

# MealViewer

## - Nutritional Menu

[Schools.mealviewer.com/results/iowacity](https://schools.mealviewer.com/results/iowacity)

- Select a school (Elementary menus will be the same throughout the district.)
- To skip creating a profile, click the “x” on the popup box
- Click on the print icon (right hand corner)
- Select the meal you want (breakfast or lunch)
- Select the month you want
- Click on the none dropdown tab by nutritionals
- Select the nutritional you want to view
- Print

You can unselect one nutritional and then select another to print for different students with different nutritional concerns.

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When you select the school and the menu comes up you can hover over each menu item to see all the nutritional information and if it contains any possible allergens. You can switch from breakfast to lunch and different months on that page too.