



December 2022 Caribbean HDM Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Pescado con Coco Sweet Potatoes Carrots Wheat Roll Fruit Margarine Cal:770 CHO:80g Na:739mg	2 Pastelon w/ Beef & Plantains Broccoli Whole Grain Cornbread Shortbread Cookie Margarine Cal:923 CHO:90g Na:677mg
5 Creole Chicken Drumstick White Rice Mixed Vegetables Wheat Roll Fruit Margarine Cal:771 CHO:85g Na:584mg	6 Jerk Pork Mashed Sweet Potatoes Beets & Greens Whole Grain Cornbread Chocolate Pudding Margarine Cal:895 CHO:113g Na:973mg	7 Jambalaya w/ Chicken & Turkey Kielbasa Yucca Mixed Vegetables Whole Grain Garlic Toast Cinnamon Peaches Margarine Cal:783 CHO:85g Na:1068mg	8 Jerk Chicken Drumstick Grits & Black Eyed Peas Carrots Wheat Bread Chocolate Chip Cookie Margarine Cal:721 CHO:82g Na:722mg	9 Caribbean Beef w/ Peppers & Onions Roasted Potatoes Green Beans Cornbread Loaf Fruit Margarine Cal:865 CHO:83g Na:550mg
12 White Fish w/ Pineapple-Mango Salsa Rice & Beans Tuscan Vegetables Wheat Bread Oatmeal Cookie Margarine Cal:723 CHO:87g Na:749mg	13 Brazilian Chicken Roasted Potatoes Brussel Sprouts Wheat Roll Chocolate Pudding Margarine Cal:701 CHO:80g Na:940mg	14 Braised Chickpeas & Chorizo Grits Corn Wheat Bread Fruit Margarine Cal:886 CHO:115g Na:1135mg	15 Arroz con Camarones (Shrimp) White Rice Green Beans w/Peppers Wheat Roll Shortbread Cookie Margarine Cal:825 CHO:85g Na:893mg	16 Pork & Kidney Bean Stew White Rice Carrots Whole Grain Cornbread Cinnamon Pears Margarine Cal:740 CHO:99g Na:532mg
19 Bacalao Brown Rice & Beans Mixed Vegetables Cornbread Slice Fruit Margarine Cal:733 CHO: 102g Na:506mg	20 Pernil "Slow Roasted Pork" White Rice w/ Pigeon Peas Vegetable Medley WG Buttermilk Biscuit Vanilla Pudding Margarine Cal:926 CHO:94g Na:837mg	21 Creamy Cajun Chicken Pasta Brussel Sprouts Wheat Roll Fruit Margarine Cal:675 CHO:82g Na:1093mg	22 Pescado con Coco White Rice Plantains Wheat Roll Fruit Margarine Cal:835 CHO:104g Na:698mg	23 Holiday Meal - High Sodium Meal Baked Ham w/ Raisin Sauce Red Skin Mashed Potatoes Carrots Wheat Roll Brownie Cal:775 CHO:105g Na:1319mg
26 Jamaican Beef Patty Sweet Potato Wedges Mixed Vegetables Wheat Roll Fruit Margarine Cal:800 CHO:126g Na:977mg	27 Haitian Spaghetti (Beef) Spaghetti Kale & Peppers Wheat Roll Chocolate Pudding Margarine Cal:678 CHO:74g Na:779mg	28 Caribbean Jerk Chicken Yellow Rice Broccoli Wheat Bread Fruit Margarine Cal:733 CHO:82g Na:537mg	29 Curried Beef & Vegetables Mashed Potatoes Mixed Vegetables Cornbread Fruit Margarine Cal:748 CHO:92g Na:509mg	30 Holiday Meal Oven "Fried" Chicken Black Eyed Peas Carrots Wheat Roll Oatmeal Cookie Cal:705 CHO:75g Na:637mg