

**How to obtain carb counts from the daily menu:**

Go to the OCPS web page <https://www.ocss-va.org/>

Select "For Parents and Students"

Select Breakfast and Lunch Menus

Scroll down to the menus and select your school and meal.

Select Nutrients at the top of the page.

Select Carb Count

This will provide the carb count and special meal accommodations for each item each day.

At the top of the page, you may select meal accommodations if there are any allergy or intolerance concerns. Parents are welcomed to speak with the cafeteria manager to arrange accommodations as needed.

As well, you may select Translation for your preferred language.

You may download or print any information.

For a daily view of individual breakfast or lunch menu items, you may place your cursor on each item for nutrient information.

If you have any questions or concerns, please contact the School Nutrition Office at 540-661-4579