How to access Ingredients, Nutrition, and Allergens Information in the Sage Dining menus

1. Go to https://www.sagedining.com/sites/kinkaid/menu
2. In the middle drop-down menu, change to lunch. (The default view is Breakfast)

3. For Lower School menu, click the left drop-down menu and select the LS menu. (The default view is Middle School & Upper School menu.)

(Go to the next page to continue) . . .

4. To find the ingredients of a food item, click on the text of the food item. In this example, one clicks on the **Vegetable Medley** text, then the ingredient list window appears.

(Continue to the next page) . . . .

5. For the Nutrition information, parents will click or select the "Nutrition information" tab. Then email S0156@sagedining.com for the code. When the code is received, paste or type the code in the box, then select or click the Submit button.
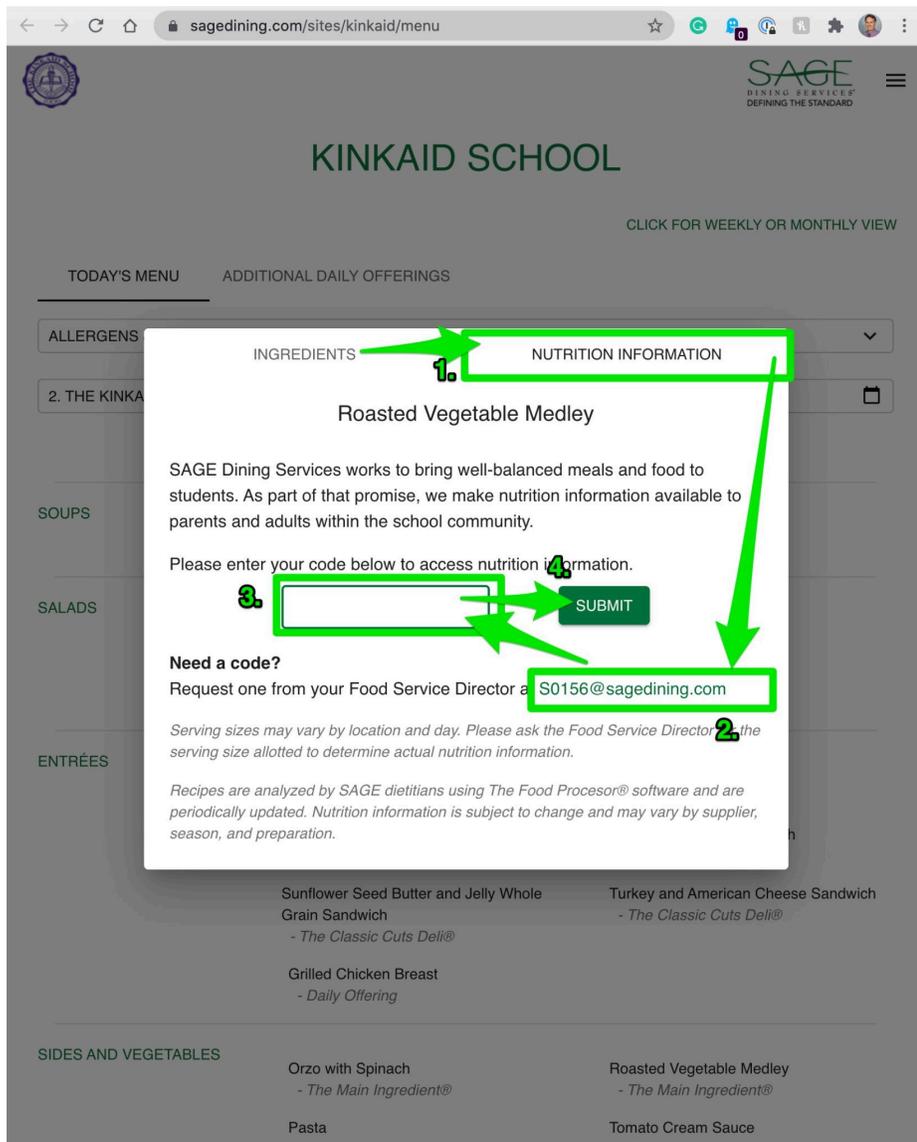

6. For the Allergens filter, click or tap on the "Allergen & Eating Patterns" button on the top right side of the window.

7. Then click on the Video button (optional, but recommended for allergens) to view the video. Click the agreement checkbox (bottom left), then the Okay link (bottom right).
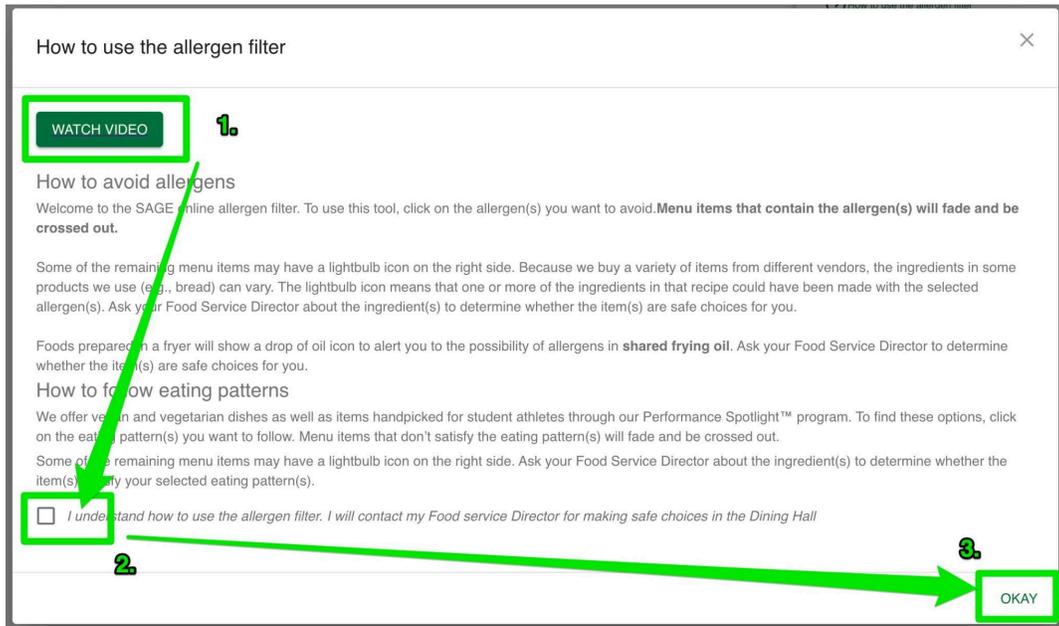
8. Then click on the allergens & eating patterns option, then select the filter (Wheat in this example). After selecting the filter, the menu will then adjust according to the allergen selected. (View the video for more information).