

My School MENUS



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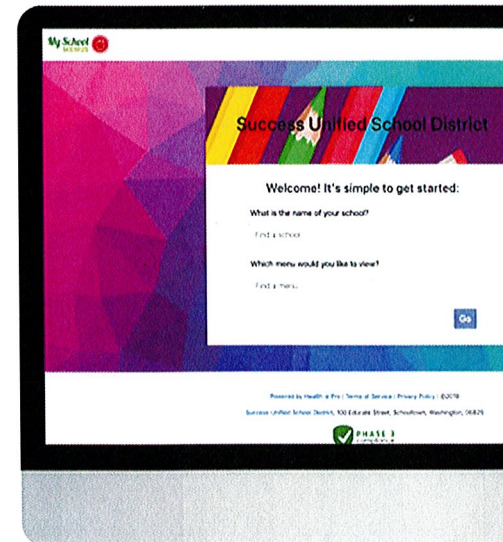
May 1, 2023

Dear Nurses, School Administrative Staff, Kitchen Staff and Parents

The Food Service Department is pleased to introduce **My School Menus™** interactive, online menus. **My School Menus™** allows easy access to complete nutrition information for the school meal programs 24 hours a day, 7 days a week, 365 days a year.

Features of **My School Menus™**

- Complete list of all food choices available to students
- Nutrient data for menu items
- Ability to Build-A-Meal and create customized meals
- Ingredient information for certain menu items
- Allergen identification by filtering menu items
- Dietary preference identification showing symbols identifying foods
- Translation to 180 languages using Google Translate
- Ability to link to Child Nutrition sites like prepayments, applications and policies



The Food Service Department is excited to offer **My School Menus™** as a valuable nutrition resource. You can access the web version by visiting the district website at <http://www.central3.org/rebel2/index.php/our-school/menu> Please let us know if you need any additional information on how to use this information to support your students' specific nutrition needs.

Regards,

Tammy Johnson, Food Service Director