



Menus & Nutrition

- School Menus
- My Trays
- Interact

Click date to show menu

Click to show menus for whole week

Click to change to previous or next week

Select to hide menu items with allergen

Meal Contribution

Shown below menu item name

- F** Fruit
- G** Grain
- M** Milk
- P** Protein
- V** Vegetable

Show menu item ratings & favorites

- Click **Menus & Nutrition** → **Interact**
- *Your favorites and rated items are shown by default

Change a menu item rating or favorite

- Click a different ★ or ♥ for a menu item

Interactions

Rate and favorite items that are served at the cafeteria.

Item	Average Rating	My Rating	My Favorites
Chicken Burrito	★★★★☆ (11)	★★★★★	♥
Dinner Roll	★★★★☆ (12)	★★★★★	♥
Blueberries	★★★★☆ (10)	★★★★★	♥
Apple	★★★★☆ (8)	★★★★★	♥

Click menu item name to show ingredients and nutritional information

Rate a menu item

- Click the menu item name on the menu
- Click a ★ in the **Interact** group

"Favorite" a menu item

- Click the menu item name on the menu
- Click ♥ in the **Interact** group

To make a tray

- Click **Menus & Nutrition** → **School Menus**
- Click **Make a Tray**
- Click **Select** next to menu items to add to **My Tray** (dot turns blue like this ●)—following the listed rules
 - ★ When you see this, you have created a nutritionally balanced meal that meets current USDA guidelines.
- Click **Save Meal**

Lists all selected menu items along with picture, meal contributions, calories, and carbohydrates for each

Provides quick summary of meal contributions, calories, and carbohydrates

Click to see Fat, Cholesterol, Sodium, and other nutrient values for the selected meal

Shows allergens present in the selected meal

✓ **Tip** To see all the trays that you have created, click **Menus & Nutrition** → **My Trays**