

Whitsons is proud to introduce...


# Nutri-Cafe & Smart Calc

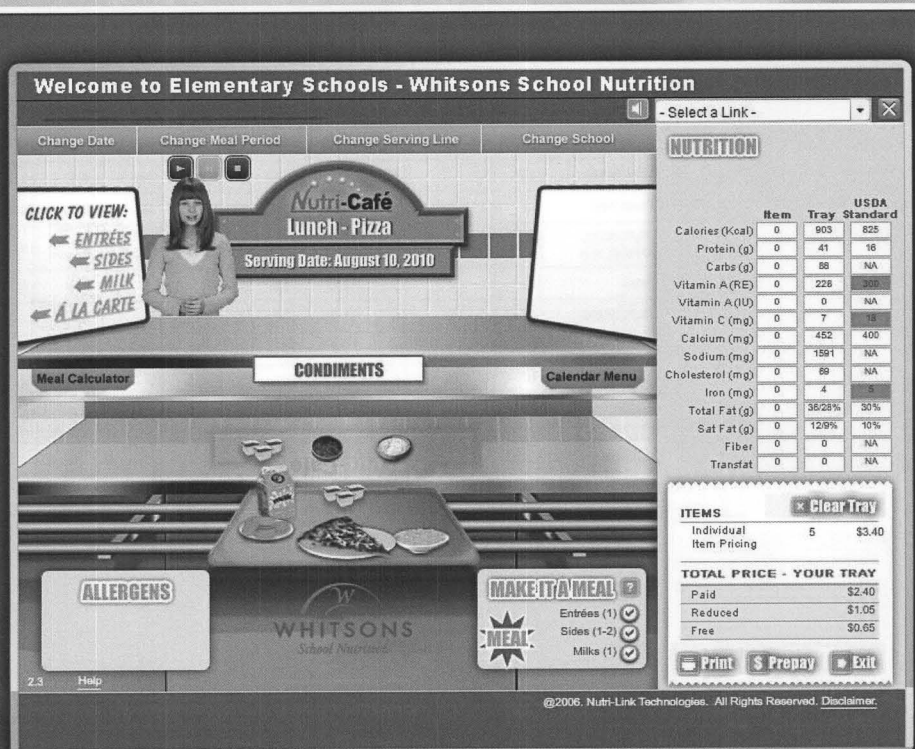
Whitsons Culinary Group has developed an internet-based nutrition tool for the elementary school and secondary school students! Nutri-cafe and smart calc are easy-to-use resources for students and their parents to review and plan meals that meet their dietary needs.

Visit [www.whitsons.com/nutrition](http://www.whitsons.com/nutrition) and click on "elementary" or "secondary" to review these handy new resources!

## Nutri-Cafe for Elementary Students

- Nutri-Cafe is a virtual serving line featuring a young girl who narrates users through the site. To begin, select your meal period using the pull down list from the top menu bar.
- Select your serving line (e.g., deli, salad, pizza, hot entree).
- Click on an item to view its nutrition info (on right side) and allergens (box on bottom left).
- Drag the desired items onto your tray.
- Slide the tray down the serving line by adding on links listed on the whiteboard to the right of the countertop (and go backwards by clicking on the whiteboard to the left side).
- As you continue down the line adding items, you will see individual item nutritionals and cumulative info listed in the columns to the right (USDA standards are also listed).

  
**WHITSONS**  
School Nutrition  
**Elementary**  
**Schools**  
**Virtual Cafe**



Welcome to Elementary Schools - Whitsons School Nutrition

- Select a Link -

Change Date | Change Meal Period | Change Serving Line | Change School

CLICK TO VIEW:  
← ENTRÉES  
← SIDES  
← MILK  
← À LA CARTE

**Nutri-Café**  
Lunch - Pizza  
Serving Date: August 10, 2010

Meal Calculator | **CONDIMENTS** | Calendar Menu

**ALLERGENS**

**MAKE IT A MEAL**  
Entrées (1) ✓  
Sides (1-2) ✓  
Milks (1) ✓

**NUTRITION**

	Item	Tray	USDA Standard
Calories (Kcal)	0	903	825
Protein (g)	0	41	16
Carbs (g)	0	58	NA
Vitamin A (RE)	0	226	300
Vitamin A (IU)	0	0	NA
Vitamin C (mg)	0	7	15
Calcium (mg)	0	452	400
Sodium (mg)	0	1561	NA
Cholesterol (mg)	0	69	NA
Iron (mg)	0	4	5
Total Fat (g)	0	35/28%	50%
Sat Fat (g)	0	12/9%	10%
Fiber	0	0	NA
Transfat	0	0	NA

**ITEMS** \* Clear Tray

Individual Item Pricing	5	\$3.40
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**TOTAL PRICE - YOUR TRAY**

Paid	\$2.40
Reduced	\$1.05
Free	\$0.65

Print | \$ Prepay | Exit

2.3 Help

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for secondary, see other side...

# Nutri-Cafe & Smart Calc

## Smart Calc for Secondary Students

- Go to the top menu bar and select "breakfast" or "lunch" from the pull-down menu.
- Menu items will appear in a list to the left, sorted by food category.
- Click on an item to add it to the calculator.
- As you add items to the calculator, it will keep a running total of nutritional at the bottom of each column.
- Nutritional include calories, fat, saturated fat, protein, carbohydrates, vitamin A, vitamin C, calcium, sodium, cholesterol, iron, fiber and trans fat.
- The top eight allergens recognized by the FDA are also listed.
- To remove an item, simply click the red "x" under the "remove" column. To clear all the items, click "remove all".

Smart Calc Meal Calculator																
Select Date: <span>&lt;</span> Tuesday 8/10/2010 <span>&gt;</span>																
Lunch <span>Export Full List of Nutrients</span> <span>Export Today's Nutrients</span> <span>Back to Main Page</span>																
Cafe Calculator - Use the items on the left to create a Meal <span>You have selected Lunch</span>																
Item Name	Cals (kcal)	Fat (g)	Sat Fat (g)	Protein (g)	Carbs (g)	Vit A (RE)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Sodium (mg)	Chol (mg)	Iron (mg)	Fiber	Trans Fat (g)	All-ergens	Remove
Beef Tacos	523	29	12	40	25	359	0	4	284	593	113	5	0	0		<input checked="" type="checkbox"/>
Fresh Pear	81	0	0	1	21	32	0	6	13	1	0	0	0	0		<input checked="" type="checkbox"/>
CRACKERS, ANIMAL PLN	120	2	0	2	23	0	0	0	0	95	0	0	0	0		<input checked="" type="checkbox"/>
Salsa	65	0	0	3	13	995	0	7	22	778	0	4	0	0		<input checked="" type="checkbox"/>
MILK, WHOLE	146	8	5	8	11	76	0	0	276	98	24	0	0	0	Milk	<input checked="" type="checkbox"/>
	0	0	0	0	0	0	0	0	0	0	0	0	0	0		<input checked="" type="checkbox"/>
	0	0	0	0	0	0	0	0	0	0	0	0	0	0		<input checked="" type="checkbox"/>
	0	0	0	0	0	0	0	0	0	0	0	0	0	0		<input checked="" type="checkbox"/>
	0	0	0	0	0	0	0	0	0	0	0	0	0	0		<input checked="" type="checkbox"/>
	0	0	0	0	0	0	0	0	0	0	0	0	0	0		<input checked="" type="checkbox"/>
	0	0	0	0	0	0	0	0	0	0	0	0	0	0		<input checked="" type="checkbox"/>
<b>Total</b>	<b>935</b>	<b>39</b>	<b>17</b>	<b>54</b>	<b>93</b>	<b>1462</b>	<b>0</b>	<b>17</b>	<b>595</b>	<b>1565</b>	<b>137</b>	<b>9</b>	<b>0</b>	<b>0</b>		<b>Remove All</b>