



May 2023 Mystic Valley-SCES Caribbean HDM Menu

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

Monday		Tuesday		Wednesday		Thursday		Friday						
1	Haitian Spaghetti (Beef) Whole Grain Pasta Green Peas Whole Grain Cornbread Fruit Margarine	NA+ 700 0 6 180 0 30	2	Cachupa Rica White Rice Tuscan Blend Vegetables Wheat Roll Vanilla Pudding Margarine	NA+ 568 25 31 135 130 30	3	Creole Chicken Drumstick Yucca Mixed Vegetables Wheat Roll Fruit Margarine	NA+ 250 35 18 135 0 30	4	Bacalao Rice & Beans Broccoli Cornbread Loaf Cinnamon Peaches Margarine	NA+ 151 93 6 180 10 30	5	Brazilian Chicken White Rice Green Beans w/ Red Peppers Wheat Roll Strawberry Cake Loaf Margarine	NA+ 85 25 6 135 100 30
Cal:807 CHO:90g Na:1041mg		1041	Cal:781 CHO:88g Na:1044mg		1044	Cal:767 CHO:87g Na:593mg		593	Cal:720 CHO:94g Na:595mg		595	Cal:737 CHO:86g Na:506mg		506
8	Braised Chickpeas w/ Chorizo Yellow Rice Vegetable Medley Wheat Roll Fruit Margarine	NA+ 786 25 18 135 0 30	9	Beef Picadillo Roasted Potatoes Broccoli Wheat Roll Chocolate Chip Loaf Margarine	NA+ 108 120 6 135 90 30	10	Arroz con Camarones Yellow Rice Mixed Vegetables Wheat Roll Fruit Margarine	NA+ 422 25 17 135 0 30	11	Haitian Stewed Chicken Drumstick Yucca Kale & Red Peppers Cornbread Fruit Margarine	NA+ 337 34 14 180 0 30	12	Pastelon (Latin Beef Lasagna) w/ Beef & Plantains Brussel Sprouts Wheat Roll Oatmeal Cookie Margarine	NA+ 290 - 23 135 105 30
Cal:815 CHO:105g Na:1119mg		1119	Cal:695 CHO:76g Na:614mg		614	Cal:810 CHO:97g Na:754mg		754	Cal:790 CHO:91g Na:720mg		720	Cal:783 CHO:71g Na:708mg		708
15	Chicken Sofrito Yellow Rice Green Peas Wheat Bread Cinnamon Pears Margarine	NA+ 142 25 6 135 10 30	16	High Sodium Meal Pork Linguica w/ Onions White Rice California Blend Vegetables Whole Grain Cornbread Vanilla Pudding Margarine	NA+ 675 25 45 180 130 30	17	Curried Beef w/ Vegetables Mashed Potatoes Brussel Sprouts Cornbread Loaf Fruit Margarine	NA+ 134 113 23 180 0 30	18	BBQ Jerk Chicken Yucca Green Beans w/ Red Peppers Wheat Bread Fruit Margarine	NA+ 665 34 6 135 0 30	19	Tuna Pastel w/ Lemon Rice & Pigeon Peas Corn w/ Red Peppers Wheat Roll Chocolate Chip Cookie Margarine	NA+ 418 64 6 135 70 30
Cal:685 CHO:82g Na:473mg		473	Cal:1067 CHO:95g Na:1182mg		1210	Cal:767 CHO:94g Na:605mg		605	Cal:682 CHO:92g Na:995mg		995	Cal:763 CHO:99g Na:848mg		848
22	Latin Shepherd's Pie w/ Beef & Plantains, Potatoes Broccoli Wheat Bread Fruit Margarine	NA+ 202 - 6 135 0 30	23	Dominican Style Roast Turkey Sweet Potatoes Tuscan Blend Vegetables Wheat Bread Chocolate Pudding Margarine	NA+ 471 37 31 135 135 30	24	Caribbean Jerk Pork Black Eyed Peas Brussel Sprouts Wheat Roll Fruit Margarine	NA+ 430 164 23 135 0 30	25	Holiday Meal Cheeseburger Potato Wedges Carrots Wheat Hamburger Bun Fig Newton Margarine Ketchup	NA+ 370 25 30 300 180 30 85	26	Creamy Cajun Chicken Whole Grain Pasta Corn w/ Red Peppers Wheat Roll Pineapple Margarine	NA+ 545 0 6 135 10 30
Cal:744 CHO:93g Na:498mg		498	Cal:686 CHO:81g Na:964mg		964	Cal:795 CHO:96g Na:907mg		907	Cal:902 CHO:110g Na:1145mg		1145	Cal:686 CHO:78g Na:851mg		851
29	Holiday - No Meals		30	Pescado con Coco Sweet Potatoes Vegetable Medley Garlic Toast Fruit Margarine	NA+ 390 37 18 350 0 30	31	Jamaican Beef Patty Yellow Rice Mixed Vegetables Wheat Roll Vanilla Pudding Margarine	NA+ 470 25 25 135 130 30						
			Cal:924 CHO:104g Na:950mg		950	Cal:849 CHO:128g Na:940mg		940						