

MealViewer

- Nutrition Calculator

[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 “Let’s add it up” on the left side of the screen
- Select the meal you want (breakfast or lunch)
- Select the date you want
- Select the items the student took
- Adjust the portion size by how much the student ate with the +/- buttons
- Select “All nutritionals” on the right side of the screen
- If there are items the student took that are not listed on the menu, you can add them.
 - Scroll down and select “add/edit”
 - Scroll down until you find the item and select it
 - Once you’ve selected all the additional items, click on “update”
 - The added items should show up on menu screen
 - Select those new items
 - Adjust the portion size by how much the student ate with the +/- buttons
 - Select “All nutritionals” on the right side of the screen