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

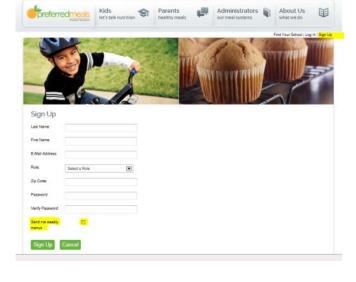
menu is always accessible.

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

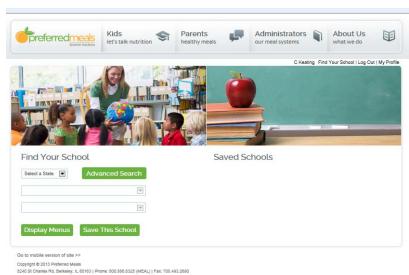
- Click "Sign Up" in the upper right hand corner of the page
- Fill in all information and check the box to receive weekly emails
- Click "Sign Up"

You will be directed to a new screen

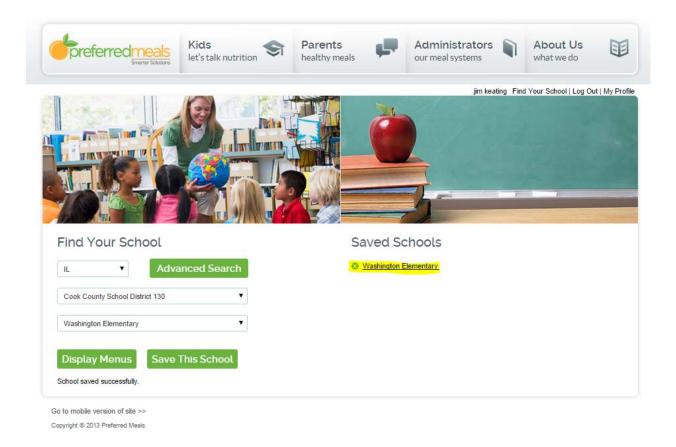
- Select the State
- > Select District or Charter
- Select School
- Click the green"Save This School" button



What's on the







To view the menu, click on the school name under the "Saved Schools" heading to go to the menu screen.

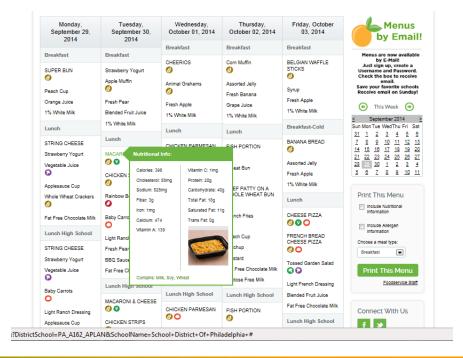
If you selected to receive emails, menus for the upcoming week will be emailed each Sunday morning to the email address in your profile.

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.





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

Legend:				
Vegetable Subgroups:				
O 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.
 - ***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.



Daine Thin Manne							
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							

	Item Name	Portion Size	Calories	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fiber	Protein	Vitamin A	Vitamin C	Calcium	Iron	Contributions
3	TURKEY HAM & CHEESE PANINI	0	336	15	6	0	58	862	34	4	20	60	1	230	3	MMX:2ar G/8:2sy WG
\$	BEEF PATTY ON A WHOLE WHEAT BUN	0	279	10	3	0	34	645	29	3	18	a	0	92	4	MMX:2ar G/8:2sv WG
8	Italian BeantiCom Salad	0	230	5	1	a	2	542	35	1	13	9	52	80	a	V:1/2e t V:1/4e S
į	Peach Cup	0	62	a	a	a	a	6	15	1	2	18	2	4	a	F:1/2c
4	Mustard	0	5	a	a	a	a	85	a	a	a	a	a	0	a	
	Ketchup	0	10	a	a	0	0	80	2	a	a	0	1	0	a	
	Fat Free Oromiate Milk	0	140	ū	0	a	5	142	27	1	9	100	2	287	1	
3	CHICKEN NUGGETS WITH POTATO ROUNDS	a	286	12	4	a	50	681	23	2	16	25	1	22	2	MMA:2ar G/8:1sv V:3/8c S
\$	Diced Carrols	0	38	a	a	0	0	64	9	3	1	770	5	30	a	V:1/2c RO
ŧ	Fresh Nectarine	0	45	O.	a	0	0	a	11	2	1	18	6	6	a	F:1/2c
ġ	BBQ Sauce	0	25	a	a	a	0	50	7	a	a	a	0	0	a	
4	Ketalup	0	10	a	a	a	0	80	2	a	a	a	1	0	a	
	Fat Free Chorolate Wilk	0	140	0	0	0	5	142	27	1	9	100	2	297	1	
3	WHOLE GRAIN SPAGHETTI WITH MEATBALLS	0	276	8	2	0	33	834	34	4	19	187	9	55	4	ИМА:26± G/8:1sv WG V:5/8c RO
ч	CHEF SAIAD WITH TURKEY	0	151	7	4	a	39	519	6	2	18	470	760	242	2	
3	Light French Dessing	0	30	2	a	a	a	40	3	a	a	a	a	0	a	
Ĭ	Сога Мыбба	0	242	9	1	0	0	250	38	3	4	2	0	63	1	G/8:2sv WG
4	Gleen Garden Peas	0	58	a	a	a	a	4	10	4	4	27	28	18	1	V:3/8e S
	Fresh Banana	0	105	a	a	0	0	1	27	3	1	23	10	6	a	F:1/2c
	Fat Free Oromiate Milk	0	140	Q	Q	0	5	142	27	1	9	100	2	287	1	
8	CHECKEN PATTY	0	171	8	2	0	50	395	9	2	15	25	1	22	2	MMX:2ar G/8:1sv WG
	Whole Wheat Bun	0	150	2	a	a	a	280	28	2	6	0	a	60	2	G/8:25v
11-2014	PATTY MELT SANDWICH ON WHOLE WHEAT BREAD	0	324	14	6	a	46	780	25	5	20	30	a	167	4	MM4:2ar G/8:2sv WG
ĭ [French Files	0	103	4	1	a	a	30	15	a	2	a	6	0	a	V:1/2c S
4	Fresh Brownia	0	9	a	a	a	a	8	2	a	1	45	29	15	a	V:1/2e DG



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.

Iron	Contributions						
2	MMA:20z 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 upto-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	х						х	×
02	French Fries							Х	
201	Applesauce Cup								
4	Ketchup								
	Fat Free Chocolate Milk	×							
20	CHICKEN NUGGGETS WITH POTATO ROUNDS	Х	Х					х	Х
09-03-2014	Mixed Vegetables							Х	
1-20	Peach Cup								
)14	BBQ Sauce							Х	
	Ketchup								
	Fat Free Chocolate Milk	Х							
9	SALISBURY STEAK W/GRAVY MASHED POTATOES	U						U	U

should consult with School Administration and the Food Service Department.

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

