

Hialeah Housing Authority
Special Event & Holiday Menu 2010

Cycle: C2 July 1 – December 31, 2010

Sample Pattern*	Summer BBQ Meal	Special Event	Thanksgiving	Christmas
Bread/Grain 2 servings Include whole grain	1 ea. Whole Wheat Bun 1 pkg. Sun Chips	½ c. Yellow Rice ½ c. Plantains 1 sl Whole Wheat Bread	1oz. Stuffing 1 ea. Whole Wheat Roll	½ c. White Rice & Black Beans 1 sl. Cuban Bread
Vegetable 2 servings Include dark green leafy, or orange veggies; cooked dry beans	1/2 ear. Corn on the Cob ½ c. Baked Beans ½ c. Lettuce & Tomato	1 c. Tossed Salad ½ c. Peas & Carrots	½ c. Green Beans Almondine ½ c. Sweet Potatoes	1 c. Tossed Salad ½ c. Yuca with Mojo
Fruit 1 serving Include deeply colored fruits	4oz. Lemonade	4oz. Apple Juice	4oz. Orange Juice	4oz. Cranberry Juice
Milk/milk Alternate Low fat 1 serving	8oz. Milk	8oz. 1% Milk	8oz. 1% Milk	8oz. 1% Milk
Meat/meat alternate 3oz or equivalent	Choice of: 3oz. Hamburger 3oz. Hot Dog	3oz. Chicken	3oz. Turkey with gravy	3oz. Pork with Mojo
Fats** 1 serving Limit	1 ea. Ketchup/Mustard	1 T. Lite Dressing		1 T. Lite Dressing
Dessert Optional Select foods high in whole grains, low in fat & sugar	1 ea. Cupcake	½ c. Natilla Custard/Flan	½ c. Pumpkin Custard	1 sl. Christmas Cake

Dietitian signature: *Oliver Reyes RD, LD*

Date: May 7, 2010

* Follow Dietary Guidelines For America for further guidance

** Fats = 1 teaspoon -- preferably vegetable source

For further information see Home and Community Based Programs and Services Manual DOEA 2005

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