

Base Menu Spreadsheet

Weighted Values

May 1, 2023 thru May 26, 2023

Menu Name: High School Lunch Menu

Include Cost: No

Site:

Report Style: Detailed

Monday - 05/01/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
900557 Corn Dog, Chicken	1 each	1	30.00
001014 PB & J, wrapped WG (2)	2 Sandwich	1	68.00
900591 French Fries-straight	1/2 Cup	1	26.56
000424 Green Beans, cnd	1/2 Cup	1	5.37
900921 Asst Fruit, canned	1/2 Cup	1	15.89
900919 Asst Fruit, Fresh	1/2 cup	1	20.70
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49
000857 Pizza, Cheese, Stuffed Crust, WG	1 Slice	1	36.00
000664 Pizza, Four Cheese, pre-sliced, WG	1 Slice	1	34.00
000280 Pizza, Mexican Fiestada, WG	1 Slice	1	41.00
000856 Pizza, Pepperoni (pork & beef), Stuffed Crust, WG	Slice	1	36.00
000544 Yogurt Parfait (9-12)	serving	1	111.56

Base Menu Spreadsheet

Weighted Values

May 1, 2023 thru May 26, 2023

	Portion Size	Reimb Qty	Carb (g)
900953 Charcuterie Box, Turkey & Cheese	box	1	88.98
Weighted Daily Average			550.55
% of Calories			54.9%
Weekly Nutrient Guideline			

Tuesday - 05/02/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
900176 Chili Crisпитos, Chicken, WG, w/cheese sauce	2 crispito	1	40.55
001014 PB & J, wrapped WG (2)	2 Sandwich	1	68.00
900011 Pinto Beans, (cheesy)	1/2 Cup	1	19.85
900903 Mexicali Corn	1/2 Cup	1	11.79
900097 Cheddar Cheese, Shredded	2 ounce	1	0.73
900919 Asst Fruit, Fresh	1/2 cup	1	20.70
900921 Asst Fruit, canned	1/2 Cup	1	15.89
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00
000857 Pizza, Cheese, Stuffed Crust, WG	1 Slice	1	36.00
000664 Pizza, Four Cheese, pre-sliced, WG	1 Slice	1	34.00

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000280 Pizza, Mexican Fiestada, WG	1 Slice	1	41.00
000856 Pizza, Pepperoni (pork & beef), Stuffed Crust, WG	Slice	1	36.00
000544 Yogurt Parfait (9-12)	serving	1	111.56
900953 Charcuterie Box, Turkey & Cheese	box	1	88.98
Weighted Daily Average			561.55
% of Calories			50.6%
Weekly Nutrient Guideline			

Wednesday - 05/03/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
900364 Sloppy Joe on a Bun	1 Sandwich	1	39.96
001014 PB & J, wrapped WG (2)	2 Sandwich	1	68.00
900721 Potato, Wedges frozen	1/2 Cup	1	20.57
000261 Carrots, buttered, 1/2 cup	1/2 Cup	1	7.17
900921 Asst Fruit, canned	1/2 Cup	1	15.89
900919 Asst Fruit, Fresh	1/2 cup	1	20.70
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00
000857 Pizza, Cheese, Stuffed Crust, WG	1 Slice	1	36.00
000664 Pizza, Four	1 Slice	1	34.00

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Cheese, pre-sliced, WG			
000280 Pizza, Mexican Fiestada, WG	1 Slice	1	41.00
000856 Pizza, Pepperoni (pork & beef), Stuffed Crust, WG	Slice	1	36.00
000544 Yogurt Parfait (9-12)	serving	1	111.56
900953 Charcuterie Box, Turkey & Cheese	box	1	88.98
Weighted Daily Average			556.33
% of Calories			53.5%
Weekly Nutrient Guideline			

Thursday - 05/04/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
000717 Steak Patty, breaded, WG	1 Serving	1	19.37
001014 PB & J, wrapped WG (2)	2 Sandwich	1	68.00
900904 Mashed Potatoes (Pearls)	1/2 Cup	1	17.50
900479 Broccoli Florets, stmd	1/2 Cup	1	5.34
900921 Asst Fruit, canned	1/2 Cup	1	15.89
900919 Asst Fruit, Fresh	1/2 cup	1	20.70
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49
900953 Charcuterie Box, Turkey & Cheese	box	1	88.98

Base Menu Spreadsheet

Weighted Values

000857 Pizza, Cheese, Stuffed Crust, WG	1 Slice	1	36.00
000664 Pizza, Four Cheese, pre-sliced, WG	1 Slice	1	34.00
000280 Pizza, Mexican Fiestada, WG	1 Slice	1	41.00
000856 Pizza, Pepperoni (pork & beef), Stuffed Crust, WG	Slice	1	36.00
000544 Yogurt Parfait (9-12)	serving	1	111.56
900953 Charcuterie Box, Turkey & Cheese	box	1	88.98
Weighted Daily Average			619.81
% of Calories			54.1%
Weekly Nutrient Guideline			

Friday - 05/05/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
000721 Pizza, Cheese, 4x6, WG	1 Slice	1	32.01
000857 Pizza, Cheese, Stuffed Crust, WG	1 Slice	1	36.00
900702 Pizza, Pepperoni 4x6 rectangle	pizza	1	33.00
000280 Pizza, Mexican Fiestada, WG	1 Slice	1	41.00
000883 Fish taco	1 Sandwich	1	17.24
001014 PB & J, wrapped WG (2)	2 Sandwich	1	68.00
000328 Corn, frz, 1/2 Cup	1/2 Cup	1	18.79
001098 Spinach Salad,	8 oz	1	1.88

Base Menu Spreadsheet

Weighted Values

bulk			
900921 Asst Fruit, canned	1/2 Cup	1	15.89
900919 Asst Fruit, Fresh	1/2 cup	1	20.70
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00
000544 Yogurt Parfait (9-12)	serving	1	111.56
900953 Charcuterie Box, Turkey & Cheese	box	1	88.98
Weighted Daily Average			521.54
% of Calories			56.3%
Weekly Nutrient Guideline			

Monday - 05/08/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
000172 Pulled Pork Sandwich	Sandwich	1	30.52
001014 PB & J, wrapped WG (2)	2 Sandwich	1	68.00
900720 Potato, Rounds	1/2 cup	1	14.00
000016 Baked Beans	1/2 Cup	1	30.96
900921 Asst Fruit, canned	1/2 Cup	1	15.89
900919 Asst Fruit, Fresh	1/2 cup	1	20.70
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49

Base Menu Spreadsheet

Weighted Values

000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00
000857 Pizza, Cheese, Stuffed Crust, WG	1 Slice	1	36.00
000664 Pizza, Four Cheese, pre-sliced, WG	1 Slice	1	34.00
000280 Pizza, Mexican Fiestada, WG	1 Slice	1	41.00
000856 Pizza, Pepperoni (pork & beef), Stuffed Crust, WG	Slice	1	36.00
000544 Yogurt Parfait (9-12)	serving	1	111.56
900953 Charcuterie Box, Turkey & Cheese	box	1	88.98
Weighted Daily Average			564.11
% of Calories			55.1%
Weekly Nutrient Guideline			

Tuesday - 05/09/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
000640 BEEF-A-RONI	3/4 CUP	1	13.12
001014 PB & J, wrapped WG (2)	2 Sandwich	1	68.00
900479 Broccoli Florets, stmd	1/2 Cup	1	5.34
900742 Roll, Whole Wheat, 2 oz	each	1	29.00
900921 Asst Fruit, canned	1/2 Cup	1	15.89
900919 Asst Fruit, Fresh	1/2 cup	1	20.70
000591 Milk, 1% fat choc.,	8 oz. Carton	1	23.49

Base Menu Spreadsheet

Weighted Values

Purity			
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00
000857 Pizza, Cheese, Stuffed Crust, WG	1 Slice	1	36.00
000664 Pizza, Four Cheese, pre-sliced, WG	1 Slice	1	34.00
000280 Pizza, Mexican Fiestada, WG	1 Slice	1	41.00
000856 Pizza, Pepperoni (pork & beef), Stuffed Crust, WG	Slice	1	36.00
000544 Yogurt Parfait (9-12)	serving	1	111.56
900953 Charcuterie Box, Turkey & Cheese	box	1	88.98
Weighted Daily Average			536.08
% of Calories			53.8%
Weekly Nutrient Guideline			

Wednesday - 05/10/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
000812 Hamburger w/bun	1 Burger	1	30.07
001014 PB & J, wrapped WG (2)	2 Sandwich	1	68.00
900721 Potato, Wedges frozen	1/2 Cup	1	20.57
000424 Green Beans, cnd	1/2 Cup	1	5.37
900098 Cheese Slices (2)	1 oz	1	1.01
900921 Asst Fruit, canned	1/2 Cup	1	15.89

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Weighted Values

900919 Asst Fruit, Fresh	1/2 cup	1	20.70
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00
000857 Pizza, Cheese, Stuffed Crust, WG	1 Slice	1	36.00
000664 Pizza, Four Cheese, pre-sliced, WG	1 Slice	1	34.00
000280 Pizza, Mexican Fiestada, WG	1 Slice	1	41.00
000856 Pizza, Pepperoni (pork & beef), Stuffed Crust, WG	Slice	1	36.00
000544 Yogurt Parfait (9-12)	serving	1	111.56
900953 Charcuterie Box, Turkey & Cheese	box	1	88.98
Weighted Daily Average			545.65
% of Calories			52.3%
Weekly Nutrient Guideline			

Thursday - 05/11/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
900125 Chicken Soft Taco	1 Taco	1	24.97
001014 PB & J, wrapped WG (2)	2 Sandwich	1	68.00
900933 Black Beans, Seasoned	1 can	1	19.80
900260 Lettuce and Tomato (offered) (Pre-K-12)	Portion	1	2.33
900097 Cheddar Cheese,	2 ounce	1	0.73

Base Menu Spreadsheet

Weighted Values

Shredded			
000081 Salsa, canned	1/4 Cup	1	4.26
900921 Asst Fruit, canned	1/2 Cup	1	15.89
900919 Asst Fruit, Fresh	1/2 cup	1	20.70
000857 Pizza, Cheese, Stuffed Crust, WG	1 Slice	1	36.00
000664 Pizza, Four Cheese, pre-sliced, WG	1 Slice	1	34.00
000280 Pizza, Mexican Fiestada, WG	1 Slice	1	41.00
000856 Pizza, Pepperoni (pork & beef), Stuffed Crust, WG	Slice	1	36.00
000544 Yogurt Parfait (9-12)	serving	1	111.56
900953 Charcuterie Box, Turkey & Cheese	box	1	88.98
Weighted Daily Average			504.22
% of Calories			50.9%
Weekly Nutrient Guideline			

Friday - 05/12/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
000721 Pizza, Cheese, 4x6, WG	1 Slice	1	32.01
000857 Pizza, Cheese, Stuffed Crust, WG	1 Slice	1	36.00
900702 Pizza, Pepperoni 4x6 rectangle	pizza	1	33.00
000280 Pizza, Mexican Fiestada, WG	1 Slice	1	41.00

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Weighted Values

001014 PB & J, wrapped WG (2)	2 Sandwich	1	68.00
000328 Corn, frz, 1/2 Cup	1/2 Cup	1	18.79
001098 Spinach Salad, bulk	8 oz	1	1.88
900921 Asst Fruit, canned	1/2 Cup	1	15.89
900919 Asst Fruit, Fresh	1/2 cup	1	20.70
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00
000544 Yogurt Parfait (9-12)	serving	1	111.56
900953 Charcuterie Box, Turkey & Cheese	box	1	88.98
Weighted Daily Average			504.30
% of Calories			56.8%
Weekly Nutrient Guideline			

Tuesday - 05/16/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
900615 Hot Dog, beef, no bun	hot dog	1	1.00
000688 Hot Dog Bun, White Wheat	1 bun	1	23.68
001014 PB & J, wrapped WG (2)	2 Sandwich	1	68.00
900932 Roasted, Sweet Potato	77g	1	14.00
900059 Black Eyed Peas, canned	1/2 Cup	1	22.37

Base Menu Spreadsheet

Weighted Values

900921 Asst Fruit, canned	1/2 Cup	1	15.89
900919 Asst Fruit, Fresh	1/2 cup	1	20.70
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00
000857 Pizza, Cheese, Stuffed Crust, WG	1 Slice	1	36.00
000664 Pizza, Four Cheese, pre-sliced, WG	1 Slice	1	34.00
000280 Pizza, Mexican Fiestada, WG	1 Slice	1	41.00
000856 Pizza, Pepperoni (pork & beef), Stuffed Crust, WG	Slice	1	36.00
000544 Yogurt Parfait (9-12)	serving	1	111.56
900953 Charcuterie Box, Turkey & Cheese	box	1	88.98
Weighted Daily Average			549.68
% of Calories			55.3%
Weekly Nutrient Guideline			

Wednesday - 05/17/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
000775 BBQ Chicken Sand-USDA	EACH	1	34.17
001014 PB & J, wrapped WG (2)	2 Sandwich	1	68.00
900721 Potato, Wedges frozen	1/2 Cup	1	20.57
900934 5-Way Mixed	.5 cup	1	11.24

Base Menu Spreadsheet

Weighted Values

Vegetable			
900921 Asst Fruit, canned	1/2 Cup	1	15.89
900919 Asst Fruit, Fresh	1/2 cup	1	20.70
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00
000857 Pizza, Cheese, Stuffed Crust, WG	1 Slice	1	36.00
000664 Pizza, Four Cheese, pre-sliced, WG	1 Slice	1	34.00
000280 Pizza, Mexican Fiestada, WG	1 Slice	1	41.00
000856 Pizza, Pepperoni (pork & beef), Stuffed Crust, WG	Slice	1	36.00
000544 Yogurt Parfait (9-12)	serving	1	111.56
900953 Charcuterie Box, Turkey & Cheese	box	1	88.98
Weighted Daily Average			554.60
% of Calories			55.9%
Weekly Nutrient Guideline			

Thursday - 05/18/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
000305 Nachos w/ Beef	3 oz	1	20.68
001014 PB & J, wrapped WG (2)	2 Sandwich	1	68.00
900011 Pinto Beans, (cheesy)	1/2 Cup	1	19.85

Base Menu Spreadsheet

Weighted Values

000034 Lettuce & Tomato (9-12) INCLUDED with a sandwich	1 Serving	1	2.52
000081 Salsa, canned	1/4 Cup	1	4.26
000628 Cheese, Cheddar, shredded - NK628	1 oz	1	0.36
900921 Asst Fruit, canned	1/2 Cup	1	15.89
900919 Asst Fruit, Fresh	1/2 cup	1	20.70
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00
000857 Pizza, Cheese, Stuffed Crust, WG	1 Slice	1	36.00
000664 Pizza, Four Cheese, pre-sliced, WG	1 Slice	1	34.00
000280 Pizza, Mexican Fiestada, WG	1 Slice	1	41.00
000856 Pizza, Pepperoni (pork & beef), Stuffed Crust, WG	Slice	1	36.00
000544 Yogurt Parfait (9-12)	serving	1	111.56
900953 Charcuterie Box, Turkey & Cheese	box	1	88.98
Weighted Daily Average			536.30
% of Calories			52.4%
Weekly Nutrient Guideline			

Friday - 05/19/2023

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

May 1, 2023 thru May 26, 2023

	Portion Size	Reimb Qty	Carb (g)
000721 Pizza, Cheese, 4x6, WG	1 Slice	1	32.01
000857 Pizza, Cheese, Stuffed Crust, WG	1 Slice	1	36.00
900702 Pizza, Pepperoni 4x6 rectangle	pizza	1	33.00
000280 Pizza, Mexican Fiestada, WG	1 Slice	1	41.00
000883 Fish taco	1 Sandwich	1	17.24
001014 PB & J, wrapped WG (2)	2 Sandwich	1	68.00
000328 Corn, frz, 1/2 Cup	1/2 Cup	1	18.79
001098 Spinach Salad, bulk	8 oz	1	1.88
900921 Asst Fruit, canned	1/2 Cup	1	15.89
900919 Asst Fruit, Fresh	1/2 cup	1	20.70
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00
000544 Yogurt Parfait (9-12)	serving	1	111.56
900953 Charcuterie Box, Turkey & Cheese	box	1	88.98
Weighted Daily Average			521.54
% of Calories			56.3%
Weekly Nutrient Guideline			

Monday - 05/22/2023

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

May 1, 2023 thru May 26, 2023

	Portion Size	Reimb Qty	Carb (g)
900508 CHICKEN BITES, WG BRD (8)	8 EACH	1	28.00
001014 PB & J, wrapped WG (2)	2 Sandwich	1	68.00
900591 French Fries-straight	1/2 Cup	1	26.56
000016 Baked Beans	1/2 Cup	1	30.96
900921 Asst Fruit, canned	1/2 Cup	1	15.89
900919 Asst Fruit, Fresh	1/2 cup	1	20.70
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00
000857 Pizza, Cheese, Stuffed Crust, WG	1 Slice	1	36.00
000664 Pizza, Four Cheese, pre-sliced, WG	1 Slice	1	34.00
000280 Pizza, Mexican Fiestada, WG	1 Slice	1	41.00
000856 Pizza, Pepperoni (pork & beef), Stuffed Crust, WG	Slice	1	36.00
000544 Yogurt Parfait (9-12)	serving	1	111.56
900953 Charcuterie Box, Turkey & Cheese	box	1	88.98
Weighted Daily Average			574.15
% of Calories			53.5%
Weekly Nutrient Guideline			

Tuesday - 05/23/2023

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

May 1, 2023 thru May 26, 2023

	Portion Size	Reimb Qty	Carb (g)
900701 Pizza, Mozzarella Cheese Stick	2 Sticks	1	34.00
001014 PB & J, wrapped WG (2)	2 Sandwich	1	68.00
900479 Broccoli Florets, stmd	1/2 Cup	1	5.34
900934 5-Way Mixed Vegetable	.5 cup	1	11.24
900921 Asst Fruit, canned	1/2 Cup	1	15.89
900919 Asst Fruit, Fresh	1/2 cup	1	20.70
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00
900953 Charcuterie Box, Turkey & Cheese	box	1	88.98
000857 Pizza, Cheese, Stuffed Crust, WG	1 Slice	1	36.00
000664 Pizza, Four Cheese, pre-sliced, WG	1 Slice	1	34.00
000280 Pizza, Mexican Fiestada, WG	1 Slice	1	41.00
000856 Pizza, Pepperoni (pork & beef), Stuffed Crust, WG	Slice	1	36.00
000544 Yogurt Parfait (9-12)	serving	1	111.56
900953 Charcuterie Box, Turkey & Cheese	box	1	88.98
Weighted Daily Average			628.18
% of Calories			56.0%
Weekly Nutrient Guideline			

Base Menu Spreadsheet

Weighted Values

May 1, 2023 thru May 26, 2023

Wednesday - 05/24/2023

Reimbursable Meal Total 8000

	Portion Size	Reimb Qty	Carb (g)
900219 Deli Croissant !1 oz.), turkey	1 Sandwich	4000	7.07
001089 Deli Croissant (1 oz.), ham	1 Sandwich	4000	7.10
001014 PB & J, wrapped WG (2)	2 Sandwich	1	0.01
900545 Chips, Doritos Nacho Cheese	1 Bag	7000	17.50
900092 Carrots, baby, raw (K-5)	1/2 Cup	5000	3.65
000263 Fruit or Juice	1/2 Cup	6000	11.96
000591 Milk, 1% fat choc., Purity	8 oz. Carton	6000	17.62
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1000	1.62
Weighted Daily Average			66.53
% of Calories			56.5%
Weekly Nutrient Guideline			

Thursday - 05/25/2023

Reimbursable Meal Total 8000

	Portion Size	Reimb Qty	Carb (g)
900219 Deli Croissant !1 oz.), turkey	1 Sandwich	4000	7.07
001089 Deli Croissant (1 oz.), ham	1 Sandwich	4000	7.10
001014 PB & J, wrapped	2 Sandwich	1	0.01

Base Menu Spreadsheet

Weighted Values

WG (2)			
900545 Chips, Doritos Nacho Cheese	1 Bag	7000	17.50
900092 Carrots, baby, raw (K-5)	1/2 Cup	5000	3.65
000263 Fruit or Juice	1/2 Cup	6000	11.96
000591 Milk, 1% fat choc., Purity	8 oz. Carton	6000	17.62
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1000	1.62
Weighted Daily Average			66.53
% of Calories			56.5%
Weekly Nutrient Guideline			

			Carb (g)
Weighted Averages			497.87
% of Calories			54.2%

- *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.