

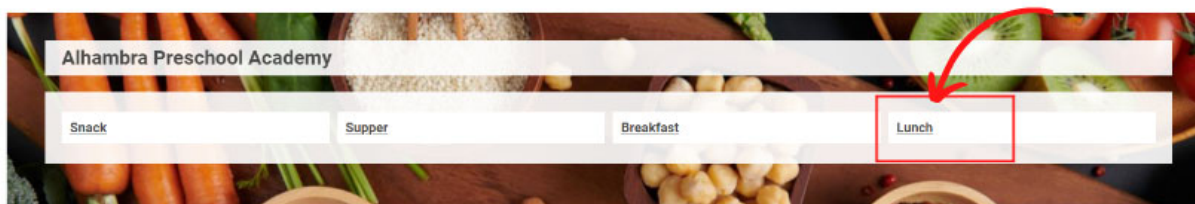
## How to Check the Online Menu for Allergens

STEP 1. Please go to <https://alhabraesd.nutrislice.com/menu>

STEP 2. Click on your child's school

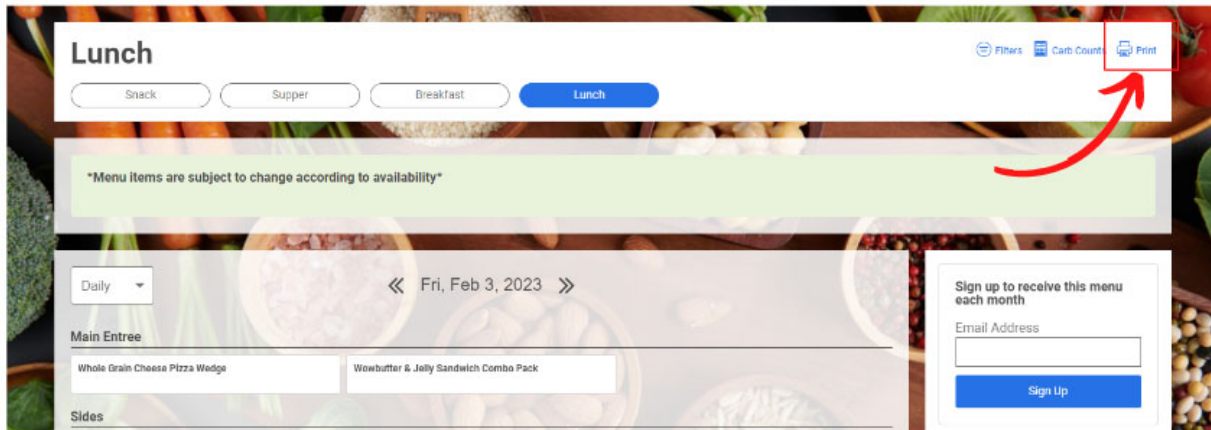


STEP 3. Choose the menu you want to view/print

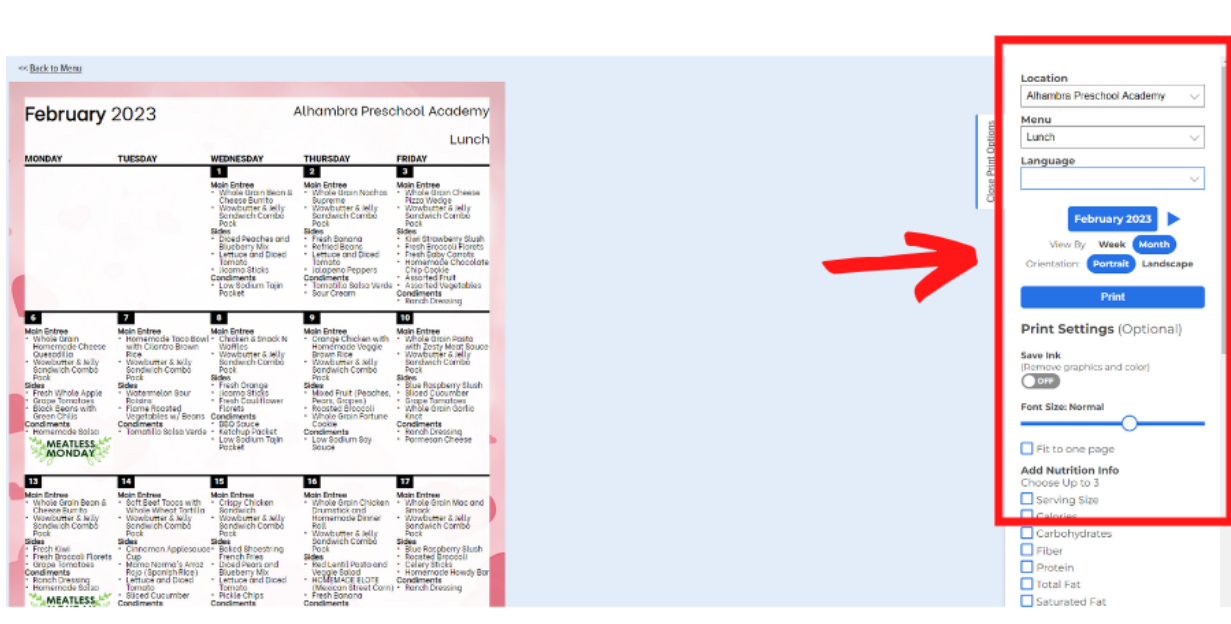




STEP 4. Click on the “Print” button.



STEP 5. Find the right hand side bar labeled “Choose Print Options”



This institution is an equal opportunity provider.



**STEP 6.** Scroll down via print options to find “Highlighted Allergens”. Select allergens your child is allergic to by clicking on the box. You can also specify any special diets, food categories, and stations below.

Close Print Options

- Sodium
- Calcium
- Iron
- Vitamin C
- Vitamin A (IU)
- Vitamin D

**Highlight Allergens**

- Milk
- Egg
- Wheat
- Soy
- Peanuts
- Tree Nuts
- Fish
- Shellfish
- Sesame

**Highlight Special Diets**

- Gluten Free

**Food Categories**

- Entrees
- Sides
- Beverages
- Condiments

**Stations**

- Condiments
- Main Entree
- Milk
- Sides

Print



**STEP 7.** As an example, “milk” and “soy” allergens have been selected. Once selected, the menu on the left will show the selected allergens.

**Highlight Allergens**

- Milk
- Egg
- Wheat
- Soy
- Peanuts
- Tree Nuts
- Fish
- Shellfish
- Sesame

WEDNESDAY	THURSDAY
<b>1</b> <b>Main Entree</b> <ul style="list-style-type: none"><li>• Whole Grain Bean &amp; Cheese Burrito</li><li>• Wowbutter &amp; Jelly Sandwich Combo Pack</li></ul> <b>Sides</b> <ul style="list-style-type: none"><li>• Diced Peaches and Blueberry Mix</li><li>• Lettuce and Diced Tomato</li><li>• Jicama Sticks</li></ul> <b>Condiments</b> <ul style="list-style-type: none"><li>• Low Sodium Tajin Packet</li></ul>	<b>2</b> <b>Main Entree</b> <ul style="list-style-type: none"><li>• Whole Grain Nachos Supreme</li><li>• Wowbutter &amp; Jelly Sandwich Combo Pack</li></ul> <b>Sides</b> <ul style="list-style-type: none"><li>• Fresh Banana</li><li>• Refried Beans</li><li>• Lettuce and Diced Tomato</li><li>• Jalapeno Peppers</li></ul> <b>Condiments</b> <ul style="list-style-type: none"><li>• Tomatillo Salsa Verde</li><li>• Sour Cream</li></ul>

**STEP 8.** Next, you can print the menu or select “Save as PDF” to save to your computer device.

