### Accessing Menu Nutrition Information

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

**Start here:**

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

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