

SPANISH MENUS

MENU ITEMS	1	2	3	4	5	6	7
APPETIZER (Optional) Juice, Soup, other	Enriched Apple Juice	Orange Juice	Enriched Pineapple Juice		Orange Pine-apple Juice	Enriched Apple Juice	Enriched Grape Juice
MAIN DISH Meat, fish, poultry, cheese or alternate 3 oz. cooked edible serving	Stewed Codfish (Bacalao Guisado)	Albondiga meatloaf	Puerto Rican Style Beef Stew	Virgin's Spanish Style Veal Stew	Sliced Turkey Breast	Arroz con Pollo (Rice With Chicken)	Stewed Pork
If Served, rice or pasta ½ cup	Yam (Name)	Mashed Potato	Rice	New Whole Potatoes	(Ripe Plantain) Platano en Almibar	Avocado	Rice & Beans
VEGETABLES/FRUITS* Two (2) half cups required daily	Okra/Stewed Tomato	Mixed Vegetable	Green Beans	Peas & Carrots	Broccoli	Lettuce & Tomato Salad	Broccoli/ Cauliflower Blend
BREAD: (Whole Grain or Enriched) One (1) serving daily	Whole Wheat	Dinner Roll	Enriched White	Whole Wheat	Hamburger Roll	Enriched White	Whole Wheat Bread
MARGARINE OR BUTTER One (1) tsp. daily	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine
DESSERT: ½ cup daily	Banana	Slice Peaches	Applesauce	Orange	½ Grape Fruit	Apricots	Apple
MILK: 8 oz.	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk

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MENU ITEMS	8	9	10	11	12	13	14
APPETIZER (Optional) Juice, Soup, other	Enriched Apple Juice	Orange Juice	Enriched Grape Juice	Enriched Pineapple Juice	Blended Juice	Enriched Cranberry Juice	Grapefruit Juice
MAIN DISH Meat, fish, poultry, cheese or alternate 3 oz. cooked edible serving	Marmitako (Tuna stew over Rice)	Seasoned Pork Chops over Rice	Spanish Paella (Seafood-n-Rice)	Escaveche Fish	Pernil (Pork)	Sancocho (Chicken Gumbo)	Bacalao (Cod Fish)
If Served, rice or pasta ½ cup	Toss Salad	Pinto Bean Stew		Yucca	Rice	Yucca	Green Bananas
VEGETABLES/FRUITS* Two (2) half cups required daily	Ripe Plantain	Turnip Greens	Garden Salad	Cabbage and Squash	Carrots	Mixed Vegetables	Broccoli
BREAD: (Whole Grain or Enriched) One (1) serving daily	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread
MARGARINE OR BUTTER One (1) tsp. daily	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine
DESSERT: ½ cup daily	Cantaloupe	Apple	Canned Apricots in Light Syrup	Banana	Applesauce	Peaches	Apple
MILK: 8 oz.	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk