

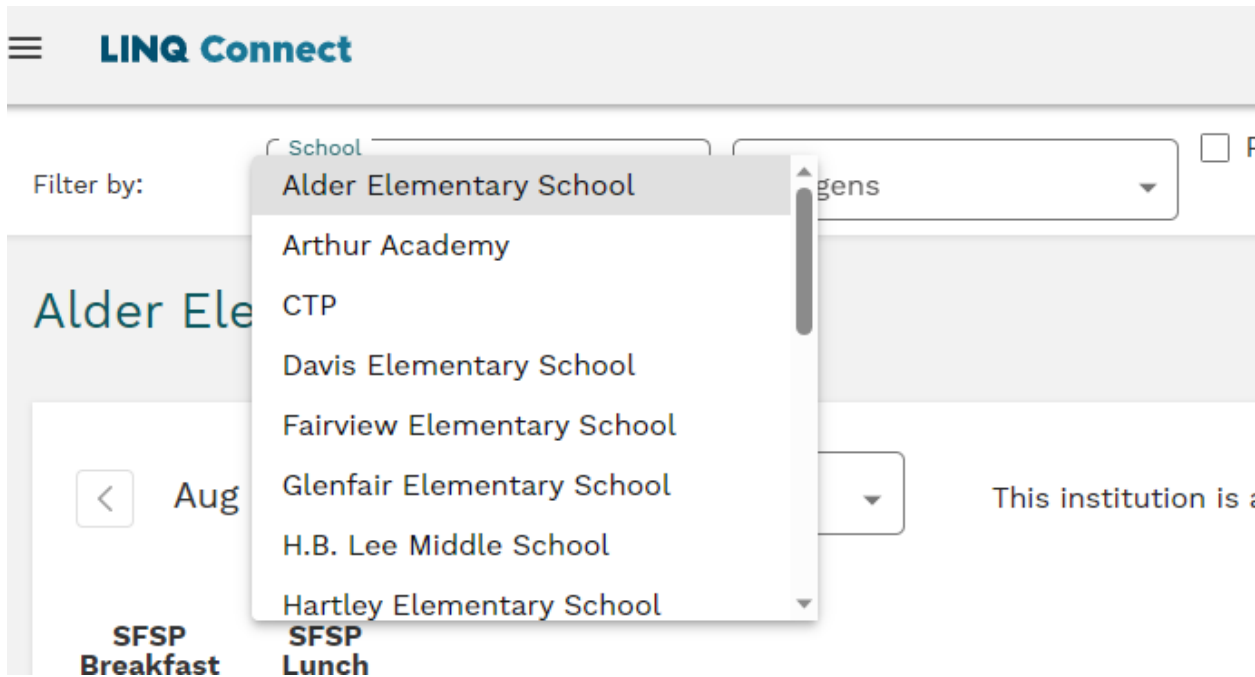
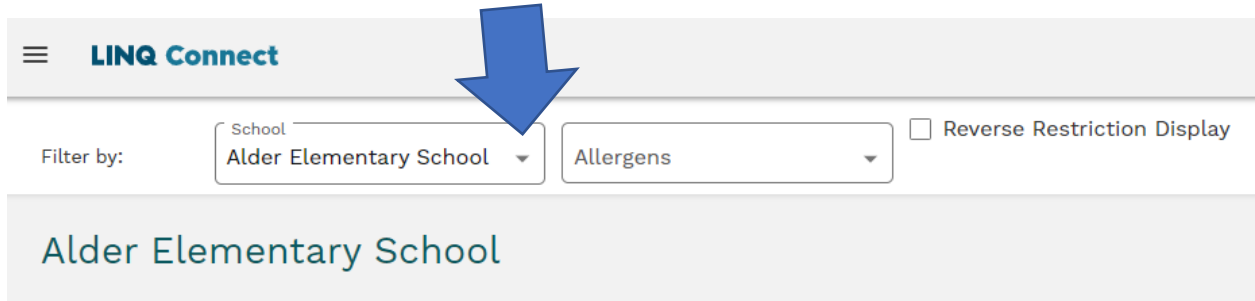
How to navigate digital menus using LINQ Connect

Go to the nutrition department webpage located at:

<https://www.reynolds.k12.or.us/nutrition>

Click on: ***View Menu Here***

Select the school menu you would like to view by selecting the down arrow on the Filter by school field. This is located at the top left hand-side of your screen.



Next change the dates to the dates you would like to review the menu. You can view the menu using the monthly or weekly feature. This is located under the name of the school, near the top left-hand side of your screen.

Filter by: Reverse Restriction Display

Davis Elementary School

Sep 1 - Sep 30

This institution is an equal opportunity provider

Breakfast Lunch

Monday	Tuesday	Wednesday
28	29	30
4	5	6
	Week 1 Tuesday	Week 1 Wednesday
	BREAKFAST ENTREE Waffle Mini Maple 72/2.65 oz (Sysco)	BREAKFAST ENTREE Banana Bread Slice
	FRUIT Applesauce Orange Juice	FRUIT Diced Peaches in Light Syrup Blueberries
	MILK 1% Low Fat White Milk Fat Free White Milk	MILK 1% Low Fat White Milk Fat Free White Milk

To change to the weekly view, change the calendar mode from monthly to weekly

Davis Elementary School

Sep 3 - Sep 9


Breakfast Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
	Week 1 Tuesday	Week 1 Wednesday	Week 1 Thursday	Week 1 Friday
	BREAKFAST ENTREE Waffle Mini Maple 72/2.65 oz (Sysco)	BREAKFAST ENTREE Banana Bread Slice	BREAKFAST ENTREE Turkey Sausage Breakfast Pizza	BREAKFAST ENTREE Cinnamon Bun
	FRUIT Applesauce Orange Juice	FRUIT Diced Peaches in Light Syrup Blueberries	FRUIT Fresh Strawberries Orange Juice	FRUIT Fresh Banana Mandarin Orange slices
	MILK 1% Low Fat White Milk Fat Free White Milk	MILK 1% Low Fat White Milk Fat Free White Milk	MILK 1% Low Fat White Milk Fat Free White Milk	MILK 1% Low Fat White Milk Fat Free White Milk
				EXTRAS Raspberry & Peach Yogurt

To change the menu type, click on the service type (i.e., breakfast, lunch or supper). Only the menus being offered for that school will be available.

Davis Elementary School

< Sep 3 - Sep 9 > Calendar Mode Weekly T

Breakfast Lunch 

Monday	
4	5


To view the allergy and nutritional information click on the menu item

Tuesday

5

Week 1 Tuesday

MAIN ENTREE

Bean & Cheese Burrito 


Baked Mozzarella Stuffed Breadsticks with Dipping Sauce

VEGETABLE

Seasoned Green Beans

A window will open with additional information. Please note, all items say none for dietary restrictions and religious restrictions. Allergy information is populated for each item.

Nutrition Information ×



Bean & Cheese Burrito

Allergens: Milk, Wheat, Soy

Dietary Restrictions: None

Religious Restrictions: None

Serving Size: 5.2oz

Calories **321**


Total Carbohydrate **44 g**


Ingredients:

To close this window, click on the x on the top right-hand side of the window.

To print the menu, click on the printer icon located on the top right-hand side of the screen

Davis Elementary School

Calendar Mode: Weekly (Sep 3 - Sep 9) | This institution is an equal opportunity provider | 

Menu Plan: 2023/2024 K-5 Lun... 

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
	Week 1 Tuesday	Week 1 Wednesday	Week 1 Thursday	Week 1 Friday
	MAIN ENTREE	MAIN ENTREE	MAIN ENTREE	MAIN ENTREE
	Bean & Cheese Burrito	Cheesy Nachos	Sandwich, SunButter & Jelly	Chicken Nuggets, Whole Grain

The window will open and gives you some additional options. If you would like the carb count to print on the menu select the nutrient box and click on the Total Carbohydrate box. This will add the Carb count to each item on the menu.

Print

Reynolds School District #7

September 2023 | Davis Elementary School | Lunch Menu | 2023/2024 K-5 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
	Week 1 Tuesday	Week 1 Wednesday	Week 1 Thursday	Week 1 Friday
	MAIN ENTREE	MAIN ENTREE	MAIN ENTREE	MAIN ENTREE
	Bean & Cheese Burrito 44 g Carb	Cheesy Nachos 26 g Carb	Sandwich, SunButter & Jelly 32 g Carb	Chicken Nuggets, Whole Grain 17 g Carb
	Baked Mozzarella Stuffed Breadsticks with Dipping Sauce 34 g Carb	Cheesy Beef Nacho 26 g Carb	Spaghetti with Beef 26 g Carb	Mandarin Chicken with Brown Rice 52 g Carb
	VEGETABLE	VEGETABLE	VEGETABLE	VEGETABLE
	Seasoned Green Beans 5 g Carb	Refried Beans 38 g Carb	Celery Sticks 3 g Carb	Seasoned Steamed Broccoli 4 g Carb
	FRUIT	FRUIT	FRUIT	FRUIT
	Mandarin Oranges, Fresh 23 g Carb	Fresh Apple 18 g Carb	D'anjou/bart Pear 17 g Carb	Fresh Apple 25 g Carb
	MILK	MILK	GRAIN	GRAIN
	1% Low Fat White Milk 13 g Carb	Fat Free Chocolate Milk 24 g Carb	Whole Grain Dinner Roll 14 g Carb	Whole Grain Dinner Roll 14 g Carb
	Fat Free Chocolate Milk	1% Low Fat White Milk 13 g Carb	MILK	

Protein
 Saturated Fat
 Sodium
 Sugars
 Total Carbohydrate
 Total Fat
 Trans Fat
 Vitamin A

CLOSE PRINT

To print the menu, click on the print button at the bottom of the screen. To close this screen, click the x on the top right-hand side of the screen.

Print

Reynolds School District #7

September 2023 | Davis Elementary School | Lunch Menu | 2023/2024 K-5 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday

Protein
 Saturated Fat
 Sodium
 Sugars
 Total Carbohydrate
 Total Fat
 Trans Fat
 Vitamin A

CLOSE PRINT

To review the menu to see what can be consumed after you identify an allergen, click the down arrow in the Allergens field at the top of the screen.

LINQ Connect

Filter by: School Alder Elementary School Allergens Reverse Restriction Display

Alder Elementary School

LINQ Connect

Filter by: School **Alder Elementary School** Allergens Reverse

Alder Elementary School

< Aug 1 - Aug 31 > Calendar Month Monthly

SFSP Breakfast **SFSP Lunch**

- Contains Pork
- Dairy
- Egg
- Fish
- Gluten Free
- May Contain: Peanuts, Tree Nuts
- Milk
- Peanuts

Click on all the allergens you need to omit from food.

LINQ Connect

Filter by: School **Alder Elementary School** Allergens Reverse


Alder Elementary School

< Aug 1 - Aug 31 > Calendar Month Monthly

SFSP Breakfast **SFSP Lunch**

- Contains Pork
- Dairy
- Egg
- Fish
- Gluten Free
- May Contain: Peanuts, Tree Nuts
- Milk
- Peanuts

The menu will now show items that have that allergen by crossing out the menu item. This indicates the allergen is in that item and students should not consume that food item.

 **LINQ Connect**

Filter by: School: Alder Elementary School Allergens: 2 allergies selected Reverse Restriction Display ?

Alder Elementary School


< Sep 1 - Sep 30 > Calendar Mode: Monthly This institution is an equal opportunity provider

Breakfast Lunch

Monday	Tuesday	Wednesday	Thursday
28	29	30	31
4	5	6	7
	Week 1 Tuesday	Week 1 Wednesday	Week 1 Thursday
	MAIN ENTREE Bean & Cheese Burrito Baked Mozzarella Stuffed Breadsticks with Dipping Sauce VEGETABLE Seasoned Green Beans FRUIT Mandarin Oranges, Fresh	MAIN ENTREE Cheesy Nachos Cheesy Beef Nacho VEGETABLE Refried Beans FRUIT Fresh Apple	MAIN ENTREE Sandwich, SunButter & Jelly Spaghetti with Beef VEGETABLE Celery Sticks FRUIT D'anjou/bart Pear

To view the menus in another language, click on the three lines at the top of the left-hand side of the screen.



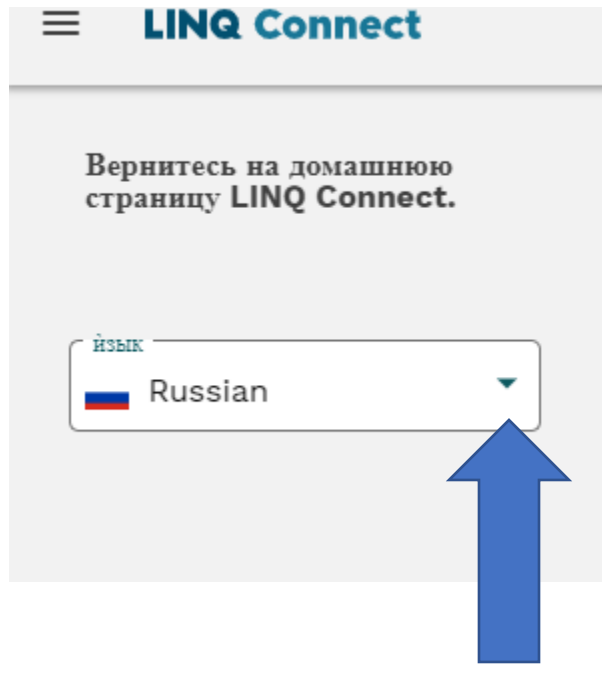
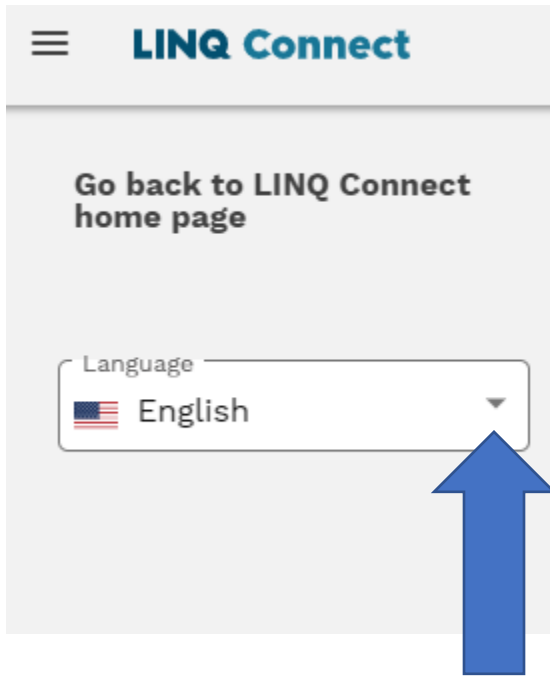
 **LINQ Connect**

Filter by: School: Alder Elementary School Allergens: 2 allergies sele

Alder Elementary School

< Sep 1 - Sep 30 > Calendar Mode: Monthly

The language window will open. Click on the down arrow to see all available languages.



Сортировать по: Школа Alder Elementary School | Иллергены | Отображение обратного ограничений

Alder Elementary School

сент. 1 - сент. 30 | Календарный режим еженедельно | Это учреждение предоставляет равные возможности

Завтрак | Обед | План меню: 2023/2024 Завтрак ...

понедельник	вторник	среда	четверг	пятница
28	29	30	31	1
4	5	6	7	8
	Неделя 1 Вторник	Неделя 1 Среда	Неделя 1 Четверг	Неделя 1 Пятница
	ОСНОВНОЕ БЛЮДО НА ЗАВТРАК Вафли Мини кленовые 72/2,65 унции (Суесо)	ОСНОВНОЕ БЛЮДО НА ЗАВТРАК Ломтик бананового хлеба	ОСНОВНОЕ БЛЮДО НА ЗАВТРАК Пицца на завтрак с сосисками из индейки	ОСНОВНОЕ БЛЮДО НА ЗАВТРАК Булочка с корицей
	ФРУКТЫ Яблочное пюре апельсиновый сок	ФРУКТЫ Нарезанные кубиками персики в легком сиропе Черника	ФРУКТЫ Свежая клубника апельсиновый сок	ФРУКТЫ Свежий банан Дольки мандарина
	МОЛОКО 1%-ное нежирное белое молоко Обезжиренное белое молоко	МОЛОКО 1%-ное нежирное белое молоко Обезжиренное белое молоко	МОЛОКО 1%-ное нежирное белое молоко Обезжиренное белое молоко	МОЛОКО 1%-ное нежирное белое молоко Обезжиренное белое молоко