## **How-to Filter School Menus for Allergies**

First, access the school menu's by selecting the "Nutrition" tab at the top of the webpage. From there, scroll down to access the "Menus" link.



From there, the menu will open to Nutrislice, which is the menu platform ZM's uses. Select "View Menus". From there, you will see school sites to select. Select the location in which your child(ren) attend(s). Select either "Breakfast" or "Lunch".



This will open the current monthly menu.

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From there, simply select the filter icon, which is located at the top of the webpage (as indicated below). It may be possible that you must scroll to the top of the webpage to see the icon indicated below. Click on "filter". It will open the box below.

<ul> <li>Mazeppa Elementary School</li> </ul>		1 AC					
Lunch		Filters	and Hig	hlights		(	🗩 Filters 📄 Carb Counts 🗘 Messages 🖨 Print
Breakfast	Lunch	Clear all Allergens Select items be	low to identify spe	cific foods.		ar i da	
Monthly		<b>Ö</b> Milk	6 Egg	<b>Wheat</b>	<b>B</b> Soy		
1 Mon	2 Tue	0					5 Fri
No School	French Toast Sticks	3		G	Challfach		Pepperoni Pizza
	w/	Peanuts	Tree Nuts	FISN	Snellfish	w/	OR
	Sausage Links	Clear all					Cheese Pizza
	OR Crispy Chicken Sandwig	Dietary informa allergies, dietary vou should con	tion is presented a y restrictions, or a sult with your doct	as a guide only. I food-related me for and with the	f you have dical condition, staff at your	OR	Fresh Salad
	Crispy Tater Tots	1	Baby Carrots	_	Yellow Cor	n	California Vegetable Blend

From here, you can select the top allergens. Once you select the icon, it will be highlighted in <u>blue</u>. Once complete, just select somewhere on the menu (to the right or left of the filter). When filters are selected, you will see a <u>Yellow</u> circle in the "Filters" icon. You may now go to the "print" icon and print the menu. This will take off the selected allergens from the menu. Filters can be added and taken off.



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When selected the menu will also strike out in <u>**RED</u>** what items contain the selected allergens. In this case, both peanuts and milk were selected as the allergens.</u>

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unch				🖻 Filters 📕 Carb Counts 🗘 Messages 🖨
Breakfast	Lunch			
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Monthly 🔻		« April >		
		<b>( ( )</b>		
Mon	2 Tue	3 Wed	4	5 Fri
Mon No School	2 Tue French Toast Sticks	3 Wed Crispy Chicken Nuggets	4 Bosco Sticks	5 Fri Pepperoni Pizza
<b>No School</b>	2 Tue French Toast Sticks w/	3 Wed Crispy Chicken Nuggets OR	Bosco Sticks	5 Fri Pepperoni Pizza OR
Aon No School	2 Tue French Toast Sticks w/ Sausage Links	3 Wed Crispy Chicken Nuggets OR Grilled Cheese	Bosco Sticks w/ Marinara	5 Fri Pepperoni Pizza OR Cheese Pizza
Aon No School	2 Tue French Toast Sticks w/ Sausage Links OR	3 Wed Crispy Chicken Nuggets OR Grilled Cheese	Bosco Sticks w/ Marinara OR	5 Fri Pepperoni Pizza OR Cheese Pizza
Mon No School	2 Tue French Toast Sticks w/ Sausage Links OR Crispy Chicken Sandwich	3 Wed Crispy Chicken Nuggets OR Grilled Cheese W/ Tom Jp	Bosco Sticks w/ Marinara OR BBQ Riblet on Bun	5 Fri Pepperoni Pizza OR Cheese Pizza Fresh Salad

As always, when you have questions, please reach out to the Food & Nutrition Director, Brenton Lexvold, at (507) 732-1419 or by email at <u>brentl@zmsch.k12.mn.us</u>.

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