



May 2022 Portuguese HDM Menu

Totals Include 125mg Na+ for 8oz of milk served daily

Monday		Tuesday		Wednesday		Thursday		Friday						
2	Pernil "Slow Roasted Pork" Mashed Potatoes Zucchini & Brussels Whole Grain Biscuit Fruit Margarine	163 113 17 135 0 30	3	Jamaican Beef Patty Yellow Rice Broccoli Wheat Roll Fruit Margarine	NA+ 470 25 6 135 0 30	4	Creole Shrimp Rice and Beans California Blend Vegetables Wheat Bread Mixed Fruit Margarine	NA+ 475 93 36 135 10 30	5	Pork Linguica w/ Onions Plantains Vegetable Medley Wheat Roll Fruit Margarine	NA+ 675 3 18 135 0 30	6	White Fish w/ Pineapple Mango Salsa Yellow Rice Brussel Sprouts Wheat Roll Fruit Margarine	NA+ 230 25 23 135 0 30
Cal:752 CHO:84g Na:583mg		583	Cal:779 CHO:98g Na:791mg		791	Cal:738 CHO:86g Na:894mg		904	Cal:806 CHO:70g Na:986mg		986	Cal:695 CHO:95g Na:568mg		568
9	Morrish Chicken Drumstick Yellow Rice Tuscan Blend Vegetables Wheat Bread Chocolate Pudding Margarine	NA+ 520 25 31 135 135 30	10	Braised Chickpeas w/ Chorizo Brown Rice Green Beans Whole Grain Cornbread Fruit Margarine	NA+ 786 95 6 90 0 30	11	Jerk Roasted Turkey Roasted Potatoes Vegetable Medley Snack Loaf Fruit Margarine	NA+ 521 115 18 90 0 30	12	Coconut Curried Chicken Grits & Black Eyed Peas Tuscan Vegetables Wheat Roll Fruit Margarine	NA+ 150 14 17 135 0 30	13	Tuna Pastel w/ Lemon Yellow Rice Broccoli Wheat Bread Shortbread Cookie Margarine	NA+ 418 25 6 135 150 30
Cal:803 CHO:86g Na:1001mg		1001	Cal:855 CHO:114g Na:1132mg		1132	Cal:685 CHO:84g Na:899mg		899	Cal:645 CHO:73g Na:471mg		471	Cal:781 CHO:94g Na:889mg		889
16	Oven Fried Chicken Mashed Potatoes Carrots Snack Loaf Fruit Margarine	NA+ 150 113 30 90 0 30	17	Jambalaya w/ Turkey Kielbasa Rice & Beans Green Beans w/ Peppers Wheat Roll Cinnamon Pears Margarine	NA+ 502 93 6 135 10 30	18	Brazilian Chicken Yellow Rice & Pigeon Peas Mixed Vegetables Whole Grain Cornbread Fruit Margarine	NA+ 86 63 17 90 0 30	19	Carribean Fish Curry White Rice California Blend Vegetables Wheat Roll Oatmeal Cookie Margarine	NA+ 409 25 6 135 85 30	20	Pastelon (Puerto Rican Lasagna) w/ Beef & Plantains Green Beans w/ Peppers White Bread Fruit Margarine	NA+ 276 - 6 150 0 30
Cal:780 CHO:88g Na:538mg		538	Cal:724 CHO:95g Na:901mg		901	Cal:800 CHO:95g Na:411mg		411	Cal:680 CHO:77g Na:815mg		815	Cal:719 CHO:80g Na:587mg		587
23	BBQ Jerk Chicken w/ Pineapples Mashed Potatoes Broccoli Wheat Roll Vanilla Pudding Margarine	NA+ 624 113 6 135 135 30	24	Stewed Beans w/ Chicken Kielbasa Yellow Rice California Blend Vegetables Wheat Roll Fruit Margarine	NA+ 583 25 36 135 0 30	25	Creole Chicken Drumstick Rice & Beans Green Beans w/ Peppers Wheat Bread Cinnamon Pears Margarine	NA+ 252 93 0 135 10 30	26	Holiday Meal (High Sodium Day) Hamburger Sweet Potato Tater Tots Vegetable Medley Whole Wheat Bun Chocolate Cupcake Margarine Ketchup	NA+ 500 189 18 230 210 30 85	27	Arroz con Camarones (Shrimp) Yellow Rice Green Peas Wheat Roll Fruit Margarine	NA+ 422 25 0 135 0 30
Cal:687 CHO:93g Na:1168mg		1168	Cal:700 CHO:101g Na:934mg		934	Cal:728 CHO:76g Na:645mg		645	Cal:787 CHO:92g Na:1387mg		1387	Cal:721 CHO:76g Na:737mg		737
30	<u>Sites Closed</u>	NA+	31	Arroz con Carne Picada (Beef) White Rice w/ Lentils Vegetable Medley Wheat Roll Fruit Margarine	NA+ 145 25 18 135 0 30		NA+			NA+				
			Cal:707 CHO:90g Na:478mg		478									