

What's on the Menu?



Access and Print Menus Online

All menus are available online for viewing and printing, complete with nutritional information, meal contributions and allergy information reports. All menus and all reports can be accessed at www.preferredmealsmenu.com. An icon is available to add a link to your school's website.

The interactive website allows you the ability to create a Log in and save your school for easy access each month. You can also choose to have the weekly menus emailed to you each week. Direct your students and their families to the site to easily view and print their menu. There's also a mobile version so the menu is always accessible.

You may also choose to create a *log in* to receive weekly emails of your menu by following the instructions below:

- Click “Sign Up” in the upper right hand corner of the page
- Fill in all information and check the box to receive weekly emails
- Click “Sign Up”

The screenshot shows the 'Sign Up' form on the Preferred Meals website. The form is located in the lower half of the page, below a banner image of a child on a bicycle and muffins. The form fields are: Last Name, First Name, E-Mail Address, Role (a dropdown menu), Zip Code, Password, and Verify Password. There is a checkbox labeled 'Send me weekly menu' and two buttons at the bottom: 'Sign Up' and 'Cancel'.

You will be directed to a new screen

- Select the State
- Select District or Charter
- Select School
- Click the green “Save This School” button

The screenshot shows the 'Find Your School' screen on the Preferred Meals website. The page has a header with navigation links: Kids, Parents, Administrators, and About Us. Below the header is a banner image of a teacher and students. The main content area is titled 'Find Your School' and includes a search bar with a dropdown menu for 'Select a State', an 'Advanced Search' button, and a 'Save This School' button. There is also a 'Saved Schools' section on the right.

Go to mobile version of site >>
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Find Your School

IL

Cook County School District 130

Washington Elementary

School saved successfully.

Saved Schools

Go to mobile version of site >>
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To view the menu, click on the school name under the “Saved Schools” heading to go to the menu screen.

If you selected to receive emails, menus for the upcoming week will be emailed each Sunday morning to the email address in your profile.

Menu Site Features:

Nutrition and allergy information will pop-up when you move your mouse over any item on display. Pop up box includes nutrition information and lists any allergens that are in the meal item. Pictures of some items may also be seen in the pop-up box.

Monday, September 29, 2014	Tuesday, September 30, 2014	Wednesday, October 01, 2014	Thursday, October 02, 2014	Friday, October 03, 2014
Breakfast SUPER BUN Peach Cup Orange Juice 1% White Milk Lunch STRING CHEESE Strawberry Yogurt Vegetable Juice Applesauce Cup Whole Wheat Crackers Fat Free Chocolate Milk Lunch High School STRING CHEESE Strawberry Yogurt Vegetable Juice Baby Carrots Light Ranch Dressing Applesauce Cup	Breakfast Strawberry Yogurt Apple Muffin Fresh Pear Blended Fruit Juice 1% White Milk Lunch MACARONI & CHEESE CHICKEN STRIPS CHICKEN Rainbow B Baby Carrots Vitamin A: 139 Lunch High School Light Ranch Dressing Fresh Pear BBQ Sauce Fat Free Chocolate Milk MACARONI & CHEESE CHICKEN STRIPS	Breakfast CHEERIOS Animal Grahams Fresh Apple 1% White Milk Lunch CHICKEN PARMESAN FISH PORTION CHICKEN PARMESAN FISH PORTION Lunch High School CHICKEN PARMESAN FISH PORTION	Breakfast Corn Muffin Assorted Jelly Fresh Banana Grape Juice 1% White Milk Lunch BANANA BREAD Assorted Jelly Fresh Apple 1% White Milk Lunch CHEESE PIZZA FRENCH BREAD CHEESE PIZZA Tossed Garden Salad Light French Dressing Blended Fruit Juice Fat Free Chocolate Milk Lunch High School	Breakfast BELGIAN WAFFLE STICKS Syrup Fresh Apple 1% White Milk Breakfast-Cold BANANA BREAD Assorted Jelly Fresh Apple 1% White Milk Lunch CHEESE PIZZA FRENCH BREAD CHEESE PIZZA Tossed Garden Salad Light French Dressing Blended Fruit Juice Fat Free Chocolate Milk Lunch High School

Nutritional Info:

Calories: 396
 Cholesterol: 58mg
 Sodium: 825mg
 Fiber: 3g
 Iron: 1mg
 Calcium: 474
 Vitamin A: 139

Vitamin C: 1mg
 Protein: 20g
 Carbohydrate: 40g
 Total Fat: 15g
 Saturated Fat: 11g
 Trans Fat: 0g

Contains: MILK, Soy, Wheat

Menus are now available by E-Mail! Just sign up, create a Username and Password. Check the box to receive email. Save your favorite schools Receive email on Sunday!

This Week

September 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

Print This Menu

Include Nutritional information

Include Allergen information

Choose a meal type:

Breakfast

FOODSERVICE STAFF

Connect With Us

?DistrictSchool=PA_A162_APLAN&SchoolName=School+District+Of+Philadelphia+#

Colored icons denote Vegetable Subgroups, Whole Grain items, Vegetarian entrees and any items that contain pork*.

Legend:

Vegetable Subgroups:

Dark Green	Red/Orange	Legumes	Starchy	Other
Whole Grain	Vegetarian	Contains Pork		

(*Pork is rarely on the menu; items that are traditionally made of pork such as sausage, pepperoni, ham, hotdogs, etc... are made of beef, turkey or chicken.)

Printing Menus and Reports

Several reports are available for printing from the website:

Graphic menu: Display these menus in your cafeteria for students to see. Use the daily menu to fill in your menu board so that students know what is on today's menu. The graphic menu is the menu for students and families. This is the main menu that is printed when the Print This Menu button is selected. (Instructions below).

Coded menu: Your working menus, complete with product codes are available at the "Foodservice Staff" link directly below the "Print This Menu" button. Choose the meal you want to print, check the boxes to include nutritional or allergen info, then click the "Foodservice Staff" link and select "Print Coded Report". You may also select an editable Word version of your menu at this link. The bottom of your coded menu includes helpful messages about your meal program.

Nutritional Information: The Nutritional Information report can be printed when you print either your coded menu or your graphic menu. Check the box to Include Nutritional Information or Allergen Information and the reports will print with either menu. The Nutritional Information report includes a column that displays the meal contributions for each item on your menu. Use this column when filling out your production reports.

PRINTING INSTRUCTIONS

- To print, click in any day during the month that you are printing on the small calendar on the right-hand side of the page. (The main screen will show the full week during that month)
- Check the box to include the nutritional information and/or allergy information report.
- Select the meal you would like to print from the dropdown box.
- Click the green "Print This Menu" box for the Pretty Menu.

September 2014						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

Print This Menu

Include Nutritional Information

Include Allergen Information

Choose a meal type:

Breakfast

Print This Menu

Foodservice Staff

• [Print Coded Report](#)

• [Download Word version of Graphic Menu](#)

- ***Menus open in a new screen, be sure your computer allows pop-ups.
- For the "Coded Menu" select the Foodservice Staff link directly below the Print This Menu button. Check the boxes for nutritional and allergen information as you would for the Graphic menu.
- Select the "Word" version of the menu under the Foodservice Staff link if you would like a menu that can be edited.

Nutritional Information: (School Name)

	Item Name	Portion Size	Calories	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fiber	Protein	Vitamin A	Vitamin C	Calcium	Iron	Contributions
09-08-2014	TURKEY HAM & CHEESE PANINI	0	336	15	6	0	58	862	34	4	20	60	1	230	3	MMA:2ar G/B:2sv WG
	BEEF PATTY ON A WHOLE WHEAT BUN	0	279	10	3	0	34	645	29	3	18	0	0	92	4	MMA:2ar G/B:2sv WG
	Italian Bean & Corn Salad	0	230	5	1	0	2	542	35	1	13	9	52	80	0	V:1/2c L V:1/4c S
	Peach Cup	0	62	0	0	0	0	6	15	1	2	18	2	4	0	F:1/2c
	Mustard	0	5	0	0	0	0	85	0	0	0	0	0	0	0	
	Ketchup	0	10	0	0	0	0	80	2	0	0	0	1	0	0	
	Fat Free Chocolate Milk	0	140	0	0	0	5	142	27	1	9	100	2	287	1	
09-09-2014	CHICKEN NUGGETS WITH POTATO ROUNDS	0	286	12	4	0	50	681	23	2	16	25	1	22	2	MMA:2ar G/B:1sv V:3/8c S
	Diced Carrots	0	38	0	0	0	0	64	9	3	1	770	5	30	0	V:1/2c RD
	Fresh Nectarine	0	45	0	0	0	0	11	2	1	18	6	6	0	0	F:1/2c
	BBQ Sauce	0	25	0	0	0	0	50	7	0	0	0	0	0	0	
	Ketchup	0	10	0	0	0	0	80	2	0	0	0	1	0	0	
Fat Free Chocolate Milk	0	140	0	0	0	5	142	27	1	9	100	2	287	1		
09-10-2014	WHOLE GRAIN SPAGHETTI WITH MEATBALLS	0	276	8	2	0	33	834	34	4	19	187	9	55	4	MMA:2ar G/B:1sv WG V:5/8c RD
	CHEF SALAD WITH TURKEY	0	161	7	4	0	39	519	6	2	18	470	760	242	2	
	Light French Dressing	0	30	2	0	0	0	40	3	0	0	0	0	0	0	
	Corn Muffin	0	242	9	1	0	0	250	38	3	4	2	0	63	1	G/B:2sv WG
	Green Garden Peas	0	58	0	0	0	0	4	10	4	4	27	28	18	1	V:3/8c S
Fresh Bananas	0	105	0	0	0	0	1	27	3	1	23	10	6	0	F:1/2c	
Fat Free Chocolate Milk	0	140	0	0	0	5	142	27	1	9	100	2	287	1		
09-11-2014	CHICKEN PATTY	0	171	8	2	0	50	396	9	2	15	25	1	22	2	MMA:2ar G/B:1sv WG
	Whole Wheat Bun	0	150	2	0	0	0	280	28	2	6	0	0	60	2	G/B:2sv
	PATTY MELT SANDWICH ON WHOLE WHEAT BREAD	0	324	14	6	0	46	780	26	5	20	30	0	167	4	MMA:2ar G/B:2sv WG
	French Fries	0	103	4	1	0	0	30	16	0	2	0	6	0	0	V:1/2c S
	Fresh Broccoli	0	9	0	0	0	0	8	2	0	1	46	29	15	0	V:1/2c DG
Light Ranch Dressing	0	30	2	0	0	5	55	2	0	0	0	0	0	0		

Nutrition Information:

Use the Contribution information from the right hand column on your Nutrition report to fill in your Production Report.

Keep information on hand for school nurses or other interested parties, or direct them to the site so they can also access information.

Item	Contributions
2	MMA:2oz G/B:2sv WG
0	V:3/4c S
0	F:1/2c
0	
0	

***** Allergen Information**

Please be aware that the most up to date information is on the actual case labels at the school. Students with severe allergies

Allergen Information: School District Of Philadelphia

ALLERGEN WARNING: This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients – including the 8 major food allergens – is available on the product label at your school. To avoid exposure to these food allergens, refer to the actual product label. FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.

Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
09-02-2014 TOASTED CHEESE SANDWICH ON WHOLE WHEAT BREAD	X						X	X
French Fries							X	
Applesauce Cup								
Ketchup								
Fat Free Chocolate Milk	X							
09-03-2014 CHICKEN NUGGETS WITH POTATO ROUNDS	X	X					X	X
Mixed Vegetables							X	
Peach Cup								
BBQ Sauce							X	
Ketchup								
Fat Free Chocolate Milk	X							
09-03-2014 SALISBURY STEAK W/GRAVY MASHED POTATOES WHOLE KERNEL CORN								

should consult with School Administration and the Food Service Department.

For questions, comments or information, contact info@preferredmeals.com

