

# Flour Bluff ISD

## Planned Menu Spreadsheet

### Portion Values - Detailed

Feb 15, 2021 thru Feb 19, 2021

Junior High Lunch

002 - Flour Bluff Junior High School

Generated on: 2/2/2021 3:50:28 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 02/15/2021															
Junior High Lunch	Total	351													
CHICKEN SANDWICH, ASSORTE	1 EA.	150	423	39	766	4.33	129.4	*67	*0.0	3	24.94	42.64	16.52	3.21	*0.00
PIZZA BAGEL BITES	4 EACH	175	239	20	758	2.69	199.5	748	5.98	5	18.95	24.94	8.98	3.99	*N/A*
SANDWICH ITALIAN SUB	SUB	25	273	*55	798	2.07	*188.0	*134	*1.2	*3	17.84	*27.15	9.07	*4.01	*0.00
SANDWICH,COURTESY MEAL (K-	SANDWIC	1	220	25	720	*1.44	270.0	300	*0.0	1	13.0	25.0	12.0	5.00	0.90
POTATO, FF, STRAIGHT CUT	1/2 CUP	300	142	*N/A*	385	0.71	0.0	*N/A*	1.85	*N/A*	2.03	21.26	5.06	1.01	*N/A*
TOMATOES GRAPE	1/2 cup	100	40	0	0	10.93	0.0	1012	36.45	5	1.35	8.1	0.0	0.00	0.00
APPLESAUCE FLAVORED	1/2 CUP	150	58	0	34	*0.00	*0.0	64	*0.0	*13	10.59	13.59	0.0	0.00	0.00
FRUIT FRESH ASSORTED	1 EACH	150	85	0	1	*0.22	*6.2	88	*6.46	17	0.46	22.31	0.0	0.00	*0.00
MILK SKIM UNFLAVORED	8 OZ	10	80	5	125	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	100	100	10	125	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	250	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	10	110	5	100	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
MUSTARD PKG	2 EACH	25	11	0	180	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MAYONNAISE RC PKG	2 EACH	25	57	0	238	0.00	0.0	0	0.0	0	0.0	4.54	5.67	0.00	0.00
KETCHUP PKG 9 GM	4 EACH	100	40	0	400	0.00	0.0	400	0.0	8	0.0	12.0	0.0	0.00	0.00
DRESSING RANCH PKG	2 EACH	100	103	9	214	0.00	0.0	0	0.0	2	0.0	1.71	10.29	1.29	0.00
SAUCE, MARINARA CUP	1 EACH	150	15	0	121	0.36	0.0	101	0.0	2	1.01	3.04	0.0	0.00	0.00
Weighted Daily Average			678	*40	1478	*7.32	*487.8	*1450	*20.33	*39	37.12	*91.82	20.59	*5.32	*0.00
% of Calories										*22.9%	21.9%	*54.2%	27.3%	*7.1%	*0.0%
Nutrient Guideline			600-700		1360									<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

<sup>1</sup> - 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.

# Flour Bluff ISD

## Planned Menu Spreadsheet

### Portion Values - Detailed

Page 2

Feb 15, 2021 thru Feb 19, 2021

Junior High Lunch

002 - Flour Bluff Junior High School

Generated on: 2/2/2021 3:50:29 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 02/16/2021															
Junior High Lunch	Total	351													
PIZZA SLICES ASSORTED	SERVING	150	360	40	530	1.80	325.1	500	*0.0	8	19.51	34.51	16.5	7.50	*N/A*
PASTA, CHEESE RAVIOLI	3PIECES	150	265	25	780	2.24	221.8	*200	*6.01	10	17.17	34.8	6.12	*2.50	*N/A*
SALAD, CHEF	1 SALAD (1C(G))	50	320	128	856	*12.90	*71.5	*3195	*45.71	*9	19.27	*27.6	14.61	5.69	*0.00
SANDWICH,COURTESY MEAL (K-BREADSTICK, 5" GARLIC	SANDWIC	1	220	25	720	*1.44	270.0	300	*0.0	1	13.0	25.0	12.0	5.00	0.90
CORN, CANNED	1 EACH	1	99	0	94	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.99	14.88	3.47	0.50	0.00
CORN, CANNED	1/2 CUP	100	86	0	185	*0.00	*0.0	*20	*3.61	*4	2.0	18.21	1.0	0.00	0.00
CARROTS PETITE SLIM 4/5LB	1/2 CUP	100	39	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	6	1.11	8.89	*N/A*	*N/A*	*N/A*
PEARS DICED, CANNED	1/2 CUP	150	77	0	14	0.00	0.0	72	0.0	14	0.0	18.3	0.0	0.00	0.00
FRUIT FRESH ASSORTED	1 EACH	100	85	0	1	*0.22	*6.2	88	*6.46	17	0.46	22.31	0.0	0.00	*0.00
MILK SKIM UNFLAVORED	8 OZ	10	80	5	125	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	100	100	10	125	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	250	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	10	110	5	100	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
MUSTARD PKG	1 EACH	25	5	0	90	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MAYONNAISE RC PKG	1 EACH	25	28	0	119	0.00	0.0	0	0.0	0	0.0	2.27	2.83	0.00	0.00
KETCHUP PKG 9 GM	1 EACH	100	10	0	100	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	0.00
DRESSING RANCH PKG	2 EACH	100	103	9	214	0.00	0.0	0	0.0	2	0.0	1.71	10.29	1.29	0.00
DRESSING, ITALIAN LC 200/12G	2 EACH	20	10	*N/A*	180	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.0	*N/A*	*N/A*	*N/A*
CHEESE, PARMESAN, BULK	1 PACKAG	150	15	5	65	*N/A*	40.0	*N/A*	*N/A*	*N/A*	1.0	*N/A*	1.0	0.50	*N/A*
Weighted Daily Average			560	*57	*999	*3.63	*579.7	*1372	*14.48	*40	*28.34	*74.99	*16.35	*6.11	*0.00
% of Calories										*28.8%	*20.2%	*53.6%	*26.3%	*9.8%	*0.0%
Nutrient Guideline			600-700		1360									<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

<sup>1</sup> - 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.

# Flour Bluff ISD

## Planned Menu Spreadsheet

### Portion Values - Detailed

Feb 15, 2021 thru Feb 19, 2021

Junior High Lunch

002 - Flour Bluff Junior High School

Generated on: 2/2/2021 3:50:29 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 02/17/2021															
Junior High Lunch	Total	351													
SPAGHETTI W/MEAT SAUCE	#8SC+1/2	200	168	55	292	2.02	44.4	652	19.15	7	15.12	9.07	7.06	2.82	*N/A*
SPAGHETTI NOODLES	1/2 CUP	200	199	0	37	*1.86	*7.2	*10	*0.0	*2	7.09	42.22	2.43	0.20	0.00
SANDWICH, HAM & CHEESE	1 SANDW	50	332	85	1163	*2.18	*271.1	*300	*1.2	*1	27.1	26.3	16.54	6.50	*0.90
CHICKEN, BREADED DRUMSTIC	SERVING	100	220	60	530	1.00	14.0	*N/A*	*N/A*	*N/A*	19.0	6.0	13.0	3.00	*N/A*
SANDWICH,COURTESY MEAL (K-	SANDWIC	1	220	25	720	*1.44	270.0	300	*0.0	1	13.0	25.0	12.0	5.00	0.90
ROLL, DINNER DOUGH 2.5 OZ.	1 ROLL	300	201	*N/A*	159	18.07	1500.2	59	0.71	4	8.27	33.07	3.54	0.59	*N/A*
SALAD, ROMAINE W/GRAPE TO	1/2C(G)+1	200	32	0	4	6.34	14.2	4098	34.38	4	1.43	6.45	0.0	0.00	0.00
MATO	/4C(R)														
PEAS FROZEN	1/2 CUP	600	*76	*0	*154	*1.99	*0.3	*434	*6.52	*4	*5.43	*13.03	*0.0	*0.00	*0.00
FRUIT COCKTAIL	1/2 CUP	350	83	*N/A*	10	*N/A*	*N/A*	207	1.24	13	1.04	19.7	*N/A*	*N/A*	*N/A*
FRUIT FRESH ASSORTED	1 EACH	200	85	0	1	*0.22	*6.2	88	*6.46	17	0.46	22.31	0.0	0.00	*0.00
MILK SKIM UNFLAVORED	8 OZ	50	80	5	125	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	100	100	10	125	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	400	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	50	110	5	100	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
MUSTARD PKG	1 EACH	25	5	0	90	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MAYONNAISE RC PKG	1 EACH	25	28	0	119	0.00	0.0	0	0.0	0	0.0	2.27	2.83	0.00	0.00
KETCHUP PKG 9 GM	4 EACH	200	40	0	400	0.00	0.0	400	0.0	8	0.0	12.0	0.0	0.00	0.00
DRESSING RANCH PKG	2 EACH	200	103	9	214	0.00	0.0	0	0.0	2	0.0	1.71	10.29	1.29	0.00
DRESSING, ITALIAN LC 200/12G	2 EACH	100	10	*N/A*	180	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.0	*N/A*	*N/A*	*N/A*
CHEESE, PARMESAN, BULK	1 PACKAG	50	15	5	65	*N/A*	40.0	*N/A*	*N/A*	*N/A*	1.0	*N/A*	1.0	0.50	*N/A*
Weighted Daily Average			*1041	*76	*1526	*25.40	*1885.5	*4888	*51.45	*74	*54.25	*159.23	*21.45	*5.25	*0.13
% of Calories										*28.6%	*20.9%	*61.2%	*18.5%	*4.5%	*0.1%
Nutrient Guideline			600-700		1360									<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

<sup>1</sup> - 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.

# Flour Bluff ISD

## Planned Menu Spreadsheet

### Portion Values - Detailed

Feb 15, 2021 thru Feb 19, 2021

Junior High Lunch

002 - Flour Bluff Junior High School

Generated on: 2/2/2021 3:50:29 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 02/18/2021															
Junior High Lunch	Total	351													
CORN DOG, TURKEY	1 EACH	150	281	40	662	1.81	60.2	100	9.03	9	9.03	31.11	13.05	3.51	0.00
BEEF, SLOPPY JOE, RF,RS	#12 SCOO	175	293	44	959	3.80	133.1	449	8.02	10	19.02	35.02	8.51	2.70	*0.00
SANDWICH, SUNFLOWER BUTT ER W/J	SANDWIC	25	531	30	543	*2.90	251.0	*105	*0.0	*21	22.1	58.3	28.04	7.00	*0.00
SANDWICH,COURTESY MEAL (K- POTATO, SAVORY LOOPS	SANDWIC	1	220	25	720	*1.44	270.0	300	*0.0	1	13.0	25.0	12.0	5.00	0.90
BROCCOLI BITES FRESH	1/2 CUP	300	162	*N/A*	445	0.71	0.0	*N/A*	0.0	*N/A*	2.03	21.26	7.09	1.01	*N/A*
MANDARIN ORANGES, CANNED	1/2 CUP	100	11	0	11	0.27	14.8	185	28.93	0	0.74	0.74	0.0	0.00	0.00
FRUIT FRESH ASSORTED	1/2 CUP	150	68	0	10	0.70	19.5	293	20.49	17	0.98	16.59	0.0	0.00	0.00
MILK SKIM UNFLAVORED	1 EACH	100	85	0	1	*0.22	*6.2	88	*6.46	17	0.46	22.31	0.0	0.00	*0.00
MILK 1% WHITE	8 OZ	10	80	5	125	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	100	100	10	125	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK, STRAWBERRY FF	8 OZ	250	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MUSTARD PKG	8 OZ	10	110	5	100	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
MAYONNAISE RC PKG	2 EACH	25	11	0	180	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
KETCHUP PKG 9 GM	2 EACH	25	57	0	238	0.00	0.0	0	0.0	0	0.0	4.54	5.67	0.00	0.00
DRESSING RANCH PKG	4 EACH	100	40	0	400	0.00	0.0	400	0.0	8	0.0	12.0	0.0	0.00	0.00
Weighted Daily Average	4 EACH	100	206	17	429	0.00	0.0	0	0.0	3	0.0	3.43	20.57	2.57	0.00
% of Calories			687	*53	1569	*3.92	*441.3	*1119	*29.22	*43	25.88	89.33	24.88	5.39	*0.00
Nutrient Guideline			600-700		1360					*24.8%	15.1%	52.0%	32.6%	7.1%	*0.0%

\*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

<sup>1</sup> - 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.

# Flour Bluff ISD

## Planned Menu Spreadsheet

### Portion Values - Detailed

Feb 15, 2021 thru Feb 19, 2021

Junior High Lunch

002 - Flour Bluff Junior High School

Generated on: 2/2/2021 3:50:29 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 02/19/2021															
Junior High Lunch	Total	351													
CHICKEN STRIPS	3 STRIPS	225	89	19	149	0.57	6.3	0	0.0	0	7.92	5.07	4.12	0.79	*N/A*
BURRITO W/CHILI & CHEESE	1 BURRIT	100	499	51	889	*3.90	320.8	*765	*7.6	*5	28.69	*43.6	22.91	11.83	*0.28
SANDWICH, TURKEY/CH CROSS IANT	1 SANDW ICH	25	380	*70	1070	*1.36	*261.1	*300	*N/A*	*4	27.0	*29.0	18.5	8.50	*0.90
SANDWICH,COURTESY MEAL (K- GINGERBREAD PEOPLE	SANDWIC 1 COOKIE	1	220	25	720	*1.44	270.0	300	*0.0	1	13.0	25.0	12.0	5.00	0.90
CUCUMBER SLICES	1/2 CUP	200	158	0	99	1.42	39.6	396	1.19	10	1.98	26.7	4.94	2.47	0.00
BEANS,SEASONED GREAT NOR THERN	1/2 CUP	100	8	0	0	0.28	15.3	153	4.58	1	0.76	1.53	0.0	0.00	0.00
PINEAPPLE TIDBITS, CANNED	1/2 CUP	100	166	*7	200	*0.10	*1.9	*84	*0.42	*2	*11.44	*29.4	*1.56	*0.17	*0.00
FRUIT FRESH ASSORTED	1 EACH	150	70	0	0	0.00	17.5	66	7.87	13	0.0	16.62	0.0	0.00	0.00
MILK SKIM UNFLAVORED	8 OZ	100	85	0	1	*0.22	*6.2	88	*6.46	17	0.46	22.31	0.0	0.00	*0.00
MILK 1% WHITE	8 OZ	100	80	5	125	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	100	100	10	125	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK, STRAWBERRY FF	8 OZ	250	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MUSTARD PKG	2 EACH	10	110	5	100	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
MAYONNAISE RC PKG	2 EACH	25	11	0	180	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
KETCHUP PKG 9 GM	2 EACH	25	57	0	238	0.00	0.0	0	0.0	0	0.0	4.54	5.67	0.00	0.00
DRESSING RANCH PKG	4 EACH	100	40	0	400	0.00	0.0	400	0.0	8	0.0	12.0	0.0	0.00	0.00
Weighted Daily Average			608	*46	920	*2.56	*467.7	*1227	*12.00	*39	*28.38	*77.82	*20.76	*7.12	*0.15
% of Calories										*25.8%	*18.7%	*51.2%	*30.8%	*10.5%	*0.2%
Nutrient Guideline			600-700		1360									<10.00	
Weighted Average			*715	*54	*1298	*8.57	*772.4	*2011	*25.50	*47	*34.79	*98.64	*20.81	*5.84	*0.06
										*59.3%	*19.5%	*55.2%	*26.2%	*7.4%	*0.1%

\*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.

# Flour Bluff ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 6

Feb 15, 2021 thru Feb 19, 2021

Junior High Lunch

002 - Flour Bluff Junior High School

Generated on: 2/2/2021 3:50:29 PM

Nutrient	Menu AVG	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	Error Messages (if any)
Calories	715		600 - 700		102%	Missing			15								Correction Required - Calories too High
Cholesterol (mg)	54					Missing											
Sodium 1 (mg)	1298			1360		Missing											
Sodium 2 (mg)	1298			1035		Missing			263								Correction Required - Sodium too High
Iron (mg)	8.57					Missing											
Calcium (mg)	772.4					Missing											
Vitamin A (IU)	2011					Missing											
Sugars (g)	47	26.37%				Missing											
Vitamin C (mg)	25.50					Missing											
Protein (g)	34.79	19.47%				Missing											
Carbohydrate (g)	98.64	55.21%				Missing											
Total Fat (g)	20.81	26.20%				Missing											
Saturated Fat (g)	5.84	7.35%		<10.00%		Missing											
Trans Fat <sup>1</sup> (g)	0.06	0.07%				Missing											

\*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

<sup>1</sup> - 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.