



## November 2022 Caribbean HDM Menu

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

Monday		Tuesday		Wednesday		Thursday		Friday								
		<b>1</b>	Haitian Spaghetti & Sausage Whole Grain Spaghetti Broccoli Whole Grain Cornbread Fruit Margarine Cal:768 CHO:101g Na:916mg	<b>NA+</b>	<b>2</b>	Cachupa Rica w/ Fried Egg White Rice Brussel Sprouts Whole Grain Cornbread Fruit Margarine Cal:958 CHO:113g Na:1020mg	<b>NA+</b>	<b>3</b>	Caribbean Beef w/ Peppers & Onions Roasted Potatoes Vegetable Medley Wheat Roll Shortbread Cookie Margarine Cal:803 CHO:75g Na:756mg	<b>NA+</b>	<b>4</b>	Creole Chicken Drumstick Plantains Mixed Vegetables Wheat Roll Fruit Margarine Cal:740 CHO:91g Na:560mg	<b>NA+</b>			
		<b>7</b>	Salt Cod Fritter w/Lemon Yellow Rice Green Beans w/ Red Peppers Wheat Roll Fruit Margarine Cal:732 CHO:107g Na:526mg	<b>NA+</b>	<b>8</b>	<b>High Sodium Meal</b> Pork Linguica w/ Onions Mashed Potatoes Green Beans Wheat Roll Vanilla Pudding Margarine Cal:905 CHO:80g Na:1214mg	<b>NA+</b>	<b>9</b>	Arroz con Camarones Yellow Rice Broccoli Wheat Bread Fruit Margarine Cal:824 CHO:94g Na:743mg	<b>NA+</b>	<b>10</b>	Haitian Stewed Chicken Drumstick Yucca Brussel Sprouts Whole Grain Cornbread Oatmeal Cookie Margarine Cal:825 CHO:91g Na:744g	<b>NA+</b>	<b>11</b>	Beef Picadillo White Rice w/ Lentils Vegetable Medley Wheat Roll Fruit Margarine Cal:678 CHO:77g Na:442mg	<b>NA+</b>
<b>14</b>	Braised Chickpeas w/ Chorizo Yellow Rice Corn w/ Peppers Wheat Bread Fruit Margarine Cal:803 CHO:104g Na:1107mg	<b>NA+</b>	<b>15</b>	Pastelon (Latin Beef Lasagna) Plantains California Blend Vegetables Whole Grain Cornbread Chocolate Pudding Margarine Cal:878 CHO:91g Na:692mg	<b>NA+</b>	<b>16</b>	Chicken Sofrito Yellow Rice Broccoli Wheat Roll Fruit Margarine Cal:678 CHO:90g Na:777mg	<b>NA+</b>	<b>17</b>	Caribbean Fish Curry Rice & Beans Kale & Corn Wheat Bread Fruit Margarine Cal:695 CHO:93g Na:806mg	<b>NA+</b>	<b>18</b>	<b>Harvest Meal</b> Roast Turkey w/ Gravy Mashed Potatoes Glazed Carrots Wheat Roll Chocolate Chip Cookie Cal:690 CHO:75g Na:1059mg	<b>NA+</b>		
<b>21</b>	Jamaican Beef Patty Plantains Green Beans Wheat Roll Fruit Margarine Cal:770 CHO:127g Na:769mg	<b>NA+</b>	<b>22</b>	BBQ Jerk Chicken Grits & Black Eyed Peas Tuscan Blend Vegetables Wheat Bread Shortbread Cookie Margarine Cal:771 CHO:86g Na:1155mg	<b>NA+</b>	<b>23</b>	Curried Beef w/ Vegetables Mashed Potatoes Carrots Whole Grain Cornbread Fruit Margarine Cal:765 CHO:91g Na:524mg	<b>NA+</b>	<b>24</b>	<b>Holiday - No Meals Served</b>		<b>25</b>	<b>Thanksgiving</b> Roast Turkey w/ Gravy Stuffing w/ Cranberries Green Beans Wheat Roll Apple Crisp Cal:910 CHO:120g Na:1055mg	<b>NA+</b>		
<b>28</b>	Latin Shepherd's Pie w/ Beef & Plantains Broccoli Wheat Bread Fruit Margarine Cal:692 CHO:81g Na:498mg	<b>NA+</b>	<b>29</b>	Caribbean Jerk Pork Yellow Rice Mixed Vegetables Wheat Roll Chocolate Pudding Margarine Cal:807 CHO:96g Na:950mg	<b>NA+</b>	<b>30</b>	Creamy Cajun Chicken Whole Grain Pasta Green Beans w/ Red Peppers Whole Grain Cornbread Fruit Margarine Cal:795 CHO:99g Na:1106mg	<b>NA+</b>								