

# Accessing MealViewer for Nutritional Information about School Lunch Menu Items

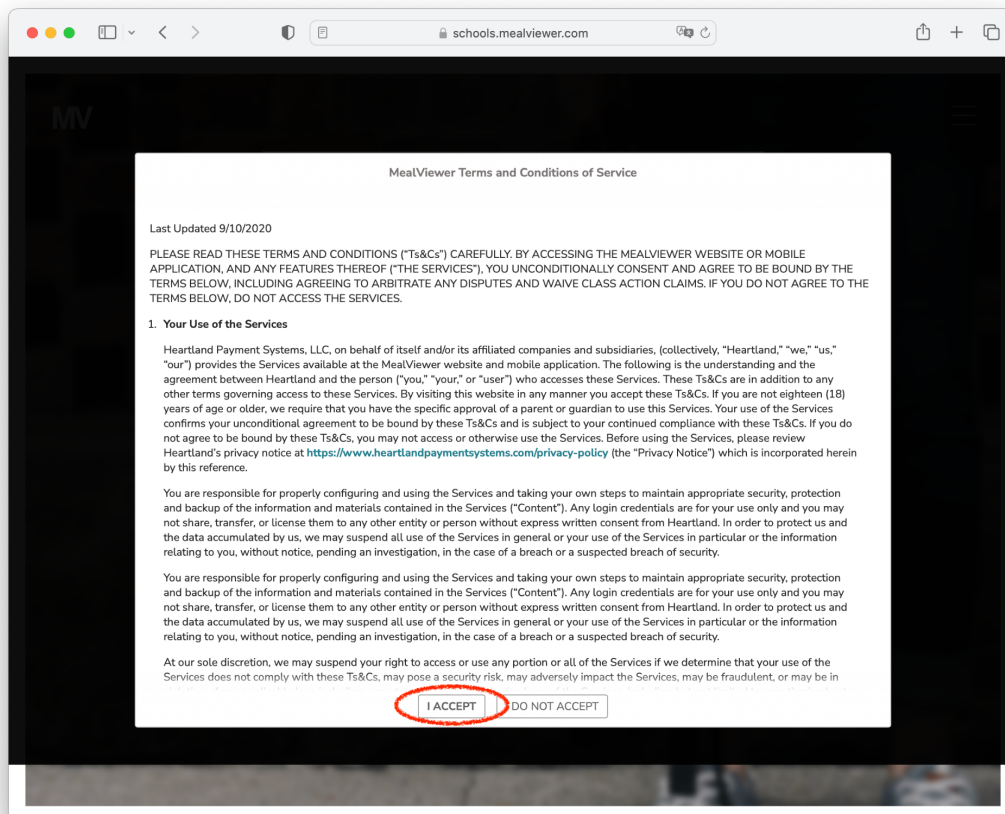
## MealViewer

MealViewer is the digital platform that houses all SD74 student lunch menus. Read on to learn how to create a MealViewer account to find nutritional information about menu items. **Please note that creating a MealViewer account is *not required*. It is an option for those families who wish to view nutritional information.** School lunch menus can be found on the SD74 website by clicking on the [Lunch Menus](#) icon.

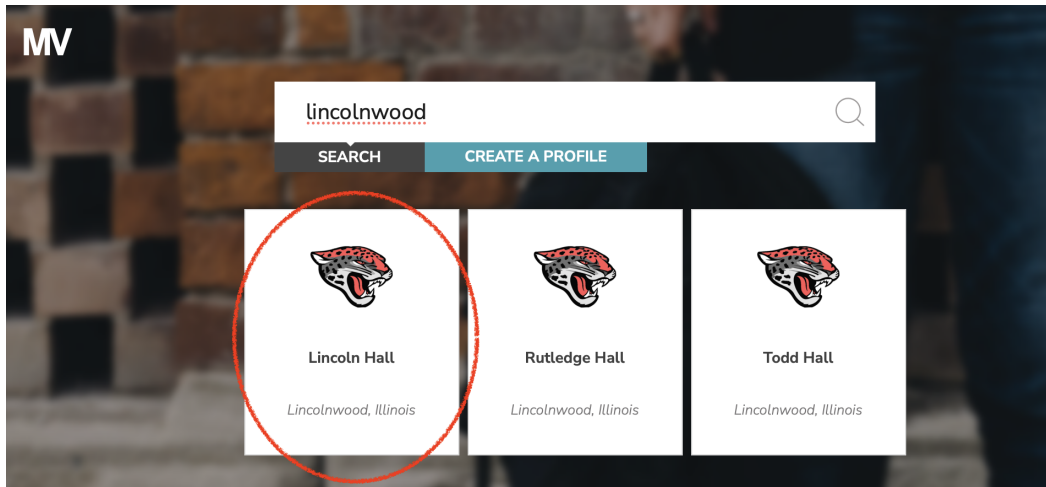
## Accessing MealViewer

Click on the following link to access MealViewer: [SD74 MealViewer](#).

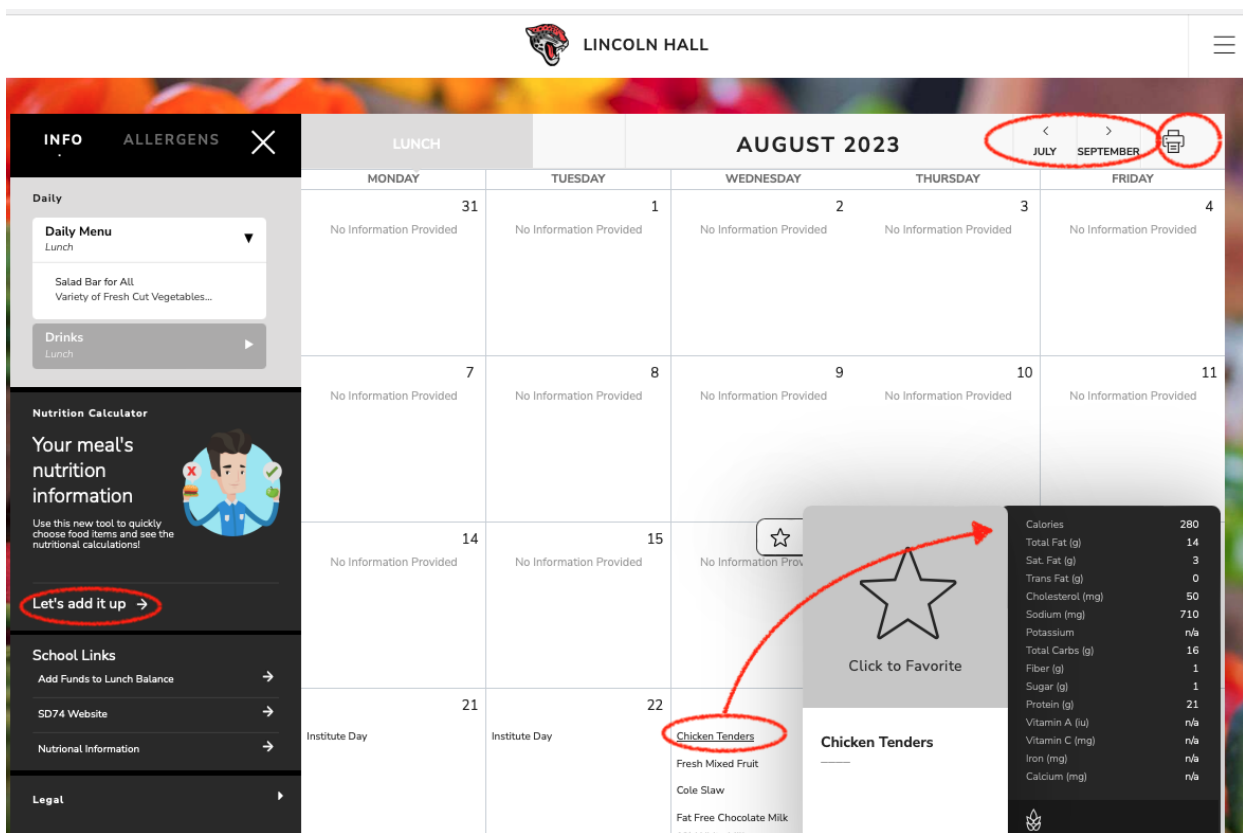
You must accept MealViewer's terms and conditions to proceed. Once you see the screen shown below, click 'I Accept.'



Click on your child's school. *Please note: Each school serves the same menu.*



The menu will display what is scheduled to be served each month. *Please note: Menus are typically created and uploaded no more than two months in advance.*



## Navigating the Menu and Viewing Nutritional Information

- To switch to another month, use the navigation buttons in the upper right hand corner of the screen. Here you can also print a hard copy at home.

- If you hover over the names of the menu items, both nutritional and allergy information will appear.
- On the left hand side of the screen, there is a link that says **Let's add it up**. Clicking on this link will allow you to calculate daily nutritional benefits.

**MealViewer** Lincoln Hall

Aug 23rd Lunch

Category	Item	Portion	Carbs
Entree	<input checked="" type="checkbox"/> Chicken Tenders	Full	16.0
Fruit	<input checked="" type="checkbox"/> Fresh Mixed Fruit	Full	0.0
Vegetable	<input checked="" type="checkbox"/> Cole Slaw	Full	6.0
Dairy	<input type="checkbox"/> Fat Free Chocolate Milk	None	20.0
Dairy	<input checked="" type="checkbox"/> 1% White Milk	Full	13.0
Dairy	<input type="checkbox"/> Water	None	0.0
Daily Menu	<input type="checkbox"/> Salad Bar for All <i>Variety of Fresh Cut Vegetables with Ranch Dressing</i>	None	3.0
Drinks	<input type="checkbox"/> 1% Milk	None	0.0
Drinks	<input type="checkbox"/> Spring Water	None	0.0
Drinks	<input type="checkbox"/> Fat Free Chocolate Milk	None	20.0

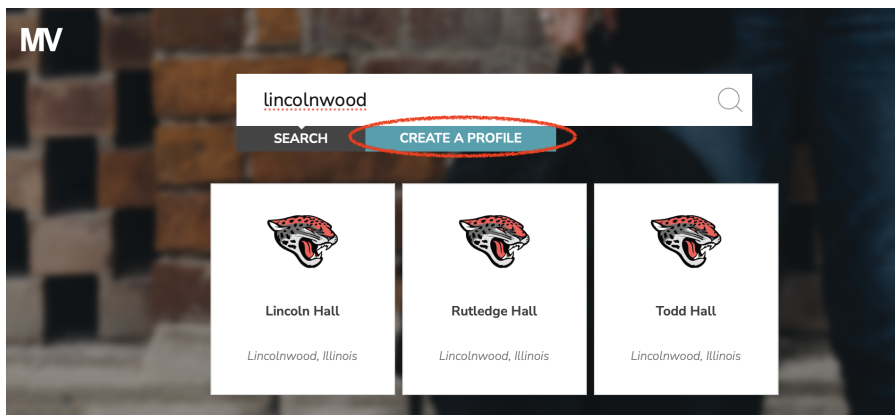
**Summary:** 420 Cal, 35 Carbs, 16.5 Fat

**All Nutritional:**

Calories	420
Total Fat (g)	16.5
Total Carbs (g)	35
Cholesterol (mg)	60
Sodium (mg)	840
Fiber (g)	3
Iron (mg)	0
Calcium (mg)	30
Vitamin A (iu)	10
Vitamin C (mg)	4
Protein (g)	30
Sat. Fat (g)	4.5
Trans Fat (g)	0
Sugar (g)	14
Potassium	90

## Creating A Profile To Track

On the main screen you also have the ability to create a profile and track your child's nutritional intake. You can do this by starting at the main page: [SD74 MealViewer](#) and clicking on **CREATE A PROFILE**, as shown below.



To start, you will need to enter basic demographic information about yourself and some information about your child.

First enter your **BIRTHDATE** and then click the **NEXT** button.

What is your birthdate?

Please enter your birthdate in order to create a profile. This information is not retained by MealViewer.

08/22/2023

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[Terms & Conditions](#)

[Privacy Notice](#)

Click that you are a **PARENT** and then click the **NEXT** button.

Are you a parent or student?

P	S
PARENT	STUDENT
✓	○

[or skip for now](#)

Enter your **CHILD'S NAME OR A NICKNAME** and then click the **NEXT** button.

# What is your child's name?

FIRST NAME / NICKNAME

John

Pick a profile color and then click the **NEXT** button.

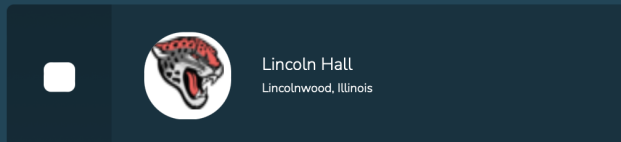
## Pick John's profile color



Find the correct school by typing in the first few letters of the school name, then put a check in the box next to the correct location. Click the **NEXT** button.




## Where does John go to school?

Lincoln Ha



Finally, select any allergies that your child might have and click the **NEXT** button.

## Does john have any allergies?

	MILK	I'M NOT ALLERGIC
	SHELLFISH	<b>YES, I'M ALLERGIC</b>
	SOY	I'M NOT ALLERGIC
	FISH	I'M NOT ALLERGIC
	PEANUT	I'M NOT ALLERGIC
	EGG	I'M NOT ALLERGIC

You can now complete the setup or add another child.

Once completed, the menu will look slightly different in certain areas for different children. For example, in the sample below, the child was set up as having gluten allergies. Because of this, items on the menu that contain wheat are now displayed in red with a line through them. In the upper left hand corner of the screen, information is displayed about foods the child should not consume.

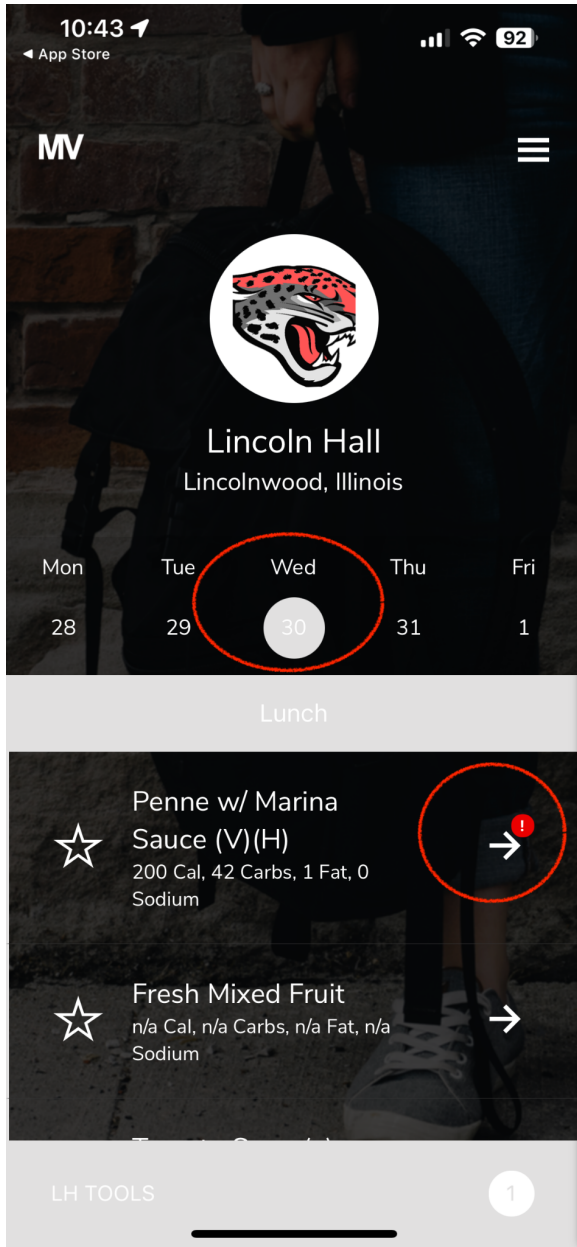
LUNCH		AUGUST 2023				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
31 No Information Provided	1 No Information Provided	2 No Information Provided	3 No Information Provided	4 No Information Provided		
7 No Information Provided	8 No Information Provided	9 No Information Provided	10 No Information Provided	11 No Information Provided		
14 No Information Provided	15 No Information Provided	16 No Information Provided	17 No Information Provided	18 No Information Provided		
21 Institute Day	22 Institute Day	23 Chicken-Tenders Fresh Mixed Fruit Cole Slaw Fat Free Chocolate Milk 1% White Milk Water	24 Beef (H) Taco Salad Seasonal Fruit Spanish Rice	25 Cheese-Pizza-(V) Fresh Mixed Fruit Carrot/Celery Sticks Fat Free Chocolate Milk 1% White Milk Water Buttermilk Ranch Dressing Cup		
28 All-Beef-Hot-Dog-(H)	29 Boneless-Chicken-Wings	30 Pasta-w/ Marinara-Sauce-(V)(H)	31 All Beef Hamburger(H)	1 Gritted-Cheese-(V)		

## Using the MealViewer Mobile App

MealViewer also offers the ability for you to view lunch menus and nutritional info, and track meals, from a mobile device. The application is available in both the Apple App Store and the Google Play Store. Links to both mobile applications can be found below.

- [APPLE APP STORE](#)
- [GOOGLE PLAY STORE](#)

The setup for this application is identical to the steps listed above. Once complete, you will be able to track the same info, but just on a mobile screen.



*Note: Please know that these applications are created and managed by Heartland Payment Systems Inc. Lincolnwood School District 74 can only provide limited technical support for this application and website.*