



August 2022 Caribbean HDM Menu

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

Monday		Tuesday		Wednesday		Thursday		Friday						
1	Arroz con Carnitas White Rice Tuscan Vegetables Whole Grain Cornbread Chocolate Pudding Margarine	NA+ 145 25 31 90 135 30	2	Jerk Pork Rice & Beans Carrots Wheat Bread Fruit Margarine	NA+ 483 93 32 135 0 30	3	Creole Chicken Drumstick Plantains Kale & Peppers Wheat Roll Fruit Margarine	NA+ 252 3 14 135 0 30	4	Salt Cod Fritter w/ Lemon Yellow Rice Brussel Sprouts Wheat Roll Shortbread Cookie Margarine	NA+ 205 25 23 135 150 30	5	Pastelon w/ Beef & Plantains Zucchini & Squash Whole Grain Cornbread Fruit Margarine	NA+ 276 - 9 90 0 30
Cal:758 CHO:97g Na:581mg		581	Cal:859 CHO:109g Na:898mg		898	Cal:678 CHO:77g Na:559mg		559	Cal:839 CHO:114g Na:693mg		693	Cal:816 CHO:85g Na:530mg		530
8	Grilled Chicken Thigh Caribbean Macaroni & Cheese Kale, Corn & Peppers Wheat Bread Vanilla Pudding Margarine	NA+ 75 323 14 135 130 30	9	Pork & Kidney Bean Stew Brown Rice Vegetable Medley Snack Loaf Fruit Margarine	NA+ 234 95 18 150 0 30	10	<u>Cold Meal</u> Tuna in Olive Oil, Onions, Peppers, Chickpeas & Hard Boiled Egg Rice & Pigeon Pea Salad Cilantro Lime Coleslaw Wheat Roll Homemade Banana Pudding Margarine	NA+ 250 63 70 135 121 30	11	Caribbean Beef w/ Peppers & Onions Roasted Potatoes Carrots Cornbread Loaf Fruit Margarine	NA+ 147 152 32 90 0 30	12	Jerk Chicken Drumstick Grits & Black Eyed Peas Green Beans Wheat Bread Fruit Margarine	NA+ 292 38 6 135 0 30
Cal:840 CHO:75g Na:832mg		832	Cal:780 CHO: 110g Na:652mg		652	Cal:766 CHO:88g Na:794mg		794	Cal:865 CHO:83g Na:576mg		576	Cal:688 CHO:83g Na:626mg		626
15	Arroz con Camarones (Shrimp) White Rice Brussel Sprouts Snack Loaf Chocolate Pudding Margarine	NA+ 422 25 23 150 135 30	16	Brazilian Chicken Roasted Potatoes Broccoli Hawaiian Sweet Roll Fruit Margarine	NA+ 190 152 6 80 0 30	17	Tuna Pastel w/Lemon Yellow Rice w/Pigeon Peas Mixed Vegetables Whole Grain Garlic Toast Vanilla Cupcake Margarine	NA+ 419 63 18 120 230 30	18	Braised Chickpeas & Chorizo Grits Vegetable Medley Wheat Bread Fruit Margarine	NA+ 786 53 18 135 0 30	19	Jambalaya w/ Turkey Kielbasa Yucca Green Beans w/Peppers White Bread Fruit Margarine	NA+ 502 33 6 150 0 30
Cal:909 CHO:98g Na:910mg		910	Cal:801 CHO:89g Na:583mg		583	Cal:815 CHO:102g Na:1005mg		1005	Cal:788 CHO:93g Na:1147mg		1147	Cal:708 CHO:77g Na:846mg		846
22	Creamy Cajun Chicken Pasta Vegetable Medley WG Buttermilk Biscuit Vanilla Pudding Margarine	NA+ 135 0 18 410 130 30	23	Pernil "Slow Roasted Pork" White Rice w/ Pigeon Peas Corn w/ Peppers Whole Grain Cornbread Fruit Margarine	NA+ 163 61 6 90 0 30	24	Jamaican Beef Patty Yellow Rice Green Beans Wheat Roll Fruit Margarine	NA+ 470 25 6 135 0 30	25	Curried Beef & Vegetables Rice & Beans Collard Greens Cornbread Loaf Chocolate Chip Cookie Margarine	NA+ 133 93 40 90 70 30	26	Pescado con Coco Sweet Potatoes Mixed Vegetables Wheat Roll Fruit Margarine	NA+ 380 37 17 135 0 30
Cal:812 CHO:87g Na:848mg		848	Cal:905 CHO:103g Na:475mg		475	Cal:766 CHO:116g Na:791mg		791	Cal:919 CHO:100g Na:581mg		581	Cal:747 CHO:88g Na:724mg		724
29	Caribbean Jerk Chicken Yellow Rice California Blend Vegetables Wheat Roll Chocolate Pudding Margarine	NA+ 216 25 36 135 135 30	30	<u>Cold Meal</u> Shrimp & Scallop Ceviche w/ Tomato, Onion, Cilantro over Spinach Lentils & White Rice Black Eyed Pea Salad Mini Pita Breads Fruit Margarine	NA+ 252 25 19 200 0 30	31	Haitian Spaghetti w/Chicken Sausage Spaghetti Tuscan Blend Vegetables Wheat Roll Fruit Margarine	NA+ 665 0 31 135 0 30						
Cal:712 CHO:74g Na:702mg		702	Cal:771 CHO:111g Na:651mg		651	Cal:700 CHO:87g Na:986mg		986						