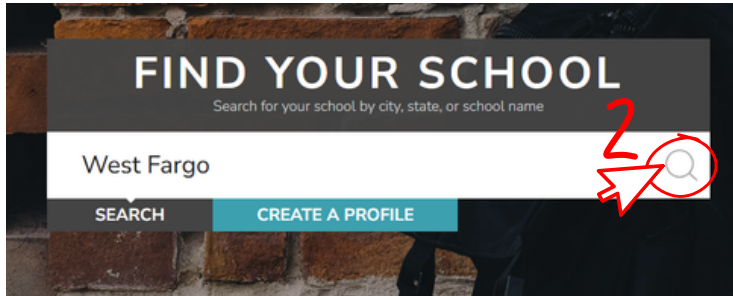


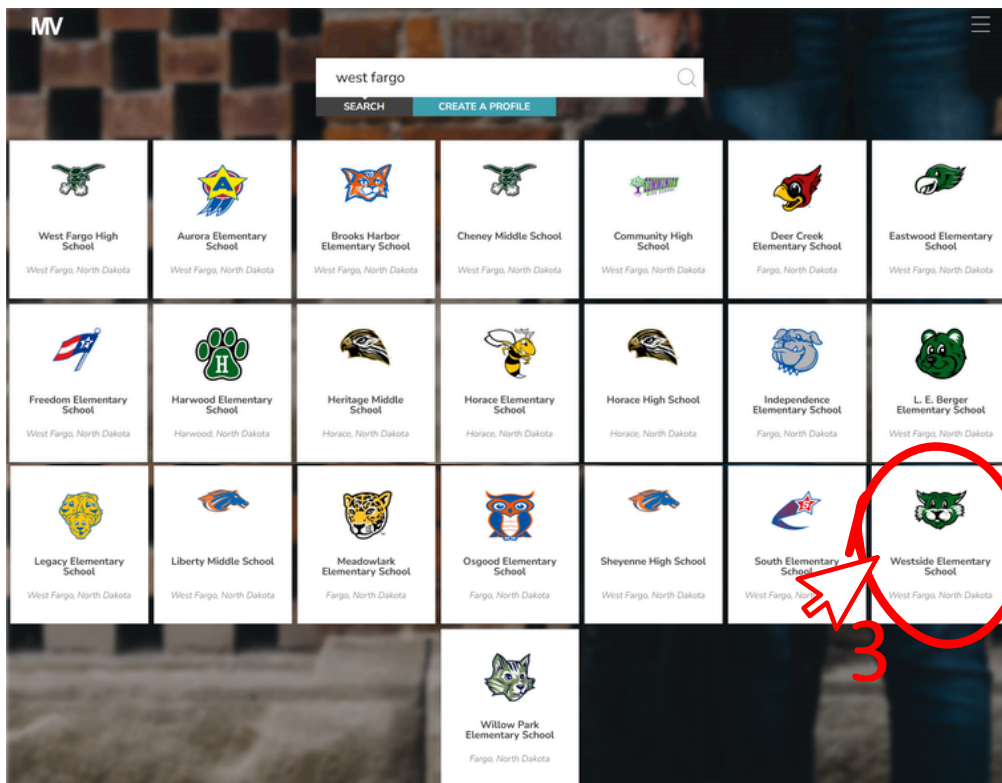
How to View and Print Menus on MealViewer

 <https://schools.mealviewer.com>

1. Go to the MealViewer website.
2. Search 'West Fargo'.



3. Click on child's school.



4. The current month should come up automatically. You can also view other months by clicking the arrows above the months listed on the top right of the page.

5. To view the 'breakfast' menu, 'lunch' menu, or other special menus, click on the arrow next to 'breakfast' or 'lunch' near the top left of the page.

6. You are also able to view milk options, condiments, fruit options, and vegetable options by clicking on the arrows next to those items on the left side of the page.

7. To print a menu, click on the printer icon on the top right of the page.

WESTSIDE ELEMENTARY SCHOOL

5

6

4

7

INFO ALLERGENS X

Daily

Milk Options
Breakfast, Lunch

1% Low-fat Chocolate Milk
1% Milk
Whole Milk
Lactose Free Milk
Soy Milk

Condiments
Breakfast, Lunch

Fruit Options
Breakfast, Lunch

Vegetable Options
Lunch

Nutrition Calculator
Your meal's nutrition information
Use this new tool to quickly choose food items and see the nutritional calculations!
Let's add it up →

MONDAY 31

TUESDAY 1

WEDNESDAY 2

THURSDAY 3

FRIDAY 4

ENTREE CHOICES
Hot Dog on Bun
made with all beef
Pretzels & Dip with Cheese cubes

SIDES
Vegetarian Baked Beans
Chocolate Chip Cookie

ENTREE CHOICES
Glazed Chicken Drumstick
Homemade Chili

SIDES
Homemade Cornbread Muffin
Corn Cob

ENTREE CHOICES
Spaghetti & Meat Sauce
Chef Salad

SIDES
Garlic Knot

ENTREE CHOICES
Hamburger on Bun
Fish Sandwich

SIDES
Tater Squares
Creamy Coleslaw

ENTREE CHOICES
Big Daddy's Four Cheese Pizza
Turkey and Cheese Sandwich

SIDES
Peas

15-16
NO SCHOOL

7

8

9

10

11

ENTREE CHOICES
Soft Taco
Crispito

SIDES
Mexican Fiesta Rice
Cheese Sauce
Black Bean Corn Salsa

ENTREE CHOICES
Chicken Strips
Meatballs in Gravy

SIDES
Mashed Potatoes
Dinner Roll
Italian Pasta Salad

ENTREE CHOICES
Corndog
Tater Tot Casserole

SIDES
Vegetarian Baked Beans
Baked Cheetos

ENTREE CHOICES
Mac and Cheese
Yogurt with Banana Bread

SIDES
Steamed Broccoli

14

15

16

17

18

ENTREE CHOICES
Cheesy French Bread
Muffin, Yogurt & Cheesestick

SIDES
Marinara Sauce
Seasoned Corn

ENTREE CHOICES
Turkey and Gravy
Sub Sandwich

SIDES
Mashed Potatoes
Buttermilk Biscuit

ENTREE CHOICES
Cheese Quesadilla
Chicken Queso Dip

SIDES
Tostito Chips
Steamed Green Beans
Pasta Salad

ENTREE CHOICES
Chicken Burrito Rice Bowl
Pretzels & Dip with Cheese cubes

SIDES
Black Beans
Shredded Cheese
Salsa

15-16
NO SCHOOL

8. By clicking on a menu item, more information about that item will pop up.

The screenshot shows the Westside Elementary School menu for September. A red circle highlights the 'Spaghetti & Meat Sauce' item in the 'ENTREE CHOICES' section for Tuesday, September 1st. A red arrow points from this item to a pop-up window that displays a photo of the dish and its nutritional information. The nutritional information is as follows:

Serving Size: 1 serving	
Calories	263
Total Fat (g)	10
Saturated Fat (g)	3
Trans Fat (g)	1
Cholesterol (mg)	36
Sodium (mg)	170
Total Carbs (g)	31
Fiber (g)	3
Sugars (g)	8
Added Sugars (g)	4
Protein (g)	15

A red circle also highlights the 'WHEAT' allergen icon at the bottom of the pop-up. A red number '8' with an arrow points to the 'Spaghetti & Meat Sauce' item in the menu.

9. You can also view menu items that contain common allergens by clicking on 'allergens' on the top left side of the page.

10. Then click on the child's allergy. The items on the menu that include that ingredient will cross off in red.

The screenshot shows the Westside Elementary School menu for September 2026. The 'ALLERGENS' filter is selected on the left sidebar. The 'Wheat' allergy is selected, and items containing wheat are crossed out in red. The menu is organized by day of the week and date. The 'Wheat' allergen is highlighted with a red circle and a red number '10' with an arrow pointing to it. The 'ALLERGENS' filter is also highlighted with a red circle and a red number '9' with an arrow pointing to it.

ALLERGENS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk	✓	✓	✓	✓	✓
Egg	✓	✓	✓	✓	✓
Peanut	✓	✓	✓	✓	✓
TreeNut	✓	✓	✓	✓	✓
Fish	✓	✓	✓	✓	✓
Shellfish	✓	✓	✓	✓	✓
Soy	✓	✓	✓	✓	✓
Wheat	✗	✗	✗	✗	✗
Sesame	✓	✓	✓	✓	✓

The menu items for each day are as follows:

DATE	ENTREE CHOICES	SIDES
31	Hot Dragon Bun made with all beef Pretzels & Dip with Cheese cubes	Vegetarian Baked Beans Chocolate Chip Cookie
1	Glazed Chicken Drumstick Homemade Chili	Homemade Cornbread Muffin Corn Cob
7	NO SCHOOL	
8	Soft Taco Enchilada	Mexican Fiesta Rice Cheese Sauce Black Bean Corn Salsa
14	Cheesy French Bread Muffin, Yogurt & Cheesecake	Marinara Sauce Seasoned Corn
15	Turkey and Gravy Sub Sandwich	Mashed Potatoes Buttermilk Pancake
16	Chicken Quesadilla Chicken Queso Dip	Tostito Chips Steamed Green Beans Pasta Salad
17	Chicken Burrito Rice Bowl Pretzels & Dip with Cheese cubes	Black Beans Shredded Cheese Salsa
18	NO SCHOOL	