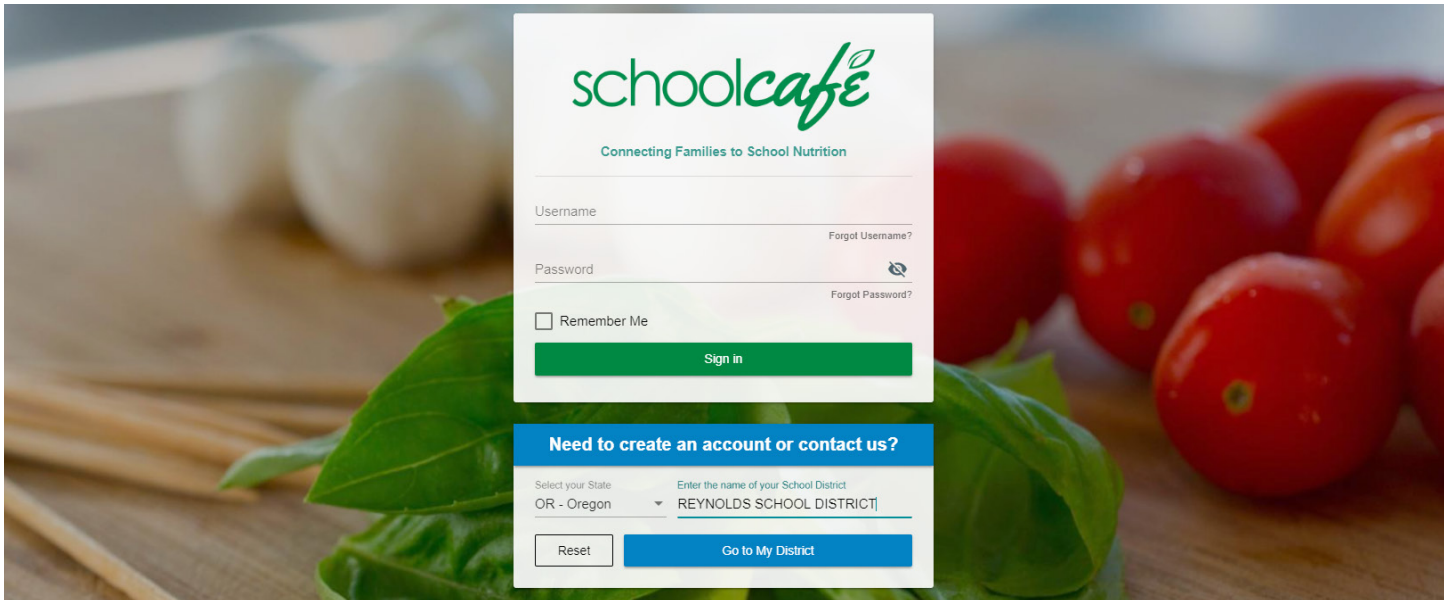


How to View School Menus and Nutritional Information Online

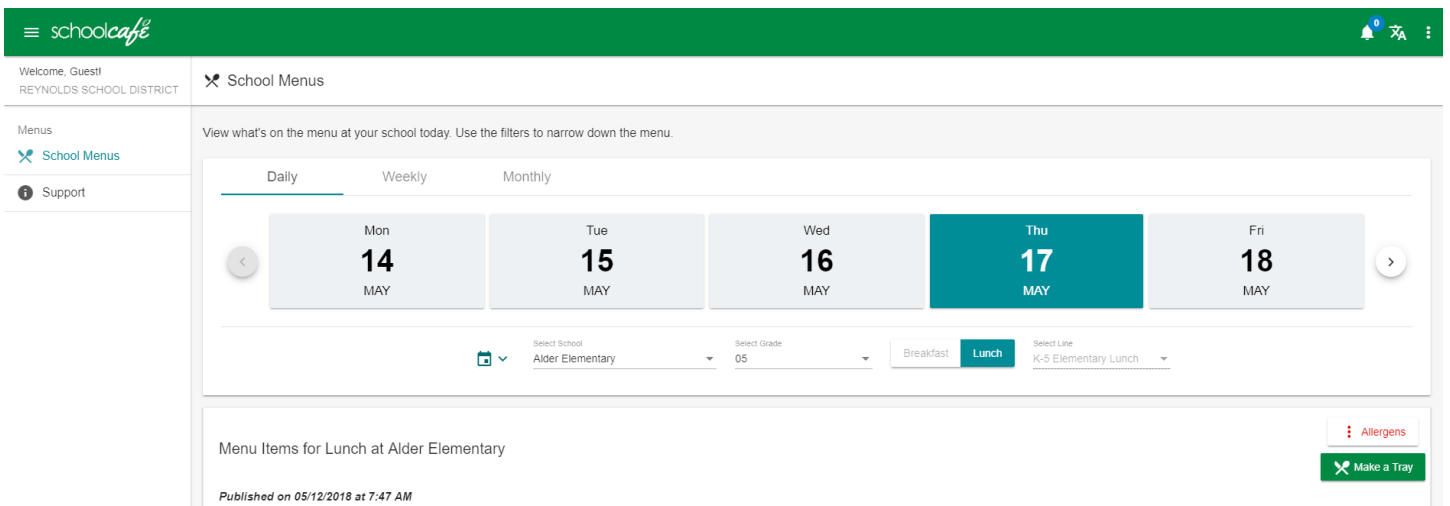


You can now view menus and nutritional information using our SchoolCafe portal! You do not need to have an account in order to view these items.

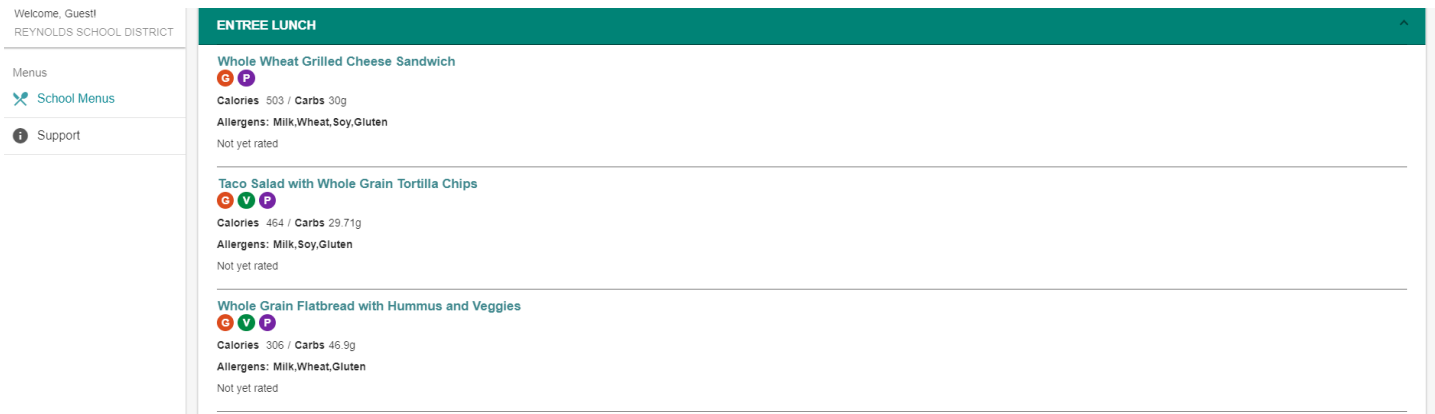
Follow these steps to view the menu and nutritional data without creating an account:



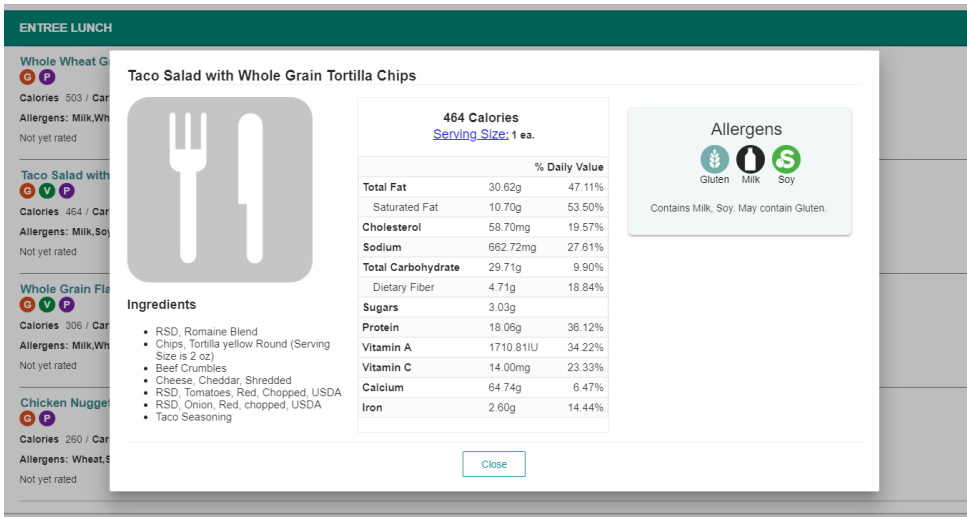
- Using your internet browser, go to <https://www.schoolcafe.com>
- Under the “Need to create an account or contact us?” header at the bottom, click on “Select your State” and choose “OR - Oregon” from the drop-down list.
- In the “Enter the name of your School District” box, type “Reynolds” and select “REYNOLDS SCHOOL DISTRICT”.
- Click on the “Go to My District” button.
- On the next page, click on the “View Menus (as a guest)” button.



- Click on the date you would like to view. You can use the Daily, Weekly, and Monthly tabs at the top to change the date range, and use the arrows on the sides to navigate to the time period you want.
- Use the “Select School” drop-down to choose the school, then use the “Select Grade” drop-down to choose the grade.
- Click on either the “Breakfast” or “Lunch” button to choose the meal.

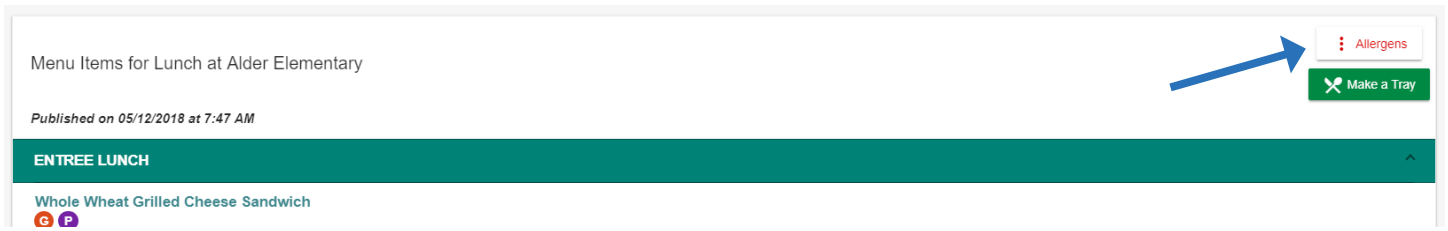


- Scroll through the menu to view each meal choice. The calories, carb count, and allergens will be listed for each item.

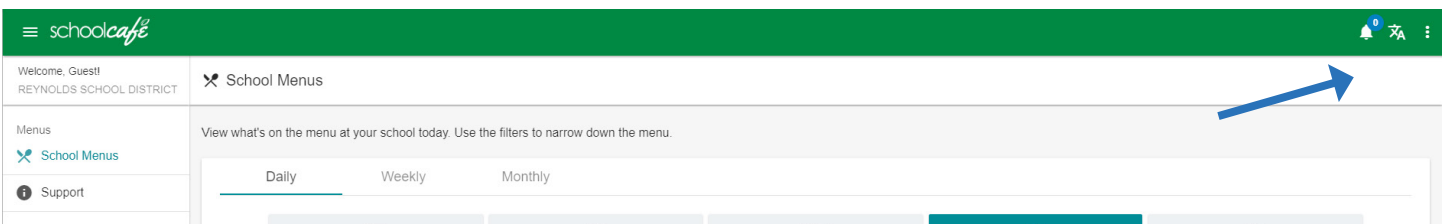


- Click on the menu item to view a pop-up window that lists the full nutritional data for the item.
- If available, you can also view the full ingredient list for the item.
- The window will show any allergens that the item contains.
- Click the “Close” button to return to the menu.

Additional features:



To omit menu items that contain certain allergens, click the “Allergens” button and a pop-up window listing common allergens (wheat, peanuts, etc.) will appear. Check the boxes next to the allergen(s) that you want to omit, then click the “Filter” button. The menu will now only show the items that do not contain these allergens. To reset the menu, click the Allergens button again and uncheck your selections, then click the Filter button. *(Please note that we do not have control over which allergens are available for tracking.)*



To change the language for the information, click the language button (the symbol with an “A”) at the top right corner and choose a language from the drop-down. *(Please note that we do not have control over which languages are available.)*