

# Haitian Menu

# February

Monday	Tuesday	Wednesday	Thursday 1st	Friday 2nd
			<b>Haitian Beef Kabob</b> <b>Yellow Rice</b> <b>Vegetable Medley</b> <b>Whole Grain Bread</b> <b>Pears</b> <b>Milk</b> (cal) 840 (Na) 609	<b>Blackened Tilapia with Mango Salsa</b> <b>Fried Plantains and Succotash</b> <b>Dinner Roll</b> <b>Brownie</b> <b>Milk</b> (cal) 1097 (Na) 662
Monday 5th	Tuesday 6th	Wednesday 7th	Thursday 8th	Friday 9th
<b>Curried Chicken</b> <b>Mayi Moulén (cornmeal)</b> <b>Collard Greens</b> <b>Dinner Roll</b> <b>Cake</b> <b>Milk</b> (cal) 964 (Na) 976	<b>Haitian Legume Eggplant Stew</b> <b>Roast Potato</b> <b>Whole Grain Bread</b> <b>Pineapple</b> <b>Milk</b> (cal) 778 (Na) 1007	<b>Baked Salmon Epis</b> <b>Spanish Rice</b> <b>Cauliflower</b> <b>Dinner Roll</b> <b>Peaches</b> <b>Milk</b> (cal) 766 (Na) 541	<b>Haitian Meatballs and Pasta</b> <b>Peppers Onion Marinara</b> <b>Roast Carrots</b> <b>Whole Grain Bread</b> <b>Clementine</b> <b>Milk</b> (cal) 896 (Na) 763	<b>Oven Fried Chicken</b> <b>Baked Sweet Potato</b> <b>Zucchini</b> <b>Haitian Corn Bread</b> <b>Apple Sauce</b> <b>Milk</b> (cal) 847 (Na) 978
Monday 12th	Tuesday 13th	Wednesday 14th	Thursday 15th	Friday 16th
<b>Macaroni Au Gratin</b> <b>Stewed Tomato</b> <b>Dinner Roll</b> <b>Pudding</b> <b>Milk</b> (cal) 869 (Na) 1017	<b>Chicken Jambalaya</b> <b>Steamed Rice</b> <b>Mixed Vegetables</b> <b>Whole Grain Bread</b> <b>Cake</b> <b>Milk</b> (cal) 916 (Na) 791	<b>Creole Cod</b> <b>Spanish Rice</b> <b>Summer Squash</b> <b>Dinner Roll</b> <b>Mixed Fruit</b> <b>Milk</b> (cal) 709 (Na) 671	<b>Haitian Beef and Vegetable Stew</b> <b>Mashed Potato</b> <b>Whole Grain Bread</b> <b>Jello</b> <b>Milk</b> (cal) 776 (Na) 611	<b>Braised Chicken</b> <b>Corn and Collard Greens</b> <b>Black Mushroom Rice</b> <b>Dinner Roll</b> <b>Peaches</b> <b>Milk</b> (cal) 811 (Na) 796
Monday 19th	Tuesday 20th	Wednesday 21st	Thursday 22nd	Friday 23rd
<b>Presidents Day</b>	<b>Haitian Pate (Beef Patty)</b> <b>Black Bean Sauce</b> <b>Sautéed Okra</b> <b>Whole Grain Bread</b> <b>Orange</b> <b>Milk</b> (cal) 1143 (Na) 1139	<b>Smoke Pulled Turkey</b> <b>Pickled Cabbage</b> <b>Mashed Potato</b> <b>Dinner Roll</b> <b>Apple Crisp</b> <b>Milk</b> (cal) 1006 (Na) 813	<b>Haitian Spaghetti</b> <b>With Peppers and Onion</b> <b>Broccoli</b> <b>Whole Grain Bread</b> <b>Banana</b> <b>Milk</b> (cal) 745 (Na) 512	<b>Mango Mahi Mahi</b> <b>Fried Plantains</b> <b>Roast Potato</b> <b>Dinner Roll</b> <b>Pudding</b> <b>Milk</b> (cal) 922 (Na) 783
Monday 26th	Tuesday 27th	Wednesday 28th	Thursday 29th	Friday
<b>Poul Nan Sos</b> <b>Chicken and Sauce</b> <b>Roast Potato &amp; Asparagus</b> <b>Dinner Roll</b> <b>Brownie</b> <b>Milk</b> (cal) 1083 (Na) 1046	<b>Haitian Lasagna</b> <b>Roast Tomato</b> <b>Whole Grain Bread</b> <b>Pineapple</b> <b>Milk</b> (cal) 862 (Na) 920	<b>Caribbean Fish Stew</b> <b>Mixed Vegetables</b> <b>Yellow Rice</b> <b>Dinner Roll</b> <b>Cake</b> <b>Milk</b> (cal) 1105 (Na) 824	<b>Haitian Grilled Chicken</b> <b>Rice and Beans</b> <b>Sautéed Okra</b> <b>Whole Grain Bread</b> <b>Jello</b> <b>Milk</b> (cal) 998 (Na) 956	