



August 2026 Caribbean HDM Menu

Totals Include 105mg Na+ for 8oz of milk served daily

Monday		Tuesday		Wednesday		Thursday		Friday						
3	Pork & Bean Stew Yellow Rice & Black Eyed Peas Carrots Wheat Bread Shortbread Cookie Margarine	NA+ 146 61 56 65 150 30	4BBQ Jerk Drumstick Stewed Beans Brussel Sprouts Wheat Roll Pear Margarine	NA+ 464 67 26 150 2 30	5Pastelon w/ Beef & Plantains Broccoli Whole Grain Cornbread Banana Margarine	NA+ 277 - 38 180 1 30	6Frango Assado (Brazilian Chicken) Brown Rice & Pigeon Peas Spinach w/ Peppers Dinner Roll Vanilla Pudding Margarine	NA+ 118 70 65 100 130 30	7Bistec Encebollado (Puerto Rican Steak & Onions) Yucca California Blend Vegetables Hawaiian Roll Fruit Cup Margarine	NA+ 132 15 34 80 5 30				
Cat:836 CHO:105g Na:613mg		613	Cat:846 CHO:97g Na:992mg		844	Cat:900 CHO:97g Na:631mg		631	Cat:717 CHO:83g Na:618mg		618	Cat:814 CHO:94g Na:401mg		401
10	Arroz con Atume (Tuna) Rice & Beans Carrots Wheat Bread Applesauce (comm) Margarine	NA+ 270 124 56 65 2 30	11Chorizo Creole Chicken White Rice w/ Lentils Black Beans, Corn & Peppers (comm beans) Wheat Roll Orange Margarine	NA+ 320 25 61 150 0 30	12Sancocho w/ Beef & Chicken & Potatoes Yellow Rice Green Beans & Red Peppers Wheat Bread Pound Cake w/ Blueberries Margarine	NA+ 213 26 21 65 240 30	13Dominican Style Chicken Yucca Mixed Vegetables Dinner Roll Mandarin Fruit Cup Margarine	NA+ 151 15 51 100 5 30	14Pork Linguica w/ Onions Mashed Potatoes Kale & Corn Wheat Roll Oatmeal Cookie Margarine	NA+ 623 23 11 150 90 30				
Cat:750 CHO:87g Na:652mg		652	Cat:731 CHO:90g Na:691mg		691	Cat:1019 CHO:119g Na:700mg		700	Cat:787 CHO:104g Na:457mg		457	Cat:774 CHO:77g Na:1032mg		1032
17	Pork w/ Peach-Mango Salsa Roasted Potatoes Green Beans & Red Peppers Whole Grain Cornbread Vanilla Pudding Margarine	NA+ 60 85 21 180 130 30	18Lentil Okra Coconut Stew White Rice Broccoli Dinner Roll Pears Margarine	NA+ 124 25 38 100 0 30	19Pollo Guisado (Chicken) Black Eyed Peas Green Peas Wheat Roll Banana Margarine	NA+ 223 140 20 150 1 30	20Curried Beef Cilantro Lime Rice Beets & Greens Cornbread Loaf Chocolate Chip Cookie Margarine	NA+ 170 67 117 180 80 30	21Pastel de Tuna Rice and Beans Carrots Wheat Bread Mandarin Fruit Cup Margarine	NA+ 480 124 56 65 5 30				
Cat:736 CHO:83g Na:611mg		611	Cat:763 CHO:109g Na:422mg		422	Cat:822 CHO:97g Na:669mg		669	Cat:897 CHO:107g Na:749mg		749	Cat:740 CHO:103g Na:865mg		865
24	Creamy Cajun Chicken Mashed Potatoes Green Peas w/ Red Peppers Wheat Roll Chocolate Pudding Margarine	NA+ 240 23 72 150 135 30	25Arroz con Camarones (Shrimp) Yellow Rice California Blend Vegetables Dinner Roll Orange Margarine	NA+ 437 25 34 100 1 30	26Beef Picadillo Brown Rice & Pigeon Peas Carrots Wheat Roll Lemon Square Margarine	NA+ 153 70 56 150 90 30	27Pork Verde Tacos w/ Lime Mexican Rice Broccoli Tortilla Wrap Banana Margarine	NA+ 595 70 38 135 1 30	28Haitian Stewed Chicken Drumstick Yucca Mixed Root Vegetables Wheat Bread Applesauce (comm) Margarine	NA+ 213 15 65 65 2 30				
Cat:738 CHO:84g Na:755mg		755	Cat:686 CHO:87g Na:732mg		732	Cat:771 CHO:85g Na:654mg		654	Cat:687 CHO:89g Na:974mg		974	Cat:768 CHO:103g Na:495mg		495
31	Caribbean Fish Curry Yellow Rice Corn w/ Peppers Wheat Roll Peach Cup Margarine	NA+ 133 26 21 150 5 30												
Cat:703 CHO:94g Na:470mg		470												