

JANUARY LUNCH MENU

Remote & Hybrid Learners



Our Fresh & Local Produce comes from Local Farmers including Knox Farmers & Keney Park Sustainability Project located right here in Hartford!

Allergen & Carbohydrate Information

Key: W—Wheat/Gluten, S = Soy, M = Milk/Dairy, E = Egg
Grams of Carbohydrate are indicated by the number following the menu item

Remember **ALL** meals also include, **Vegetables, Fruit** and **Milk**

Tuesday January 5, 2021			Thursday January 7, 2021			
Oven Baked Breaded Chicken Leg 5 W Whole Grain Mini Waffles 37 WSME	Salisbury Steak 5 WSM Potato Wedges 19S	Macaroni & Cheese 37 WME	Pulled Turkey 17 S French Roll 27 WS Mixed Vegetables 5	Beef Burger 3 M on a Whole Grain Roll 29 WS	Hot Dog 1 Whole Grain Roll 29 WS	Breaded Chicken Filet 14 WS on a Whole Grain Roll 29 WS
Tuesday January 12, 2021			Thursday January 14, 2021			
Twin Cheeseburgers on Whole Grain Buns 33WSM	Oven Roasted Chicken Leg 2 Whole Grain Coco Roll 33 WS	Curried Chicken 3 WS Whole Grain Brown Rice 23 S Whole Grain Egg Roll 22WSE	Whole Grain French Toast Sticks 33 WSME Chicken Sausage Patty 2	Beef Rib 4 S on a Whole Grain Sub Roll 27 WS	Whole Grain Chicken Tenders 16 WS	Grilled Cheese 26 WSME
Tuesday January 19, 2021			Thursday January 21, 2021			
Breaded Chicken Filet 14 WS on a Whole Grain Roll 29 WS	Rotini and Meat Sauce 28 WSE	Jamaican Beef Patty 46 WS	Twin Cheeseburgers on Whole Grain Buns 33WSM	Hot Dog 1 Whole Grain Roll 29 WS	Three Cheese Cavatappi 36 WME	Turkey Hoagie 31 WSM
Tuesday January 26, 2021			Thursday January 28, 2021			
Whole Grain Beef & Cheese Taco Bites 30 WSM	Grilled Chicken Breast 1 S on a Whole Grain Roll 29 WS	Grilled Cheese 26 WSME	Jamaican Beef Patty 46 WS	Whole Grain Cheese Pizza 34 WM	Whole Grain Chicken Tenders 16 WS	Beef Taco Meat 1 WS Taco Chips 20

Although we make every effort to serve menus as planned, this menu may change without notice.

This Is An Equal Opportunity Institution

Frozen Items can be cooked without thawing. Most items can be cooked in a 350°F oven. Be sure to check temperature after 10 minutes. Some items may take up to 30 minutes to fully heat. The Food Item must be cooked to 165°F and must be held at 135°F minimum.