

Haitian Menu

October

Monday	Tuesday 1st	Wednesday 2nd	Thursday 3rd	Friday 4th
	Rotisserie Chicken Steamed Cauliflower Sweet Potato Cookie Whole Grain Bread, Milk (cal) 845 (Na) 662	Blackened Tilapia w/ Mango Salsa Rice and Beans Fried Plantains Dinner Roll Cake, Milk (cal) 978 (Na) 804	Curried Chicken Mayi Moulén (cornmeal) Succotash Whole Grain Bread Pear, Milk (cal) 1124 (Na) 949	Ze ak bannann Haitian Eggs and Plantain Homefries Dinner Roll Peaches, Milk (cal) 898 (Na) 477
Monday 7th	Tuesday 8th	Wednesday 9th	Thursday 10th	Friday 11th
Sos Bèf ak Kalalou Beef and Okra Stew Spanish Rice Dinner Roll Pineapple Cake, Milk (cal) 808 (Na) 832	Smoke Pulled Turkey Peas and Onions Baked Potato Whole Grain Bread Fruit Cup, Milk (cal) 718 (Na) 708	Haitian Pate (Beef Patty) Rice and Beans Sautéed Okra Dinner Roll Apple Sauce, Milk (cal) 1169 (Na) 773	Braised Chicken Vegetable Potato Medley Whole Grain Bread Cookie Milk (cal) 879 (Na) 839	Stuffed Shells Marinara Sauce Steamed Spinach Pudding Dinner Roll, Milk (cal) 722 (Na) 1067
Monday 14th	Tuesday 15th	Wednesday 16th	Thursday 17th	Friday 18th
Columbus Day	Creole Cod Spanish Rice Asparagus Whole Grain Bread Cake, Milk (cal) 821 (Na) 980	Macaroni Au Gratin Grilled Peppers and Onions Dinner Roll Orange Milk (cal) 823 (Na) 815	Jerk Chicken Drumsticks Roast Sweet Potato Steamed Corn Whole Grain Bread Fruit Cup, Milk (cal) 986 (Na) 863	Meatloaf w/Gravy Mashed Potato Peas and Onions Dinner Roll Apple Sauce, Milk (cal) 818 (Na) 607
Monday 21st	Tuesday 22nd	Wednesday 23rd	Thursday 24th	Friday 25th
Haitian Meatballs Spaghetti Steamed Carrots Fruit Cup Dinner Roll, Milk (cal) 839 (Na) 654	Turkey Dinner w/ Gravy Mashed Potato Green Beans Stuffing Apple Crisp, Milk (cal) 1011 (Na) 946	Haitian Beef Kabob Sweet Potato Roast Vegetables Dinner Roll Jello, Milk (cal) 826 (Na) 615	Baked Salmon Epis Spanish Rice Spinach Whole Grain Bread Orange, Milk (cal) 769 (Na) 688	Caribbean Grilled Chicken Rice and Beans Sautéed Okra Dinner Roll Pears, Milk (cal) 930 (Na) 874
Monday 28th	Tuesday 29th	Wednesday 30th	Thursday 31st	Friday
Chicken Fritters Succotash Roast Potato Peaches, Milk (cal) 865 (Na) 978	Haitian Fish Stew Vegetable Potato Medley Whole Grain Bread Cookie, Milk (cal) 710 (Na) 920	Chicken Jambalaya Yellow Rice Steamed Broccoli Dinner Roll, Jello, Milk (cal) 891 (Na) 539	Haitian Beef Stew Mashed Potato Corn Bread Orange, Milk (cal) 776 (Na) 671	