

Check Out Daily Menus On Your Phone!

School menus available anywhere, anytime.

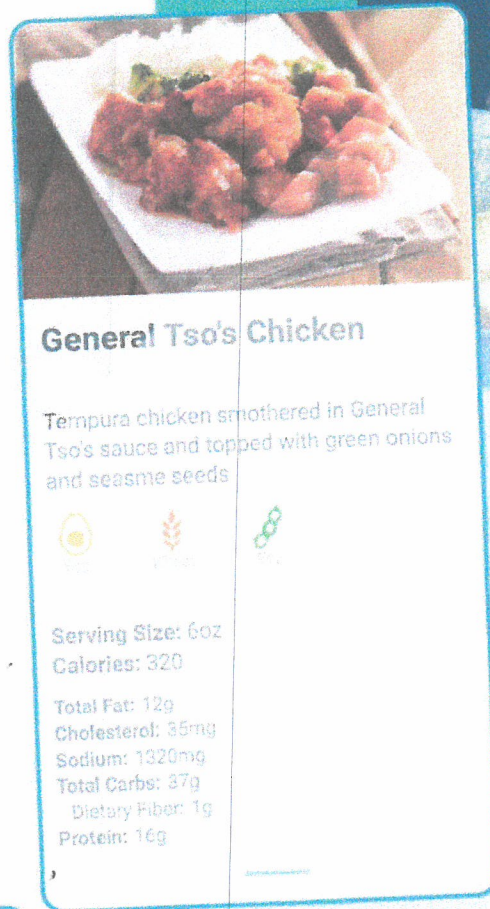
Thea Bowman Leadership Academy in partnership with Chartwells K12, uses **Nutrislice** to publish school menus to an interactive website and free smartphone app.

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!

Build a Breakfast

Choose at least 3 food items including at least ½ cup of fruits or vegetables to build a breakfast. Choose 4 items for best nutrition!

1. Select at least ½ cup of fruits or vegetables (½ cup of fruit or vegetable is 1 item).
2. Pick a second serving of fruit, or some other foods like grains, protein, or milk.
3. Take a minimum of 3 food items.

Meal Examples:



Create a Lunch

Choose at least 3 food groups with at least ½ cup of fruits or vegetables to create a lunch.
Take all 5 food groups for best nutrition!

1. Select at least ½ cup of fruits or vegetables.
2. Pick at least two other food groups, such as fruits, vegetables, grains, protein, or milk.
3. Take a minimum of 3 food groups and a maximum of 5.

Meal Examples:

