



August 2022 Portuguese HDM Menu

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

Monday		Tuesday		Wednesday		Thursday		Friday						
1	Dominican Turkey White Rice Tuscan Vegetables Wheat Roll Chocolate Pudding Margarine	NA+ 470 25 31 135 135 30	2	Coconut Curried Chicken Rice & Beans Carrots Wheat Bread Fruit Margarine	NA+ 153 93 32 135 0 30	3	Pork w/ Okra Mushroom Sauce Plantains Kale & Peppers Wheat Roll Fruit Margarine	NA+ 717 3 14 135 0 30	4	Beef Picadillo Yellow Rice Brussel Sprouts Wheat Roll Shortbread Cookie Margarine	NA+ 109 25 23 135 150 30	5	Stewed Beans w/ Chicken Sausage Polenta Zucchini & Squash Wheat Bread Fruit Margarine	NA+ 716 36 8 135 0 30
Cal:660 CHO:77g Na:951mg		951	Cal:757 CHO:97g Na:568mg		568	Cal:640 CHO:72g Na:1024mg		1024	Cal:740 CHO:80g Na:597mg		597	Cal:685 CHO:84g Na:1050mg		1050
8	Haitian Stewed Chicken Drumstick Caribbean Macaroni & Cheese Kale, Corn & Peppers Wheat Bread Vanilla Pudding Margarine	NA+ 337 323 14 135 130 30	9	Curried Beef & Vegetables Brown Rice Vegetable Medley Snack Loaf Fruit Margarine	NA+ 133 95 18 150 0 30	10	Cold Meal 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	Oven "Fried" Chicken Roasted Potatoes Carrots Cornbread Loaf Fruit Margarine	NA+ 75 152 32 90 0 30	12	Salt Cod Fritter w/ Lemon Grits & Black Eyed Peas Green Beans Wheat Bread Fruit Margarine	NA+ 205 38 6 135 0 30
Cal:898 CHO:79g Na:1094mg		1094	Cal:833 CHO:105g Na:551mg		551	Cal:766 CHO:88g Na:794mg		794	Cal:822 CHO:80g Na:504mg		504	Cal:776 CHO:107g Na:539mg		539
15	Grilled Chicken Thigh White Rice Brussel Sprouts Snack Loaf Chocolate Pudding Margarine	NA+ 86 25 23 150 135 30	16	Pork & Kidney Bean Stew Roasted Potatoes Broccoli Hawaiian Sweet Roll Fruit Margarine	NA+ 234 152 6 80 0 30	17	Cajun Shrimp Roasted Potatoes Grits Mixed Vegetables Whole Grain Garlic Toast Vanilla Cupcake Margarine	NA+ 385 53 18 120 230 30	18	Creole Chicken Drumstick Yellow Rice w/Pigeon Peas Vegetable Medley Wheat Bread Fruit Margarine	NA+ 252 63 18 135 0 30	19	Cod w/ Stewed Tomatoes Yucca Green Beans w/Peppers Wheat Bread Fruit Margarine	NA+ 479 34 6 150 0 30
Cal:795 CHO:90g Na:574mg		574	Cal:764 CHO:91g Na:627mg		627	Cal:887 CHO:124g Na:961mg		961	Cal:823 CHO:88g Na:623mg		623	Cal:683 CHO:75g Na:824mg		824
22	High Sodium Meal Haitian Spaghetti w/Chicken Sausage Pasta Vegetable Medley WG Buttermilk Biscuit Vanilla Pudding Margarine	NA+ 664 0 18 410 130 30	23	Brazilian Chicken White Rice w/ Pigeon Peas Corn w/ Peppers Whole Grain Cornbread Fruit Margarine	NA+ 505 61 6 90 0 30	24	Braised Chickpeas w/ Chorizo Yellow Rice Green Beans Wheat Roll Fruit Margarine	NA+ 786 25 6 135 0 30	25	Arroz con Camarones (Shrimp) Rice & Beans Collard Greens Cornbread Loaf Chocolate Chip Cookie Margarine	NA+ 422 93 40 90 70 30	26	Jambalaya w/ Turkey Kielbasa Sweet Potatoes Mixed Vegetables Wheat Roll Fruit Margarine	NA+ 502 37 17 135 0 30
Cal:695 CHO:76g Na:1377mg		1377	Cal:811 CHO:111g Na:817mg		817	Cal:694 CHO:82g Na:1107mg		1107	Cal:981 CHO:102g Na:870mg		870	Cal:611 CHO:85g Na:846mg		846
29	Jamaican Beef Patty Yellow Rice Tuscan Blend Vegetables Wheat Roll Chocolate Pudding Margarine	NA+ 470 25 31 135 135 30	30	Cold Meal 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	Pernil "Slow Roasted Pork" Mashed Potatoes California Blend Vegetables Wheat Roll Fruit Margarine	NA+ 163 113 36 135 0 30						
Cal:860 CHO:124g Na:951mg		951	Cal:771 CHO:111g Na:651mg		651	Cal:628 CHO:60g Na:602mg		602						