

# May 2021

## Remote Menu

### Allergen & Carbohydrate Information



**Our Fresh & Local Produce comes from Local Farmers including Knox Farmers & Keney Park**

**Sustainability Project located right here in Hartford!**

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

**ALL meals also include, Vegetables, Fruit & Milk**

Tuesday May 4, 2021					Thursday May 6, 2021			
Whole Grain Cheese Pizza 34 WM	Whole Grain Beef & Cheese Taco Bites 30 WSM	Turkey Hoagie 31 WSM	Beef Burger 3 M on a Whole Grain Roll 29 WS	Jamaican Beef Patty 46 WS	Twin Cheeseburgers on Whole Grain Buns	Beefy Macaroni & Cheese 28 WSME		
Tuesday May 11, 2021					Thursday May 13, 2021			
Whole Grain Cheese Pizza 34 WM	Chicken Soft Taco 29 WSM	Oven Roasted Chicken Leg 2 Whole Grain Coco Roll 33 WS	Jamaican Beef Patty 46 WS	Beefy Macaroni & Cheese 28 WSME	Breaded Chicken Filet 14 WS on a Whole Grain Roll 29 WS	Hot Dog 1 on a Whole Grain Roll 29 WS		
Tuesday May 18, 2021					Thursday May 20, 2021			
Breaded Chicken Filet 14 WS on a Whole Grain Roll 29 WS	Beefy Macaroni & Cheese 28 WSME	Oven Baked Chicken Leg 5W Rosemary Red Skin Potatoes 19 S Corn Muffin 28 WSME	Whole Grain French Toast Sticks 50 WSME Chicken Sausage Patty 2	Jamaican Beef Patty 46 WS	Turkey Hoagie 31 WSM	Macaroni & Cheese 37 WME		
Tuesday May 25, 2021					Thursday May 27, 2021			
Whole Grain Chicken Tenders 12 WS Whole Grain Treat 19 WS	Beefy Macaroni & Cheese 28 WSME	Beef Burger 3 M on a Whole Grain Roll 29 WS	Grilled Cheese 26 WSME	Beef Rib 4 S on a Whole Grain Sub Roll 27 WS	Beef Burger 3 M on a Whole Grain Roll 29 WS	Macaroni & Cheese 37 WME		
<b>Vegetarian Substitutions May Include:</b>	Veggie Burger 10 WS & WG Roll 29 WS	Vegetarian Chili 38, S	Veggie "Meatballs" 12, WS	Veggie Nuggets 25 WS	Hummus Plate total 40-WSM	Cheese Pizza 34, WSM	Grilled Cheese 32 WS	Maca & Cheese 37, M, E, W



**This month's Fruit and Vegetable offerings include: Green Beans, Broccoli, Carrots, Cauliflower, Strawberries & Apples**



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

**This Is An Equal Opportunity Institution**

**Keep Cold Foods Safe by refrigerating at 41°F or below. 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. To assure safety the food item must be cooked to 165°F and must be held at 135°F minimum. Reheating requires adult supervision for safety. Enjoy!**