

FD MealPlanner Instructions

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

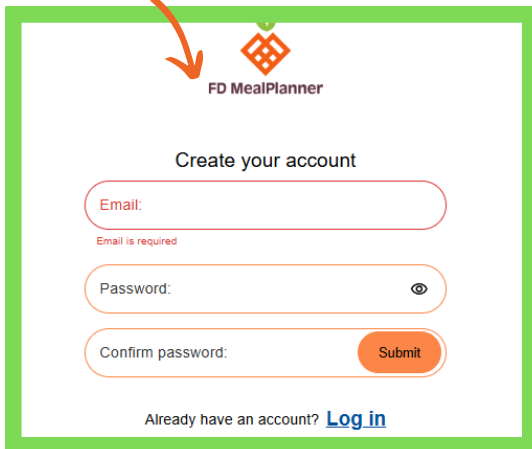


FD MealPlanner

Log In Sign Up

3. Enter information into required fields.

Your Information



FD MealPlanner

Create your account

Email:

Email is required

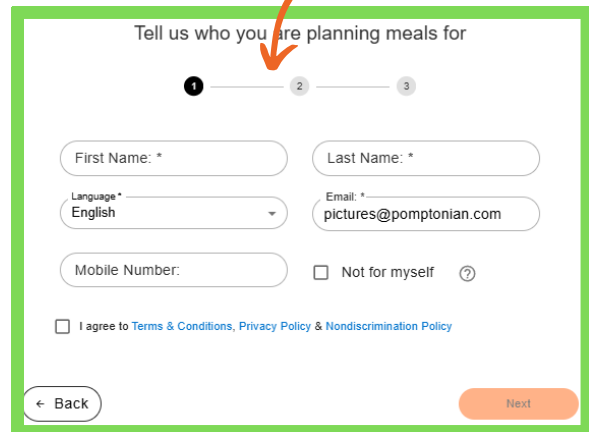
Password:

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 *

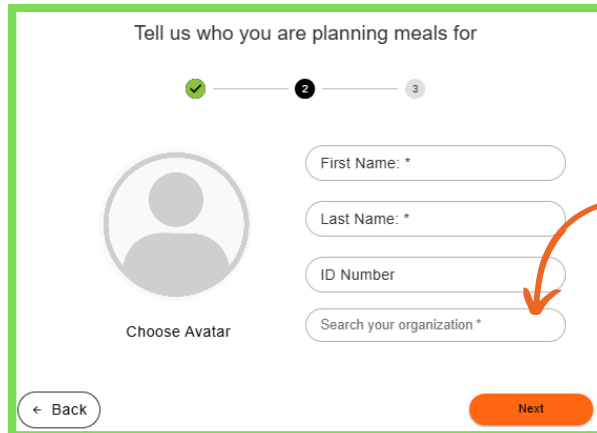
Email: *

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: *

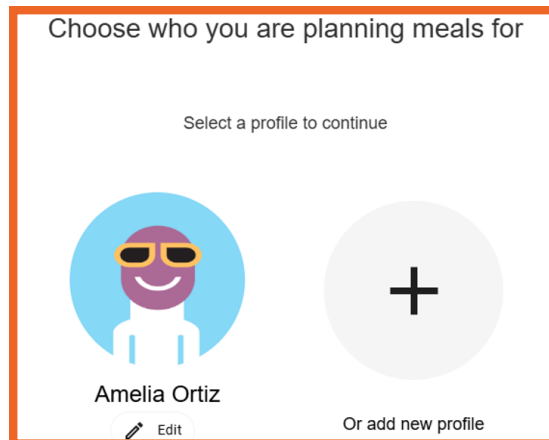
ID Number

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](#)

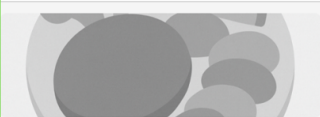
View recipe menu

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	04 Tuesday	05 Wednesday	06 Thursday	07 Friday
Entree Chicken Tenders 20kcal Associate Items (1) Tortilla Rounds 190kcal Side Fruit of the Day 0kcal Vegetable of the Day 0kcal	Entree All-Beef Hot Dog on a Bun 350kcal Side Fruit of the Day 0kcal Vegetable of the Day 0kcal	Entree Chicken Tenders 20kcal Associate Items (1) Tortilla Rounds 190kcal Side Fruit of the Day 0kcal Vegetable of the Day 0kcal	Entree 100% Beef Burger on a Bun 380kcal Side Fruit of the Day 0kcal Vegetable of the Day 0kcal	Entree Pizza 357kcal Side Fruit of the Day 0kcal Vegetable of the Day 0kcal

Chicken Tenders



Scroll down to see more content

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 %
Vitamin C	0.00 %
Calcium	8.00 %
Iron	0.00 %

Attributes:
 Halal Certified Meats

Description:
 No description available

Ingredients:
 Gluten Free, Breaded Chicken Tenders (CHICKEN BREAST TENDERLOINS, WATER, RICE STARCH, SEA SALT, BREADED WITH: CORN FLAKE CRUMB (YELLOW CORN MEAL, SUGAR, SALT), SALT, SOYBEAN OIL, CORN STARCH, SPICES AND SPICE EXTRACTIVES (INCLUDING EXTRACTIVES OF PAPRIKA, RICE FLOUR, TAPIOCA DEXTROSE, 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

View total nutrients **View Cart** 

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