

Hialeah Housing Authority

Special Event & Holiday Menu – Cycle 2 July 16, 2018 – January 13, 2019

Summer BBQ Meal	Special Event #1	Thanksgiving Meal	Christmas Meal	New Year's / Special Event #2
Choice of: 3oz. Hamburger or 3oz. Hot Dog 1 ea. Whole Wheat Bun ½ c. Corn ½ c. Baked Beans ½ c. Lettuce & Tomato 1 ea. Cupcake 4oz. Lemonade 8 oz. 1% Milk 1 ea. Mustard & Ketchup	8oz. Arroz Imperial with 3oz. Chicken, ½ oz. Mozzarella Cheese, and ½ c. Yellow Rice ½ c. Fried Plantains ½ c. Mixed Green Salad with Tomato, Cucumber & Carrots 1 T. Lite Italian Dressing ½ c. Flan 8 oz. 1% Milk	3oz. Turkey with 1oz Gravy & 1oz. Cranberry Sauce ½ c. Stuffing ½ c. Green Bean Almondine ½ c. Mashed Potatoes 1 ea. Cornbread 1 sl. Pumpkin Pie 8 oz. 1% Milk	3oz. Pork with 1oz Mojo ½ c. White Rice & Black Beans ½ c. Yuca with ½ oz. Mojo 1 c. Tossed Salad 1 T. Lite Dressing 1 ea. Cuban Roll 1 sl. Christmas Cake 8 oz. 1% Milk	3oz. Chorizo Stuffed Boliche ½ c. Moros ½ c. Oven Fried Plantains 1 c. Spinach & Tomato Salad 1 T. Lite Dressing 1 ea. Cuban Roll ½ c. Grapes ½ c. Flan 8 oz. 1% Milk

Dietitian Signature: Michelle Larea MS, RD, LDN, CDE

Date: May 25, 2018