

# Accessing Menu Nutrition Information

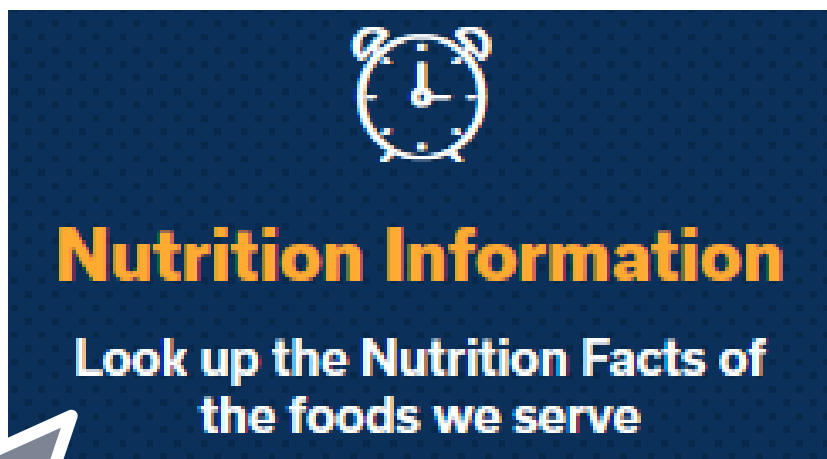
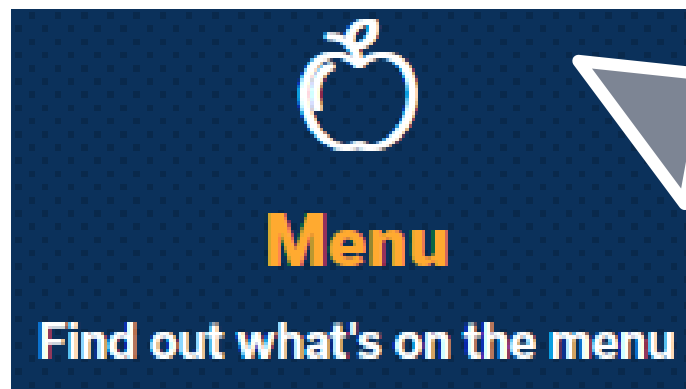
All menus are available online for viewing and printing, complete with nutrition information, meal contributions, and allergy reports.



**Start here:**

<https://www.philasd.org/foodservices/>

1. **Click the *Menu* link to view and print the menu**



2. **Click the link for *Nutrition Information***

### 3. Click *Full Service Menu* for nutrition information, carbohydrate counts, and allergy reports

## Full Service Menu

[Click Here for Nutrition Information 2018-2019](#)

A PDF will generate listing all menu items and their allergen and carbohydrate information

ITEM	Allergen Guide	Serving size	Calories	Carbohydrate (gm)
<b>BREAKFAST ITEMS</b>				
Appleways Bar, Oatmeal Apple	WSEM	1 Bar	280	46
Appleways Bar, Strawberry	WSEM	2 Bar	280	46
Beef Sausage Patty w/ Cheese on a Bagel	WSM	1 Sandwich	275	32
Breakfast Break, Cinnamon Toast Crunch	WSE	1 Pack	320	73
Breakfast Break, Team Cheerios	WS	1 Pack	310	63
Breakfast Nachos	EM	1 Entrée	272	36
Cinnabar	WS	1 Bar	280	45
Cinnamon Roll	WSEM	1 roll	270	36
Confetti Pancakes	WSEM	1 Pouch	220	36
Crunchmania, Cinnamon Bun	WSM	1 Pouch	210	37
Crunchmania, French Toast	WSM	1 Pouch	210	38
Croissant, whole grain	WSEM	1 croissant	190	27
Eggs w/ Cheese on a Bagel	WSEM	1 Sandwich	240	32
Egg w/ Cheese on Biscuit	WSEM	1 Sandwich	290	30
Eggs w/ Cheese on Croissant	WSEM	1 Sandwich	335	30