***Haitian Menu September***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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** |  |  |  |  |