

Food Service

No.	Description	Portion Size	Carbohydrates (Grams)
<i>BREAD</i>			
000095	Biscuit, 2 oz	each	25.00
000061	Breadstick, whole grain	each	17.00
000474	Crackers, Animal	each	21.00
000071	Crackers, Cheez-its	each	14.97
000463	Crackers, Goldfish	each	14.00
000132	Crackers, Graham, 3 ct,	each	17.00
000232	Crackers, Saltines, WG	each	4.50
000512	Crackers, Saltines, WG (3pk)	each	13.50
000482	Hushpuppies	2 ea	12.00
000216	Noodles, Asian	1 cup	45.29
000110	Roll, Whole Grain 1 oz	each	15.00
000539	Stuffing, Bread	1/2 cup	24.17
000147	Tortilla Chips	1 OZ	20.25
<i>BRKFS</i>			
000656	Bagel Sandwich, Breakfast	each	27.00
000133	BAGELFUL, CINNAMON	each	32.00
000497	BAGELFUL, Strawberry	each	32.00
000579	Banana Bread, Sky Blue	each	47.00
000184	Banana Bread, Super Bakery	each	45.00
000643	Blueberry Bread, Super Bakery	each	46.00
000488	Breakfast Pizza	each	31.00
000575	Brkfst Pizza_Egg & Turkey Saus	each	25.00
000508	Bun, Cinnamon, Mini Pull Apart	each	40.00
000636	Cereal Bar , CinnToastCrnch	each	30.00
000638	Cereal Bar, Cocoa Puffs	each	30.00
000630	Cereal Bar, Filled_CinToastCr	each	40.00
000631	Cereal Bar, Filled_Cocoa Puffs	each	43.00
000637	Cereal Bar, Trix	each	30.00
000622	Cereal, Alpha Bits, 1 oz	each	21.00
000500	Cereal, Cinn Chex Gluten Free	each	23.00
000472	Cereal, Cinn Toast Crnch, RS	each	22.00
000201	Cereal, Cocoa Puffs, RS	each	25.00
000504	Cereal, Frosty Mini Spoon 2 oz	each	46.00
000621	Cereal, HN Cheerios GF, 1 oz	each	22.00
000499	Cereal, HN Chex Gluten Free	each	27.00
000503	Cereal, HN Scooters, 2 oz	each	45.00
000141	Cereal, HN Toasty O's, 1 oz	each	22.00
000501	Cereal, Mateys, 1 oz	each	23.00
000142	Cereal, Mrshmallw Mateys, 1 oz	each	23.00
000502	Cereal, Mrshmallw Mateys, 2 oz	each	47.00
000543	Cereal, Raisin Bran 2 oz	each	45.00
000473	Cereal, Rice Chex, Gluten Free	each	24.00
000202	Cereal, Trix, RS, WG	each	24.00
000644	Chicken Biscuit, Snak-Time	each	29.00
000662	Cinnamon Bar	each	45.00
000580	Cinnamon Bun, Sky Blue	each	30.00
000572	Donut, Powdered, Mini	each	41.00
000190	DOUGHNUT, WG SUPER	each	38.00
000189	French Toast, Mini	each	37.00
000509	French Toast, Mini, Choc Chip	each	35.00
000520	French Toast, Sticks	each	38.00
000194	Fruit Apple Pocket	each	54.00
000614	Mini Bagel, Sausage Cheese	each	26.27
000193	Muffin, Apple WG	each	43.00
000192	Muffin, Blueberry WG	each	42.00
000647	Muffin, Blueberry WG, RF, 1 oz	each	23.00
000629	Muffin, Chocolate Chip, WG	each	45.00
000649	Pancake on a Stick	each	21.60

***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.

Food Service

No.	Description	Portion Size	Carbohydrates (Grams)
000573	Pancake Sandwich	each	23.00
000645	Panckes, Mini, Chocolate Chip	each	37.00
000180	Panckes, Mini, Maple	each	36.00
000612	Poptart, Blueberry	each	76.00
000593	Poptart, Cinnamon	each	75.00
000613	Poptart, Frosted Fudge	each	76.00
000594	Poptart, Strawberry	each	75.00
000183	Roll, Sweet Potato	each	43.00
000646	Sausage Biscuit, Snaktime	each	23.00
000578	Sausage dog	each	19.60
000615	Sausage dog, Blueberry	each	17.00
000584	Steak Sandwich, Breakfast	each	27.00
000185	Strudel, Cherry	EACH	36.95
000616	Taco Roll, Breakfast	each	17.00
000510	Waffles, Minis, Cinnamon	each	35.00
000188	Waffles, Minis, Maple	each	35.00

CONDI

000440	BBQ Sauce,12 GM	each	4.00
000395	Catsup, 9 gm, 2 packets	2 each	6.00
000106	Chicken Broth	GAL	18.14
000399	DRESSING ITALIAN, Lite, 1.5 OZ	each	2.00
000107	DRESSING RANCH, 1.5 OZ	1.5 oz	5.00
000632	Dressing, 1000 Island 1.5 OZ	1.5 OZ	8.00
000398	Dressing, French 1.5 OZ	1.5 OZ	12.00
000074	Dressing, French, Fat Free, 12	each	4.00
000076	Dressing, Ranch 12 gm	each	1.00
000400	Dressing, Ranch Lite 1.5 OZ	1.5 OZ	9.00
000062	GRAVY MIX BROWN	1 OZ	2.21
000571	Gravy, Cream Pepper	1 OZ	2.42
000384	Hotdog Chili	.5 OZ	1.66
000345	Jelly, 1/2 oz pack	each	9.11
000405	MAYONNAISE, 12 GM	each	0.00
000396	Mustard, 5.5 GM	5.5 GM	1.00
000477	Sauce, Honey Mustard, 1.5 oz	each	12.00
000511	Sauce, Hot 7 gm	each	0.00
000154	Sauce, Taco 9 gm	each	1.00
000441	Sauce, Tartar, 12 gm	each	2.00
000478	Syrup, Pancake, 1.5 oz cup	each	26.14

ENT

000591	Bacon Ranch Salad	each	33.93
000633	Bacon Ranch Salad w/ flatbread	each	49.39
000033	BBQ Rib Sandwich	each	33.00
000045	Beef Burrito, WG Tortilla	each	24.95
000498	Beef Burrito, WhiteTortilla	each	24.95
000531	Beef Taco, Pre-K	each	37.48
000519	Beef, Ground- Pre-Prepared	pounds	0.00
000642	Beefaroni	1 cup	17.34
000214	Buffalo Chicken Wrap	each	27.89
000218	Buffalo Popcorn Chicken	3.6 OZ	14.15
000577	Bun, Hamburger	1 ea	25.00
825035	Burrito Bowl:Chick/Pinto Beans	each	78.03
000600	Cheese Quesadilla	each	21.12
000605	Cheese Quesadilla_6 inch	each	29.12
000562	Cheese, shredded, Mozz	1 oz	0.51
000155	Cheese, String, Mozz, IW, 1 oz	each	1.00
000116	Cheeseburger on Bun	each	29.03
000657	Cheeseburger on Bun Steakburge	each	26.21
825004	Cheesy Baked Penne	2/3 cup	26.81
000590	Cheesy Baked Penne	2/3 cup	26.13

**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.

Food Service

No.	Description	Portion Size	Carbohydrates (Grams)
000601	Cheesy Baked Potato	each	30.00
000366	Cheesy Meatball Subs	each	39.11
000150	Chef Salad w/ Deli Turkey	each	19.55
000505	Chef Salad/ w Dice Ham	each	21.75
000460	Chef Salad/ w Turkey Ham	each	28.76
000660	Chick Mash Potato Bowl_Perdue	each	38.61
000017	CHICKEN & RICE CASSEROLE	2/3 CUP	37.15
000174	CHICKEN AND NOODLES	1 CUP	22.24
000535	Chicken Burrito	each	20.36
000554	Chicken Burrito_No salsa	each	20.36
000515	Chicken Caesar Wrap	each	25.25
000311	Chicken Fajita	each	21.86
000358	Chicken Fillet Sandwich	each	40.00
000607	Chicken Fillet_PreK	each	15.00
000568	Chicken Mashed Potato Bowl	each	33.43
000333	Chicken Nuggets	5 each	17.00
000641	Chicken Parm Sandwich	each	45.81
000243	Chicken Quesadilla Pizza	EACH	37.00
000208	Chicken Ranch Wrap	each	31.86
825034	Chicken Taco Filling	1/4 cup	0.12
000658	Chicken Tenders_Goldkist	3 each	18.00
000461	Chicken Wings	5 each	1.25
000585	Chili Cheesy Potato	each	31.75
000028	CornDog Nuggets	6 each	30.53
000604	Cuban Sandwich	each	30.44
000363	Fish Nuggets	4 each	22.27
000175	Fish Sandwich	each	45.00
000596	Fish Sticks	4 each	20.00
000618	Fish Wedge	each	16.00
000624	Grilled Chicken Sandwich	each	27.00
000586	Ham & Cheese on Bun, Hot_TH	each	26.86
000382	Ham & Cheese on Bun_Pre-K	1/2 each	14.02
000555	Ham & Cheese Sand_Pork_thick	each	30.01
000563	Ham & Cheese Sand_Pork_thin	each	30.10
000566	Ham&Cheese, Hot (Pork Ham)	1 each	37.60
900007	Ham&Cheese, Toasted (Trky Ham)	1 each	34.57
900011	HAM, SLCD, BAKED	3.5 oz	1.79
000476	Ham, Slices	3 slices	0.50
000602	Ham, speedy cut, Baked	2.5 oz	1.04
000603	Ham, speedy cut, sliced	2.5 oz	1.04
825090	Hearty Beef Soup	cup	12.74
000115	Honey Mustard Deli Wrap	each	37.80
000648	Hotdog (Beef) On Bun	each	29.00
000536	Lded Fries_Reg Fry_Chse Sauc	each	21.55
000205	Loaded Sub	each	28.40
000486	Loaded Taco Fries_crosstrax	each	18.53
000518	Loaded Taco Fries_Regular Fry	each	20.95
000280	Mac & Cheese- 2 MA/ 1 grain	2/3 CUP	22.17
000479	MACARONI AND CHEESE: 1MA/1G	2/3 CUP	21.76
000560	Meat Sauce, Pre-Prepared	1/2 cup	7.38
000540	Meatballs w/ Bun_Pre-K	each	33.49
900002	Meatballs with Gravy	5 each	12.55
000574	Meatballs with Gravy_Pre- K	4 each	11.74
000597	Meatloaf	each	8.00
000551	Nacho Beef, PreK, Sauce	1/3 cup	2.94
000533	Nacho Beef_PreK	2 oz	1.39
000517	Orange Chicken	3.9 oz	25.14
000640	PB& J Uncrustable	each	64.00
000346	Peanut Butter Sandwich	each	39.57
000592	Philly Chicken Sandwich	each	21.86
000650	PIZZA STICKS, Beacon Street	2 each	30.00
000619	Pizza, Buffalo Chicken	each	27.00
000653	Pizza, Cheese (Nardone)	each	30.00

**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.

Food Service

No.	Description	Portion Size	Carbohydrates (Grams)
000654	Pizza, Pepperoni (Nardne Slic)	each	30.00
000655	Pizza, Pizzeria Wedge	each	28.00
000609	Pizza, Stuffed Crust	each	38.00
000447	Popcorn Chicken	3 OZ	20.50
000659	Popcorn Chicken, Snack-atizers	4.42 OZ	19.11
000532	Pork Choppette	1 ea	19.00
000485	Pork Choppette Sandwich	1 ea	44.00
000039	Pulled Pork Sandwich	each	27.80
000599	Pulled Pork Sandwich_Plain	each	58.75
000244	Rice, Brown	1/2 cup	22.28
000212	Salad w/ Buffalo Chicken	each	33.93
000550	Salad w/ Buffalo Chicken(cold)	each	33.93
000598	Salad w/ Chicken Fajita	each	20.82
000087	Salisbury Steak	each	4.01
000004	Sloppy Joe on Bun	each	31.18
000561	Sloppy Joe_PREPREPARED	1/2 cup	6.18
000470	Soup, Beef Veggie (1 oz m/ma)	1 Cup	12.81
000627	Soup, Chicken & Rice	CUP	21.52
000625	Soup, Hearty Beef	cup	16.62
000538	Soup, Taco	8 oz	29.62
000348	Soup, Vegetable Chicken	CUP	13.24
000310	SPAGHETTI & MEAT SAUCE	1 cup	39.89
000628	Spaghetti & Sauce_New	1 cup	45.22
825124	Spicy Chef Shaker Salad	each	19.29
000565	Spicy Chef Shaker Salad	each	16.86
000176	SPICY CHICKEN FILLET ON BUN	each	39.31
000587	Street Taco	each	29.83
825128	Street Taco	each	33.59
825039	Taco Filling: Beef	1/4 cup	1.85
000588	Taco Filling: Beef	1/4 cup	1.55
000105	Taco Salad_Turky Taco meat	each	43.78
000576	TacoSalad_no chips	each	3.28
000215	Teriyaki Chicken	3.5 oz	9.39
000567	Teriyaki Chicken Bowl	each	7.60
000475	Thai Sweet Chili Chicken	2.85 oz	15.05
000343	TOASTED CHEESE SANDWICH, 1 OZ	each	34.00
000104	Toasted Cheese Sandwich, 2 oz	each	36.00
000240	Toasted Ham & Cheese Sandwich	each	34.00
000527	Tuna Salad Plate(43 oz pouch)	each	11.85
000490	Tuna Salad Plate(66.5 oz can)	each	16.32
000589	Turkey & Cheese on Bun_Pre-K	1/2 each	26.54
000610	Turkey & Cheese on Bun_Trk Ham	each	27.09
000491	Turkey & Cheese Sandwich	each	26.79
000001	TURKEY AND DRESSING SUPREME	SERVINGS	16.48
000089	Turkey and Gravy	4 oz	2.00
000178	Turkey Club	each	34.71
000269	Turkey Sub	each	28.40
000339	Turkey Wrap	each	21.11
000549	Turkey, Sliced	2.5 OZ	1.35
000006	Turkey, Sliced	2.5 OZ	1.35
000542	Turkey, Sliced (cold)	2 OZ	0.81
000471	Turkey, Sliced Deli	3.2 oz	0.00
000569	Waffle, Jumbo	each	12.00
000213	Yogurt Waffle Dunkers	each	33.50
000507	Yogurt, High Pro, Blueberry	each	16.00
000506	Yogurt, Strawberry	each	15.00
000120	Yogurt, Strawberry Banana	EACH	16.00
000196	Yogurt, Vanilla	each	16.00

FRUIT

000553	Apple Cobbler	1/2 cup	33.44
000279	Apple Slices	each	7.60

**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.

Food Service

No.	Description	Portion Size	Carbohydrates (Grams)
000493	Apple Slices, Baked	1/2 cup	18.75
000064	Apples,Fresh	each	25.13
000197	Applesauce Cup, 4.5 oz	each	12.00
000247	Applesauce, Canned	1/2 CUP	14.52
000492	Apricot Cups	each	25.09
000068	Bananas	each	26.95
000255	Blueberries, Fresh	1/2 cup	11.17
000236	Blueberries, Frozen	1/2 cup	9.33
000552	Blueberry Cobbler	1/2 cup	33.59
825044	Blueberry Crisp	1/2 cup	32.24
000620	Cantaloupe	1/2 Cup	6.75
000639	Cherry Applesauce Cup, 4.5 oz	each	20.00
000583	Cherry Cobbler	1/2 cup	38.55
000634	Cherry Cobbler	1/2 cup	25.52
000495	Dried Fruit Mix	1/4 cup	31.96
000545	Fruit Slushie, 4.4oz	4.4 OZ	25.00
000422	Grapes, Fresh	1/2 CUP	15.72
000635	Mixed Berry Fruit Cups	each	20.00
000445	Mixed Fruit	1/2 CUP	15.64
000086	Orange, Fresh	each	15.39
000544	Oranges, Mandarin, Canned	1/2 CUP	20.11
000582	Peach Cobbler, canned sliced	1/2 cup	28.40
000581	Peach Cobbler, use Frozen	1/2 cup	47.75
000483	Peach Cups	each	19.00
000494	Peaches, Frozen	1/2 cup	15.91
000437	Peaches, Sliced, Canned	1/2 CUP	13.31
000595	Pear, Fresh	each	21.64
000278	Pears, Halves	1/2 CUP	14.53
000438	Pears, Sliced, Canned	1/2 CUP	14.67
000092	Pineapple Tidbits	1/2 CUP	18.87
000097	Raisins, 1.33 oz	each	30.09
000099	Strawberries, Fresh	1/2 cup	6.64
000235	Strawberries, Frozen	1/2 cup	20.51
000606	Strawberry Cobbler	1/2 cup	39.80
000456	STRAWBERRY CUPS	each	33.05
000101	Watermelon	1/2 Cup	6.89

JUICE

000123	Juice, Apple, 4 oz	each	13.00
000522	Juice, Apple, 6 oz	each	21.75
000195	Juice, Fruit Blend, 4 oz	each	15.00
000523	Juice, Fruit Blend, 6 oz	each	21.00
000124	Juice, Grape, 4 oz	each	19.00
000125	Juice, Orange, 4 oz	each	13.00
000524	Juice, Orange, 6 oz	each	21.60
000126	Juice, OrgPineap, 4 oz	each	14.00

MILK

000102	Milk, Chocolate Skim	each	20.00
000021	Milk, Lactose Free, Fat Free	each	12.00
000122	Milk, Strawberry, Fat Free	each	19.00
000230	MILK,1% Lowfat	each	13.00
000231	MILK,Skim	each	13.00

MISC

825012	Ranch Dressing: School Made	fl oz	1.30
825022	Seasoning Blend, Bean	TBSP	3.42
825024	Seasoning Blend, Mexican	TBSP	4.08
825026	Seasoning Blend, Taco	TBSP	2.80
825079	Sriracha Ranch Dressing	fl oz	1.69

**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.*

Food Service

No.	Description	Portion Size	Carbohydrates (Grams)
000570	Teriyaki Sauce	cups	56.55

SN

000547	Cookie, Carnival (1.5 oz)	each	27.00
000548	Cookie, Choc Chip (1.5 oz)	each	27.00
000152	Cookie, Sugar (1 oz)	each	18.00
000546	Cookie, Sugar (1.5 oz)	each	27.00
000525	Peanut Butter Sandwich, 1/2	each	19.40
000557	Smoothie, Blueberry	8 oz	30.94
000559	Smoothie, Peach	8 oz	37.64
000556	Smoothie, Strawberry	8 oz	40.45
000558	Smoothie, Strawberry Banana	8 oz	43.82
000652	Sunflower Seeds (1 M/MA)	each	11.00
000277	Turkey Ham and Cheese Roll-up	each	21.80
000526	Turkey Sandwich, 1/2 Snack	each	16.27

VEG

000364	Baked Beans	1/2 cup	40.90
000375	Beans, Great Northern	1/2 CUP	31.98
000302	Beans, Limas Frozen	1/2 CUP	17.00
000329	Beans, Pinto	1/2 CUP	22.87
000529	Beans, Vegetarian (canned)	1/2 CUP	20.04
000309	Black-eyed Beans	1/2 CUP	26.31
000521	Broccoli	1/2 CUP	4.85
000530	Broccoli (Cut) w/ Cheese	1/2 CUP	4.00
000651	Broccoli (Florets) w/ Cheese	1/2 CUP	4.31
000299	Broccoli with Cheese	1/2 CUP	5.27
000330	Cabbage, Steamed	1/2 CUP	3.98
000315	California Blend	1/2 CUP	4.13
000066	Carrot Coins	1/2 CUP	7.43
000467	Carrots, Baby, bulk	1/2 CUP	5.84
000496	Carrots, Baby, Ind bags	1/2 CUP	7.00
900006	Carrots, Glazed	1/2 Cup	9.11
000316	Coleslaw	1/2 CUP	7.18
000413	Collards, Frozen	1/2 cup	7.72
000048	Collards, Raw	1/2 cup	8.66
000237	Corn, Steamed	1/2 cup	17.18
000010	DELI ROASTERS	1/2 CUP	25.48
000334	French Fries	1/2 CUP	18.15
000303	Fresh Veggies	1/2 cup	4.10
000029	Green Beans, Cut	1/2 CUP	5.21
000541	Kale, Fresh	1/2 cup	11.02
000611	Lettuce & Tomto, Diced 3/4 cp vg	1 cup	5.72
000513	Lettuce and Tomato, Diced	3/4 cup	3.59
000287	Lettuce and Tomato, Slices	3/4 cup	3.32
825003	Marinara Sauce: School Made	1/2 cup	11.87
000312	Peas & Carrots	1/2 CUP	8.50
000360	Peas, Green	1/2 CUP	13.88
000042	Pickles, Dill	1/4 cup	1.00
000043	Potato Rounds	1/2 cup	15.84
000014	Potatoes, Whipped	1/2 cup	22.20
000342	Salad, Tossed	each	9.66
000528	Salad, Tossed (Salad Mix)	each	3.18
000206	Salsa with Chips	1 each	18.58
000514	Salsa, (no Chips)	1/2 cup	8.46
000173	Sauce, Marinara, 2.5 oz cup	each	8.00
825033	Seasoned Pinto Beans	1/2 cup	24.59
000160	SQUASH & ONIONS, FRESH	1/2 CUP	6.11
000458	SQUASH AND ONIONS	1/2 CUP	6.52
000209	Succotash	1/2 cup	16.43
000009	Sweet Potato Cross Trax	1/2 CUP	15.07

**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.

Food Service

No.	Description	Portion Size	Carbohydrates (Grams)
000408	Sweet Potato Souffle	1/2 CUP	71.03
000056	Sweet Potato, Baked	1/2 cup	30.82
000219	Sweet Potatoes, Glazed	1/2 CUP	41.38
000376	Vegetables, Oriental	1/2 CUP	6.79

**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.*