

# Check out daily menus on your phone!

## School menus available anywhere, anytime.

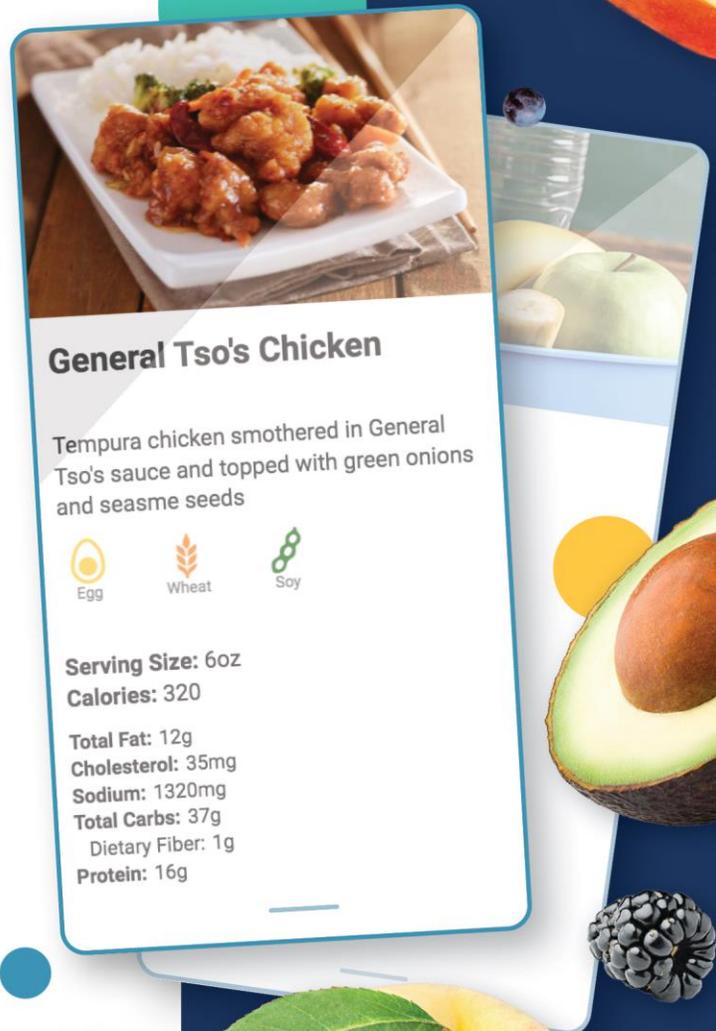
Gresham Barlow, in partnership with Chartwells K12, uses Nutrislice to publish school menus to an interactive website and free smartphone app.

## Your menu, catered to you.

- See information about menu items, including a photo and description.
- Filter for common food allergens like nuts, wheat and dairy
- Access nutrition information like carb counts and calories with just a few clicks
- Print menus directly from the website
- Translate your menus into different languages

## Get started today!

- 1. Download** or open the app.
- 2. Find** your district.
- 3. Select** your preferred location and **favorite** it.
- 4. View** daily menu items.



Available on the  
**App Store**

ANDROID APP ON  
**Google Play**

**Download the Nutrislice app today!**

chartwells | nutrislice

# Get Started!

## Gresham Barlow [nutrislice.com](https://www.gresham.k12.or.us/)

Go to Gresham Barlow [nutrislice.com](https://www.gresham.k12.or.us/) OR navigate from the <https://www.gresham.k12.or.us/>, District website to Departments > Nutrition Services > Nutrislice.

If you prefer to use your smartphone, download the Nutrislice app from Google Play for Androids or the App Store for iPhones.

**School Home**

### Lunch

All Menus | Breakfast | **Lunch** | Dinner

Weekly | DEC 1 - 7

01 Sun	02 Mon	03 Tue	04 Wed	05 Thu	06 Fri
Soups +	Entrees +	Entrees +	Entrees +	Entrees +	Entrees +
Sides +	Grill +	Grill +	Grill +	Grill +	Grill +
	Daily Special +				
	Soups +				
	Sides +				

#### Vegetable Soup

Hearty soup with potatoes, carrots, white beans, tomatoes and kale.

Milk Wheat Soy

Serving Size: 4oz  
Calories: 111

Total Fat: 0g  
Cholesterol: 5mg  
Sodium: 1282mg  
Total Carbs: 16g  
Dietary Fiber: 5g  
Protein: 3g

## Using the Website

1. Go to the URL listed above.
2. Click View Menus
3. Select Grade level, school and then the menu you want to see.
4. View the current day's menu, or skip to a future date.
5. Select a food to find its description and photo, filter by allergens, print the menu and so much more!

## Using the App

1. Find your district.
2. Find your school.
3. Select your menu.
4. View the current day's menu, or skip to a future date
5. Select a food to find its description and photo, filter by allergens, print the menu and so much more!

**Questions? Contact Nutrition Services 503-261-4590.**