

# Planned Menu Spreadsheet

## Portion Values

May 2, 2022 thru May 31, 2022

**Menu Name:** After School Snacks w/out Milk  
**Site:** 1 - Archdiocese of Chicago

**Include Cost:** No  
**Report Style:** Detailed

### Monday - 05/02/2022

#### Reimbursable Meal Total 1900

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
831311 BRD: BAR, NutriGr ApCin1.5WGIW	Each	1900	150	0.50	135	14	3.50	0.00	30.00	3.00	2.00
833274 CHEESE, CH STICK 1EA 1.0	Stick	1900	90	4.50	200	0	7.00	0.00	0.00	0.00	7.00
Weighted Daily Average			240	5.00	335	14	10.50	0.00	30.00	3.00	9.00
% of Calories				18.75%		23.3%	39.4%	0.0%	50.0%		15.0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

### Tuesday - 05/03/2022

#### Reimbursable Meal Total 1900

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
831289 BRD: CRACK SS, Chz-It WG	Package	1900	100	1.00	150	0	3.50	0.00	14.00	1.00	2.00
826341 JUICE SS, Frit Bld 100% 6oz Crt	Each	1900	90	0.00	20	19	0.00	0.00	21.00	0.00	0.00
Weighted Daily Average			190	1.00	170	19	3.50	0.00	35.00	1.00	2.00
% of Calories				4.74%		40.0%	16.6%	0.0%	73.7%		4.2%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

### Wednesday - 05/04/2022

#### Reimbursable Meal Total 1900

# Planned Menu Spreadsheet

## Portion Values

May 2, 2022 thru May 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
990382 BRD: CRACK SS, CHURRO CRUNCHER 1OZ WG (1BG)	Package	1900	110	0.00	75	8	2.50	0.00	21.00	2.00	2.00
826339 JUICE SS, Apple 100% 6oz Cart	Each	1900	80	0.00	20	19	0.00	0.00	20.00	0.00	0.00
Weighted Daily Average			190	0.00	95	27	2.50	0.00	41.00	2.00	2.00
% of Calories				0.00%		56.8%	11.8%	0.0%	86.3%		4.2%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

### Thursday - 05/05/2022

### Reimbursable Meal Total 1900

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
831305 BRD: MUF AP, Blueb 2ozWG (1BG)	Muffin	1900	190	2.00	130	16	6.00	0.00	30.00	2.00	3.00
826341 JUICE SS, Frt Bld 100% 6oz Crt	Each	1900	90	0.00	20	19	0.00	0.00	21.00	0.00	0.00
Weighted Daily Average			280	2.00	150	35	6.00	0.00	51.00	2.00	3.00
% of Calories				6.43%		50.0%	19.3%	0.0%	72.9%		4.3%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

### Friday - 05/06/2022

### Reimbursable Meal Total 1900

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
831269 SNACK: CHIP SS, Dorito CR RFWG	Package	1900	130	0.50	150	0	5.00	0.00	20.00	2.00	2.00

# Planned Menu Spreadsheet

## Portion Values

May 2, 2022 thru May 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
826348 JUICE SS, Orange 100% 6oz Cart	Each	1900	80	0.00	20	17	0.00	0.00	20.00	0.00	1.00
Weighted Daily Average			210	0.50	170	17	5.00	0.00	40.00	2.00	3.00
% of Calories				2.14%		32.4%	21.4%	0.0%	76.2%		5.7%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

### Monday - 05/09/2022

#### Reimbursable Meal Total 1900

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
831142 BRD: CRACK SS, Bug Bites CinWG	Package	1900	120	1.00	115	8	3.50	0.00	21.00	1.00	2.00
826339 JUICE SS, Apple 100% 6oz Cart	Each	1900	80	0.00	20	19	0.00	0.00	20.00	0.00	0.00
Weighted Daily Average			200	1.00	135	27	3.50	0.00	41.00	1.00	2.00
% of Calories				4.50%		54.0%	15.8%	0.0%	82.0%		4.0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

### Tuesday - 05/10/2022

#### Reimbursable Meal Total 1900

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
825953 BRD: CRACK SS, GFishChd.75ozWG	Package	1900	100	0.50	170	0	4.00	0.00	14.00	1.00	2.00

# Planned Menu Spreadsheet

## Portion Values

May 2, 2022 thru May 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
826348 JUICE SS, Orange 100% 6oz Cart	Each	1900	80	0.00	20	17	0.00	0.00	20.00	0.00	1.00
Weighted Daily Average			180	0.50	190	17	4.00	0.00	34.00	1.00	3.00
% of Calories				2.50%		37.8%	20.0%	0.0%	75.6%		6.7%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

### Wednesday - 05/11/2022

Reimbursable Meal Total 1900

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
831162 BRD: BAR, Cereal GldnGrm WG IW	Each	1900	150	0.00	110	9	3.00	0.00	30.00	3.00	2.00
826341 JUICE SS, Frt Bld 100% 6oz Crt	Each	1900	90	0.00	20	19	0.00	0.00	21.00	0.00	0.00
Weighted Daily Average			240	0.00	130	28	3.00	0.00	51.00	3.00	2.00
% of Calories				0.00%		46.7%	11.2%	0.0%	85.0%		3.3%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

### Thursday - 05/12/2022

Reimbursable Meal Total 1900

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	1900	90	0.00	200	0	1.50	0.00	16.00	1.00	2.00

# Planned Menu Spreadsheet

## Portion Values

May 2, 2022 thru May 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
831458 CHEESE, CH CUBES RF IW 1.0	Pkg (1oz)	1900	90	4.50	190	0	7.00	0.00	0.00	0.00	7.00
Weighted Daily Average			180	4.50	390	0	8.50	0.00	16.00	1.00	9.00
% of Calories				22.50%		0%	42.5%	0.0%	35.6%		20.0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

### Friday - 05/13/2022

### Reimbursable Meal Total 1900

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
831306 BRD: MUF AP, Choc 2oz WG (1BG)	Muffin	1900	190	2.00	130	17	6.00	0.00	33.00	2.00	3.00
826348 JUICE SS, Orange 100% 6oz Cart	Each	1900	80	0.00	20	17	0.00	0.00	20.00	0.00	1.00
Weighted Daily Average			270	2.00	150	34	6.00	0.00	53.00	2.00	4.00
% of Calories				6.67%		50.4%	20.0%	0.0%	78.5%		5.9%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

### Monday - 05/16/2022

### Reimbursable Meal Total 1900

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	1900	120	0.00	115	7	4.00	0.00	20.00	1.00	2.00

# Planned Menu Spreadsheet

## Portion Values

May 2, 2022 thru May 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
826339 JUICE SS, Apple 100% 6oz Cart	Each	1900	80	0.00	20	19	0.00	0.00	20.00	0.00	0.00
Weighted Daily Average			200	0.00	135	26	4.00	0.00	40.00	1.00	2.00
% of Calories				0.00%		52.0%	18.0%	0.0%	80.0%		4.0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

### Tuesday - 05/17/2022

Reimbursable Meal Total 1900

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
990620 SNACK: CHIP SS, DORITO WHITE NACHO RF WG	Package	1900	130	1.00	170	1	5.00	0.00	20.00	2.00	2.00
826341 JUICE SS, Frt Bld 100% 6oz Crt	Each	1900	90	0.00	20	19	0.00	0.00	21.00	0.00	0.00
Weighted Daily Average			220	1.00	190	20	5.00	0.00	41.00	2.00	2.00
% of Calories				4.09%		36.4%	20.5%	0.0%	74.5%		3.6%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

### Wednesday - 05/18/2022

Reimbursable Meal Total 1900

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	1900	120	1.00	115	8	3.50	0.00	21.00	1.00	2.00

# Planned Menu Spreadsheet

## Portion Values

May 2, 2022 thru May 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
826348 JUICE SS, Orange 100% 6oz Cart	Each	1900	80	0.00	20	17	0.00	0.00	20.00	0.00	1.00
Weighted Daily Average			200	1.00	135	25	3.50	0.00	41.00	1.00	3.00
% of Calories				4.50%		50.0%	15.8%	0.0%	82.0%		6.0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

### Thursday - 05/19/2022

### Reimbursable Meal Total 1900

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
833274 CHEESE, CH STICK 1EA 1.0	Stick	1900	90	4.50	200	0	7.00	0.00	0.00	0.00	7.00
831312 BRD: BAR, NutriGr Strwb1.5WGIW	Each	1900	150	0.50	150	14	3.50	0.00	30.00	3.00	2.00
Weighted Daily Average			240	5.00	350	14	10.50	0.00	30.00	3.00	9.00
% of Calories				18.75%		23.3%	39.4%	0.0%	50.0%		15.0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

### Friday - 05/20/2022

### Reimbursable Meal Total 1900

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
831289 BRD: CRACK SS, Chz-It WG	Package	1900	100	1.00	150	0	3.50	0.00	14.00	1.00	2.00

# Planned Menu Spreadsheet

## Portion Values

May 2, 2022 thru May 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
826341 JUICE SS, Frt Bld 100% 6oz Crt	Each	1900	90	0.00	20	19	0.00	0.00	21.00	0.00	0.00
Weighted Daily Average			190	1.00	170	19	3.50	0.00	35.00	1.00	2.00
% of Calories				4.74%		40.0%	16.6%	0.0%	73.7%		4.2%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

### Monday - 05/23/2022

### Reimbursable Meal Total 1900

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
831304 BRD: MUF AP, Ban 2oz WG (1BG)	Muffin	1900	190	2.00	130	17	6.00	0.00	30.00	2.00	3.00
826341 JUICE SS, Frt Bld 100% 6oz Crt	Each	1900	90	0.00	20	19	0.00	0.00	21.00	0.00	0.00
Weighted Daily Average			280	2.00	150	36	6.00	0.00	51.00	2.00	3.00
% of Calories				6.43%		51.4%	19.3%	0.0%	72.9%		4.3%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

### Tuesday - 05/24/2022

### Reimbursable Meal Total 1900

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
831264 SNACK: CHIP SS, Cheeto Bkd Cru	Package	1900	120	1.00	200	1	4.50	0.00	16.00	1.00	2.00



# Planned Menu Spreadsheet

## Portion Values

May 2, 2022 thru May 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
826339 JUICE SS, Apple 100% 6oz Cart	Each	1900	80	0.00	20	19	0.00	0.00	20.00	0.00	0.00
Weighted Daily Average			200	1.00	220	20	4.50	0.00	36.00	1.00	2.00
% of Calories				4.50%		40.0%	20.2%	0.0%	72.0%		4.0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

### Wednesday - 05/25/2022

### Reimbursable Meal Total 1900

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
990369 Danimals, Strawberry Banana Yogurt	ea	1900	70	0.00	70	9	0.00	0.00	12.00	0.00	4.00
831142 BRD: CRACK SS, Bug Bites CinWG	Package	1900	120	1.00	115	8	3.50	0.00	21.00	1.00	2.00
Weighted Daily Average			190	1.00	185	17	3.50	0.00	33.00	1.00	6.00
% of Calories				4.74%		35.8%	16.6%	0.0%	69.5%		12.6%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

### Thursday - 05/26/2022

### Reimbursable Meal Total 1900

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
990555 BRD: BAR, BENEFIT MINI MAPLE BROWN SUGAR WG IW	Each	1900	130	1.00	110	9	4.00	0.00	23.00	3.00	2.00

# Planned Menu Spreadsheet

## Portion Values

May 2, 2022 thru May 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
826348 JUICE SS, Orange 100% 6oz Cart	Each	1900	80	0.00	20	17	0.00	0.00	20.00	0.00	1.00
Weighted Daily Average			210	1.00	130	26	4.00	0.00	43.00	3.00	3.00
% of Calories				4.29%		49.5%	17.1%	0.0%	81.9%		5.7%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

### Friday - 05/27/2022

Reimbursable Meal Total 1710

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	1710	90	0.00	200	0	1.50	0.00	16.00	1.00	2.00
829216 CHEESE, MZ String LF 1ea 1.0	Stick	1710	60	2.00	200	1	3.00	0.00	1.00	0.00	7.00
Weighted Daily Average			150	2.00	400	1	4.50	0.00	17.00	1.00	9.00
% of Calories				12.00%		2.7%	27.0%	0.0%	45.3%		24.0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

### Tuesday - 05/31/2022

Reimbursable Meal Total 1900

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	1900	120	1.00	115	8	3.50	0.00	21.00	1.00	2.00

# Planned Menu Spreadsheet

## Portion Values

May 2, 2022 thru May 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
826339 JUICE SS, Apple 100% 6oz Cart	Each	1900	80	0.00	20	19	0.00	0.00	20.00	0.00	0.00
Weighted Daily Average			200	1.00	135	27	3.50	0.00	41.00	1.00	2.00
% of Calories				4.50%		54.0%	15.8%	0.0%	82.0%		4.0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0				

			Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages			212	2	196	21	5.00	0.00	38.10	1.67	3.90
% of Calories				6.58%		39.6%	21.2%	0.0%	71.9%		7.4%

**\*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> - denotes required nutrient values

<sup>2</sup> - 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.