

Sample Menu customized for Mexican-Americans, Cuban-Americans, and Puerto Ricans.

LUNCH OPTION	SERVING	CALORIES	CARBS	FIBER	TOTAL FAT	SATURATED FAT	CHOLESTEROL
Caldo gallego Cuban style prepared with 1/2 cup navy beans, 2 cups turnips, 3 ounces lean pork loin cubes, and onion, garlic, green peppers, tomato sauce, and 1 tsp of canola oil	1 bowl	387	30	15	14	3	65
White rice cooked	1/2 cup	103	22	0	0	0	0
Tomatoes/Cucumber slices with vinegar/lime to taste sprinkled with chopped parsley	1 cup cucumber/ 2 tomatoes	38	9	3	0	0	0
Cantaloupe	1/8 slice	23	6	1	0	0	0
TOTAL		551	67	19	14	3	65

