NAVIGATING SCHOOL MENUS WITH LINQ Connect

1 Getting Started

- Visit the Portal: Go to linqconnect.com or download the LINQ Connect app from the App Store or Google Play.
- Find Your School: You do not need to log in to view menus. Simply click on "Check District Menus" and type in your school district's name.
- Select Your School & Meal: Choose your specific school building and the meal type (Breakfast or Lunch).

2 How to Filter for Allergens

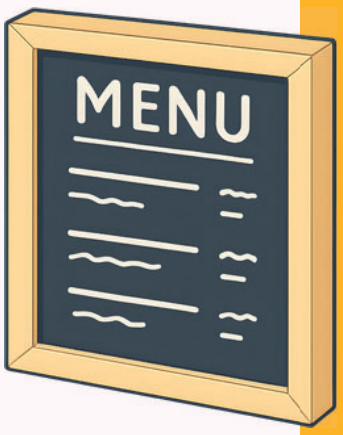
- Locate the Filter Icon: Look for the funnel or "Filter" icon (located in the top right or sidebar of the menu view).
- Select Allergens: Toggle the switches for the allergens you need to avoid. The system tracks the "Top 9":
- Milk, Eggs, Fish, Shellfish, Tree Nuts, Nuts, Gluten/Wheat, Soy, and Sesame.
- View Results: Once selected, the menu will automatically update. Items containing those allergens will be "greyed & crossed out" leaving only the safe choices active.

3 Accessing Nutrition Facts & Carb Counts

- Simply click or tap on the name of any menu item or recipe.
- A pop-up window will appear displaying:
  - Total Carbohydrates
  - Fiber, Protein, and Fats
  - Calories and Added Sugars
  - Full Ingredient List
  - Product Photo (if available)



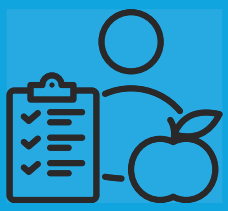
PRO-TIPS FOR PARENTS & STAFF



If you prefer a physical copy, look for the "Print" icon. You can print the filtered version of the menu. We suggest printing week by week for best results

While LINQ Connect is updated regularly, supply issues can result in last-minute substitutions. If a student has a life-threatening allergy, always encourage them to double-check with the cafeteria manager if an item looks different than expected.

Additional support is available through the contact found on your school's LINQ Connect Menu Website.



View Menus Online

linqconnect.com