



June 2022 Portuguese HDM Menu

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

Monday		Tuesday		Wednesday		Thursday		Friday						
				1	Creole Shrimp Rice and Beans California Blend Vegetables Wheat Bread Mixed Fruit Margarine	NA+ 475 93 36 135 10 30	2	Pork Linguica w/ Onions Plantains Vegetable Medley Wheat Roll Fruit Margarine	NA+ 675 3 18 135 0 30	3	White Fish w/ Pineapple Mango Salsa Yellow Rice Brussel Sprouts Wheat Roll Fruit Margarine	NA+ 230 25 23 135 0 30		
					Cal:738 CHO:86g Na:894mg	904		Cal:806 CHO:70g Na:986mg	986		Cal:695 CHO:95g Na:568mg	568		
6	Morrish Chicken Drumstick Yellow Rice Tuscan Blend Vegetables Wheat Bread Chocolate Pudding Margarine	NA+ 520 25 31 135 135 30	7	Braised Chickpeas w/ Chorizo Brown Rice Green Beans Whole Grain Cornbread Fruit Margarine	NA+ 786 95 6 90 0 30	8	Jerk Roasted Turkey Roasted Potatoes Vegetable Medley Snack Loaf Fruit Margarine	NA+ 521 115 18 90 0 30	9	Coconut Curried Chicken Grits & Black Eyed Peas Tuscan Vegetables Wheat Roll Fruit Margarine	NA+ 150 14 17 135 0 30	10	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	
13	Oven Fried Chicken Mashed Potatoes Carrots Snack Loaf Fruit Margarine	NA+ 150 113 30 90 0 30	14	Jambalaya w/ Turkey Kielbasa Rice & Beans Green Beans w/ Peppers Wheat Roll Cinnamon Pears Margarine	NA+ 502 93 6 135 10 30	15	Brazilian Chicken Yellow Rice & Pigeon Peas Mixed Vegetables Whole Grain Cornbread Fruit Margarine	NA+ 86 63 17 90 0 30	16	Holiday Meal Oven "Fried Chicken" Black Eyed Peas Collards, Corn & Peppers Cornbread Loaf Oatmeal Cookie Margarine	NA+ 149 230 14 90 85 30	17	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:766 CHO:81g Na:723mg	723	Cal:719 CHO:80g Na:587mg	587	
20	<u>Juneteenth Holiday</u>	NA+	21	Stewed Beans w/ Chicken Kielbasa Yellow Rice California Blend Vegetables Wheat Roll Fruit Margarine	NA+ 583 25 36 135 0 30	22	Creole Chicken Drumstick Rice & Beans Green Beans w/Peppers Wheat Bread Cinnamon Pears Margarine	NA+ 252 93 0 135 10 30	23	Jamaican Beef Patty Yellow Rice Broccoli Wheat Roll Fruit Margarine	NA+ 470 25 6 135 0 30	24	Arroz con Camarones (Shrimp) Yellow Rice Green Peas Wheat Roll Fruit Margarine	NA+ 422 25 0 135 0 30
				Cal:700 CHO:101g Na:934mg	934		Cal:728 CHO:76g Na:645mg	645		Cal:787 CHO:92g Na:1387mg	791	Cal:721 CHO:76g Na:737mg	737	
27	BBQ Jerk Chicken w/ Pineapples Mashed Potatoes Broccoli Whole Grain Cornbread Loaf Shortbread cookie Margarine	NA+ 624 113 6 90 150 30	28	Arroz con Carne Picada (Beef) White Rice w/ Lentils Vegetable Medley Wheat Roll Fruit Margarine	NA+ 145 25 18 135 0 30	29	Pernil "Slow Roasted Pork" Mashed Potatoes California Blend Vegetables Wheat Bread Mixed Fruit Margarine	NA+ 163 113 17 135 10 30	30	Caribbean Fish Curry White Rice Vegetable Medley Buttermilk Biscuit Chocolate Chip Cookie Margarine	NA+ 409 25 8 110 85 30			
	Cal:778 CHO:118g Na:969mg	1138		Cal:707 CHO:90g Na:478mg	478		Cal:732 CHO:84g Na:593mg	593		Cal:691 CHO:92g Na:792mg	792			