## **Toggle Calculators**



## Step 1. Click on Toggle Calculators

Step 2. Calculator icons will appear on each day. Click on calculator icon for the day you want.

## **Toggle Calculators**

Entrees				
Blueberry Pop-Tart				
Fudge Pop-Tart				
Strawberry Pop-Tart				
Chocolate Muffin				
Cinnamon Streusel Muffin				
Banana Muffin				
Blueberry Muffin				
Strawberry Uncrustable Sandwich	•			
Mini Chocolate Chip French Toast				
Sides				
Red Grapes				
Oranges				
Banana				
Sliced Apples				
Grape Juice				
Apple Juice	<b>v</b>			
Chocolate Chip Oatmeal Bar				
Lucky Charms Cereal				
Cinnamon Toast Crunch Cereal				
Chocolate Chip Gripz Graham				
Strawberry Yogurt Chex				
GoGurt Strawberry Yogurt				
Colby Jack Cheese Stick				
Mozzarella String Cheese				

Step 3. Click items that will be selecting for meal. Check mark appears by each item.

## Step 4. Click Calculate

Step 5. Nutrition Values appears for food selections (as seen below).

Į	Calculate Nutritional Values:		×
l	AddedSugar	0.00	
ı.	Calcium	69.67	
ı.	Calories	462.80	
	Carbohydrates	74.00	
	Cholesterol	0.00	
ı.	Fat	16.00	
I.	Fiber	5.10	
I.	Iron	2.29	
	Potassium	532.00	
	Protein	10.20	
***	SaturatedFat	3.50	
ŧ.	Sodium	288.10	
I.	Sugar	52.00	
I.	TransFat	0.00	
I.	VitaminA	0.00	
I.	VitaminC	0.00	
l	VitaminD	0.00	
		Close Reset	Calculate