

## Cómo Revisar el Menú en Línea para Ver si Hay Alérgenos

## PASO 1. Vaya a www.alhambraesd.org/ChildNutrition

PASO 2. Haga clic en el ícono "Menú Escolar en Línea" (Online School Menu).

District Home	Our Schools 🗸	Translate Language 🛛 🗸				Website Admin	Q Search
ELEMENTARY SCHOOL D	Alhamb RA Educating th	ra Elementary Schoo e Whole Child.	l District	Home	Parents Students	Community District De	partments Employees eers Give Calendar
		Home > Parents	Heal Menu and Nutrition > St	tudent Meals	Popular Links 🗸		
Meal Me Student Meals Meal Price USDA Non-Dis	nu and Nu s crimination Statemen	itrition 7 a a	Welcome to Child Nu	atrition	Special Diet Accommodation	Child Nutri	tion Forms
			<b>+</b>				

**PASO 3**. Será dirigido al Menú Online del Distrito Escolar de Alhambra. Para traducir el sitio web al español, haga clic en la esquina superior derecha y seleccione español. Ahora, bajo el "Filtrar por" seleccione la escuela a la que asiste su estudiante.

lhambra ESD	Spanish 🗸				
Filtrar por:	Armenian Burmese Chinese				
< oct.	English				
Desayuno 21/	/22				
1	lunes	martes	miércoles	jueves	viernes
4		5	6 ENTRADA PRINCIPAL	7 ENTRADA PRINCIPAL	8 ENTRADA PRINCIPAL
			Cereales Integrales Cheerios	WG Muffin de Arándanos	Barra Benéfica de Tostadas Francesas Integrales
			LADO	LADO	LADO
			Fresa Platano Melocoton Taza Taza de Frutas Mixtas de Cali (Melocotones y Peras)	LECHE	Taza de Puré de Manzana de Mango y Melocotón
			LECHE	1% de Leche Blanca	LECHE
			1% de Leche Blanca Leche, Blanca JUGO		1% de Leche Blanca Leche, Blanca, Sin Grasa
			JUGO	100% Jugo de Naranja / Mandarina	JUGO
			Ponche de frutas 100% (4.23 oz) [Sin Azúcar añadido]	(4.23.02) [Sin Azücar añadido]	Ponche de frutas 100% (4.23 oz) [Sin Azúcar añadido]



	Alhambra ESD No.	68			/	English 🗸	
MENU	Filter by: Catalina Ventura		Allergens	Uista , Restric	ctions 🗸		
Go back to Titan home page	< Oct 24 - C	< Oct 24 - Oct 30 >				₽	
	Breakfast Lung	ch Snack	Shellfish				
	25	26		27	Thursday	Friday	
	MAIN ENTREE	MAIN	ENTREE	MAIN ENTREE	MAIN ENTREE	MAIN ENTREE	
	Honey Scooters Cereal	Strawb	berry Cream Cheese Mini	Whole Grain French Toast Benefit	Homemade Banana Muffin	Pancakes with Blueberry Glaze	
	SIDES	Dageis	3	Bar	SIDES	MILK	
	Cali Mixed Fruit Cup (Pr Pears)	sides & Sliced	Apples	1% White Milk	Fresh Orange	1% White Milk	
	MUK	MILK		Milk, White, Fat Free	MILK	Milk, Willte, Fat Fiee	
	1% White Milk	1% \\\\	hito Milk	JUICE	1% White Milk	JUICE	
	Milk, White, Fat Free	Milk, V	White, Fat Free	100% Fruit Punch (4.23 oz) [No	Milk, White, Fat Free	100 % Orange/Tangerine Juice (4.23 oz) [No added Sugar]	
	JUICE	JUICE		added Sugar]	JUICE	FRUITS AND FRUIT JUICES	
	100% Fruit Punch (4.23 added Sugar]	oz) [No 100 % (4.23 c	Orange/Tangerine Juice oz) [No added Sugar]	FRUITS AND FRUIT JUICES Mango Peach Applesauce Cup	Apple Juice (4.23 oz)	Assorted Fruit	
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**PASO 4.** Una vez que haya seleccionado la escuela correcta, puede ir a "Filtrar por" > "Alérgenos" y seleccionar las alergias que le interesan.

**PASO 5**. Una vez seleccionados los alérgenos, puede comprobar todos los menús que se ofrecen en su escuela y ver qué artículos contienen los alérgenos que ha seleccionado. Los artículos que contienen alérgenos aparecerán en gris.

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	Alhambra ESD No. 68						/	English ~
MENU	Filter by: Catalina Ventura School		a School 🛛 🗸	Egg	~ 0	Diet estric	tions 🗸	
Go back to Titan home page				Egg				
	C Oct 24 - Oct 30 S Breakfast Lunch Snack		>	Milk	Milk			₽
			ack	Peanuts Shellfish				/
	Mond	lay	ти	sday	Wednes		Thursday	Friday
	25		26		27		28	
	MAIN ENTREE		MAIN ENTREE		MAIN ENTREE		MAIN ENTREE	MAIN ENTREE
	Honey Scooters Cereal SIDES		Strawberry Crea Bagels	m Cheese Mini	Whole Grain French Toast Benefit Bar MILK 1% White Milk			Pancakes with Blueberry Glaze
			SIDES	-			SIDES	WILK
	Cali Mixed Fruit Cu Pears)	p (Peaches &	Sliced Apples				Fresh Orange	1% White Milk Milk, White, Fat Free
	MILK		MILK		Milk, White, Fat Free		MILK	
	19/ Milling Mills		1% White Milk Milk, White, Fat Free		JUICE 100% Fruit Punch (4.23 oz) [No		<u>1% White Milk</u> Milk, White, Fat Free	JUICE
	Milk, White, Fat Fre	96						100 % Orange/Tangerine Juice (4.23 oz) [No added Sugar]
	JUICE		JUICE		added Sugarj		JUICE	FRUITS AND FRUIT JUICES
	100% Fruit Punch (4.23 oz) [No 100 % Orange/] 4dded Sugar] (4.23 oz) [No a		angerine Juice ded Sugar]	FRUITS AND FRUIT JUICES           gerine Juice           ad Sugar]           Mango Peach Applesauce Cup		Apple Juice (4.23 oz)	Assorted Fruit	
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**PASO 6**. Para cambiar a otros menús, simplemente haga clic en "Desayuno", "Almuerzo" o "Aperitivo" (la cena sólo está disponible en algunas escuelas).

Oct 24 - Oct 30	ack			8	
Monday	Tuesday	Wednesday	Thursday	Friday	
25	26	27	28	29	
MAIN ENTREE	MAIN ENTREE	MAIN ENTREE	MAIN ENTREE	MAIN ENTREE	
Honey Scooters Cereal	Strawberry Cream Cheese Mini Bagels				
SIDES			SIDES	MILK	
Cali Mixed Fruit Cup (Peaches & Pears)	SIDES Sliced Apples	MILK 1% White Milk Milk, White, Fat Free	Fresh Orange	1% White Milk	
			MILK	Milk, White, Fat Flee	
MILK	MILK		1% White Milk	JUICE	
<u>1% White Milk</u> Milk, White, Fat Free	1% White Milk Milk, White, Fat Free	JUICE 100% Fruit Punch (4.23 oz) [No	Milk, White, Fat Free	100 % Orange/Tangerine Juice (4.23 oz) [No added Sugar]	
		added Sugar]	JUICE		
JUICE	JUICE	FRUITS AND FRUIT JUICES	Apple Juice (4.23 oz)	FRUITS AND FRUIT JUICES	
100% Fruit Punch (4.23 oz) [No added Sugar]	100 % Orange/Tangerine Juice (4.23 oz) [No added Sugar]	Mango Peach Applesauce Cup		Assorted Fruit	

PASO 7A. Si desea imprimir el menú, puede hacer clic en el icono de la impresora.

Cott 24 - Octt 30	ack			▶ ₽	
Monday	Tuesday	Wednesday	Thursday	Friday	
25	26	27	28	29	
MAIN ENTREE	MAIN ENTREE	MAIN ENTREE	MAIN ENTREE	MAIN ENTREE	
Honey Scooters Cereal	Strawberry Cream Cheese Mini Bagels				
SIDES			SIDES	MILK	
Cali Mixed Fruit Cup (Peaches & Pears)	Sliced Apples	MILK <u>1% White Milk</u> Milk White Fat Free	Fresh Orange MILK	<u>1% White Milk</u> Milk, White, Fat Free	
MILK	MILK	wink, write, ratified	1% White Milk	JUICE	
1% White Milk Milk, White, Fat Free	1% White Milk Milk, White, Fat Free	JUICE 100% Fruit Punch (4.23 oz) [No added Sugar]	Milk, White, Fat Free	100 % Orange/Tangerine Juice (4.23 oz) [No added Sugar]	
JUICE	JUICE		Apple Juice (4.22 ez)	FRUITS AND FRUIT JUICES	
100% Fruit Punch (4.23 oz) [No added Sugar]	100 % Orange/Tangerine Juice (4.23 oz) [No added Sugar]	Mango Peach Applesauce Cup	Apple Juice (4,23,02)	Assorted Fruit	



**PASO 7B**. Se abrirá otra ventana después de hacer clic en el icono, asegúrese de seleccionar los alérgenos y luego pulse "Print"

Print						×
ALHAMBRA	Serving Session Breakfast	~				
October 2021   Catalin	a Ventura School   Breakf	ast Menu			Nutrients (/)	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Nutrients	~
25	26	27	28	29	Allergens ⑦	
Main Entree Honey Scooters Cereal Sides Call Miked Pruit Cup (Peaches & Pears) Milk White, Fat Free Julice Julice 100% Fruit Punch (4.23 oz) [No added Sugar]	Main Entree Straeberry Cream Cheese Mini Bagels Silied Apples Milk 15% White Milk Milk, White, Fat Free Juice 100 % Orange/Tangerine Juice (4.23 oz) [No added Sugar]	Main Entree Whole Grain French Toast Benefit Bar Egg Milk Milk, White, Fat Free Julice 100% Fruit Punch (4.23 oz) [No added Sugar] Fruits and Fruit Julices Mango Peach Applesauce Cup	Main Entree Homenade Banana Muffin Ego Sides Fresh Grange Milk 1% White Milk Milk, White, Fa Free Julice Apple Julice (4.23 oz)	Main Entree Pancakes with Blueberry Glaze Egg Milk Milk Milk, White, Fat Free Juice Juice 100 % Orangen/Tangenine Juice (4.23 oz) [No added Sugar] Fruits and Fruit Juices Assorted Fruit	Egg Egg Fish Milk Peanuts Shellfish	
					Cancel	rint