

Haitian Menu

January

Monday 1st		Tuesday 2nd		Wednesday 3rd		Thursday 4th		Friday 5th	
Happy New Year		Haitian Grilled Chicken Rice and Beans Sauteed Okra Whole Grain Bread Jello Milk (cal) 998 (Na) 956		Blackened Tilapia with Mango Salsa Fried Plantains and Succotash Dinner Roll Brownie Milk (cal) 1097 (Na) 662		Haitian Beef Kabob Yellow Rice Vegetable Medley Whole Grain Bread Pears Milk (cal) 840 (Na) 609		Macaroni Au Gratin Stewed Tomato Dinner Roll Pudding Milk (cal) 869 (Na) 1017	
Monday 8th		Tuesday 9th		Wednesday 10th		Thursday 11th		Friday 12th	
Curried Chicken Mayi Moulén (cornmeal) Collard Greens Dinner Roll Cake Milk (cal) 964 (Na) 976		Haitian Legume Eggplant Stew Roast Potato Whole Grain Bread Pineapple Milk (cal) 778 (Na) 1007		Baked Salmon Epis Spanish Rice Cauliflower Dinner Roll Peaches Milk (cal) 766 (Na) 541		Haitian Meatballs and Pasta Peppers Onion Marinara Roast Carrots Whole Grain Bread Clementine Milk (cal) 896 (Na) 763		Oven Fried Chicken Baked Sweet Potato Zucchini Haitian Corn Bread Apple Sauce Milk (cal) 847 (Na) 978	
Monday 15th		Tuesday 16th		Wednesday 17th		Thursday 18th		Friday 19th	
MLK Day		Chicken Jambalaya Steamed Rice Mixed Vegetables Whole Grain Bread Cake Milk (cal) 916 (Na) 791		Creole Cod Spanish Rice Summer Squash Dinner Roll Mixed Fruit Milk (cal) 709 (Na) 671		Haitian Beef and Vegetable Stew Mashed Potato Whole Grain Bread Jello Milk (cal) 776 (Na) 611		Braised Chicken Corn and Collard Greens Black Mushroom Rice Dinner Roll Peaches Milk (cal) 811 (Na) 796	
Monday 22nd		Tuesday 23rd		Wednesday 24th		Thursday 25th		Friday 26th	
Jerk Chicken Black Eyed Peas Grilled Bell Pepper Dinner Roll Fruit Cup Milk (cal) 704 (Na) 789		Haitian Pate (Beef Patty) Black Bean Sauce Sautéed Okra Whole Grain Bread Orange Milk (cal) 1143 (Na) 1139		Smoke Pulled Turkey Pickled Cabbage Mashed Potato Dinner Roll Apple Crisp Milk (cal) 1006 (Na) 813		Haitian Spaghetti With Peppers and Onion Broccoli Whole Grain Bread Banana Milk (cal) 745 (Na) 512		Mango Mahi Mahi Fried Plantains Roast Potato Dinner Roll Pudding Milk (cal) 922 (Na) 783	
Monday 29th		Tuesday 30th		Wednesday 31st		Thursday		Friday	
Poul Nan Sos Chicken and Sauce Roast Potato & Asparagus Dinner Roll Brownie Milk (cal) 1083 (Na) 1046		Haitian Lasagna Roast Tomato Whole Grain Bread Pineapple Milk (cal) 862 (Na) 920		Caribbean Fish Stew Mixed Vegetables Yellow Rice Dinner Roll Cake Milk (cal) 1105 (Na) 824					