



November 2022 Portuguese HDM Menu

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

Monday		Tuesday		Wednesday		Thursday		Friday							
		1	Creole Chicken White Rice Brussel Sprouts Whole Grain Cornbread Fruit Margarine Cal:937 CHO:110g Na:879mg	NA+	2	Jerk Pork Yellow Rice Vegetable Medley Wheat Roll Shortbread Cookie Margarine Cal:833 CHO:94g Na:965mg	NA+	3	Salt Cod Fritter w/Lemon Roasted Potatoes Mixed Vegetables Wheat Roll Fruit Margarine Cal:816 CHO:108g Na:664mg	NA+	4	Pastelon w/ Beef & Plantains Green Beans w/ Red Peppers Wheat Roll Fruit Margarine Cal:729 CHO:75g Na:573mg	NA+	277 6 135 0 30 573	
7	Pork & Bean Stew Mashed Potatoes Green Peas Wheat Roll Vanilla Pudding Margarine Cal:631 CHO:83g Na:773mg	NA+	8	Fish w/ Pineapple-Mango Salsa White Rice Broccoli Buttermilk Biscuit Fruit Margarine Cal:785 CHO:104g Na:726mg	NA+	9	Caribbean Beef w/ Peppers & Onions Yucca Mixed Vegetables Whole Grain Cornbread Oatmeal Cookie Margarine Cal:812 CHO:89g Na:549mg	NA+	10	Jerk Chicken Drumsticks White Rice w/ Lentils Vegetable Medley Wheat Roll Fruit Margarine Cal:684 CHO:75g Na:648mg	NA+	11	Arroz con Camarones (Shrimp) Yellow Rice Brussel Sprouts Wheat Bread Fruit Margarine Cal:796 CHO:88g Na:760mg	NA+	422 25 23 135 0 30 760
14	Frango Assado (Brazilian Chicken) White Rice California Blend Vegetables Whole Grain Cornbread Chocolate Pudding Margarine Cal:816 CHO:97g Na:871mg	NA+	15	Pastel de Tuna Yellow Rice Kale & Corn Wheat Bread Fruit Margarine Cal:756 CHO:106g Na:747mg	NA+	16	Braised Chickpeas w/ Chorizo Rice & Beans Broccoli Wheat Roll Fruit Margarine Cal:850 CHO:109g Na:1175mg	NA+	17	Harvest Meal Roast Turkey w/ Gravy Sweet Potatoes & Cranberries Vegetable Medley Wheat Roll Chocolate Chip Cookie Cal:675 CHO:85g Na:929mg	NA+	18	Jambalaya w/ Kielbasa Yucca Mixed Vegetables Wheat Bread Fruit Margarine Cal:680 CHO:86g Na:843mg	NA+	502 34 17 135 0 30 843
21	High Sodium Meal Creamy Cajun Chicken Whole Grain Pasta Tuscan Blend Vegetables Wheat Bread Vanilla Pudding Margarine Cal:718 CHO:75g Na:1201mg	NA+	22	Pernil (Slow Roasted Pork) Mashed Potatoes Carrots Whole Grain Cornbread Fruit Margarine Cal:803 CHO:90g Na:554mg	NA+	23	Jamaican Beef Patty Brown Rice & Pigeon Peas Mixed Vegetables Garlic Knot Fruit Margarine Cal:885 CHO:134g Na:923mg	NA+	24	Thanksgiving Roast Turkey w/ Gravy Mashed Potatoes Green Beans Wheat Roll Apple Crisp Margarine Cal:712 CHO:88g Na:968mg	NA+	25	Pescado con Coco Sweet Potatoes Broccoli Wheat Roll Fruit Margarine Cal:747 CHO:83g Na:713mg	NA+	380 37 6 135 0 30 713
28	Caribbean Jerk Chicken Yellow Rice Mixed Vegetables Wheat Roll Chocolate Pudding Margarine Cal:725 CHO:77g Na:782mg	NA+	29	Haitian Spaghetti w/ Chicken Sausage Whole Grain Pasta Green Beans w/ Red Peppers Whole Grain Cornbread Fruit Margarine Cal:804 CHO:112g Na:916mg	NA+	30	Beef Curry w/ Vegetables White Rice Carrots Wheat Roll Shortbread Cookie Margarine Cal:745 CHO:80g Na:631mg	NA+							