

FD MealPlanner user guide



FD MEALPLANNER USER GUIDE

This user guide will help you get setup and started with our new FD Mealplanner web-based and mobile app. Just follow the instructions below.

WEBBASED PLATFORM:

Type www.fdmealplanner.com in your computer's browser.

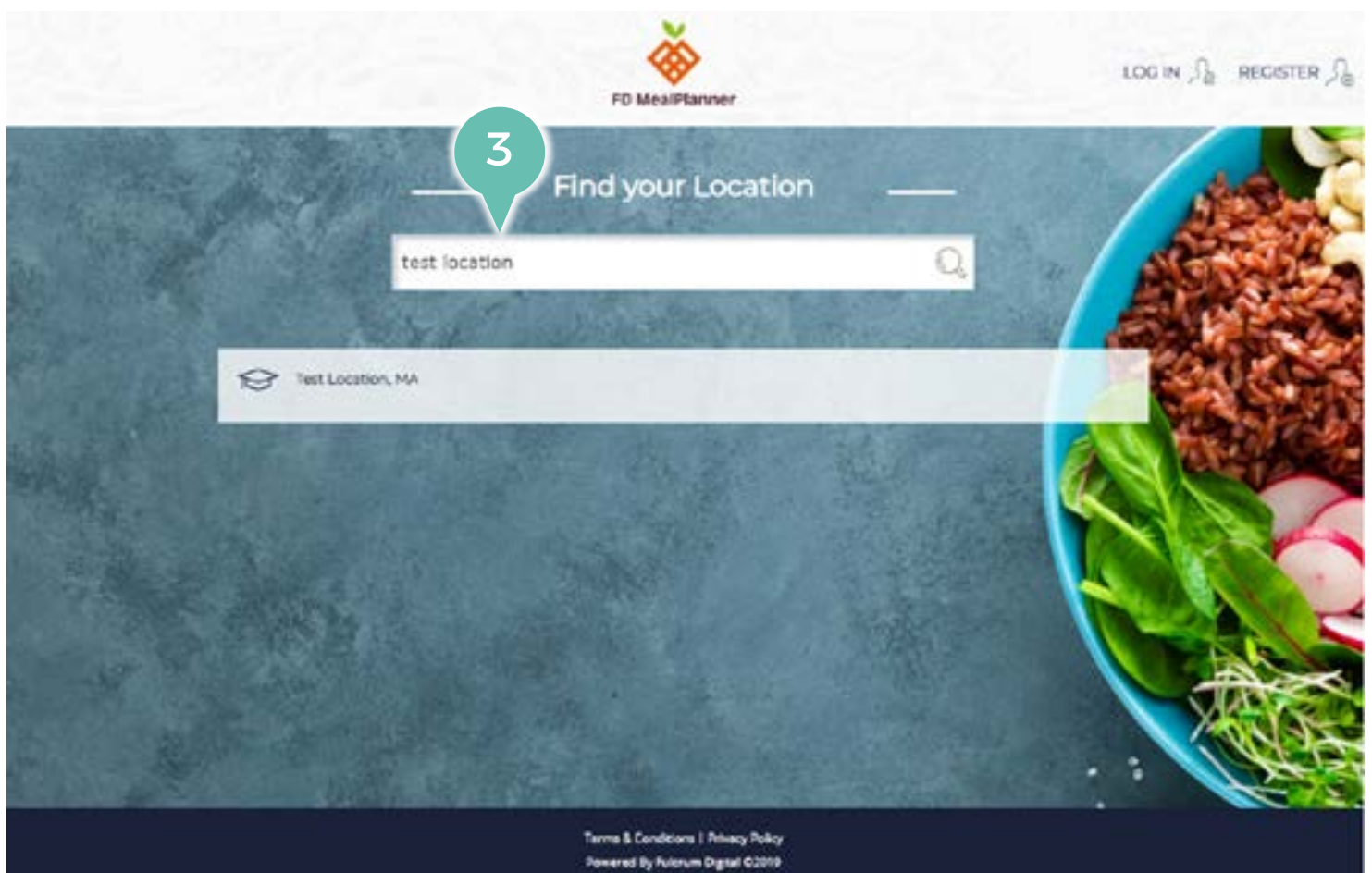
MOBILE PLATFORM:

Mobile users must download the free FDMealPlanner app. (IOS devices use the app store and Android devices the Google store).

*No user name or log in is required for either platform to view data and menus, however if you want to save data or preferences you will need to create a username and password.

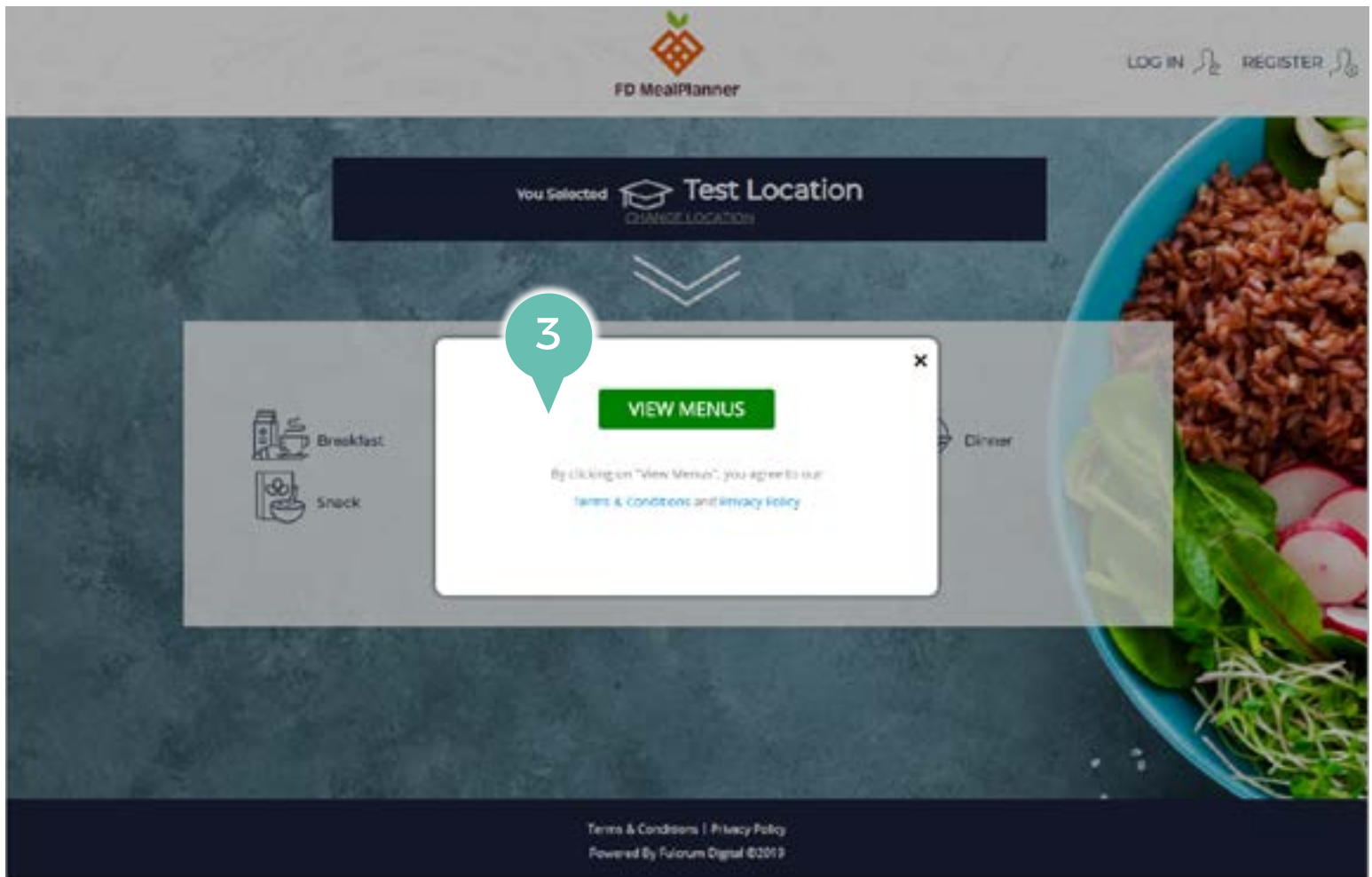
STEP 1:

In the search bar, under FIND YOUR LOCATION type in your district's name and click on the search icon. All schools in that district, serving breakfast and /or lunch, will appear.



STEP 2:

Select the school, then select the meal period. A pop up window will appear that says VIEW MENU, which is terms and conditions agreement for viewing menus. Click the green view menu button to proceed. The school selected will now appear.



STEP 3:

The default language is English. However, you can select another language to translate the menu from the top right corner.

STEP 4:

To view nutritional or allergen information, simply click on any menu item. You can also rate the meal, leave comments or save the meal in your preferences (user log in and password required for saving data.)

STEP 5:

In addition to seeing one menu item, you can build a meal to see what an entire days menu looks like. Click the orange BUILD A MEAL tab on the upper left side of the menu. Select a day from the date box. When the menu items appear in list format for the day selected, you can click the checkbox next to any menu item and the nutritional data and allergens will appear to the right. If you continue selecting multiple items that data will add up so you can see the total as a cumulative for the meal you have built. You can click on the menu items directly to view the ingredient statement information.

STEP 6:

To search for menu items that eliminating specific allergens or to use dietary preferences, use the allergen & dietary button. Items containing selected allergens will be struck through and ones with chosen dietary preferences will be highlighted. Once checked off, close the window using the X in the upper right corner.

The left side panels shows meal pricing, links to pre-paid options (if available in your district), and other information and resources.

The screenshot shows a school lunch menu website for 'CS_Test Location'. The top navigation bar includes a logo, the location name, a date selector for 'AUGUST 2019', a 'SELECT LANGUAGE' dropdown, and a 'PREP' button. On the left side, there are panels for 'MEAL PRICING' and 'PRE-PAID MEALS'. The main content area displays a grid of menu items for Monday through Friday. A callout '3' points to the 'SELECT LANGUAGE' dropdown. A callout '4' points to a detailed view of a 'Fruity Parfait' item, showing its ingredients, allergens, and a 'Rate and Comment' section. A callout '5' points to the 'ALLERGEN & DIETARY' filter buttons, and a callout '6' points to the 'BUILD A MEAL' button.

MEAL PRICING

Elementary Breakfast	NA
Elementary Lunch	\$1.25
High School Breakfast	\$1.25
Secondary HS and MS Lunch	\$2.25
Adult Lunch	\$4.00
Reduced Price Lunch	\$0.25
Milk	\$0.55
100% Juice	\$0.55

PRE-PAID MEALS

Elementary	Secondary
10 Meals = \$17.50 13 meals = \$23.50	
20 Meals = \$35.00 23 Meals = \$45.00	
30 Meals = \$52.50 33 Meals = \$67.50	

Food Service Director, Jimmy Jones
Jimmy.Jones@abc.com
Call: (123)123-1234

For every \$30.00 online prepayment made with using "My School Bucks" there will be an additional bonus meal added to your account.

ALLERGEN & DIETARY

- GLUTEN FREE (V) (H)
- VEGETARIAN (V)
- NO NUTS (V)
- NO EGGS (V)
- NO DAIRY (V)
- NO SOY (V)
- NO MSG (V)
- NO MSG PREPARED (V)
- NO MSG (V)
- NO MSG PREPARED (V)
- NO MSG (V)
- NO MSG PREPARED (V)
- NO MSG (V)
- NO MSG PREPARED (V)

BUILD A MEAL

Please click on any menu item to see its nutritional and allergen.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTREE Turkey Sandwich Meatloaf with Gravy	ENTREE Turkey Sandwich Surtis	ENTREE Turkey Sandwich Surtis	ENTREE Turkey Sandwich Surtis	ENTREE Turkey Sandwich Surtis
SIDE Mashed Potatoes Steamed Broccoli Side Salad Carrotines Fruit Pear Sliced Peaches	SIDE Carrotines Side of Carrots Cup'n Maple Carrots Side Salad Pineapple Tarts	SIDE Carrotines Side of Carrots Cup'n Maple Carrots Side Salad Pineapple Tarts	SIDE Carrotines Side of Carrots Cup'n Maple Carrots Side Salad Pineapple Tarts	SIDE Carrotines Side of Carrots Cup'n Maple Carrots Side Salad Pineapple Tarts
CONDIMENT Balsamic Dressing Light Italian Dressing Light Ranch Dressing Caesar Dressing Natural Chipotle Ranch Dressing Mustard Ketchup	CONDIMENT Balsamic Dressing Light Italian Dressing Light Ranch Dressing Caesar Dressing Natural Chipotle Ranch Dressing Mustard Ketchup	CONDIMENT Balsamic Dressing Light Italian Dressing Light Ranch Dressing Caesar Dressing Natural Chipotle Ranch Dressing Mustard Ketchup	CONDIMENT Balsamic Dressing Light Italian Dressing Light Ranch Dressing Caesar Dressing Natural Chipotle Ranch Dressing Mustard Ketchup	CONDIMENT Balsamic Dressing Light Italian Dressing Light Ranch Dressing Caesar Dressing Natural Chipotle Ranch Dressing Mustard Ketchup
BEVERAGE Apple 100% Juice Apple Grape 100% Juice 1% Milk Fat Free Chocolate Milk	BEVERAGE Apple 100% Juice Apple Grape 100% Juice 1% Milk Fat Free Chocolate Milk	BEVERAGE Apple 100% Juice Apple Grape 100% Juice 1% Milk Fat Free Chocolate Milk	BEVERAGE Apple 100% Juice Apple Grape 100% Juice 1% Milk Fat Free Chocolate Milk	BEVERAGE Apple 100% Juice Apple Grape 100% Juice 1% Milk Fat Free Chocolate Milk
ENTREE Turkey Sandwich Bacon & Cheddar Casserole	ENTREE Turkey Sandwich Meatloaf with Gravy	ENTREE Turkey Sandwich	ENTREE Turkey Sandwich Crescent Roll with Meat Sauce	ENTREE Turkey Sandwich Bacon Cheddar

Fruity Parfait

Generic: 47 kcal
Saturated Fat: 1 g
Protein: 4 mg
Carbohydrate: 8 g
Total Sugar: 11 g
Vitamin: 100%
Sodium: 27 mg

Fat: 8g
Total Fat: 8g
Sodium: 34mg
Dairy Fat: 8g
Protein: 4g
Vitamin: 3mg
Iron: 1mg

Rate and Comment