***Haitian Menu September***

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| **Monday 2nd** | **Tuesday 3rd** | **Wednesday 4th** | **Thursday 5th** | **Friday 6th** |
| **Labor Day** | **Haitian Legume**  **Roast Butternut Squash**  **Whole Grain Bread**  **Apple**  **Milk**  **(cal) 737 (Na) 942** | **Blackened Tilapia w/ Mango Salsa**  **Rice and Beans**  **Fried Plantains**  **Dinner Roll**  **Cake**  **Milk**  **(cal) 978 (Na) 804** | **Rotisserie Chicken**  **Steamed Cauliflower**  **Sweet Potato**  **Cookie**  **Whole Grain Bread**  **Milk**  **(cal) 845 (Na) 662** | **Ze ak bannann**  **Haitian Eggs and Plantain**  **Home Fries**  **Dinner Roll**  **Peaches**  **Milk**  **(cal) 898 (Na) 477** |
| **Monday 9th** | **Tuesday 10th** | **Wednesday 11th** | **Thursday 12th** | **Friday 13th** |
| **Sos Bef ak Kalalou**  **Beef and Okra Stew**  **Mayi Moulen (Cornmeal)**  **Dinner Roll**  **Pear**  **Milk**  **(cal) 706 (Na) 548** | **Smoke Pulled** **Turkey**  **Peas and Onions**  **Baked Potato**  **Whole Grain Bread**  **Pineapple**  **Milk**  **(cal) 724 (Na) 700** | **Haitian Pate (Beef Patty)**  **Rice and Beans**  **Sauteed Okra**  **Dinner Roll**  **Apple Sauce**  **Milk**  **(cal) 1169 (Na) 773** | **Braised Chicken**  **Vegetable Potato Medley**  **Whole Grain Bread**  **Cookie**  **Milk**  **(cal) 879 (Na) 839** | **Haitian Spaghetti**  **With Peppers and Onion**  **Roast Mushrooms**  **Dinner Roll**  **Fruit Cup**  **Milk**  **(cal) 742 (Na) 562** |
| **Monday 16th** | **Tuesday 17th** | **Wednesday 18th** | **Thursday 199h** | **Friday 20th** |
| **Chicken Jambalaya**  **Yellow Rice**  **Steamed Broccoli**  **Dinner Roll**  **Jello**  **Milk**  **(cal) 891(Na) 539** | **Creole Cod**  **Spanish Rice**  **Asparagus**  **Whole Grain Bread**  **Cake**  **Milk**  **(cal) 821 (Na) 980** | **Stuffed Shells**  **Marinara Sauce**  **Steamed Spinach**  **Pudding**  **Dinner Roll**  **Milk**  **(cal) 722 (Na) 1067** | **Haitian Beef and Vegetable Stew**  **Mashed Potato**  **Whole Grain Bread**  **Banana**  **Milk**    **(cal) 781 (Na) 616** | **Caribbean Grilled Chicken**  **Sweet Potato**  **Sauteed Okra**  **Dinner Roll**  **Clementine**  **Milk**  **(cal) 875 (Na) 868** |
| **Monday 23rd** | **Tuesday 24th** | **Wednesday 25th** | **Thursday 26th** | **Friday 27th** |
| **Haitian Meatballs**  **Spaghetti**  **Steamed Carrots**  **Fruit Cup**  **Dinner Roll**  **Milk**  **(cal) 839 (Na) 654** | **Curried Chicken**  **Mayi Moulen (cornmeal)**  **Succotash**  **Whole Grain Bread**  **Pear**  **Milk**  **(cal) 1124 (Na) 949** | **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** | **Macaroni Au Gratin**  **Peas and Onions**  **Dinner Roll**  **Cake**  **Milk**  **(cal) 910 (Na) 1040** |
| **Monday 30th** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Jerk Chicken Drumsticks**  **Roast Sweet Potato**  **Steamed Corn**  **Dinner Roll**  **Fruit Cup**  **Milk (cal) 986 (Na) 863** |  |  |  |  |