

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

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

CLICK TO VIEW:  
ENTRÉES  
SIDES  
MILK  
A LA CARTE

Nutri-Cafe  
Lunch - Pizza  
Serving Date: August 10, 2010

Meal Calculator | CONDIMENTS | Calendar Menu

ALLERGENS | MAKE IT A MEAL

2.3 Help

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NUTRITION			
	Item	Tray	USDA Standard
Calories (Kcal)	0	903	825
Protein (g)	0	41	16
Carbs (g)	0	88	NA
Vitamin A (RE)	0	226	304
Vitamin A (IU)	0	0	NA
Vitamin C (mg)	0	7	16
Calcium (mg)	0	482	405
Sodium (mg)	0	1591	NA
Cholesterol (mg)	0	69	NA
Iron (mg)	0	2	4
Total Fat (g)	0	362%	30%
Sat. Fat (g)	0	129%	10%
Fiber	0	0	NA
Transfat	0	0	NA

ITEMS		Clear Tray	
Individual Item Pricing	5		\$3.40
<b>TOTAL PRICE - YOUR TRAY</b>			
Paid			\$2.40
Reduced			\$1.05
Free			\$0.05

Print | \$ Prepay | Exit

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: Tuesday 8/10/2010

Lunch ▾
Export Full List of Nutrients
Export Today's Nutrients
Back to Main Page

Entrees

Sides

Milk

MILK, 2% HALF PINTS  
MILK, CHOCOLATE 1/2%  
MILK, SKIM  
MILK, STRAWBERRY  
MILK, WHOLE

AlaCarte

Condiments

Cafe Calculator - Use the items on the left to create a Meal

You have selected Lunch

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		✕
Fresh Pear	81	0	0	1	21	32	0	6	13	1	0	0	0	0		✕
CRACKERS, ANIMAL PLN	120	2	0	2	23	0	0	0	0	95	0	0	0	0		✕
Salsa	65	0	0	3	13	995	0	7	22	778	0	4	0	0		✕
MILK, WHOLE	146	8	5	8	11	76	0	0	276	98	24	0	0	0	Milk	✕
	0	0	0	0	0	0	0	0	0	0	0	0	0	0		✕
	0	0	0	0	0	0	0	0	0	0	0	0	0	0		✕
	0	0	0	0	0	0	0	0	0	0	0	0	0	0		✕
	0	0	0	0	0	0	0	0	0	0	0	0	0	0		✕
	0	0	0	0	0	0	0	0	0	0	0	0	0	0		✕
<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>		Remove All