



My School Menu Reference

Website

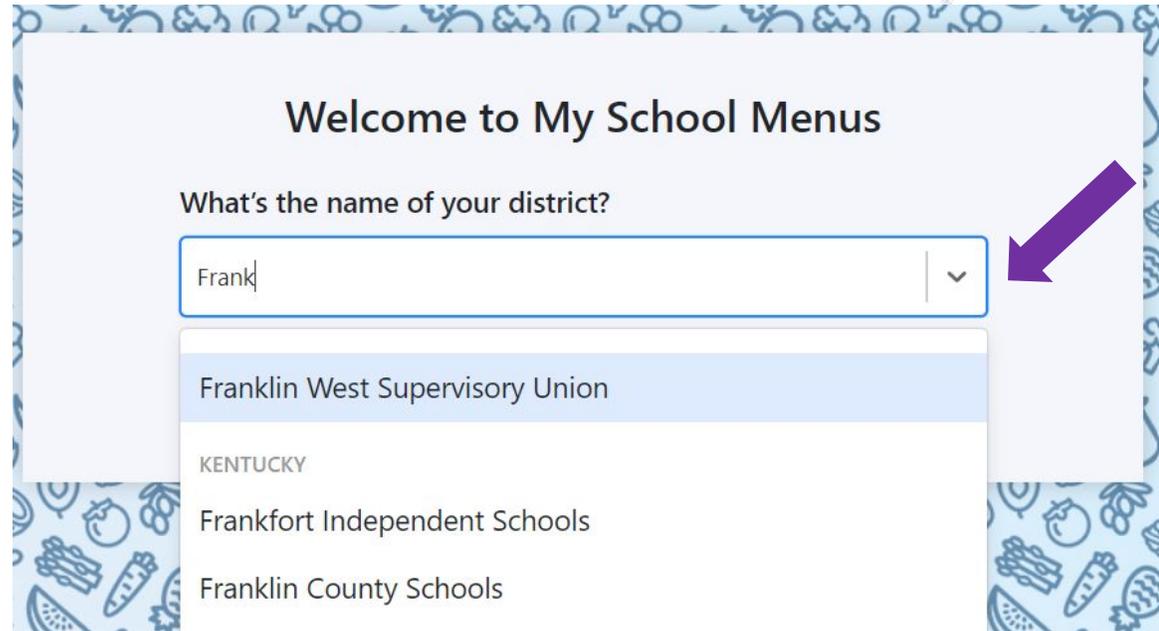
The best way to access your menus is via the link on your **District Website**.

If your **District Website** does not have a link, visit

<http://myschoolmenus.com>

and begin to type your district name in the search box.

Select your district from the drop down menu and click **Go**.



Welcome to My School Menus

What's the name of your district?

Frank

Franklin West Supervisory Union

KENTUCKY

Frankfort Independent Schools

Franklin County Schools



FRANKFORT

INDEPENDENT SCHOOLS

May

◀ May 2023 ▶

Weekly

Monthly

Monday

01

Entree

Chicken Nuggets
Strawberry Parfait
Chefs Salad with Chicken
EZ Jammers Sandwich

Vegetables

Mashed Potatoes
Veggie Stix

Fruit

Mixed Fruit

Tuesday

02

Entree

Beef Soft Tacos
Chicken Soft Tacos
Chefs Salad with Bacon
Pepperoni Pizza Anytimer
EZ Jammers Sandwich

Vegetables

Vegetarian Refried Beans
Red Bell Pepper Strips
Taco Lettuce
Cherry Tomatoes

Wednesday

03

Entree

Hot Dog
Swirl Parfait
Chefs Salad with Bacon
Junior Charcuterie GnG Box

Vegetables

Tossed Salad
Diced Jalapenos
Diced Onion

Fruit

Sliced Pears & Red Grapes

Thursday

04

Entree

Chicken Alfredo
Chefs Salad with Chicken
Pepperoni Pizza Anytimer
Junior Charcuterie GnG Box

Vegetables

Broccoli with cheese
Sweet Peas

Fruit

Green Grapes
Red Delicious Apple

Friday

05

Entree

Pizza Bagel Bites
Strawberry Parfait
Chefs Salad with Ham
Junior Charcuterie GnG Box

Vegetables

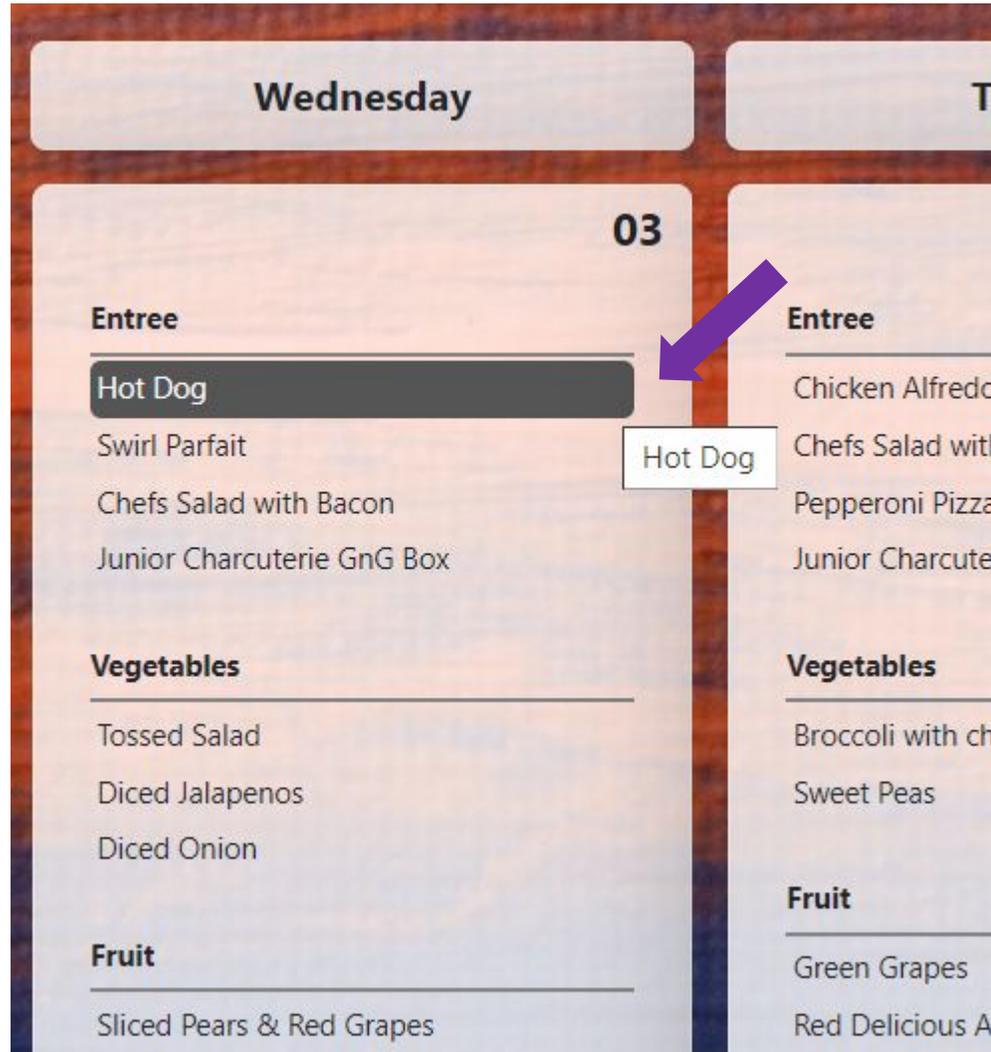
Corn
Carrots, Cauliflower & Broccoli

Fruit

Frozen Strawberry Cup
Red Delicious Apple

Food Items

To view a **Food Item**, click on the name of the item.



Wednesday

03

Entree

- Hot Dog
- Swirl Parfait
- Chefs Salad with Bacon
- Junior Charcuterie GnG Box

Vegetables

- Tossed Salad
- Diced Jalapenos
- Diced Onion

Fruit

- Sliced Pears & Red Grapes

Thursday

Entree

- Chicken Alfredo
- Chefs Salad with
- Pepperoni Pizza
- Junior Charcuterie

Vegetables

- Broccoli with ch
- Sweet Peas

Fruit

- Green Grapes
- Red Delicious A



Food Items

The **Nutrition Facts** provides the nutritional information for the serving size being offered to the student.

Hot Dog



Allergens



Attributes



Ingredients

Hot Dog: Meat Ingredients: (pork, beef), mechanically separated turkey, water, salt, less than 2% of the following: flavoring, potassium lactate, spices, corn syrup solids, sodium lactate, sodium diacetate, sugar, sodium phosphate, sodium erythorbate, oleoresin of paprika, sodium nitrite

Bun: Whole Grain Wheat Flour, Water, Wheat Gluten, High Fructose Corn Syrup, Modified Wheat Starch, Wheat Dextrin, Sorghum Syrup, Yeast, Soybean Oil, Molasses, Salt, Wheat Starch, Monoglycerides, Potassium Chloride, Sodium Gluconate, Sodium Stearoyl Lactylate, Calcium Propionate (A Preservative), Vinegar, Calcium Sulfate, Ethoxylated Mono- And Diglycerides, Citric Acid, Ascorbic Acid.

Contains: Wheat, Soybean Oil.

Nutrition Facts

Serving Weight	99.000 gm
Serving Size	1 each
Amounts Per Serving	
Calories	280
	% Daily Value*
Total Fat 18gm	28%
Saturated Fat 5gm	25%
Trans Fat 0gm	
Cholesterol 45mg	15%
Sodium 685mg	29%
Potassium 350mg	10%
Carbohydrates 21gm	7%
Fiber 3gm	12%
Sugars 4gm	
Protein 10gm	
Iron 2mg	11%
Calcium 80mg	8%
Vitamin A (IU) 0iu	0%
Vitamin C 0mg	0%
Vitamin D 0iu	0%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Food Items

Allergens displays any of the nine common allergens present in the food item.

Hot Dog



Allergens  

Attributes 

Ingredients
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Vitamin D 0iu 0%

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Food Items

The top nine (9) common food allergens are:

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



Eggs



Fish



Milk



No Allergens



Peanuts



Sesame



Shellfish



Soy



Tree Nuts



Wheat



Food Items

The **Ingredients** section lists out all ingredients used to make the food item.

If a student has an allergy that is not one of the nine common allergens they can check the ingredient list for more information.

Hot Dog



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Serving Size 1 each

Amounts Per Serving

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% Daily Value*

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Allergens
Icons: Gluten, Soybean Oil

Attributes
Icon: Halal

Ingredients

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Contains: Wheat, Soybean Oil.



Food Items

Attributes displays dietary preferences the student may be interested in knowing about.

Hot Dog



Health-e Pro
Used With Permission

Allergens
 

Attributes  

Ingredients
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Food Items

Attributes/Dietary Preferences provide additional information about food items that may affect the student's decision to eat a particular food item.



American Made



Clean Label



CN Label



Contains Pork



Gluten Free



GMO Free



Kosher



Locally Grown



Made from
Scratch



Organic



Peanut Free



Smart Snack
Approved



Smart Snack
Compliant



Trans Fat Free



Vegan



Vegetarian



Whole Grain-
Rich



Food Items

Use the < and > arrows to navigate to the next food item.

Hot Dog



Health-e Pro
Used With Permission

Allergens

Attributes



Ingredients

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Food Items

Use the **X** to close the food items feature.



Allergens



Attributes



Ingredients

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Sidebar Menu

To find the **Sidebar Menu**, click on the three vertical lines, also known as a **Hamburger Menu**.

The screenshot shows the 'My School MENUS' website for Frankfort Independent Schools. The page displays the month of May 2023, with options for 'Weekly' and 'Monthly' views. The menu is organized by day of the week, from Monday to Friday. Each day's menu is divided into three categories: Entree, Vegetables, and Fruit. A purple arrow in the top right corner points to the hamburger menu icon (three vertical lines).

Monday	Tuesday	Wednesday	Thursday	Friday
01	02	03	04	05
Entree Chicken Nuggets Strawberry Parfait Chefs Salad with Chicken EZ Jammers Sandwich	Entree Beef Soft Tacos Chicken Soft Tacos Chefs Salad with Bacon Pepperoni Pizza Anytimer EZ Jammers Sandwich	Entree Hot Dog Swirl Parfait Chefs Salad with Bacon Junior Charcuterie GnG Box	Entree Chicken Alfredo Chefs Salad with Chicken Pepperoni Pizza Anytimer Junior Charcuterie GnG Box	Entree Pizza Bagel Bites Strawberry Parfait Chefs Salad with Ham Junior Charcuterie GnG Box
Vegetables Mashed Potatoes Veggie Stix	Vegetables Vegetarian Refried Beans Red Bell Pepper Strips Taco Lettuce	Vegetables Tossed Salad Diced Jalapenos Diced Onion	Vegetables Broccoli with cheese Sweet Peas	Vegetables Corn Carrots, Cauliflower & Broccoli
Fruit Mixed Fruit	Fruit Cherry Tomatoes	Fruit Sliced Pears & Red Grapes	Fruit Green Grapes Red Delicious Apple	Fruit Frozen Strawberry Cup Red Delicious Apple





May

◀ May 2023 ▶

Weekly

Monthly

Monday

01

Entree

- Chicken Nuggets
- Strawberry Parfait
- Chefs Salad with Chicken
- EZ Jammers Sandwich

Vegetables

- Mashed Potatoes
- Veggie Stix

Fruit

Tuesday

02

Entree

- Beef Soft Tacos
- Chicken Soft Tacos
- Chefs Salad with Bacon
- Pepperoni Pizza Anytimer
- EZ Jammers Sandwich

Vegetables

- Vegetarian Refried Beans
- Red Bell Pepper Strips
- Taco Lettuce

Wednesday

03

Entree

- Hot Dog
- Swirl Parfait
- Chefs Salad with Bacon
- Junior Charcuterie GnG Box

Vegetables

- Tossed Salad
- Diced Jalapenos
- Diced Onion

Thursday

04

Entree

- Chicken Alfredo
- Chefs Salad with Chicken
- Pepperoni Pizza Anytimer
- Junior Charcuterie GnG Box

Vegetables

- Broccoli with cheese
- Sweet Peas

Fruit

Friday

05

Entree

- Pizza Bagel Bites
- Strawberry Parfait
- Chefs Salad with Ham
- Junior Charcuterie GnG Box

Vegetables

- Corn
- Carrots, Cauliflower & Broccoli

Fruit

Sites

Second Street School

Menus

Second Street Lunch

Tools

 Print Menu

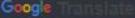
 Build-a-Meal

 Filter Allergens

Dietary Preferences

Select a Language

Select Language

Powered by 

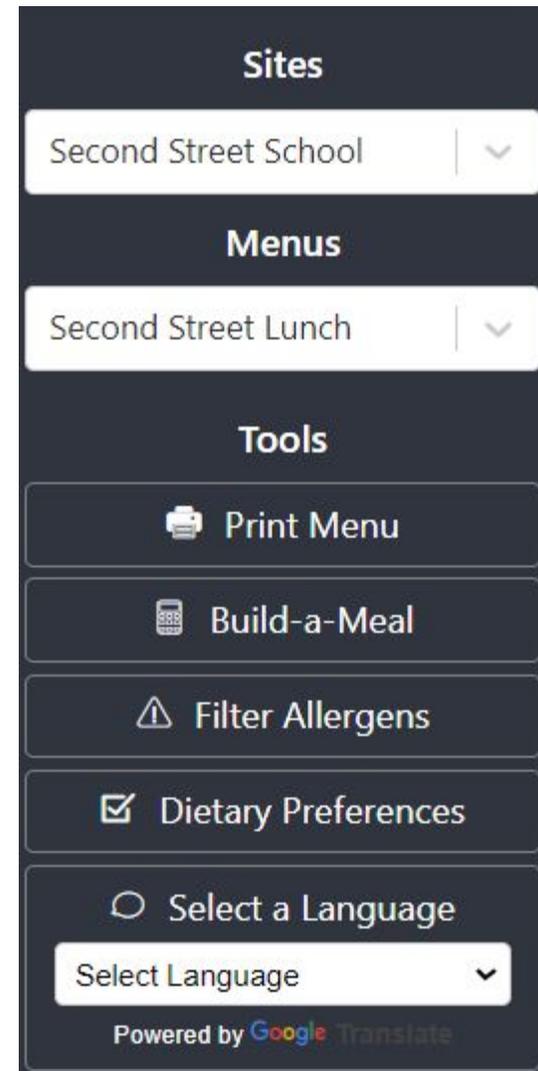


Sidebar Menu

The Sidebar Menu will allow you to:

- Change Sites or Menus
- Print Menu
- Build-a-Meal
- Filter by Allergens
- Filter by Dietary Preferences
- Select a Language

Additional widgets for district specific links can be added to the sidebar on request.

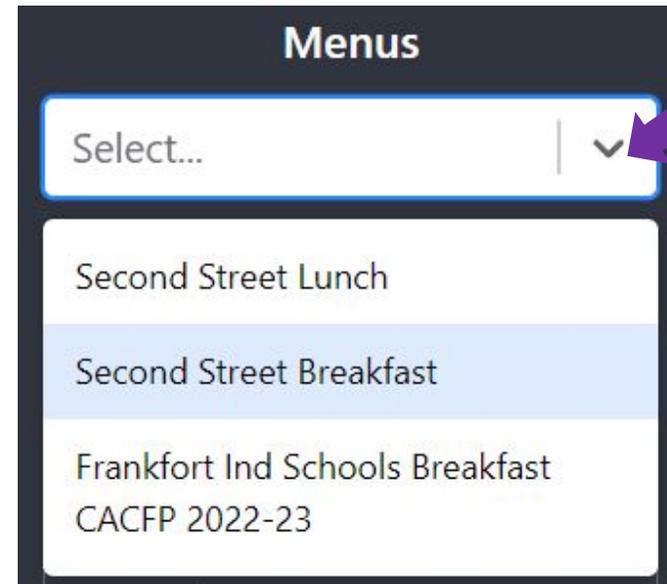
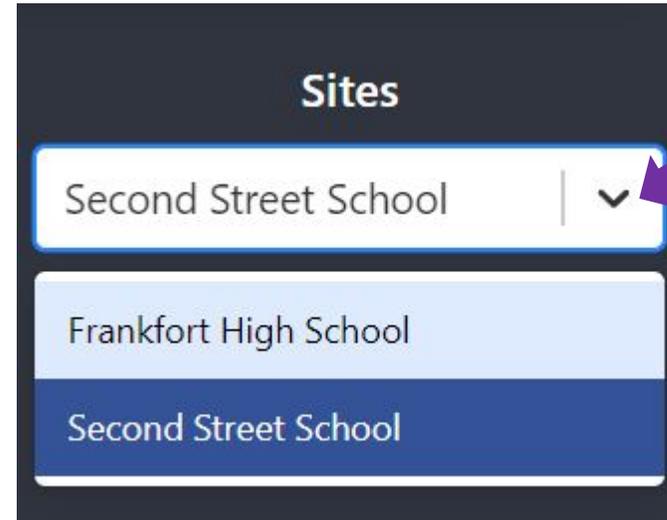


Change Sites or Menus

Select the New Site from the **Sites** drop down menu.

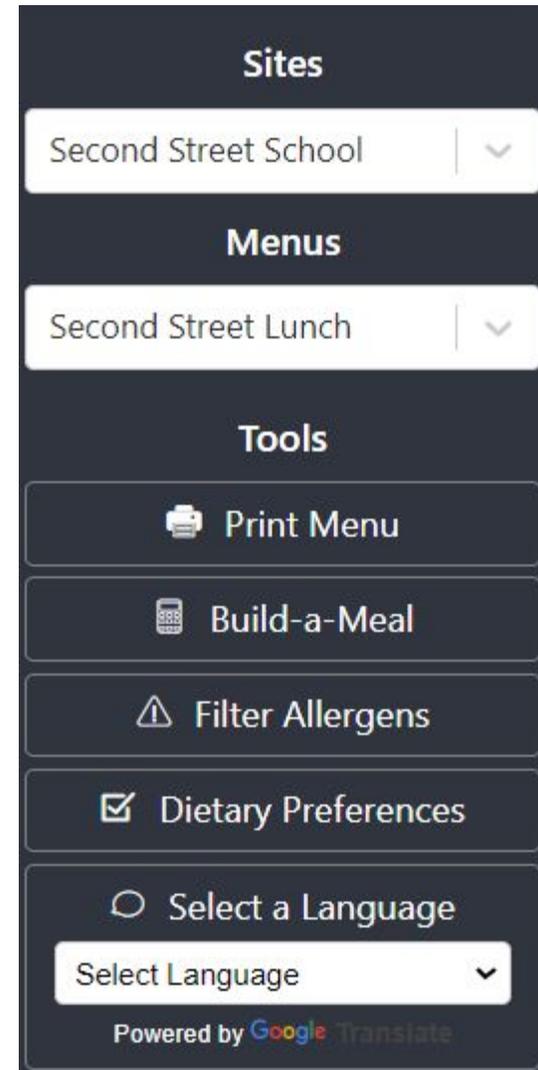
Select the New Menu from the **Menus** drop down menu.

The new **Site** or **Menu** will load.



Filter Allergens

To filter the entire menu by one or more of the nine common food allergens click **Filter Allergens**.



The screenshot shows a dark-themed sidebar menu with the following sections:

- Sites**: A dropdown menu currently showing "Second Street School".
- Menus**: A dropdown menu currently showing "Second Street Lunch".
- Tools**: A list of five buttons:
 - Print Menu (with a printer icon)
 - Build-a-Meal (with a smartphone icon)
 - Filter Allergens** (with a warning triangle icon) - A purple arrow points to this button.
 - Dietary Preferences (with a checkmark icon)
 - Select a Language (with a radio button icon)
- Below the "Select a Language" button is another dropdown menu labeled "Select Language" with a downward arrow.
- At the bottom, it says "Powered by Google Translate".



Filter Allergens

A disclaimer will pop up.

Please review the disclaimer then click **Apply**.

Ingredients, Allergens and Special Diets

Very important information **YOU** need to know!

The nutrient and allergen information you see presented here cannot be guaranteed as 100% current and accurate. Food manufacturers and other third parties provide the information displayed. Changes in formulations, data entry errors and menu substitutions are some of the many reasons that My School Menus and Mobile App, as well as the school district, cannot guarantee the accuracy of the data.

This information is provided as a service and convenience to allow you, the user, to have an overall understanding of the foods and menus offered.

If you need precise information due to allergies, dietary restrictions or other medical conditions, please discuss your needs and requirements with a medical professional. This tool is not for you.

To continue using this tool, please read and agree to our Terms and Conditions below.

Software as a Service Agreement

By logging into this website, the User acknowledges that they have read and agree to the following terms of service between the User and Water Walkers Inc, a California corporation ("Water Walkers"), whose mailing and billing address is PO Box 124, Anacortes, WA 98221

WARNING: THE DATA CONTAINED WITHIN THE SERVICES CANNOT BE USED FOR AND DOES NOT PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY. USE OF THE SERVICES TO PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY IS A VIOLATION OF THE TERMS OF THIS AGREEMENT. ANY SUBSCRIBER PLANNING FOR OR TREATING MEDICAL CONDITIONS,

Apply



Filter Allergens

Select the appropriate allergen(s) and click **Apply**.



Filter Allergens



Select the allergens below to filter the menu items.

 Eggs	 Fish	 Milk	 No Allergens	 Peanuts
 Sesame	 Shellfish	 Soy	 Tree Nuts	 Wheat



Filter Allergens

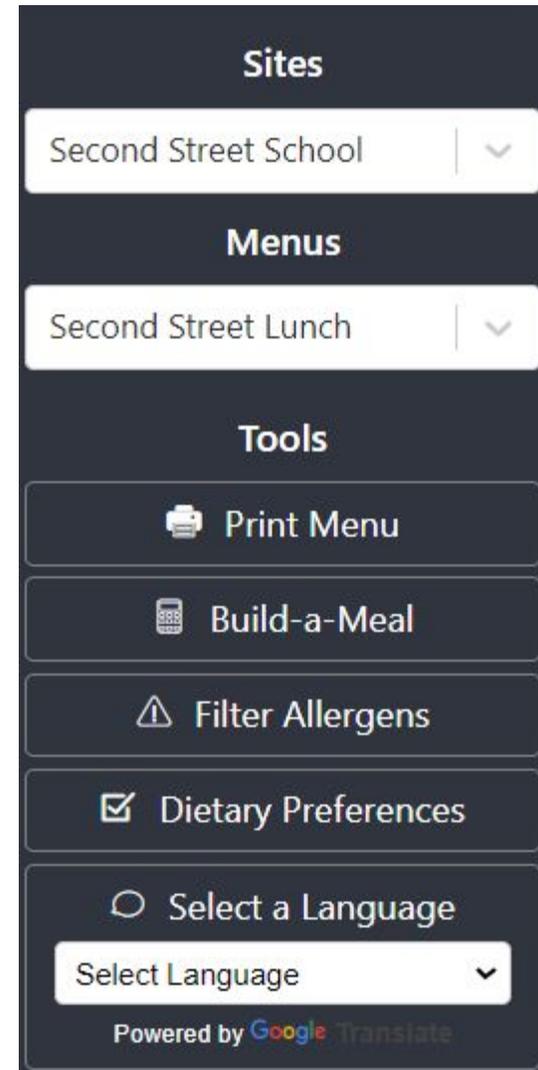
A line will strike through every food item that contains the selected allergen(s).

Thursday	Friday
04	05
Entree	Entree
<hr/>	<hr/>
Chicken Alfredo	Pizza Bagel Bites
Chefs Salad with Chicken	Strawberry Parfait
Pepperoni Pizza Anytimer	Chefs Salad with Ham
Junior Charcuterie GnG Box	Junior Charcuterie GnG Box
Vegetables	Vegetables
<hr/>	<hr/>
Broccoli with cheese	Corn
Sweet Peas	Carrots, Cauliflower & Broccoli
Fruit	Fruit
<hr/>	<hr/>
Green Grapes	Frozen Strawberry Cup
Red Delicious Apple	Red Delicious Apple



Dietary Preferences

To filter the entire menu by dietary preferences (attributes) click **Dietary Preferences**.



The screenshot shows a dark-themed mobile interface with the following sections:

- Sites**: A dropdown menu currently showing "Second Street School".
- Menus**: A dropdown menu currently showing "Second Street Lunch".
- Tools**: A list of five buttons:
 - Print Menu (with a printer icon)
 - Build-a-Meal (with a smartphone icon)
 - Filter Allergens (with a warning triangle icon)
 - Dietary Preferences** (with a checked checkbox icon) - A purple arrow points to this button.
 - Select a Language (with a radio button icon)
- Below the "Select a Language" button is a language selection dropdown menu showing "Select Language".
- At the bottom, it says "Powered by Google Translate".



Dietary Preferences

Select the appropriate dietary preference(s) and click **Apply**.

Filter Dietary Preferences ✕

Select the dietary preferences Modal below to filter the menu items.

 American Made	 Clean Label	 CN Label	 Contains Pork	 Gluten Free
 GMO Free	 Kosher	 Locally Grown	 Made from Scratch	 Organic
 Peanut Free	 Smart Snack Approved	 Smart Snack Compliant	 Trans Fat Free	 Vegan
 Vegetarian	 Whole Grain-Rich			

Reset

Apply



Dietary Preferences

The appropriate icon will show up to the right of any food item that the dietary preference applies to.

The screenshot displays a menu for Thursday (04) and Friday (05). Each day's menu is organized into three categories: Entree, Vegetables, and Fruit. Dietary preference icons, represented by a pink circle with a white symbol, are placed to the right of specific food items. On Thursday, the icons are next to 'Junior Charcuterie GnG Box' and 'Junior Charcuterie GnG Box'. On Friday, the icons are next to 'Chefs Salad with Ham' and 'Junior Charcuterie GnG Box'.

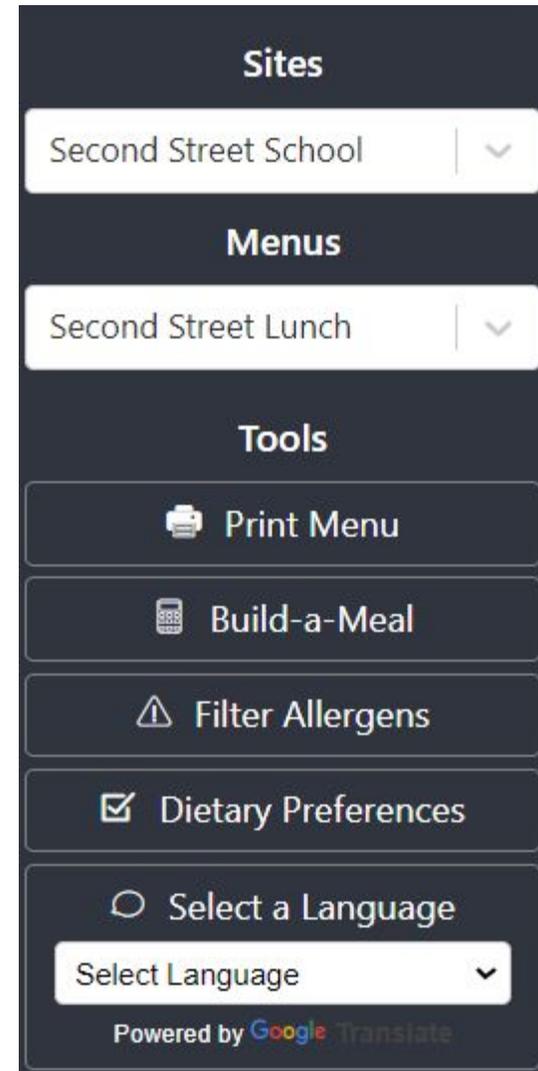
Day	Category	Item	Dietary Preference Icon
Thursday (04)	Entree	Chicken Alfredo	
		Chefs Salad with Chicken	
		Pepperoni Pizza Anytimer	
		Junior Charcuterie GnG Box	Yes
	Vegetables	Broccoli with cheese	
		Sweet Peas	
	Fruit	Green Grapes	
Friday (05)	Entree	Pizza Bagel Bites	
		Strawberry Parfait	
		Chefs Salad with Ham	Yes
		Junior Charcuterie GnG Box	Yes
	Vegetables	Corn	
		Carrots, Cauliflower & Broccoli	
	Fruit	Frozen Strawberry Cup	
Fruit	Red Delicious Apple		



Build-a-Meal

To create a Nutrition Facts Panel for the specific meal choices a student makes, click **Build-a-Meal**.

Build-a-Meal will open over the menu.



The image shows a dark-themed sidebar menu with the following sections and items:

- Sites**: Second Street School (dropdown)
- Menus**: Second Street Lunch (dropdown)
- Tools**:
 - Print Menu (with printer icon)
 - Build-a-Meal (with mobile phone icon)
 - Filter Allergens (with warning triangle icon)
 - Dietary Preferences (with checkmark icon)
 - Select a Language (with radio button icon)

Below the 'Select a Language' option is a dropdown menu labeled 'Select Language' and the text 'Powered by Google Translate'.



Build-a-Meal

Select the food items chosen by the student.

<input type="checkbox"/>	Entree	Cals	Carbs	Fat	More
<input checked="" type="checkbox"/>	Hot Dog	280	21	18	...
<input type="checkbox"/>	Swirl Parfait	465	80	10	...
<input type="checkbox"/>	Chefs Salad with Bacon	483	37	32	...
<input type="checkbox"/>	Junior Charcuterie GnG Box	404	28	24	...

<input type="checkbox"/>	Vegetables	Cals	Carbs	Fat	More
<input type="checkbox"/>	Tossed Salad	17	3	0	...
<input checked="" type="checkbox"/>	Diced Jalapenos	3	1	0	...
<input type="checkbox"/>	Diced Onion	5	1	0	...

<input type="checkbox"/>	Fruit	Cals	Carbs	Fat	More
<input checked="" type="checkbox"/>	Sliced Pears & Red Grapes	56	14	0	...
<input type="checkbox"/>	Red Delicious Apple	80	22	0	...



Build-a-Meal

Build-a-Meal will create a Nutrition Facts panel based on the food choices the student has made.

This includes a carbohydrate count.

340
Cals

36
Carb

18
Fat

^ Nutrition Facts

Amounts Per Serving

Calories **340**

% Daily Value*

Total Fat 18gm 28%

Saturated Fat 5gm 25%

Trans Fat 0gm

Cholesterol 45mg 15%

Sodium 686mg 29%

Potassium 472mg 13%

Carbohydrates 36gm 12%

Fiber 5gm 20%

Sugars 16gm

Protein 10gm

Iron 2mg 11%

Calcium 87mg 9%

Vitamin A (IU) 154iu 3%

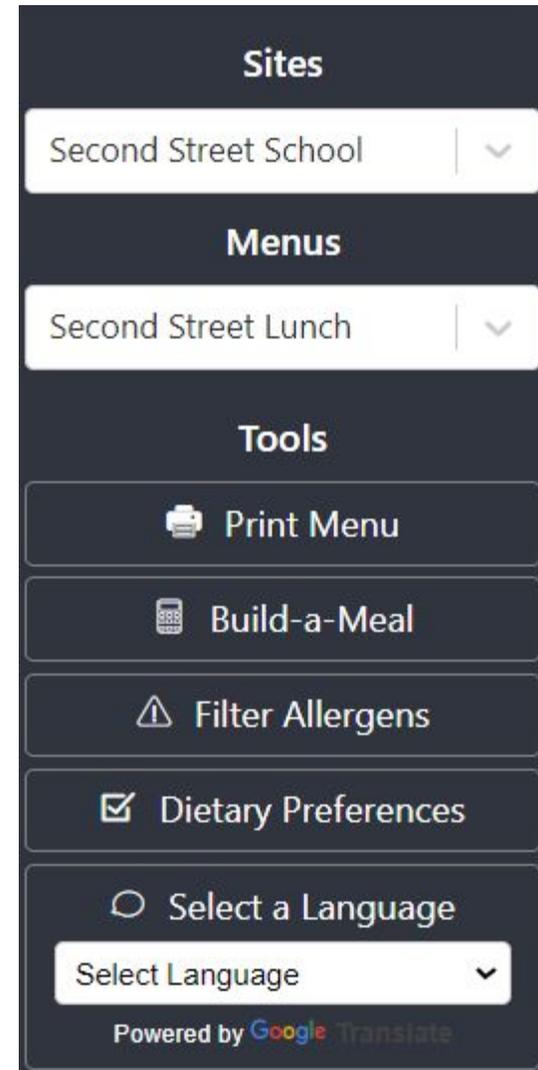
Vitamin C 15mg 25%

Vitamin D 0iu 0%



Select a Language

To change the language on the menu, click on the **Select Language** drop down menu.



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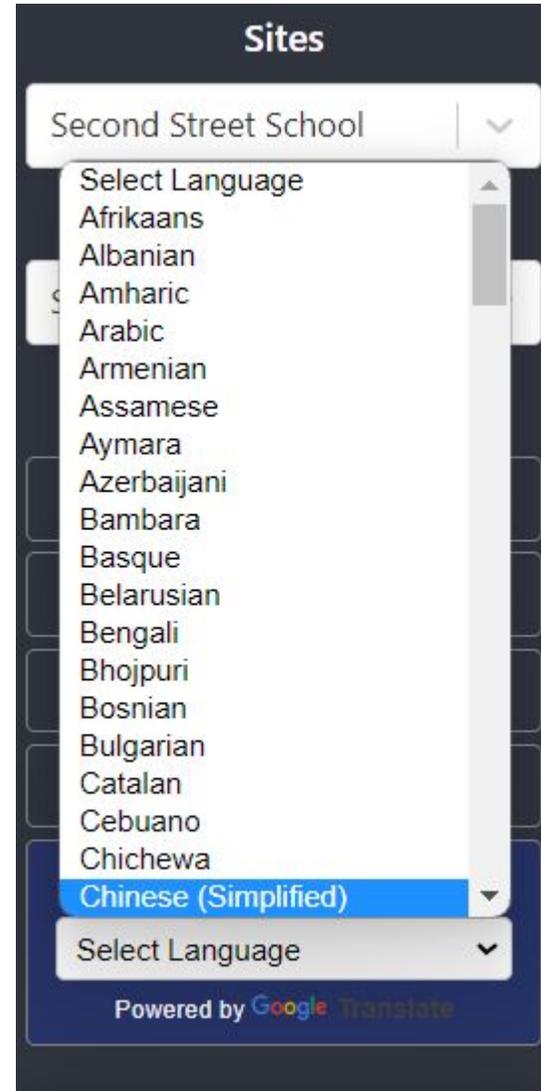
The "Select a Language" button is highlighted with a purple arrow. Below it is a dropdown menu with the text "Select Language" and a downward arrow. At the bottom of the menu, it says "Powered by Google Translate".



Select a Language

Choose an appropriate language from the **Select Language** drop down menu.

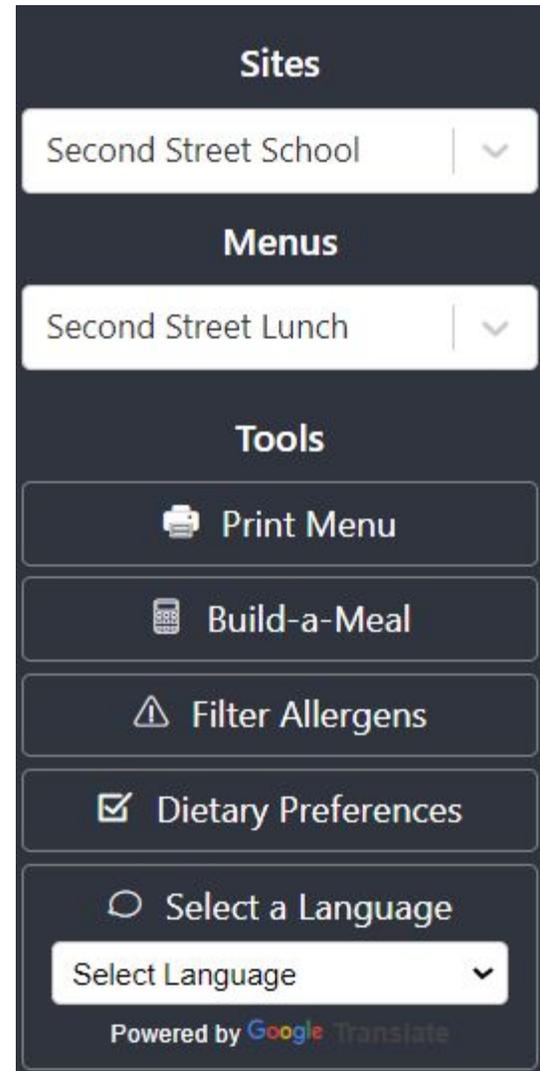
All parts of the menu will change to the newly selected language.



Print Menu

To Print the Menu, click on **Print Menu**.

Print Menu will open over the menu.



The screenshot shows a dark-themed mobile application menu with the following sections:

- Sites**: A dropdown menu currently showing "Second Street School".
- Menus**: A dropdown menu currently showing "Second Street Lunch".
- Tools**: A list of five buttons:
 - Print Menu**: The button is highlighted with a purple arrow pointing to it from the right.
 - Build-a-Meal**: Represented by a smartphone icon.
 - Filter Allergens**: Represented by a warning triangle icon.
 - Dietary Preferences**: Represented by a checkmark icon.
 - Select a Language**: Represented by a radio button icon.

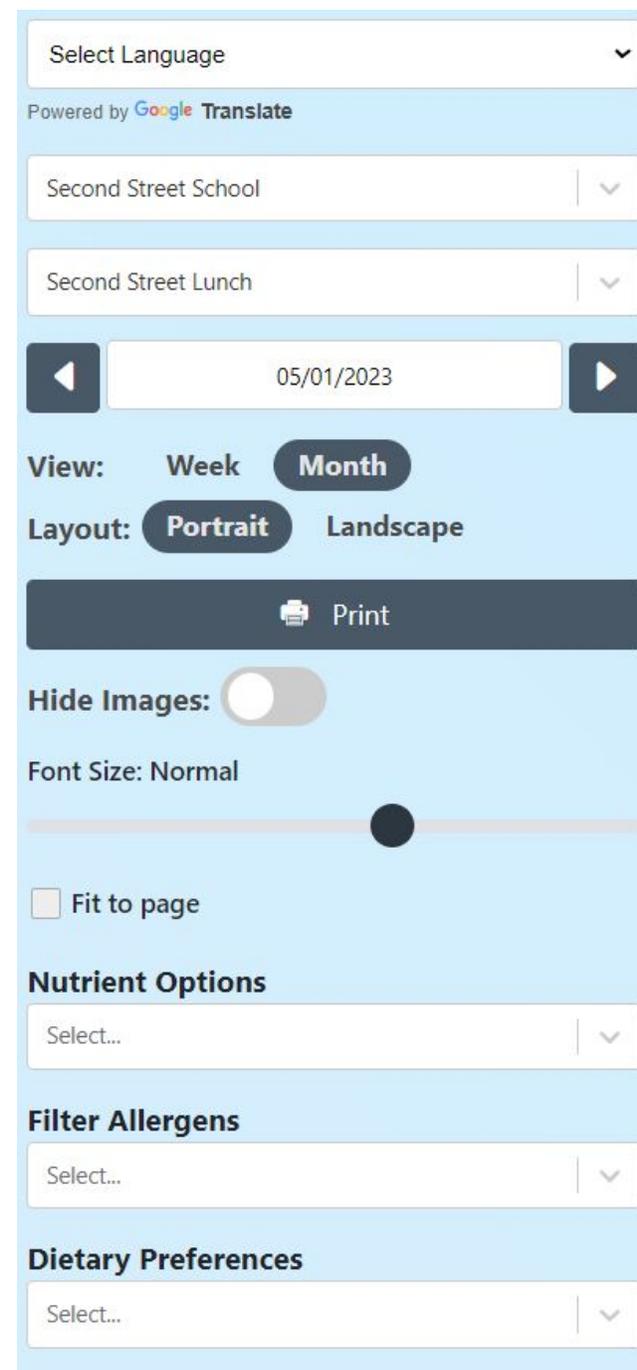
At the bottom of the menu, there is a "Select Language" dropdown menu and the text "Powered by Google Translate".



Print Menu

Use the drop down menus to make any needed changes to the printed menu:

- Select Language
- Change Sites or Menus
- Change View
- Change Layout
- Adjust Font Size
- Nutrient Options
- Filter Allergens
- Dietary Preferences



The screenshot shows a configuration panel for printing a menu. It features several interactive elements: a language selection dropdown, a date picker set to 05/01/2023, view options for Week and Month (with Month selected), layout options for Portrait and Landscape (with Portrait selected), a Print button, a Hide Images toggle switch, a font size slider set to Normal, a Fit to page checkbox, and three dropdown menus for Nutrient Options, Filter Allergens, and Dietary Preferences, all currently set to 'Select...'. The interface is light blue and includes a 'Powered by Google Translate' notice.



Print Menu

Click **Print**.

Select Language ▼

Powered by Google Translate

Second Street School ▼

Second Street Lunch ▼

◀ 05/01/2023 ▶

View: **Week** **Month**

Layout: **Portrait** Landscape

Print

Hide Images:

Font Size: Normal

Fit to page

Nutrient Options

Select... ▼

Filter Allergens

Select... ▼

Dietary Preferences

Select... ▼



Mobile App

iOS Devices (Apple/iPhone):

<https://apps.apple.com/us/app/my-school-menus/id965396894>

Android Devices:

<https://play.google.com/store/apps/details?id=com.hmpnew.myschoolmenus>



Navigating the mobile app

1. Begin by typing the name of your district. Select your district from the list.

Note: This district will auto-save once you have selected it once

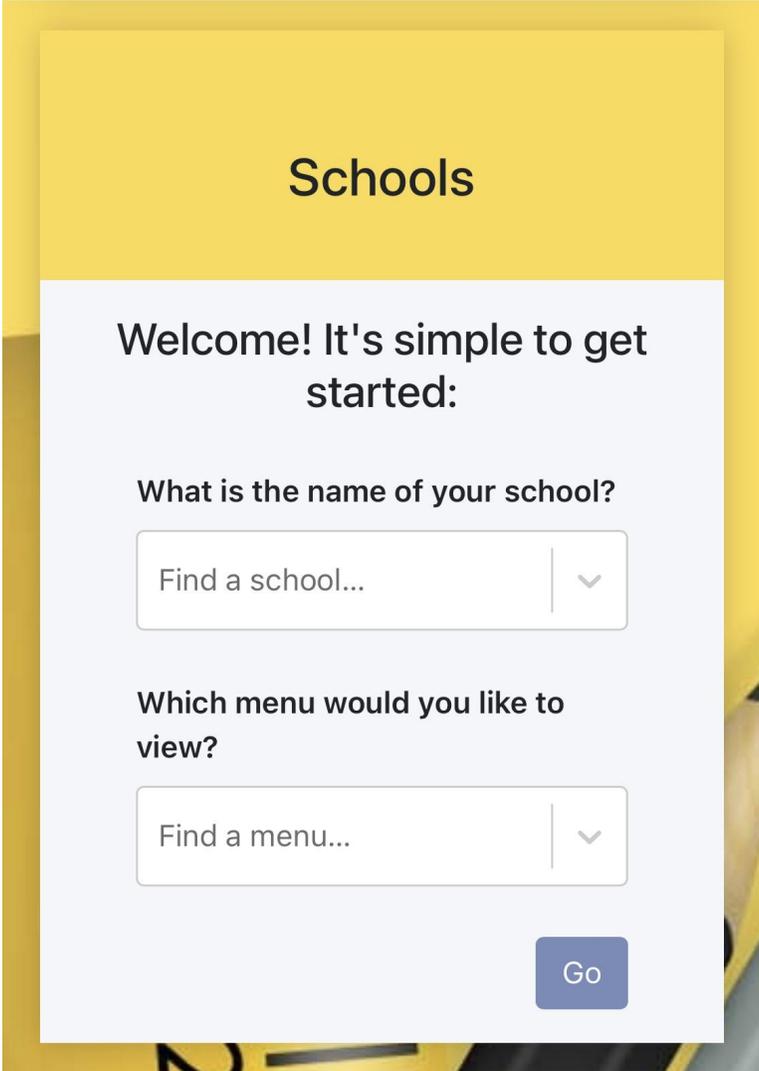


Navigating the mobile app

2. Start typing the name of your school and select it from the drop-down



3. Start typing the name of your menu and select it from the drop-down



Schools

Welcome! It's simple to get started:

What is the name of your school?

Find a school... 

Which menu would you like to view?

Find a menu... 

Go

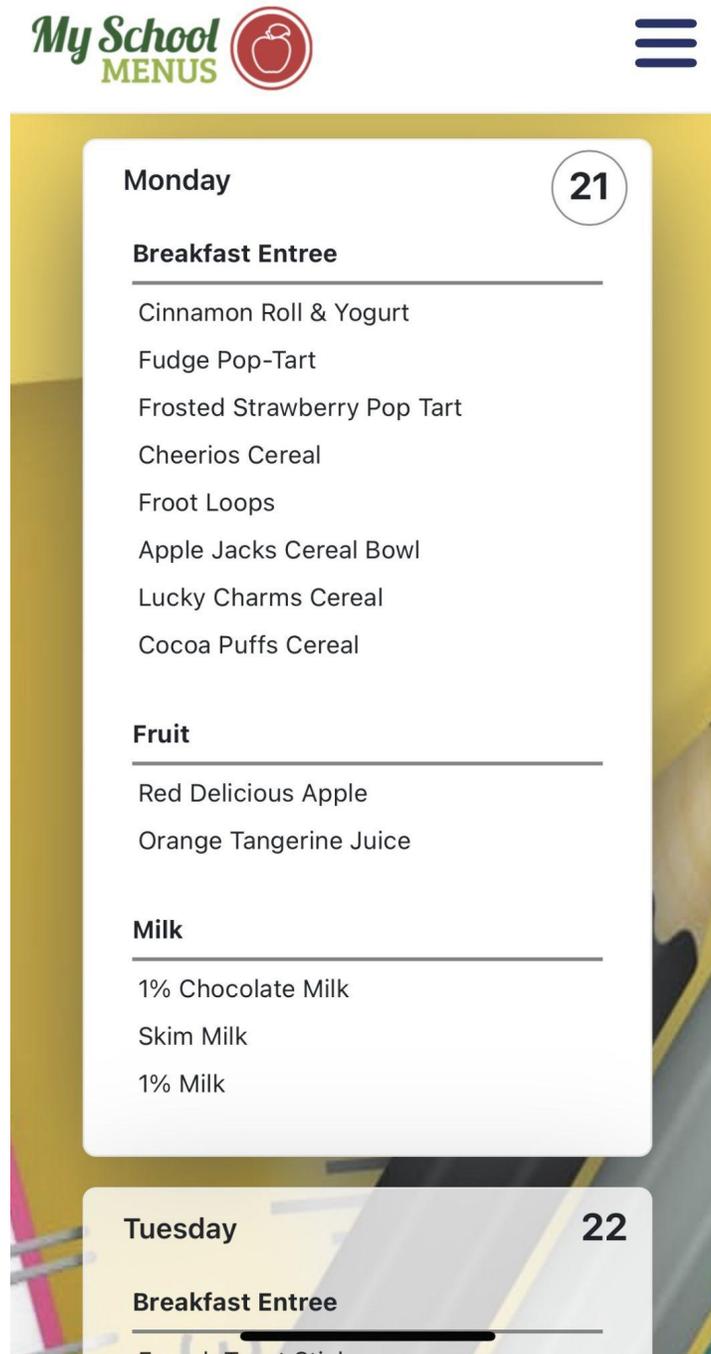
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Navigating the mobile app

4. The menu will appear and take you to the current day. You can scroll up or down in order to see other days for that month

Note: The default is the current day of the month. To change months, scroll to the top and use arrows or click on the month to change using a calendar view



Navigating the mobile app

5. Once a menu item is clicked, you can view the following

- A. Recipe Name
- B. Image of the recipe
- C. Allergens and attributes
- D. Ingredients
- E. Nutrition facts

Cheerios Cereal A



B

Allergens **Attributes**

C

Ingredients **D**

Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin A (palmitate), Vitamin B1 (thiamin mononitrate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Nutrition Facts **E**

Serving Weight	28.000 gm
Serving Size	1 each
Amounts Per Serving	
Calories	100



Navigating the mobile app

- To view additional menu items for that day, use the arrows in the title bar.
- To go back to the menu, click the "x" in the title bar



Allergens 

Attributes  

Ingredients
Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin A (palmitate), Vitamin B1 (thiamin mononitrate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Nutrition Facts

Serving Weight	28.000 gm
Serving Size	1 each
Amounts Per Serving	
Calories	100



Navigating the mobile app

7. To access sidebar tools, click on the 3 horizontal lines in the top right corner

My School MENUS

August

◀ Week of August 21, 2022 ▶

Weekly Monthly

Monday 21

Breakfast Entree

- Cinnamon Roll & Yogurt
- Fudge Pop-Tart
- Frosted Strawberry Pop Tart
- Cheerios Cereal
- Froot Loops
- Apple Jacks Cereal Bowl
- Lucky Charms Cereal
- Cocoa Puffs Cereal

Fruit

- Red Delicious Apple
- Orange Tangerine Juice



Navigating the mobile app

8. From the sidebar, you can do the below actions:
- a. Change the school or menu you wish to view
 - b. Build-a-Meal
 - c. Filter Allergens
 - d. Filter Dietary Preferences
 - e. Select a language

