.22	0.23	21.42	0.14	0.01
FRUIT, FRZ PEACH cup: S	1/2 cup	118	0	8	2.25	0.46	3.75	355	117.75	0.79	29.98	0.16	0.01
MILK, CHOC skim: Maola	half pint	130	5	190	0.00	0.00	300.00	500	0.00	8.00	24.00	0.00	0.00
MILK, SKIM: Maola	half pint	90	5	120	0.00	0.00	250.00	500	2.40	8.00	11.00	0.00	0.00
SALAD, MESCLUN MIX	1 cup	3	0	4	0.29	0.21	11.55	433	2.60	0.29	0.58	0.00	0.00
SALAD DRESSING, RANCH	1.5 fl oz	76	13	247	0.00	0.00	57.12	215	0.23	1.51	3.47	6.02	0.60
SALAD TOMATOES	1/4 cup	12	0	67	0.48	0.35	19.12	358	5.74	0.48	2.39	0.00	0.00
TRAIL MIX FRUIT: fruit mix	1/4 cup	136	0	6	3.03	0.71	22.83	477	0.18	0.96	35.37	0.20	0.01
BAR PEANUT BUTTER & J	2 each	594	0	565	6.24	6.88	3.40	1	0.02	17.20	59.40	17.20	5.00

Tue - 05/21/2013	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
BURGER w/ cheese WGbun	serving	405	40	471	4.25	4.90	258.77	276	0.00	21.81	38.72	18.41	6.57
PIZZA, SmartTny PEP WG 7	slice	300	25	660	4.00	2.70	200.00	300	0.00	16.00	35.00	12.00	5.00
CORN yellow frz steamed	1/2 cup	73	0	2	1.73	0.35	3.30	161	5.28	2.49	17.10	0.64	0.10
COLE SLAW	1/2 cup	82	12	145	1.59	0.30	25.41	183	23.24	0.81	6.33	6.11	0.63
ONIONS FRESH	1/8 cup	9	0	1	0.37	0.05	4.96	0	1.59	0.24	2.01	0.02	0.01
FRUIT, FRESH ORANGE	1 each	45	0	0	2.30	0.10	38.40	216	51.07	0.90	11.28	0.12	0.02
MILK, CHOC skim: Maola	half pint	130	5	190	0.00	0.00	300.00	500	0.00	8.00	24.00	0.00	0.00
MILK, SKIM: Maola	half pint	90	5	120	0.00	0.00	250.00	500	2.40	8.00	11.00	0.00	0.00
SALAD, MESCLUN MIX	1 cup	3	0	4	0.29	0.21	11.55	433	2.60	0.29	0.58	0.00	0.00
SALAD DRESSING, RANCH	1.5 fl oz	76	13	247	0.00	0.00	57.12	215	0.23	1.51	3.47	6.02	0.60
SALAD TOMATOES	1/4 cup	12	0	67	0.48	0.35	19.12	358	5.74	0.48	2.39	0.00	0.00
TRAIL MIX FRUIT: fruit mix	1/4 cup	136	0	6	3.03	0.71	22.83	477	0.18	0.96	35.37	0.20	0.01
BAR PEANUT BUTTER & J	2 each	594	0	565	6.24	6.88	3.40	1	0.02	17.20	59.40	17.20	5.00
KETCHUP: ind	2 ea	20	0	210	0.00	0.00	0.00	0	0.00	0.00	6.00	0.00	0.00
MUSTARD: ind	1 ea	5	0	50	0.00	0.00	0.00	0	0.00	0.50	0.50	0.00	0.00

Wed - 05/22/2013	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
TACO SALAD: Jennie-O refri	serving	261	44	483	2.76	1.74	188.97	141	2.35	17.22	23.20	11.58	3.23
RICE w SALSA & BEANS	3/8 cup	88	0	318	1.24	1.39	67.71	167	1.61	2.60	18.09	0.32	0.08
CHEESE STICK brd 20187 h	5 ea	390	30	380	3.00	1.08	450.26	400	0.00	18.01	31.02	22.01	8.00
MARINARA SAUCE	1/2 cup	115	0	640	3.58	0.92	50.72	1296	15.69	2.22	17.84	4.37	0.62
SALSA COMMODITY	1/2 cup	46	0	544	1.77	2.83	15.18	696	5.06	1.90	8.86	0.25	0.04
BEANS PINTO cnd ckd	1/2 cup	119	0	423	6.50	1.95	43.34	108	1.30	6.50	20.58	0.00	0.00
FRUIT, FRZ STRB cup: SW	serving	123	0	4	2.43	0.76	14.08	31	52.99	0.68	33.18	0.17	0.01
MILK, CHOC skim: Maola	half pint	130	5	190	0.00	0.00	300.00	500	0.00	8.00	24.00	0.00	0.00
MILK, SKIM: Maola	half pint	90	5	120	0.00	0.00	250.00	500	2.40	8.00	11.00	0.00	0.00
SALAD, MESCLUN MIX	1 cup	3	0	4	0.29	0.21	11.55	433	2.60	0.29	0.58	0.00	0.00
SALAD DRESSING, RANCH	1.5 fl oz	76	13	247	0.00	0.00	57.12	215	0.23	1.51	3.47	6.02	0.60
SALAD TOMATOES	1/4 cup	12	0	67	0.48	0.35	19.12	358	5.74	0.48	2.39	0.00	0.00
TRAIL MIX FRUIT: fruit mix	1/4 cup	136	0	6	3.03	0.71	22.83	477	0.18	0.96	35.37	0.20	0.01
BAR PEANUT BUTTER & J	2 each	594	0	565	6.24	6.88	3.40	1	0.02	17.20	59.40	17.20	5.00

Thu - 05/23/2013	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
CHIC BAKED BBQ	serving	224	50	862	4.41	0.80	8.00	351	0.00	14.00	19.85	7.80	2.20
ROLL WG 2 svg 20534	roll	160	0	140	4.00	2.16	0.00	0	0.00	6.00	28.00	3.00	0.00
PIZZA, GALAXY Tony 78542	PIZZA	303	16	629	1.88	2.44	311.93	517	0.55	16.73	28.50	13.98	4.76
PEAS, GREEN frz, steamed	serving	73	0	103	4.29	1.46	20.96	1960	17.15	4.97	12.97	0.38	0.06
POTATOES, MASHED: pear	1/2 cup	76	0	348	1.30	0.19	11.92	0	3.60	1.50	15.00	1.00	0.10
APPLESAUCE, BERRY GR	serving	102	0	3	1.50	0.31	5.44	39	38.40	0.23	26.16	0.14	0.01
MILK, CHOC skim: Maola	half pint	130	5	190	0.00	0.00	300.00	500	0.00	8.00	24.00	0.00	0.00
MILK, SKIM: Maola	half pint	90	5	120	0.00	0.00	250.00	500	2.40	8.00	11.00	0.00	0.00
SALAD, MESCLUN MIX	1 cup	3	0	4	0.29	0.21	11.55	433	2.60	0.29	0.58	0.00	0.00
SALAD DRESSING, RANCH	1.5 fl oz	76	13	247	0.00	0.00	57.12	215	0.23	1.51	3.47	6.02	0.60
SALAD TOMATOES	1/4 cup	12	0	67	0.48	0.35	19.12	358	5.74	0.48	2.39	0.00	0.00
TRAIL MIX FRUIT: fruit mix	1/4 cup	136	0	6	3.03	0.71	22.83	477	0.18	0.96	35.37	0.20	0.01
BAR PEANUT BUTTER & J	2 each	594	0	565	6.24	6.88	3.40	1	0.02	17.20	59.40	17.20	5.00

Fri - 05/24/2013	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
SND HAM & CHS rf Pork del	sandwich	276	45	1040	3.00	4.51	225.00	200	0.00	20.17	35.31	6.08	2.06
PIZZA, Stuffed crust WG RF	slice	304	25	566	3.01	1.80	400.23	771	3.60	20.02	35.05	9.47	3.10
POTATOES, CRINKLE OV.	SERVING	114	0	149	1.43	0.56	2.16	*112	7.26	1.60	19.77	2.83	0.84
JUICE RIPS BLUE RAZZ	pkg	110	0	35	0.00	0.36	0.00	0	0.00	0.00	28.00	0.00	0.00
MILK, CHOC skim: Maola	half pint	130	5	190	0.00	0.00	300.00	500	0.00	8.00	24.00	0.00	0.00
MILK, SKIM: Maola	half pint	90	5	120	0.00	0.00	250.00	500	2.40	8.00	11.00	0.00	0.00
SALAD, MESCLUN MIX	1 cup	3	0	4	0.29	0.21	11.55	433	2.60	0.29	0.58	0.00	0.00
SALAD DRESSING, RANCH	1.5 fl oz	76	13	247	0.00	0.00	57.12	215	0.23	1.51	3.47	6.02	0.60
SALAD TOMATOES	1/4 cup	12	0	67	0.48	0.35	19.12	358	5.74	0.48	2.39	0.00	0.00
TRAIL MIX FRUIT: fruit mix	1/4 cup	136	0	6	3.03	0.71	22.83	477	0.18	0.96	35.37	0.20	0.01
BAR PEANUT BUTTER & J	2 each	594	0	565	6.24	6.88	3.40	1	0.02	17.20	59.40	17.20	5.00
MAYONNAISE IND 24930	1 ea	90	5	70	0.00	0.00	0.00	0	0.00	0.00	1.00	9.00	1.50
MUSTARD: ind	1 ea	5	0	50	0.00	0.00	0.00	0	0.00	0.50	0.50	0.00	0.00
KETCHUP: ind	2 ea	20	0	210	0.00	0.00	0.00	0	0.00	0.00	6.00	0.00	0.00

Tue - 05/28/2013	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
CHICKEN FAJITAS, rf: str 2	1 fajita	465	82	1264	6.00	1.13	441.90	203	1.80	33.54	44.63	15.53	5.24
PIZZA, SmartTny PEP WG 7	slice	300	25	660	4.00	2.70	200.00	300	0.00	16.00	35.00	12.00	5.00
SALSA COMMODITY	1/2 cup	46	0	544	1.77	2.83	15.18	696	5.06	1.90	8.86	0.25	0.04
BEANS REFRIED	1/2 cup	125	11	149	7.11	2.22	46.68	0	8.06	7.34	20.76	1.70	0.64
POTATO PUFFS:LambWest	1/2 cup	160	0	330	2.00	0.72	0.00	0	2.40	2.00	19.00	8.00	2.00
CORN yellow frz steamed	1/2 cup	73	0	2	1.73	0.35	3.30	161	5.28	2.49	17.10	0.64	0.10
FRUIT, FRESH ORANGE	1 each	45	0	0	2.30	0.10	38.40	216	51.07	0.90	11.28	0.12	0.02
MILK, CHOC skim: Maola	half pint	130	5	190	0.00	0.00	300.00	500	0.00	8.00	24.00	0.00	0.00
MILK, SKIM: Maola	half pint	90	5	120	0.00	0.00	250.00	500	2.40	8.00	11.00	0.00	0.00
SALAD, MESCLUN MIX	1 cup	3	0	4	0.29	0.21	11.55	433	2.60	0.29	0.58	0.00	0.00
SALAD DRESSING, RANCH	1.5 fl oz	76	13	247	0.00	0.00	57.12	215	0.23	1.51	3.47	6.02	0.60
SALAD TOMATOES	1/4 cup	12	0	67	0.48	0.35	19.12	358	5.74	0.48	2.39	0.00	0.00
TRAIL MIX FRUIT: fruit mix	1/4 cup	136	0	6	3.03	0.71	22.83	477	0.18	0.96	35.37	0.20	0.01
BAR PEANUT BUTTER & J	2 each	594	0	565	6.24	6.88	3.40	1	0.02	17.20	59.40	17.20	5.00
KETCHUP: ind	2 ea	20	0	210	0.00	0.00	0.00	0	0.00	0.00	6.00	0.00	0.00

Wed - 05/29/2013	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
TACO SALAD: Jennie-O refri	serving	261	44	483	2.76	1.74	188.97	141	2.35	17.22	23.20	11.58	3.23
RICE w SALSA & BEANS	3/8 cup	88	0	318	1.24	1.39	67.71	167	1.61	2.60	18.09	0.32	0.08
PIZZA, SmartTny CHS WG 7	slice	300	25	580	4.00	1.80	250.00	300	0.00	16.00	35.00	11.00	5.00
SALSA COMMODITY	1/2 cup	46	0	544	1.77	2.83	15.18	696	5.06	1.90	8.86	0.25	0.04
BEANS PINTO & Refried cn	1/2 cup	134	4	359	7.40	2.25	49.06	77	4.07	7.49	22.75	0.66	0.25
Juice Tropical Twist 4.23 ozs	4.23 fl oz	60	0	15	0.00	0.00	0.00	500	60.00	0.00	14.00	0.00	0.00
MILK, CHOC skim: Maola	half pint	130	5	190	0.00	0.00	300.00	500	0.00	8.00	24.00	0.00	0.00
MILK, SKIM: Maola	half pint	90	5	120	0.00	0.00	250.00	500	2.40	8.00	11.00	0.00	0.00
SALAD, MESCLUN MIX	1 cup	3	0	4	0.29	0.21	11.55	433	2.60	0.29	0.58	0.00	0.00
SALAD DRESSING, RANCH	1.5 fl oz	76	13	247	0.00	0.00	57.12	215	0.23	1.51	3.47	6.02	0.60
SALAD TOMATOES	1/4 cup	12	0	67	0.48	0.35	19.12	358	5.74	0.48	2.39	0.00	0.00
TRAIL MIX FRUIT: fruit mix	1/4 cup	136	0	6	3.03	0.71	22.83	477	0.18	0.96	35.37	0.20	0.01
BAR PEANUT BUTTER & J	2 each	594	0	565	6.24	6.88	3.40	1	0.02	17.20	59.40	17.20	5.00

Thu - 05/30/2013	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
CHICKEN BAKED RANCH	serving	140	50	71	0.00	0.80	8.00	130	0.00	14.10	0.29	8.09	2.30
ROLL WG 2 svg 20534	roll	160	0	140	4.00	2.16	0.00	0	0.00	6.00	28.00	3.00	0.00
PIZZA, GALAXY Tony 78542	PIZZA	303	16	629	1.88	2.44	311.93	517	0.55	16.73	28.50	13.98	4.76
BEANS GREEN cnd ckd	1/2 cup	16	0	196	1.51	0.71	20.69	273	3.48	0.96	3.66	0.08	0.02
SWEET POTATO SOUFFLE	1/2 cup	326	3	219	3.84	1.21	205.18	12037	14.37	6.49	66.79	4.06	0.85
APPLESAUCE, BERRY GR	serving	102	0	3	1.50	0.31	5.44	39	38.40	0.23	26.16	0.14	0.01
MILK, CHOC skim: Maola	half pint	130	5	190	0.00	0.00	300.00	500	0.00	8.00	24.00	0.00	0.00
MILK, SKIM: Maola	half pint	90	5	120	0.00	0.00	250.00	500	2.40	8.00	11.00	0.00	0.00
SALAD, MESCLUN MIX	1 cup	3	0	4	0.29	0.21	11.55	433	2.60	0.29	0.58	0.00	0.00
SALAD DRESSING, RANCH	1.5 fl oz	76	13	247	0.00	0.00	57.12	215	0.23	1.51	3.47	6.02	0.60
SALAD TOMATOES	1/4 cup	12	0	67	0.48	0.35	19.12	358	5.74	0.48	2.39	0.00	0.00
TRAIL MIX FRUIT: fruit mix	1/4 cup	136	0	6	3.03	0.71	22.83	477	0.18	0.96	35.37	0.20	0.01
BAR PEANUT BUTTER & J	2 each	594	0	565	6.24	6.88	3.40	1	0.02	17.20	59.40	17.20	5.00

Fri - 05/31/2013	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
SND HAM & CHS rf Pork del	sandwich	276	45	1040	3.00	4.51	225.00	200	0.00	20.17	35.31	6.08	2.06
PIZZA, Stuffed crust WG RF	slice	304	25	566	3.01	1.80	400.23	771	3.60	20.02	35.05	9.47	3.10
POTATOES, CRINKLE OV.	SERVING	114	0	149	1.43	0.56	2.16	*112	7.26	1.60	19.77	2.83	0.84
JUICE RIPS BLUE RAZZ	pkg	110	0	35	0.00	0.36	0.00	0	0.00	0.00	28.00	0.00	0.00
MILK, CHOC skim: Maola	half pint	130	5	190	0.00	0.00	300.00	500	0.00	8.00	24.00	0.00	0.00
MILK, SKIM: Maola	half pint	90	5	120	0.00	0.00	250.00	500	2.40	8.00	11.00	0.00	0.00
SALAD, MESCLUN MIX	1 cup	3	0	4	0.29	0.21	11.55	433	2.60	0.29	0.58	0.00	0.00
SALAD DRESSING, RANCH	1.5 fl oz	76	13	247	0.00	0.00	57.12	215	0.23	1.51	3.47	6.02	0.60
SALAD TOMATOES	1/4 cup	12	0	67	0.48	0.35	19.12	358	5.74	0.48	2.39	0.00	0.00
TRAIL MIX FRUIT: fruit mix	1/4 cup	136	0	6	3.03	0.71	22.83	477	0.18	0.96	35.37	0.20	0.01
BAR PEANUT BUTTER & J	2 each	594	0	565	6.24	6.88	3.40	1	0.02	17.20	59.40	17.20	5.00
MAYONNAISE IND 24930	1 ea	90	5	70	0.00	0.00	0.00	0	0.00	0.00	1.00	9.00	1.50
MUSTARD: ind	1 ea	5	0	50	0.00	0.00	0.00	0	0.00	0.50	0.50	0.00	0.00
KETCHUP: ind	2 ea	20	0	210	0.00	0.00	0.00	0	0.00	0.00	6.00	0.00	0.00

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

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.