

Cotati-Rohnert Park USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 7, 2019 thru Jan 31, 2019

9-12 GRADE BREAKFAST CYCLE 1

Generated on: 12/11/2018 3:09:53 PM

	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Mon - 01/07/2019				
9-12 GRADE BREAKFAST	Total	100		
CINNAMON BUN WG IW 6070	1 EACH	50	5.0	38.0
PARFAIT BERRY BLEND 6-12	1 parfait	30	11.18	73.61
CEREAL COLD FROSTED FLAKES	1 bowl	10	2.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD CHEERIOS HONEY NUT	1 bowl	10	2.03	22.27
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
JUICE ORANGE 100%	4 oz cup	20	0.0	14.0
APPLE, WHOLE 198 COUNT	1 EACH	20	0.26	13.95
RAISINS BOX 1.5 OZ	BOX	60	1.0	31.0
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
Weighted Daily Average			16.21	92.20
% of Calories			13.0%	73.9%
Nutrient Guideline				

Tue - 01/08/2019				
9-12 GRADE BREAKFAST	Total	100		
PIZZA BRKFST TURKEY SAUSAGE WG	1 EACH	50	9.0	26.0
PAN DULCE IW WPDC260C	1 EACH	30	5.0	31.0
CEREAL COLD FROSTED FLAKES	1 bowl	10	2.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD CHEERIOS HONEY NUT	1 bowl	10	2.03	22.27
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
JUICE ORANGE 100%	4 oz cup	30	0.0	14.0
ORANGE FRESH WHOLE 138 COUNT	1 EACH	30	1.25	15.66
RAISINS BOX 1.5 OZ	BOX	40	1.0	31.0
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
Weighted Daily Average			16.48	70.52
% of Calories			16.2%	69.3%
Nutrient Guideline				

Wed - 01/09/2019				
9-12 GRADE BREAKFAST	Total	100		
PANCAKES EGGO MINI BLUEBERRY IW	PKG	50	4.0	35.0
PARFAIT TROPICAL 6-12	1 parfait	20	10.89	75.27
CEREAL COLD FROSTED FLAKES	1 bowl	15	2.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	15	2.0	17.0
CEREAL COLD CHEERIOS HONEY NUT	1 bowl	15	2.03	22.27
GRAHAM CRACKERS 3 PACK	PACKAGE	15	2.0	17.0
JUICE ORANGE 100%	4 oz cup	30	0.0	14.0
ORANGE FRESH WHOLE 138 COUNT	1 EACH	30	1.25	15.66
RAISINS BOX 1.5 OZ	BOX	40	1.0	31.0
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
Weighted Daily Average			15.06	84.79
% of Calories			13.3%	74.8%
Nutrient Guideline				

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.

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9-12 GRADE BREAKFAST CYCLE 1

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	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Thu - 01/10/2019				
9-12 GRADE BREAKFAST	Total	100		
WAFFLES WG SQUARE 2.25 GRAIN	2 EACH	50	4.99	31.92
SAUSAGE TURKEY LINK 6140	1 EACH	50	6.0	0.0
SYRUP PKT 1OZ 13951	POUCH 1 OZ	50	0.0	21.0
CINNAMON BUN WG IW 6070	1 EACH	30	5.0	38.0
CEREAL COLD FROSTED FLAKES	1 bowl	10	2.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD CHEERIOS HONEY NUT	1 bowl	10	2.03	22.27
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
JUICE ORANGE 100%	4 oz cup	30	0.0	14.0
APPLE, WHOLE 198 COUNT	1 EACH	30	0.26	13.95
RAISINS BOX 1.5 OZ	BOX	40	1.0	31.0
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
Weighted Daily Average			17.17	85.57
% of Calories			14.1%	70.3%
Nutrient Guideline				

Fri - 01/11/2019				
9-12 GRADE BREAKFAST	Total	100		
BAGELS MINI STRAWBERRY CREAM	PKG	50	6.0	41.0
ULTIMATE BREAKFAST OAT/CHOC IW	1 EACH	30	5.0	44.0
CEREAL COLD FROSTED FLAKES	1 bowl	10	2.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD CHEERIOS HONEY NUT	1 bowl	10	2.03	22.27
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
JUICE ORANGE 100%	4 oz cup	20	0.0	14.0
ORANGE FRESH WHOLE 138 COUNT	1 EACH	20	1.25	15.66
RAISINS BOX 1.5 OZ	BOX	60	1.0	31.0
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
Weighted Daily Average			15.05	85.16
% of Calories			13.2%	74.4%
Nutrient Guideline				

Mon - 01/14/2019				
9-12 GRADE BREAKFAST	Total	100		
PANCAKE WRAP TURKEY BULK 95121	EACH 2.85 OZ	50	8.0	17.0
PARFAIT TROPICAL 6-12	1 parfait	30	10.89	75.27
CEREAL COLD FROSTED FLAKES	1 bowl	10	2.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD CHEERIOS HONEY NUT	1 bowl	10	2.03	22.27
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
JUICE ORANGE 100%	4 oz cup	40	0.0	14.0
APPLE, WHOLE 198 COUNT	1 EACH	30	0.26	13.95
RAISINS BOX 1.5 OZ	BOX	30	1.0	31.0
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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9-12 GRADE BREAKFAST CYCLE 1

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	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Weighted Daily Average			17.35	77.09
% of Calories			15.8%	70.3%
Nutrient Guideline				

Tue - 01/15/2019				
9-12 GRADE BREAKFAST	Total	100		
BAGELS MINI CINNAMON CREAM	PKG	50	6.0	41.0
BREAD BANANA WG IW 6071	EACH 3.4 OZ	30	5.0	44.0
CEREAL COLD FROSTED FLAKES	1 bowl	10	2.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD CHEERIOS HONEY NUT	1 bowl	10	2.03	22.27
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
JUICE ORANGE 100%	4 oz cup	45	0.0	14.0
BANANAS:150ct	1 EACH	45	1.29	26.95
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
Weighted Daily Average			14.88	82.16
% of Calories			13.2%	73.0%
Nutrient Guideline				

Wed - 01/16/2019				
9-12 GRADE BREAKFAST	Total	100		
SAUSAGE & CHEDDAR MUFFIN GIULI	1 EACH	50	13.73	27.0
MUFFIN BLUEBERRY WG, RF, IW	EACH 2 OZ	30	3.0	29.0
GRAHAM CRACKERS 3 PACK	PACKAGE	30	2.0	17.0
CEREAL COLD FROSTED FLAKES	1 bowl	10	2.0	24.0
CHEESE STRING LOL IW	1 EACH	10	7.0	1.0
CEREAL COLD CHEERIOS HONEY NUT	1 bowl	10	2.03	22.27
CHEESE STRING LOL IW	1 EACH	10	7.0	1.0
JUICE ORANGE 100%	4 oz cup	45	0.0	14.0
ORANGE FRESH WHOLE 138 COUNT	1 EACH	45	1.25	15.66
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
Weighted Daily Average			19.73	67.47
% of Calories			17.1%	58.4%
Nutrient Guideline				

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Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

9-12 GRADE BREAKFAST CYCLE 1

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	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Thu - 01/17/2019				
9-12 GRADE BREAKFAST	Total	100		
FRENCH TOAST STICKS:2.5G	4 sticks	50	6.03	43.23
SYRUP PKT 1OZ 13951	POUCH 1 OZ	50	0.0	21.0
SAUSAGE TURKEY LINK 6140	1 EACH	50	6.0	0.0
BAGEL WHOLE WHEAT IW 87776	1 EACH	20	7.0	35.0
CREAM CHEESE REGULAR 1 OZ	1 OZ	20	1.0	1.0
CEREAL COLD FROSTED FLAKES	1 bowl	15	2.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	15	2.0	17.0
CEREAL COLD CHEERIOS HONEY NUT	1 bowl	15	2.03	22.27
GRAHAM CRACKERS 3 PACK	PACKAGE	15	2.0	17.0
JUICE ORANGE 100%	4 oz cup	45	0.0	14.0
APPLE, WHOLE 198 COUNT	1 EACH	45	0.26	13.95
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
Weighted Daily Average			17.94	85.93
% of Calories			14.0%	67.0%
Nutrient Guideline				

Fri - 01/18/2019				
9-12 GRADE BREAKFAST	Total	100		
FRENCH TOAST MINI CINNAMON	PACKAGE	50	3.0	37.0
SYRUP PKT 1OZ 13951	POUCH 1 OZ	50	0.0	21.0
BREAD BANANA WG IW 6071	EACH 3.4 OZ	30	5.0	44.0
CEREAL COLD FROSTED FLAKES	1 bowl	10	2.0	24.0
SUNFLOWER SEEDS HONEY ROASTED	1 EACH	10	5.0	7.0
CEREAL COLD CHEERIOS HONEY NUT	1 bowl	10	2.03	22.27
SUNFLOWER SEEDS HONEY ROASTED	1 EACH	10	5.0	7.0
JUICE ORANGE 100%	4 oz cup	40	0.0	14.0
BANANAS:150ct	1 EACH	30	1.29	26.95
RAISINS BOX 1.5 OZ	BOX	30	1.0	31.0
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
Weighted Daily Average			13.99	90.11
% of Calories			11.1%	71.6%
Nutrient Guideline				

Mon - 01/21/2019				
9-12 GRADE BREAKFAST	Total	100		
CINNAMON BUN WG IW 6070	1 EACH	50	5.0	38.0
PARFAIT BERRY BLEND 6-12	1 parfait	30	11.18	73.61
CEREAL COLD FROSTED FLAKES	1 bowl	10	2.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD CHEERIOS HONEY NUT	1 bowl	10	2.03	22.27
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
JUICE ORANGE 100%	4 oz cup	20	0.0	14.0
APPLE, WHOLE 198 COUNT	1 EACH	20	0.26	13.95
RAISINS BOX 1.5 OZ	BOX	60	1.0	31.0
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0

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9-12 GRADE BREAKFAST CYCLE 1

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	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Weighted Daily Average			16.21	92.20
% of Calories			13.0%	73.9%
Nutrient Guideline				

Tue - 01/22/2019				
9-12 GRADE BREAKFAST	Total	100		
PIZZA BRKFST TURKEY SAUSAGE WG	1 EACH	50	9.0	26.0
PAN DULCE IW WPDC260C	1 EACH	30	5.0	31.0
CEREAL COLD FROSTED FLAKES	1 bowl	10	2.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD CHEERIOS HONEY NUT	1 bowl	10	2.03	22.27
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
JUICE ORANGE 100%	4 oz cup	30	0.0	14.0
ORANGE FRESH WHOLE 138 COUNT	1 EACH	30	1.25	15.66
RAISINS BOX 1.5 OZ	BOX	40	1.0	31.0
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
Weighted Daily Average			16.48	70.52
% of Calories			16.2%	69.3%
Nutrient Guideline				

Wed - 01/23/2019				
9-12 GRADE BREAKFAST	Total	100		
PANCAKES EGGO MINI BLUEBERRY IW	PKG	50	4.0	35.0
PARFAIT TROPICAL 6-12	1 parfait	20	10.89	75.27
CEREAL COLD FROSTED FLAKES	1 bowl	15	2.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	15	2.0	17.0
CEREAL COLD CHEERIOS HONEY NUT	1 bowl	15	2.03	22.27
GRAHAM CRACKERS 3 PACK	PACKAGE	15	2.0	17.0
JUICE ORANGE 100%	4 oz cup	30	0.0	14.0
ORANGE FRESH WHOLE 138 COUNT	1 EACH	30	1.25	15.66
RAISINS BOX 1.5 OZ	BOX	40	1.0	31.0
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
Weighted Daily Average			15.06	84.79
% of Calories			13.3%	74.8%
Nutrient Guideline				

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Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

9-12 GRADE BREAKFAST CYCLE 1

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	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Thu - 01/24/2019				
9-12 GRADE BREAKFAST	Total	100		
WAFFLES WG SQUARE 2.25 GRAIN	2 EACH	50	4.99	31.92
SAUSAGE TURKEY LINK 6140	1 EACH	50	6.0	0.0
SYRUP PKT 1OZ 13951	POUCH 1 OZ	50	0.0	21.0
CINNAMON BUN WG IW 6070	1 EACH	30	5.0	38.0
CEREAL COLD FROSTED FLAKES	1 bowl	10	2.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD CHEERIOS HONEY NUT	1 bowl	10	2.03	22.27
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
JUICE ORANGE 100%	4 oz cup	30	0.0	14.0
APPLE, WHOLE 198 COUNT	1 EACH	30	0.26	13.95
RAISINS BOX 1.5 OZ	BOX	40	1.0	31.0
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
Weighted Daily Average			17.17	85.57
% of Calories			14.1%	70.3%
Nutrient Guideline				

Fri - 01/25/2019				
9-12 GRADE BREAKFAST	Total	100		
BAGELS MINI STRAWBERRY CREAM	PKG	50	6.0	41.0
ULTIMATE BREAKFAST OAT/CHOC IW	1 EACH	30	5.0	44.0
CEREAL COLD FROSTED FLAKES	1 bowl	10	2.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD CHEERIOS HONEY NUT	1 bowl	10	2.03	22.27
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
JUICE ORANGE 100%	4 oz cup	20	0.0	14.0
ORANGE FRESH WHOLE 138 COUNT	1 EACH	20	1.25	15.66
RAISINS BOX 1.5 OZ	BOX	60	1.0	31.0
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
Weighted Daily Average			15.05	85.16
% of Calories			13.2%	74.4%
Nutrient Guideline				

Mon - 01/28/2019				
9-12 GRADE BREAKFAST	Total	100		
PANCAKE WRAP TURKEY BULK 95121	EACH 2.85 OZ	50	8.0	17.0
PARFAIT TROPICAL 6-12	1 parfait	30	10.89	75.27
CEREAL COLD FROSTED FLAKES	1 bowl	10	2.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD CHEERIOS HONEY NUT	1 bowl	10	2.03	22.27
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
JUICE ORANGE 100%	4 oz cup	40	0.0	14.0
APPLE, WHOLE 198 COUNT	1 EACH	30	0.26	13.95
RAISINS BOX 1.5 OZ	BOX	30	1.0	31.0
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0

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	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Weighted Daily Average			17.35	77.09
% of Calories			15.8%	70.3%
Nutrient Guideline				

Tue - 01/29/2019				
9-12 GRADE BREAKFAST	Total	100		
BAGELS MINI CINNAMON CREAM	PKG	50	6.0	41.0
BREAD BANANA WG IW 6071	EACH 3.4 OZ	30	5.0	44.0
CEREAL COLD FROSTED FLAKES	1 bowl	10	2.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD CHEERIOS HONEY NUT	1 bowl	10	2.03	22.27
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
JUICE ORANGE 100%	4 oz cup	45	0.0	14.0
BANANAS:150ct	1 EACH	45	1.29	26.95
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
Weighted Daily Average			14.88	82.16
% of Calories			13.2%	73.0%
Nutrient Guideline				

Wed - 01/30/2019				
9-12 GRADE BREAKFAST	Total	100		
SAUSAGE & CHEDDAR MUFFIN GIULI	1 EACH	50	13.73	27.0
MUFFIN BLUEBERRY WG, RF, IW	EACH 2 OZ	30	3.0	29.0
GRAHAM CRACKERS 3 PACK	PACKAGE	30	2.0	17.0
CEREAL COLD FROSTED FLAKES	1 bowl	10	2.0	24.0
CHEESE STRING LOL IW	1 EACH	10	7.0	1.0
CEREAL COLD CHEERIOS HONEY NUT	1 bowl	10	2.03	22.27
CHEESE STRING LOL IW	1 EACH	10	7.0	1.0
JUICE ORANGE 100%	4 oz cup	45	0.0	14.0
ORANGE FRESH WHOLE 138 COUNT	1 EACH	45	1.25	15.66
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
Weighted Daily Average			19.73	67.47
% of Calories			17.1%	58.4%
Nutrient Guideline				

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Jan 7, 2019 thru Jan 31, 2019

9-12 GRADE BREAKFAST CYCLE 1

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	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Thu - 01/31/2019				
9-12 GRADE BREAKFAST	Total	100		
FRENCH TOAST STICKS:2.5G	4 sticks	50	6.03	43.23
SYRUP PKT 1OZ 13951	POUCH 1 OZ	50	0.0	21.0
SAUSAGE TURKEY LINK 6140	1 EACH	50	6.0	0.0
BAGEL WHOLE WHEAT IW 87776	1 EACH	20	7.0	35.0
CREAM CHEESE REGULAR 1 OZ	1 OZ	20	1.0	1.0
CEREAL COLD FROSTED FLAKES	1 bowl	15	2.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	15	2.0	17.0
CEREAL COLD CHEERIOS HONEY NUT	1 bowl	15	2.03	22.27
GRAHAM CRACKERS 3 PACK	PACKAGE	15	2.0	17.0
JUICE ORANGE 100%	4 oz cup	45	0.0	14.0
APPLE, WHOLE 198 COUNT	1 EACH	45	0.26	13.95
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
Weighted Daily Average			17.94	85.93
% of Calories			14.0%	67.0%
Nutrient Guideline				

Weighted Average			16.51	81.68
			14.2%	70.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Protein (g)	16.51	14.20%						
Carbohydrate (g)	81.68	70.23%						

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.