

# Weber School District Child Nutrition

Sep 3, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

Elementary Lunch-1

Portion Values - Detailed

Page 1

Generated on: 8/2/2018 2:37:20 PM

	Portion Size	Reimb Qty	Carb (g)
Tue - 09/04/2018			
Elementary Lunch-1	Total	10630	
Menu #12	1	1	0.0
Navajo Taco	1 EACH	10630	57.58
Salad, Side-Elem	1/2 CUP	3500	0.8
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	5000	9.07
Pineapple Chunks:canned,lt syr	1/2 CUP	4000	13.22
Apples,Fresh 1/2 each	1/2 each	2000	9.53
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	3000	22.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31
Cheese Combo (Chdr & Mozz)	1 OZ	10000	0.25
Sour Cream	1 OZ	2500	1.89
Salsa	1 OZ	2500	1.96
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	2000	1.01
Lettuce,Shred, 1/8 c	1/8 CUP	2000	0.32
Sugar Cookies	1 EACH	6500	15.76
Weighted Daily Average			93.20
% of Calories			54.7%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Wed - 09/05/2018			
Elementary Lunch-1	Total	10630	
Menu #13	1	1	0.0
Chicken Sandwich 51%	1 EACH	10630	46.79
French Fries: ovn bkd, 1/2c	1/2 CUP	10000	17.0
Salad, Side--Elem Green	1/2 CUP	3500	0.76
Tomato Grape	1/4 CUP	2000	0.99
Broccoli: fresh, boiled, 1/4c	1/4 CUP	2000	1.12
Beans Baked, 1/2 c	1/2 CUP	2000	29.2
Peaches: canned,ex light syrup	1/2 CUP	4000	13.31
Banana, 1/2	1/2 each	2000	15.0
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	3000	22.0
Ranch Dressing: yogurt	1 FL OZ	3000	3.31
Ketchup	1 OZ	1000	8.34
Mustard: individual PC	1 EACH	1000	0.35
Mayonnaise, PC Packet	1 EACH	1000	0.97
Tomatoes,Fresh,Sliced	1 EACH	1000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	1000	0.32
Weighted Daily Average			91.65
% of Calories			53.1%
Nutrient Guideline			

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# Weber School District Child Nutrition

Sep 3, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

Elementary Lunch-1

Portion Values - Detailed

Page 2

Generated on: 8/2/2018 2:37:20 PM

	Portion Size	Reimb Qty	Carb (g)
Thu - 09/06/2018			
Elementary Lunch-1	Total	10630	
Menu #14	1	1	0.0
Chicken Alfredo Sauce-3/4 C	3/4 Cup	10630	15.05
Penne Pasta 1/2 Cup	1/2 CUP	10000	20.25
Rolls 51%/ 2oz	1 EACH	8000	30.79
Salad, Side--Elem Green	1/2 CUP	3500	0.76
Carrots Baby Fresh	1/4 CUP	2000	4.0
Cucumber, Raw	1/4 CUP	2000	1.18
Pears: canned,light syrup	1/2 CUP	3500	13.57
Craisins, Strawberry	packet	2000	28.0
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk, 1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	3000	22.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31
Weighted Daily Average			81.53
% of Calories			45.0%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Fri - 09/07/2018			
Elementary Lunch-1	Total	10630	
Menu #15	1	1	0.0
Pizza, Pepp, Primo (10 cut)	slice	2630	28.0
Pizza, Cheese, Primo (10 cut)	slice	8000	28.0
Bread Sticks 51% 2 oz	1 EACH	8000	30.79
Salad, Side--Elem Green	1/2 CUP	3500	0.76
Tomato Grape	1/4 CUP	2000	0.99
Green Beans: canned,ckd 1/4 c	1/4 cup	2000	0.08
Mandarin Oranges	1/2 CUP	4000	21.26
Kiwifruit, Fresh	1 EACH	2000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk, 1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	3000	22.0
Ranch Dressing: yogurt	1 FL OZ	5000	3.31
Chocolate Chip Cookie	EACH	8000	18.26
Weighted Daily Average			90.01
% of Calories			55.1%
Nutrient Guideline			

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Sep 3, 2018 thru Sep 28, 2018

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Elementary Lunch-1

Portion Values - Detailed

Page 3

Generated on: 8/2/2018 2:37:20 PM

	Portion Size	Reimb Qty	Carb (g)
<b>Mon - 09/10/2018</b>			
Elementary Lunch-1	Total	10630	
Menu #16	1	1	0.0
Ham & Cheese Sub Wheat 51%	1 EACH	10630	31.64
Sun Chips Original	Package	10000	18.0
Salad, Side--Elem Green	1/2 CUP	3500	0.76
Tomato Grape	1/4 CUP	2000	0.99
Applesauce cup, plain	1/2	4000	*N/A*
Orange Fresh, 1/2	1/2 EACH	2000	5.64
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk, 1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	3000	22.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31
Mayonnaise, PC Packet	1 EACH	1000	0.97
Mustard: individual PC	1 EACH	1000	0.35
Tomatoes, Fresh, Sliced	1 EACH	1000	0.37
Lettuce, Shred, 1/8 c	1/8 CUP	1000	0.32
Creamie Variety: ban, choc	1 EACH	10000	14.0
Weighted Daily Average			76.73
% of Calories			50.1%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
<b>Tue - 09/11/2018</b>			
Elementary Lunch-1	Total	10630	
Menu #17	1	0	0.0
Taco Crisp Elementary	1 each	10630	10.09
Rolls 51%/ 2oz	1 EACH	10000	30.79
Salad, Side--Elem Green	1/2 CUP	3500	0.76
Refried Beans Seasoned	1/2 CUP	2000	18.02
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2000	9.07
Mandarin Oranges	1/2 CUP	4000	21.26
Apples, Fresh 1/2 each	1/2 each	2000	9.53
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk, 1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	3000	22.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31
Sour Cream	1 OZ	1500	1.89
Salsa	1 OZ	1500	1.96
Tomatoes, Fresh, diced, 1/8 c	1/8 CUP	1000	1.01
Lettuce, Shred, 1/8 c	1/8 CUP	1000	0.32
Pudding Chocolate	1 EACH	4500	20.05
Pudding Vanilla	1 EACH	4500	18.04
Weighted Daily Average			84.28
% of Calories			54.3%
Nutrient Guideline			

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# Weber School District Child Nutrition

Sep 3, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

Elementary Lunch-1

Portion Values - Detailed

Page 4

Generated on: 8/2/2018 2:37:20 PM

	Portion Size	Reimb Qty	Carb (g)
<b>Wed - 09/12/2018</b>			
Elementary Lunch-1	Total	10630	
Menu #18	1	1	0.0
Cheese Burger Wheat 51%	1 EACH	10630	33.1
Tater Tots, 1/2 CUP	1/2 CUP	10000	17.04
Salad, Side--Elem Green	1/2 CUP	3500	0.76
Carrots Baby Fresh	1/4 CUP	2000	4.0
Celery Sticks	1/4 CUP	2000	1.18
Peaches: canned,ex light syrup	1/2 CUP	4000	13.31
Banana, 1/2	1/2 each	2000	15.0
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	3000	22.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31
Ketchup	1 OZ	1000	8.34
Mustard: individual PC	1 EACH	1000	0.35
Mayonnaise, PC Packet	1 EACH	1000	0.97
Tomatoes,Fresh,Sliced	1 EACH	1000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	1000	0.32
Weighted Daily Average			72.45
% of Calories			45.4%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
<b>Thu - 09/13/2018</b>			
Elementary Lunch-1	Total	10630	
Menu #19	1	0	0.0
French Toast Sticks BC/WG	serving	10630	42.8
SCRAMBLED EGGS	1/4 cup	5000	0.63
Hash Brown Potatoes	1/2 CUP	5000	20.41
Sausage Link, 2	2 EACH	4000	1.14
Pears: canned,light syrup	1/2 CUP	5000	13.57
Craisins, Strawberry	packet	4000	28.0
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	3000	22.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	10000	30.66
Ketchup	1 OZ	2000	8.34
Weighted Daily Average			113.43
% of Calories			71.9%
Nutrient Guideline			

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# Weber School District Child Nutrition

Sep 3, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

Elementary Lunch-1

Portion Values - Detailed

Page 5

Generated on: 8/2/2018 2:37:20 PM

	Portion Size	Reimb Qty	Carb (g)
Fri - 09/14/2018			
Elementary Lunch-1	Total	10630	
Menu #20	1	0	0.0
Teriyaki Chicken 4.5 oz	4.5 oz	10630	10.38
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	10000	24.51
Rolls 51%/ 2oz	1 EACH	10000	30.79
Salad, Side--Elem Green	1/2 CUP	3500	0.76
Tomato Grape	1/4 CUP	2000	0.99
Broccoli: fresh, boiled, 1/4c	1/4 CUP	2000	1.12
Pineapple Chunks:canned,lt syr	1/2 CUP	4000	13.22
Kiwifruit, Fresh	1 EACH	2000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	3000	22.0
Ranch Dressing: yogurt	1 FL OZ	2500	3.31
Sugar Cookies	1 EACH	10000	15.76
Weighted Daily Average			98.72
% of Calories			60.5%
Nutrient Guideline			

Mon - 09/17/2018			
Elementary Lunch-1	Total	10630	
Menu #21	1	0	*N/A*
Chicken Strips: Goldkist 4 ea	4 each	10630	17.33
French Fries: ovn bkd, 1/2c	1/2 CUP	10000	17.0
Salad, Side--Elem Green	1/2 CUP	3500	0.76
Tomato Grape	1/4 CUP	2000	0.99
Beans Baked, 1/2 c	1/2 CUP	2000	29.2
Applesauce Cup, Cinnamon	1/2 CUP	4000	14.0
Orange Fresh, 1/2	1/2 EACH	2000	5.64
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	3000	22.0
Ranch Dressing: yogurt	1 FL OZ	3500	3.31
Ketchup	1 OZ	2500	8.34
Barbecue Sauce BULL'S EYE	1 OZ	3500	10.24
SideKicks BlueRasp-Lemon Fruit	Container	4500	19.64
SideKicks Fruit Cup Kiwi-Straw	Container	4500	19.64
Weighted Daily Average			81.62
% of Calories			53.0%
Nutrient Guideline			

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Sep 3, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

Elementary Lunch-1

Portion Values - Detailed

Page 6

Generated on: 8/2/2018 2:37:21 PM

	Portion Size	Reimb Qty	Carb (g)
Tue - 09/18/2018			
Elementary Lunch-1	Total	10630	
Menu #22	1	0	*N/A*
Mac & Cheese	6 oz	10630	30.0
Mini Corn Dogs	6 EA	10000	33.1
Salad, Side--Elem Green	1/2 CUP	3500	0.76
Carrots Baby Fresh	1/4 CUP	2000	4.0
Celery Sticks	1/4 CUP	2000	1.18
Pineapple Chunks:canned,lt syr	1/2 CUP	3000	13.22
Apples,Fresh 1/2 each	1/2 each	2000	9.53
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	4000	22.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31
Ketchup	1 OZ	1000	8.34
Mustard: individual PC	1 EACH	1000	0.35
Weighted Daily Average			84.07
% of Calories			52.4%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Wed - 09/19/2018			
Elementary Lunch-1	Total	10630	
Menu #23	1	0	*N/A*
Chicken Sandwich 51%	1 EACH	10630	46.79
Potato Wedges, 1/2 c	1/2 CUP	10000	27.35
Salad, Side--Elem Green	1/2 CUP	3500	0.76
Green Beans: canned,ckd 1/4 c	1/4 cup	2000	0.08
Peaches: canned,ex light syrup	1/2 CUP	4000	13.31
Banana, 1/2	1/2 each	2000	15.0
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	3000	22.0
Ranch Dressing: yogurt	1 FL OZ	2000	3.31
Ketchup	1 OZ	1000	8.34
Mustard: individual PC	1 EACH	1000	0.35
Mayonnaise, PC Packet	1 EACH	1000	0.97
Lettuce,Shred, 1/8 c	1/8 CUP	1000	0.32
Tomatoes,Fresh.Sliced	1 EACH	1000	0.37
Weighted Daily Average			95.20
% of Calories			56.9%
Nutrient Guideline			

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Elementary Lunch-1

Portion Values - Detailed

Page 7

Generated on: 8/2/2018 2:37:21 PM

	Portion Size	Reimb Qty	Carb (g)
Thu - 09/20/2018			
Elementary Lunch-1	Total	10630	
Menu #24	1	0	*N/A*
Hamburger Gravy, 3/4 c	3/4 CUP	10630	10.07
Potatoes Whipped	1/2 CUP	10000	18.33
Rolls 51%/ 2oz	1 EACH	10000	30.79
Salad, Side-Elem	1/2 CUP	3500	0.8
Peas: frozen,warmed,1/4 c	1/4 CUP	2000	6.79
Pears: canned,light syrup	1/2 CUP	2000	13.57
Craisins, Strawberry	packet	2000	28.0
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	3000	22.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31
Creamie Variety: ban, choc	1 EACH	10000	14.0
Weighted Daily Average			92.12
% of Calories			62.2%
Nutrient Guideline			

Fri - 09/21/2018			
Elementary Lunch-1	Total	10630	
Menu #25	1	0	*N/A*
Pizza, Cheese, Primo (10 cut)	slice	8000	28.0
Pizza, Pepp, Primo (10 cut)	slice	2630	28.0
Bread Sticks 51% 2 oz	1 EACH	8000	30.79
Salad, Side--Elem Green	1/2 CUP	3500	0.76
Tomato Grape	1/4 CUP	2000	0.99
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2500	9.07
Mandarin Oranges	1/2 CUP	4000	21.26
Kiwifruit, Fresh	1 EACH	2000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	3000	22.0
Ranch Dressing: yogurt	1 FL OZ	4000	3.31
Pumpkin Chocolate Chip Cookies	1 Each	9000	16.59
Weighted Daily Average			92.12
% of Calories			56.5%
Nutrient Guideline			

Mon - 09/24/2018			
Elementary Lunch-1	Total	10630	
Menu #26	1	0	*N/A*
Meaty Nachos- Beef	Serving	10630	40.47
Salad, Side-Elem	1/2 CUP	3500	0.8
Carrots:frzn, boiled, 1/4 c	1/4 CUP	2000	3.25
Beans, Black, 1/2 c	1/2 CUP	2500	17.01
Applesauce Cup, Strawberry	1/2 CUP	3000	14.0
Orange Fresh, 1/2	1/2 EACH	2000	5.64
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	3000	22.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31

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Portion Values - Detailed

Page 8

Generated on: 8/2/2018 2:37:21 PM

	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			63.65 40.1%
Nutrient Guideline			

Tue - 09/25/2018			
Elementary Lunch-1 Menu #27	Total	10630	
Breakfast Casserole	1	0	*N/A*
Waffle Snack'n Cinnamon	1 cup	10630	24.78
Pineapple Chunks:canned,lt syr	1 EACH	10000	36.84
Banana, 1/2	1/2 CUP	4000	13.22
Milk, Chocolate Fat Free	1/2 each	4000	15.0
Milk,1% Lowfat	HALF PINT	3000	20.0
JUICE FRUITABLE	HALF PINT	1000	12.0
	1 EACH	3000	22.0
Weighted Daily Average % of Calories			83.04 54.1%
Nutrient Guideline			

Wed - 09/26/2018			
Elementary Lunch-1 Menu #28	Total	10630	
Cheese Burger Wheat 51%	1	0	*N/A*
Tater Tots, 1/2 CUP	1 EACH	10630	33.1
Salad, Side-Elem	1/2 CUP	10000	17.04
Cucumber, Raw	1/2 CUP	5000	0.8
Carrots Baby Fresh	1/4 CUP	2000	1.18
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2000	4.0
Peaches: canned,ex light syrup	1/4 CUP	2000	9.07
Banana, 1/2	1/2 CUP	5000	13.31
Milk, Chocolate Fat Free	1/2 each	2000	15.0
Milk,1% Lowfat	HALF PINT	3000	20.0
JUICE FRUITABLE	HALF PINT	1000	12.0
Ranch Dressing: yogurt	1 EACH	3000	22.0
Ketchup	1 FL OZ	1000	3.31
Mayonnaise, PC Packet	1 OZ	1000	8.34
Tomatoes,Fresh,Sliced	1 EACH	1000	0.97
Lettuce,Shred, 1/8 c	1 EACH	1000	0.37
	1/8 CUP	1000	0.32
Weighted Daily Average % of Calories			75.50 46.4%
Nutrient Guideline			

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Base Menu Spreadsheet

Elementary Lunch-1

Portion Values - Detailed

Page 9

Generated on: 8/2/2018 2:37:21 PM

	Portion Size	Reimb Qty	Carb (g)
Thu - 09/27/2018			
Elementary Lunch-1	Total	10630	
Menu #29	1	1	*N/A*
Hot Dog Wrap: Wheat 50%	1 EACH	10630	35.26
Potato Wedges, 1/2 c	1/2 CUP	10000	27.35
Salad, Side--Elem Green	1/2 CUP	5000	0.76
Green Beans: canned,ckd 1/4 c	1/4 cup	5000	0.08
Beans Baked, 1/2 c	1/2 CUP	2000	29.2
Pears: canned,light syrup	1/2 CUP	4000	13.57
Craisins, Strawberry	packet	2000	28.0
Milk, Chocolate Fat Free	HALF PINT	4000	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	4000	22.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31
Ketchup	1 OZ	5000	8.34
Mustard: individual PC	1 EACH	5000	0.35
Snickerdoodles	1 EACH	8000	19.73
Weighted Daily Average			113.44
% of Calories			65.0%
Nutrient Guideline			

Fri - 09/28/2018			
Elementary Lunch-1	Total	10630	
Menu #30	1	1	*N/A*
Sweet N' Sour Chicken	Serving	10630	20.0
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	10000	24.51
Rolls 51%/ 2oz	1 EACH	7500	30.79
Salad, Side--Elem Green	1/2 CUP	3500	0.76
Tomato Grape	1/4 CUP	2000	0.99
Broccoli: fresh, boiled, 1/4c	1/4 CUP	2500	1.12
Pineapple Chunks:canned,lt syr	1/2 CUP	4000	13.22
Kiwifruit, Fresh	1 EACH	2000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	3000	22.0
Ranch Dressing: yogurt	1 FL OZ	2500	3.31
Creamie Variety: ban, choc	1 EACH	9000	14.0
Weighted Daily Average			98.17
% of Calories			68.3%
Nutrient Guideline			

Weighted Average			88.47
			54.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	88.47	54.90%						

\*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.