

Accessing Menu Nutrition Information

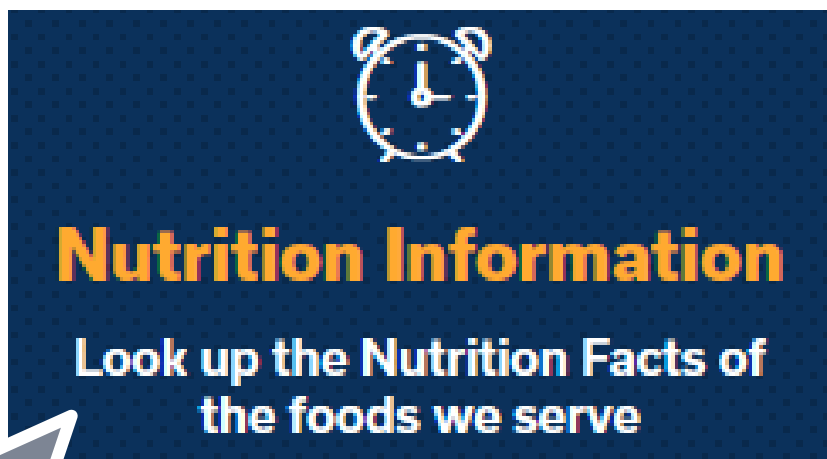
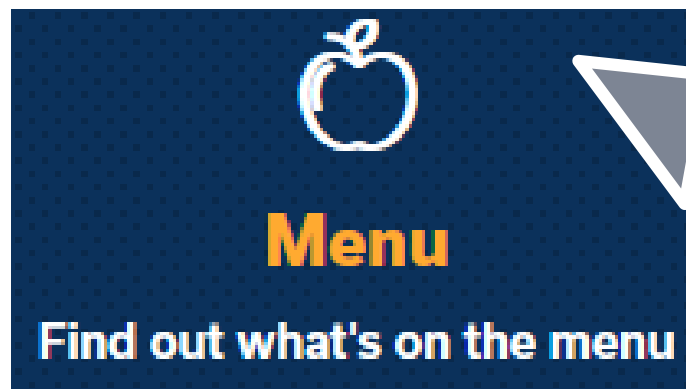
All menus are available online for viewing and printing, complete with nutrition information, meal contributions, and allergy reports.



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 *Satellite Menu* for nutrition information, carbohydrate counts, and allergy reports


Satellite Menu


[Visit the Satellite Menu Website](#)

Nutrition Information is available by hovering over specific menu items or downloading the menu and nutrition information.

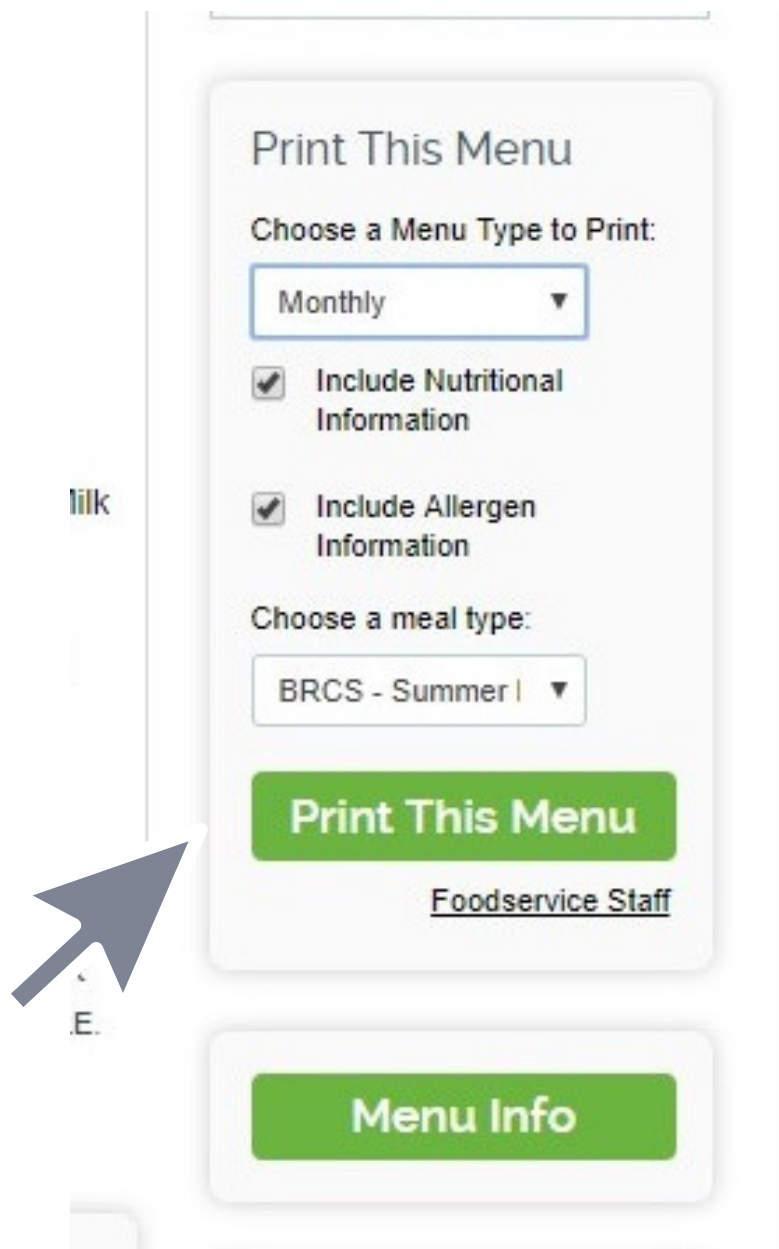


4. Hover over the menu item with your mouse to reveal nutrition information for the specific item

Wednesday, August 07, 2019	Thursday, August 08, 2019	Friday, August 09, 2019
BRCSS - Summer Breakfast - Cold	BRCSS - Summer Breakfast - Cold	BRCSS - Summer Breakfast - Cold
PEACH DELIGHT SUNBLENDE	PEACH 	
Orange Juice	Fresh Plum	
White Milk	Blended Fruit	
Free Chocolate Milk	1% White Milk	
BRCSS - Summer Lunch - Cold	Fat Free Chicken	
BUFFALO CHICKEN AND CHEESE WRAP	LNCS - Summer Lunch - Cold	
Spiced Garden Salad	CHICKEN SANDWICH ON WHOLE WHEAT BUN	Hummus Cup



5. You may also print all of the monthly nutrition information at once by selecting "Print This Menu" from the right side of the screen



Print This Menu

Choose a Menu Type to Print:

Monthly ▼

Include Nutritional Information

Include Allergen Information

Choose a meal type:

BRCS - Summer I ▼

Print This Menu

Foodservice Staff

Menu Info

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