

FD MealPlanner Instructions

1. <https://www.fdmealplanner.com/#menu/mp/Spotswood>
2. Create an account or log in

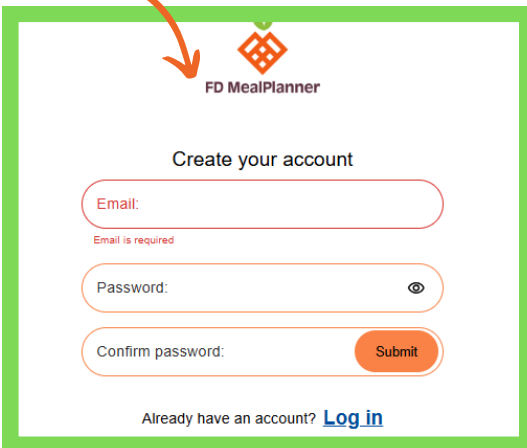


FD MealPlanner

Log In Sign Up

3. Enter information into required fields.

Your Information



FD MealPlanner

Create your account

Email:

Email is required

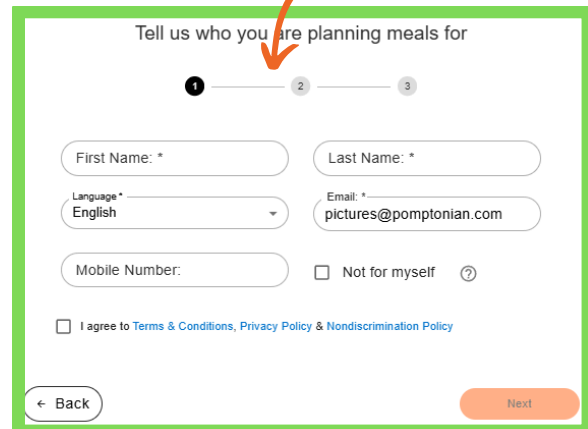
Password:

Confirm password:

Submit

Already have an account? [Log in](#)

Your Child's Information



Tell us who you are planning meals for

1 2 3

First Name: *

Last Name: *

Language *

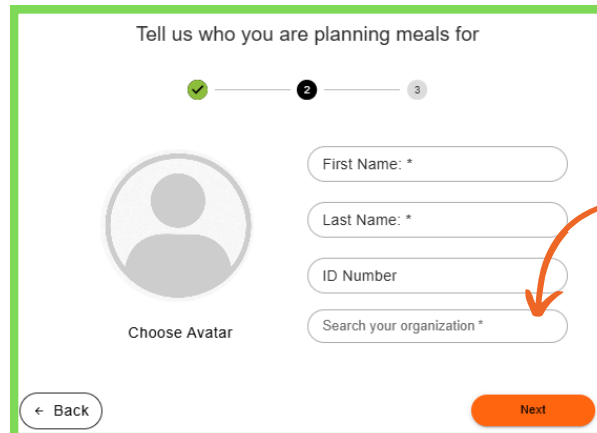
Email: *

Mobile Number:

☐ Not for myself ?

☐ I agree to [Terms & Conditions](#), [Privacy Policy](#) & [Nondiscrimination Policy](#)

Back Next



Tell us who you are planning meals for

1 2 3

Choose Avatar

First Name: *

Last Name: *

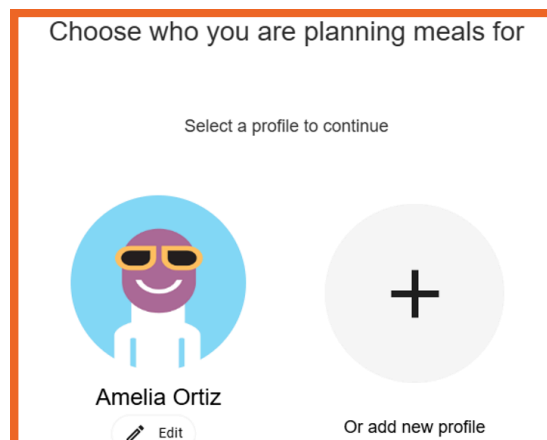
ID Number

Search your organization *

Back Next

Select Your
Child's School

4. Log in & Select Profile



Choose who you are planning meals for

Select a profile to continue


Amelia Ortiz
Edit


Or add new profile

FD MealPlanner Instructions

5. Select Meal Period
6. Select Grade Level, if Applicable
7. Select Week/Month

Select meal period for Amelia

 Lunch

 Gluten-Safe Lunch

 Sesame-Safe Lunch

 Soy-Safe Lunch

 Dairy-Safe Lunch

 Egg-Safe Lunch

By selecting the meal period, you agree to our [Terms & Conditions](#) and [Privacy Policy](#)

[← Back to organization selection](#)

View recipe menu

Monthly August, 2026 Gluten-Safe Lunch

All Items Condensed Entree: (All Meals come with Sides automatically). Side: (All students will receive all sides automatically)

03 Monday

Entree

Chicken Tenders 20kcal

Associate Items (1)

Tortilla Rounds 190kcal

Side

Fruit of the Day 0kcal

Vegetable of the Day 0kcal

04 Tuesday

Entree

Alt-Beef Hot Dog on a Bun 30kcal

Side

Fruit of the Day 0kcal

Vegetable of the Day 0kcal

05 Wednesday

Entree

Chicken Tenders 20kcal

Associate Items (1)

Tortilla Rounds 190kcal

Side

Fruit of the Day 0kcal

Vegetable of the Day 0kcal

06 Thursday

Entree

100% Beef Burger on a Bun 300kcal

Side

Fruit of the Day 0kcal

Vegetable of the Day 0kcal

07 Friday

Entree

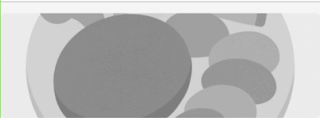
Pizza 307kcal

Side

Fruit of the Day 0kcal

Vegetable of the Day 0kcal

Chicken Tenders



Nutritional Facts

Serving size 3 Each

Calories 264.00 kcal

Fat 11.00 g

Saturated Fat 2.00 g

Trans Fatty Acid 0.00 g

Cholesterol 54.00 mg

Sodium 544.00 mg

Carbohydrates 22.00 g

Dietary Fiber 2.00 g

Total Sugars 0.00 g

Protein 20.00 g

Vitamin A 0.00 IU

Vitamin C 0.00 mg

Calcium 8.00 mg

Iron 0.00 mg

Attributes:

Halal Certified Meats

Description:

No description available

Select quantity: 1

Tortilla Rounds

Ingredients:

Gluten-Free, Breaded Chicken Tenders (CHICKEN BREAST TENDERLOINS, WATER, RICE STARCH, SEA SALT, BREADED WITH CORN FLAKE CRUMB (YELLOW CORN MEAL, SUGAR, SALT), SOYBEAN OIL, CORN STARCH, SPICES AND SPICE EXTRACTIVES (INCLUDING EXTRACTIVES OF PAPRIKA), RICE FLOUR, TAPIOCA DEXTRIN, PREDESTINED AND BATTERED WITH RICE FLOUR, WATER, CORN STARCH, SALT, SPICES AND SPICE EXTRACTIVES (INCLUDING EXTRACTIVE OF PAPRIKA AND EXTRACTIVE OF TURMERIC), GARLIC POWDER, ONION POWDER)

Rate and comment:

☆☆☆☆

Add to Cart

8. Select desired entree and milk variety. Fruit and vegetable will automatically be provided.

9. Click "Add to Cart"

10. If ordering for the entire month, repeat steps 7 & 8 for each day of the month

11. Click on the cart icon that appears on the bottom center of the screen

Side

Ham & Cheese on a K 480kcal

Fruit of the Day

[View total nutrients](#)
[View Cart 2](#)

12. The checkout screen will load
13. Select Time Slot (child's lunch period)
14. Select Delivery Point
15. Choose Payment Mode: Enter your student's ID
16. Lastly, Click Place Order

- ★ You can also pre-order your child's lunch on the FDMealPlanner App
- ★ Please add funds to your child's lunch account through PaySchoolCentral
- ★ Meals must be ordered no later than 10pm, 7 days prior to date of service