## Please note: The menu is subject to change without notice. The most accurate menu offerings are reflected at linqconnect.com

PESD SY 23-24, K8 Lunch Menu					
	Manday		Week 1	Thursday	Evident
Entree 1	Monday  Chicken Sandwich	Orange Chicken + Fried Rice	Bean & Cheese Burrito	Thursday Chicken Nuggets + Roll	Cheese or Pepperoni Pizza
Entree 2	Strawberry Yogurt Meal (Yogurt + Granola +	Peanut Butter & Jelly Sandwich	Entree Salad + Dinner Roll	Taco Hummus Meal (Hummus + Tortilla Chips + Cheese Stick)	Peanut Butter & Jelly Sandwich
Manadala.	Burger Toppings (Lettuce + Tomato)	Steamed Broccoli	Corn	Side Salad	Peas
Vegetables	French Fries	Baby Carrots	Com	Baby Carrots	Frozen Vegetable & Fruit Juice Slush
Fruit	Apple	Mandarin Oranges	Orange	Sliced Peaches	Nectarine
	Craisins or Raisins	Craisins or Raisins	Craisins or Raisins	Craisins or Raisins	Craisins or Raisins
Milk	1		ite Milk, Skim Milk, or	Chocolate Skim Mi	lk
	Monday	Tuesday	Week 2 Wednesday	Thursday	Friday
Entree 1	Hamburger or Cheeseburger	Chicken & Vegetable Dumplings + Fried Rice	Corn Dog	Lasagna + Dinner Roll	Deli Sandwich
Entree 2	Red Pepper Hummus Meal (Hummus +Tortilla Chips +	Peanut Butter & Jelly Sandwich	Taco Salad	Taco Hummus Meal (Hummus + Tortilla Chips + Cheese Stick)	Vanilla Yogurt Meal (Yogurt + Granola + Cheese Stick)
Manadala.	Burger Toppings (Lettuce + Tomato)	Baby Carrots	Baked Beans	Steamed Broccoli	Sandwich Toppings (Lettuce + Tomato)
Vegetables	French Fries	Peas	bakea beans	Baby Carrots	Frozen Vegetable & Fruit Juice Slush
Fruit	Sliced Pears	Apple	Mandarin Oranges	Orange	Sliced Peaches
A 4201	Craisins or Raisins	Craisins or Raisins	Craisins or Raisins	Craisins or Raisins	Craisins or Raisins
	Milk Choices: 1% White Milk, Skim Milk, or Chocolate Skim Milk				
Milk	ı			Chocolate 2kim Mi	IK
MIIK	Monday		Week 3 Wednesday	Thursday	Friday
Entree 1		<b>Tuesday</b> Hot Dog	Week 3		Friday  Cheese or Pepperoni Pizza
	Monday Pizza Sticks &	Tuesday	Week 3 Wednesday	Thursday Chicken	<b>Friday</b> Cheese or
Entree 1 Entree 2	Monday Pizza Sticks & Marinara Sauce Entree Salad + Dinner Roll	Tuesday  Hot Dog  Red Pepper Hummus  Meal (Hummus +	Week 3 Wednesday Mac and Cheese Peanut Butter & Jelly Sandwich	Thursday Chicken Sandwich Entree Salad +	Friday  Cheese or Pepperoni Pizza  Strawberry Yogurt Meal
Entree 1	Monday Pizza Sticks & Marinara Sauce Entree Salad +	Tuesday  Hot Dog  Red Pepper Hummus  Meal (Hummus +  Tortilla Chips +  Baked Beans  Baby Carrots	Week 3 Wednesday Mac and Cheese Peanut Butter &	Thursday Chicken Sandwich Entree Salad + Dinner Roll Burger Toppings	Friday  Cheese or Pepperoni Pizza  Strawberry Yogurt Meal (Yogurt + Granola +
Entree 1 Entree 2	Monday Pizza Sticks & Marinara Sauce Entree Salad + Dinner Roll	Tuesday  Hot Dog  Red Pepper Hummus  Meal (Hummus +  Tortilla Chips +  Baked Beans	Week 3 Wednesday Mac and Cheese Peanut Butter & Jelly Sandwich	Thursday Chicken Sandwich Entree Salad + Dinner Roll Burger Toppings (Lettuce + Tomato)	Friday  Cheese or Pepperoni Pizza  Strawberry Yogurt Meal (Yogurt + Granola +  Corn  Frozen Vegetable
Entree 1 Entree 2 Vegetables Fruit	Monday Pizza Sticks & Marinara Sauce Entree Salad + Dinner Roll Steamed Broccoli Apple Craisins or Raisins	Tuesday  Hot Dog  Red Pepper Hummus Meal (Hummus + Tortilla Chips +  Baked Beans  Baby Carrots  Mandarin Oranges  Craisins or Raisins	Week 3 Wednesday  Mac and Cheese Peanut Butter & Jelly Sandwich  Cucumber Slices  Orange  Craisins or Raisins	Chicken Sandwich Entree Salad + Dinner Roll Burger Toppings (Lettuce + Tomato) French Fries Sliced Peaches Craisins or Raisins	Cheese or Pepperoni Pizza Strawberry Yogurt Meal (Yogurt + Granola + Corn Frozen Vegetable & Fruit Juice Slush Nectarine Craisins or Raisins
Entree 1 Entree 2 Vegetables	Monday Pizza Sticks & Marinara Sauce Entree Salad + Dinner Roll Steamed Broccoli Apple Craisins or Raisins	Tuesday  Hot Dog  Red Pepper Hummus  Meal (Hummus +  Tortilla Chips +  Baked Beans  Baby Carrots  Mandarin  Oranges  Craisins or Raisins  Wilk Choices: 1% Wh	Week 3 Wednesday  Mac and Cheese Peanut Butter & Jelly Sandwich  Cucumber Slices  Orange  Craisins or Raisins ite Milk, Skim Milk, or	Chicken Sandwich Entree Salad + Dinner Roll Burger Toppings (Lettuce + Tomato) French Fries Sliced Peaches Craisins or Raisins	Cheese or Pepperoni Pizza Strawberry Yogurt Meal (Yogurt + Granola + Corn Frozen Vegetable & Fruit Juice Slush Nectarine Craisins or Raisins
Entree 1 Entree 2 Vegetables Fruit	Monday Pizza Sticks & Marinara Sauce Entree Salad + Dinner Roll Steamed Broccoli Apple Craisins or Raisins	Tuesday  Hot Dog  Red Pepper Hummus Meal (Hummus + Tortilla Chips +  Baked Beans  Baby Carrots  Mandarin Oranges  Craisins or Raisins  Milk Choices: 1% Wh	Week 3  Wednesday  Mac and Cheese  Peanut Butter & Jelly Sandwich  Cucumber Slices  Orange  Craisins or Raisins  ite Milk, Skim Milk, or	Chicken Sandwich Entree Salad + Dinner Roll Burger Toppings (Lettuce + Tomato) French Fries Sliced Peaches Craisins or Raisins Chocolate Skim Mi	Cheese or Pepperoni Pizza Strawberry Yogurt Meal (Yogurt + Granola + Corn Frozen Vegetable & Fruit Juice Slush Nectarine Craisins or Raisins Ik
Entree 1 Entree 2 Vegetables Fruit	Monday Pizza Sticks & Marinara Sauce Entree Salad + Dinner Roll Steamed Broccoli Apple Craisins or Raisins	Tuesday  Hot Dog  Red Pepper Hummus  Meal (Hummus +  Tortilla Chips +  Baked Beans  Baby Carrots  Mandarin  Oranges  Craisins or Raisins  Wilk Choices: 1% Wh	Week 3 Wednesday  Mac and Cheese Peanut Butter & Jelly Sandwich  Cucumber Slices  Orange  Craisins or Raisins ite Milk, Skim Milk, or	Chicken Sandwich Entree Salad + Dinner Roll Burger Toppings (Lettuce + Tomato) French Fries Sliced Peaches Craisins or Raisins	Cheese or Pepperoni Pizza Strawberry Yogurt Meal (Yogurt + Granola + Corn Frozen Vegetable & Fruit Juice Slush Nectarine Craisins or Raisins
Entree 1 Entree 2 Vegetables Fruit Milk	Monday Pizza Sticks & Marinara Sauce Entree Salad + Dinner Roll Steamed Broccoli Apple Craisins or Raisins	Tuesday  Hot Dog  Red Pepper Hummus Meal (Hummus + Tortilla Chips +  Baked Beans  Baby Carrots  Mandarin Oranges  Craisins or Raisins  Milk Choices: 1% Wh	Week 3 Wednesday  Mac and Cheese Peanut Butter & Jelly Sandwich  Cucumber Slices  Orange  Craisins or Raisins iite Milk, Skim Milk, or Week 4 Wednesday Hamburger or	Chicken Sandwich Entree Salad + Dinner Roll Burger Toppings (Lettuce + Tomato) French Fries Sliced Peaches Craisins or Raisins Chocolate Skim Mi Thursday Chicken Wings +	Cheese or Pepperoni Pizza Strawberry Yogurt Meal (Yogurt + Granola + Corn Frozen Vegetable & Fruit Juice Slush Nectarine  Craisins or Raisins lk  Friday Cheese or
Entree 1 Entree 2  Vegetables  Fruit  Milk  Entree 1  Entree 2	Monday Pizza Sticks & Marinara Sauce Entree Salad + Dinner Roll Steamed Broccoli Apple Craisins or Raisins Monday Tamales Entree Salad +	Tuesday  Hot Dog  Red Pepper Hummus Meal (Hummus + Tortilla Chips +  Baked Beans  Baby Carrots  Mandarin Oranges  Craisins or Raisins  Wilk Choices: 1% Wh  Tuesday  Mac and Cheese  Taco Hummus Meal (Hummus + Tortilla	Week 3  Wednesday  Mac and Cheese  Peanut Butter & Jelly Sandwich  Cucumber Slices  Orange  Craisins or Raisins  ite Milk, Skim Milk, or  Week 4  Wednesday  Hamburger or Cheeseburger  Peanut Butter &	Thursday Chicken Sandwich Entree Salad + Dinner Roll Burger Toppings (Lettuce + Tomato) French Fries Sliced Peaches Craisins or Raisins Chocolate Skim Mi Thursday Chicken Wings + Dinner Roll Entree Salad +	Cheese or Pepperoni Pizza Strawberry Yogurt Meal (Yogurt + Granola + Corn Frozen Vegetable & Fruit Juice Slush Nectarine Craisins or Raisins lik Friday Cheese or Pepperoni Pizza Vanilla Yogurt + Granola + Yogurt + Granola + Gr
Entree 1 Entree 2 Vegetables Fruit Milk Entree 1	Monday Pizza Sticks & Marinara Sauce Entree Salad + Dinner Roll Steamed Broccoli Apple Craisins or Raisins Monday Tamales Entree Salad + Dinner Roll	Tuesday  Hot Dog  Red Pepper Hummus Meal (Hummus + Tortilla Chips +  Baked Beans  Baby Carrots  Mandarin Oranges  Craisins or Raisins  Wilk Choices: 1% Wh  Tuesday  Mac and Cheese  Taco Hummus Meal (Hummus + Tortilla Chips + Cheese Stick)	Week 3  Wednesday  Mac and Cheese  Peanut Butter & Jelly Sandwich  Cucumber Slices  Orange  Craisins or Raisins ite Milk, Skim Milk, or Week 4  Wednesday  Hamburger or Cheeseburger  Peanut Butter & Jelly Sandwich	Chicken Sandwich Entree Salad + Dinner Roll Burger Toppings (Lettuce + Tomato) French Fries Sliced Peaches Craisins or Raisins Chocolate Skim Mi Thursday Chicken Wings + Dinner Roll Entree Salad + Dinner Roll	Cheese or Pepperoni Pizza Strawberry Yogurt Meal (Yogurt + Granola + Corn Frozen Vegetable & Fruit Juice Slush Nectarine Craisins or Raisins Ik Friday Cheese or Pepperoni Pizza Vanilla Yogurt Meal (Yogurt + Granola + Cheese Stick)
Entree 1 Entree 2  Vegetables  Fruit  Milk  Entree 1  Entree 2	Monday Pizza Sticks & Marinara Sauce Entree Salad + Dinner Roll Steamed Broccoli Apple Craisins or Raisins  Monday Tamales Entree Salad + Dinner Roll Black Beans	Tuesday  Hot Dog  Red Pepper Hummus Meal (Hummus + Tortilla Chips +  Baked Beans  Baby Carrots  Mandarin Oranges  Craisins or Raisins  Milk Choices: 1% Wh  Tuesday  Mac and Cheese  Taco Hummus Meal (Hummus + Tortilla Chips + Cheese Stick)  Side Salad	Week 3  Wednesday  Mac and Cheese  Peanut Butter & Jelly Sandwich  Cucumber Slices  Orange  Craisins or Raisins  wite Milk, Skim Milk, or Week 4  Wednesday  Hamburger or Cheeseburger  Peanut Butter & Jelly Sandwich  Burger Toppings	Chicken Sandwich Entree Salad + Dinner Roll Burger Toppings (Lettuce + Tomato) French Fries Sliced Peaches Craisins or Raisins Chocolate Skim Mi Thursday Chicken Wings + Dinner Roll Entree Salad + Dinner Roll Steamed Broccoli	Cheese or Pepperoni Pizza Strawberry Yogurt Meal (Yogurt + Granola + Corn Frozen Vegetable & Fruit Juice Slush Nectarine Craisins or Raisins lik  Friday Cheese or Pepperoni Pizza Vanilla Yogurt + Granola + Cheese Stick) Corn Frozen Vegetable
Entree 1 Entree 2  Vegetables  Fruit  Milk  Entree 1  Entree 2  Vegetables	Monday Pizza Sticks & Marinara Sauce Entree Salad + Dinner Roll Steamed Broccoli Apple Craisins or Raisins  Monday Tamales Entree Salad + Dinner Roll Black Beans Salsa Sliced Pears Craisins or Raisins	Tuesday  Hot Dog  Red Pepper Hummus Meal (Hummus + Tortilla Chips +  Baked Beans  Baby Carrots  Mandarin Oranges  Craisins or Raisins  Wilk Choices: 1% Wh  Tuesday  Mac and Cheese  Taco Hummus Meal (Hummus + Tortilla Chips + Cheese Stick)  Side Salad  Peas  Apple  Craisins or Raisins	Week 3  Wednesday  Mac and Cheese  Peanut Butter & Jelly Sandwich  Cucumber Slices  Orange  Craisins or Raisins  iite Milk, Skim Milk, or  Week 4  Wednesday  Hamburger or Cheeseburger  Peanut Butter & Jelly Sandwich  Burger Toppings  French Fries	Chicken Sandwich Entree Salad + Dinner Roll Burger Toppings (Lettuce + Tomato) French Fries Sliced Peaches Craisins or Raisins Chocolate Skim Mi Thursday Chicken Wings + Dinner Roll Entree Salad + Dinner Roll Steamed Broccoli Baby Carrots Orange Craisins or Raisins	Cheese or Pepperoni Pizza Strawberry Yogurt Meal (Yogurt + Granola + Corn Frozen Vegetable & Fruit Juice Slush Nectarine Craisins or Raisins lk Friday Cheese or Pepperoni Pizza Vanilla Yogurt + Granola + Cheese Stick) Corn Frozen Vegetable & Fruit Juice Slush Sliced Peaches Craisins or Raisins

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Week 1	Week 2	Week 3	Week 4
8/2-8/4	8/7-8/11	8/14-8/18	8/21-8/25
8/28-9/1	9/5-9/8	9/11-9/15	9/18-9/22
9/25-9/29	10/2-10/6	10/17-10/20	10/23-10/27
10/30-11/3	11/6-11/9	11/13-11/17	11/27-12/1
12/4-12/8	12/11-12/15	12/18-12/20	1/9-1/12
1/16-1/19	1/22-1/26	1/29-2/2	2/5-2/9
2/12-2/16	2/20-2/23	2/26-3/1	3/4-3/8
3/19-3/22	3/25-3/29	4/1-4/5	4/8-4/12
4/15-4/19	4/22-4/26	4/29-5/3	5/6-5/10
5/13-5/17	5/20-5/23		

Updated 8/11/23 - MNM

