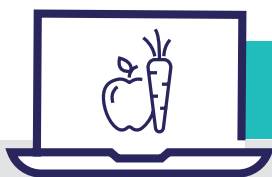


COMPREHENSIVE STUDENT NUTRITION INFORMATION AT YOUR FINGERTIPS

Your district's SodexoMyWay website has been integrated with our meal nutrition software. What does this mean for you?

- ✓ **Menu, Nutrition, and Allergen** information are found in one easy-to-navigate location, allowing students and families to tailor meal plans to meet their dietary needs.



HOW IT WORKS:

sodexo**MYWAY**.COM

Use the **date picker** to select the day of the week you'd like to view.

1

05/06/2019

Mon 6 Tue 7 Wed 8 Thu 9 Fri 10

NUTRITION LABELS

Click on the calories next to each menu item for a complete nutrition label.

NUTRITION CALCULATOR

LUNCH +

Entrées

- Italian Dunkers 310cal
- Strawberry Banana Parfait 280cal
- American Sandwich 330cal
- Barbecue Rib Sandwich 330cal

Fruits

- Orange Smiles 60cal
- Pineapple Tidbits 60cal

Milk

2

Applicable menus will display by category, i.e., Breakfast, Lunch, Supper, Snack. Click the **blue plus sign** next to each available category to expand the view.

3

Allergens are clearly indicated with **icons in red** next to each menu item.

Peanut Milk Eggs Wheat Soybean Fish Shellfish Treenuts

4

Click on an item's **calorie amount** to view a complete nutrition label.

Important Note:

Some menu items are displayed with nutrition that's inclusive of all possible combination options. These items are marked with an *.

- Click the **calorie count** next to any recipe.
- **View the combined nutrition** call-out at the bottom of the label.
- Click on each ingredient to view a separate nutrition label.
- **Calculate the custom nutrition** for the selected item.

***Combined nutrition includes:** | Shredded Mozzarella Cheese | Oven Fired Flatbread | Shredded Pepper Jack Cheese | Sliced Deli Turkey | Mini Sub Roll | Zesty Pepper Sub Roll

Contains: Milk, Eggs, Wheat, Soybean, Gluten

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CANCEL OK

Barbecue Rib Sandwich

Nutrition Facts

Portion Size 1 sandwich

Amount per serving

Calories 330

Calories from Fat 110

% Daily Value*

Total Fat 12g	15%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 860mg	37%
Total Carbohydrate 42g	15%
Dietary Fiber 4g	14%

Stay up-to-date on student nutrition! Visit your district's SodexoMyWay website today.