



March 2023 Mystic Valley/SCES Caribbean Menu

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

Monday		Tuesday		Wednesday		Thursday		Friday						
				1	Haitian Spaghetti (Beef) Whole Grain Pasta Broccoli Wheat Bread Fruit Margarine	NA+ 700 0 6 135 0 30	2	Cachupa Rica Mashed Potatoes Mixed Vegetables Cornbread Loaf Cinnamon Peaches Margarine	NA+ 568 113 17 180 10 30	3	Creole Chicken Drumstick Yucca Carrots Wheat Roll Shortbread Cookie Margarine	NA+ 250 35 45 135 150 30		
					Cal:756 CHO:85g Na:996mg	996		Cal:770 CHO:94g Na:1043mg	1043		Cal:830 CHO:85g Na:770mg	770		
6	Bacalao Rice and Beans Vegetable Medley Wheat Roll Shortbread Cookie Margarine	NA+ 150 93 17 135 150 30	7	Brazilian Chicken White Rice Beets & Greens Wheat Roll Chocolate Pudding Margarine	NA+ 115 25 73 135 135 30	8	Braised Chickpeas w/ Chorizo White Rice w/ Lentils Broccoli Wheat Roll Fruit Margarine	NA+ 786 25 6 135 0 30	9	Beef Picadillo Yellow Rice Green Beans Wheat Roll Oatmeal Cookie Margarine	NA+ 109 25 6 135 105 30	10	Haitian Stewed Chicken Drumstick Yucca Corn w/Peppers Wheat Bread Fruit Margarine	NA+ 337 34 6 135 0 30
	Cal:680 CHO:85g Na:700mg	700		Cal:686 CHO:80g Na:638mg	638		Cal:843 CHO:112g Na:1107mg	1107		Cal:685 CHO:70g Na:535mg	535	Cal:695 CHO:77g Na:667mg	667	
13	Arroz con Camarones Yellow Rice Green Peas Wheat Bread Fruit Margarine	NA+ 422 25 6 135 0 30	14	Pork Linguica w/ Onions White Rice Mixed Vegetables Whole Grain Cornbread Vanilla Pudding Margarine	NA+ 675 25 17 180 130 30	15	Pastelon (Latin Beef Lasagna) Plantains Brussel Sprouts Cornbread Loaf Fruit Margarine	NA+ 277 - 23 180 0 30	16	Holiday Meal - High Sodium Meal Corned Beef w/ Cabbage Boiled Potatoes Carrots Cornbread Loaf Oatmeal Cookie Margarine	NA+ 855 105 46 180 105 30	17	Chicken Sofrito Yellow Rice Vegetable Medley Wheat Bread Fruit Margarine	NA+ 195 25 18 135 0 30
	Cal:828 CHO:94g Na:743mg	743		Cal:1067 CHO:94g Na:1182mg	1182		Cal:875 CHO:96g Na:635mg	635		Cal:746 CHO:75g Na:1446mg	1446	Cal:682 CHO:85g Na:528mg	528	
20	Tuna Pastel w/ Lemon Rice w/ Pigeon Peas Kale & Red Peppers Wheat Roll Fruit Margarine	NA+ 418 61 14 135 0 30	21	BBQ Jerk Chicken Yucca Green Beans Wheat Roll Chocolate Pudding Margarine	NA+ 642 34 6 135 135 30	22	Curried Beef w/ Vegetables Mashed Potatoes Tuscan Blend Vegetables Wheat Bread Fruit Margarine	NA+ 134 113 31 135 0 30	23	Pernil "Slow Roasted Pork" Yellow Rice Carrots Wheat Roll Brownie Margarine	NA+ 75 25 45 135 115 30	24	Latin Shepherd's Pie w/ Beef & Plantains California Blend Vegetables Wheat Roll Fruit Margarine	NA+ 202 - 36 135 0 30
	Cal:711 CHO:97g Na:783mg	783		Cal:698 CHO:92g Na:1107mg	1107		Cal:685 CHO:79g Na:568mg	568		Cal:830 CHO:87g Na:550mg	550	Cal:694 CHO:85g Na:528mg	528	
27	Pescado con Coco Sweet Potatoes Vegetable Medley Wheat Roll Fruit Margarine	NA+ 380 37 18 135 0 30	28	Caribbean Jerk Pork Black Eyed Peas Green Beans w/ Red Peppers Cornbread Loaf Vanilla Pudding Margarine	NA+ 483 164 6 180 130 30	29	Creamy Cajun Chicken Whole Grain Pasta Broccoli Wheat Roll Fruit Margarine	NA+ 746 1 6 135 0 30	30	Jambalaya w/ Turkey Kielbasa Roasted Potatoes Carrots Whole Grain Cornbread Chocolate Chip Cookie Margarine	NA+ 502 152 45 180 70 30	31	Jamaican Beef Patty Yellow Rice Brussel Sprouts Wheat Roll Cinnamon Peaches Margarine	NA+ 470 25 23 135 10 30
	Cal:772 CHO:94g Na:725mg	725		Cal:870 CHO:103g Na:1118mg	1118		Cal:687 CHO:82g Na:1043mg	1043		Cal:837 CHO:85g Na:1104mg	1104	Cal:785 CHO:120g Na:818mg	818	