




## Information at your Fingertips!

Starting this month, the Child Nutrition Department began publishing CCPS school menus online through an interactive program called Nutrislice. Nutrislice's technology allows not only menus, but also item descriptions, nutrition facts and even ingredient lists to be easily accessed from a computer or mobile device all from within one location!


### How can I access the menus?

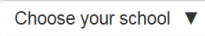
1. Visit the Calvertnet home page. Select "MENUS" from the "Quick Links" on the right side of the page, then click on the blue Nutrislice icon. 



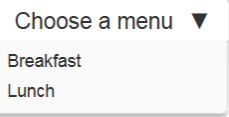
**OR**

Access the menus directly at [calvertnet.nutrislice.com](http://calvertnet.nutrislice.com)

2. Select your school from the dropdown box at the top of the page 



3. Select either "Breakfast" or "Lunch" 



4. Want to view menus in Spanish? Click on  and select Spanish.

Select Languages

5. Want to print menus? Click on 

Print Menu

### What information is available to me on the Nutrislice Menu Page?

1. Want to view a brief description of the menu item or view its nutrition facts? Hovering over the item with the cursor and *viola*, your information is available.


2. Want to provide us with valuable feedback on an item? Or course you do, who wouldn't?!? Hover over menu item and the option to provide a rating appears along with the nutrition information.

How would you rate this food?




3. Want to view ingredients? Click on  then hover over a menu item.

4. Want to view the carbohydrate content of an item? Click on 


5. Want more information about the "Assorted" choices on the menu (ex. "Assorted Fruit")? Click on 



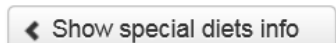
6. Want to view the À la carte list? Click on 

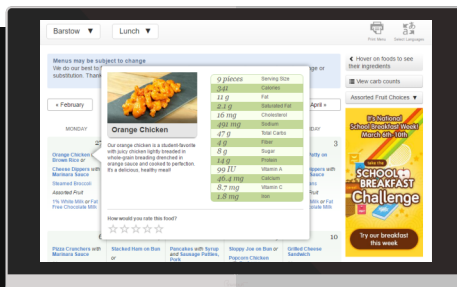
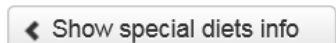
7. Want to view your student's purchases, check their balance or deposit money on their account? Click on 



8. Want to apply for meal benefits? Don't delay! Simply click on  to begin applying today!



9. **COMING SOON!** Allergen Information! Once this feature is up and running, click on 



**QUESTIONS?**  
Contact Valarie Parmer  
443.486.4027

See our school menus at:  
**[calvertnet.nutrislice.com](http://calvertnet.nutrislice.com)**