




# AUGUST 2023 LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	CAFETERIA NEWS
<p><b>NEW!! LINQ Connect</b> is a secure online portal that allows families to make online meal payments, check meal balances, transfer funds between students, set low balance email message alerts and more!            Download the app from the Google Play or Apple Store or visit <a href="http://LINQConnect.com">LINQConnect.com</a>. Register and add your child to your account. You can also submit an online application for Free and/or Reduced Meals.</p>					
 <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><b>Lunch Meal Prices for 2023-2024</b>            K-4<sup>th</sup> grade - \$2.10      5-8<sup>th</sup> grade - \$2.35            9-12<sup>th</sup> grade - \$2.45            Reduced Price <del>-\$1.40</del> No Cost For Reduced Meals!!</p> </div>					
21	22	23	24	25	
Hamburger Patty WG Bun Baked Fries Carrot Sticks Mandarin Oranges Milk	Popcorn Chicken Scooby Graham Seasoned Corn Celery Sticks/PB Cup Pineapple Milk	Spaghetti w/meat sauce Garlic Bread Stick Steamed Peas Cucumber Slices Fresh Fruit Milk	Walking Taco Lettuce & Cheese Seasoned Black Beans Applesauce Cookie Milk	Big Daddy Cheese Pizza Steamed Broccoli w/cheese Carrot Sticks/Dip Peaches Milk	<p><b>K-4 Lunch Options</b>            Mon, Wed, Fri -- PBJ Meal            Tues, Thurs --Salad Meal  <b>PBJ Meal</b> includes bread item, veggie and fruit choice, milk.  <b>Salad Meal</b> includes bread item, veggie and fruit choice, dressing cup, milk.</p> <p>🍏🍏🍏🍏🍏🍏🍏🍏🍏🍏  <b>Lunch Option Daily 5<sup>th</sup> -12<sup>th</sup></b>  <b>Salad meal</b>- choice of meat and cheese toppings, choice veggie and fruit, bread item and milk  <b>PB&amp;J Meal</b> -choice veggie and fruit, bread item, cheese stick or yogurt and milk</p> <p>Milk choices with meals: 1% white and chocolate and skim strawberry.            A' la carte milk is \$.50</p> <p><i>** Meal Applications can be completed anytime during the school year.</i></p>
28	29	30	31		
K-4 Chicken Nuggets K-4 Breadstick Bites 5-12 Brd Chicken/Bun Green Beans Carrot Sticks Pears Milk	Ham & Cheese Hot Pocket Baked Sweet Potato Fries Celery Sticks/PB Cup Mandarin Oranges Milk	Hotdog/Bun 9-12 Sunchips Baked Beans Cucumber Slices Fresh Fruit Milk	Salisbury Steak Mashed Potatoes/Gravy Bread/Margarine Broccoli & Cauliflower Pineapple Milk		
<div style="border: 1px solid black; padding: 10px; font-size: 24px; font-weight: bold;">             Welcome Back Parkway Students!!           </div>					
					<p>New online payment system!!  <a href="https://lingconnect.com">https://lingconnect.com</a> is an easy way to track meal balances and make payments.</p>