

MENU PLANNING WORKSHEET

REPORT ALL ALLERGIES TO NURSING

WEEK OF: 1st-4th

July

2026

SITE NAME: PROJECT INDEPENDNECE ADH

SUBJECT TO CHANGE

Approved by Dawn
DiMarco RD
6/18/2026

In accordance with federal law & the US Department of Agriculture policy, we do not discriminate on the basis of race, color, sex, nation origin, age or disability.

USDA Child & Adult Care Food Program Meal	Monday	Tuesday	Wednesday 1-Jul	Thursday 2-Jul	Friday 3-Jul	SATURDAY 4-Jul
BREAKFAST Fluid Milk 8oz			Skim Milk	Skim Milk	Skim Milk	
Fruit and/or Vegetables 4oz			Pears	Bananas	Mandarin Oranges	
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz			Wheat Toast with PB	Cheerios	Oatmeal	
LUNCH			Linguica	Chicken Scampi	Pepperoni Pizza	
Meat Or Meat Alternative 2oz			Linguica	Chicken	Pepperoni	
1/2 Cup of Fruit & 1/2 Cup of Vegetable			Pineapple Garden Salad	Strawberries Broccoli	Blueberries Sliced Cucumbers	
Bread - 2 Slices or Bread Alternative -8oz dry			Wheat Bun	WW Roll	Pizza Dough	
Fluid Skim Milk			Skim Milk	Skim Milk	Skim Milk	
Other Foods 4oz			Potatoes	Pasta	Veggie Tots	
PM SNACK- Fluid Milk Served any two of the following foods			Water	Water	Apple Juice	
Fruit and/or Vegetable				Vegetables		
Bread or Bread Alternative			Ritz Crackers		Goldfish	
Meat or Meat Alternative			Cracker Cut Cheese	Yogurt Dip		



MENU PLANNING WORKSHEET

REPORT ALL ALLERGIES TO NURSING

WEEK OF: 6th-11th

July 2026

SITE NAME: PROJECT INDEPENDENCE ADH

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DiMarco RD
6/18/2026

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USDA Child & Adult Care Food Program Meal	Monday 6-Jul	Tuesday 7-Jul	Wednesday 8-Jul	Thursday 9-Jul	Friday 10-Jul	SATURDAY 11-Jul
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Fruit and/or Vegetables 4oz	Cantaloupe	Raisins	Strawberries	Peaches	Bananas	
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Bagels w/ Cream Cheese	Cream of Wheat	Waffles	Raisin Toast	Cheerios	
LUNCH	Wraps	American Chop Suey	Grilled Cheese and Tomato Soup	Seafood Mozambique	Pepperoni Pizza	
Meat Or Meat Alternative 2oz	Turkey	Ground Beef	Cheddar Cheese	Shrimp	Pepperoni	
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Watermelon Lettuce,Tomato,Carrot	Pineapple Green Beans	Honey Dew Melon Cole Slaw	Blueberries Garden Salad	Watermelon Baby Carrots	
Bread - 2 Slices or Bread Alternative -8oz dry	Whole Wheat Wrap	WW Roll	Whole Wheat Bread	Wheat Bun	WW Roll	
Fluid Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Other Foods 4oz	Chips	Pasta	Veggie Straws	Oven Roasted Fries	Veggie Straws	
PM SNACK- Fluid Milk Served any two of the following foods	Berry Juice	Water	Grape Juice	Water	Skim Milk	
Fruit and/or Vegetable						
Bread or Bread Alternative Meat or Meat Alternative	Animal Crackers	Chex Mix	String Cheese	Granola Greek Yogurt	Graham Crackers	

MENU PLANNING WORKSHEET

REPORT ALL ALLERGIES TO NURSING

WEEK OF: 13th-17th

July

2026

SITE NAME: PROJECT INDEPENDNECE ADH

SUBJECT TO CHANGE

Approved by Dawn
DiMarco RD
6/18/2026

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USDA Child & Adult Care Food Program Meal	Monday 13-Jul	Tuesday 14-Jul	Wednesday 15-Jul	Thursday 16-Jul	Friday 17-Jul	SATURDAY 18-Jul
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Fruit and/or Vegetables 4oz	Sliced Apples	Blueberries	Bananas	Mandarin Oranges	Honey Dew Melon	
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Corn Muffin	Oatmeal w/Cinnamon	Waffles	English Muffin w/Peanut Butter	Kix	
LUNCH	Chicken Salad Sandwich	Baked Mac and Cheese	Baked Fish	Carne Espeto	Linguica Pizza	
Meat Or Meat Alternative 2oz	Chicken	Cheese Blend	Haddock	Beef	Linguica Pizza	
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Clementines Cesar Salad	Strawberries Broccoli	Pears Green Beans	Pineapple Garden Salad	Blueberries Sliced Cucumbers	
Bread - 2 Slices or Bread Alternative -8oz dry	Whole Wheat Bread	WW Roll	WW Roll	WW Roll	Pizza Crust	
Fluid Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Other Foods 4oz	Chips		Mashed Potatoes	Rice	Veggie Tots	
PM SNACK- Fluid Milk Served any two of the following foods	Water	Apple Juice	Skim Milk	Skim Milk	Water	
Fruit and/or Vegetable	Frozen Yogurt with berries				Vegetables	
Bread or Bread Alternative			Animal Crackers			
Meat or Meat Alternative		Cheese Stick		W.W Pretzel	Yogurt Dip	

MENU PLANNING WORKSHEET			REPORT ALL ALLERGIES TO NURSING		
WEEK OF: 20th-25th		July 2026	SITE NAME: PROJECT INDEPENDNECE ADH		

SUBJECT TO CHANGE

Approved by
Dawn DiMarco RD
6/18/2026

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USDA Child & Adult Care Food Program Meal	Monday 20-Jul	Tuesday 21-Jul	Wednesday 22-Jul	Thursday 23-Jul	Friday 24-Jul	SATURDAY 25-Jul
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Fruit and/or Vegetables 4oz	Strawberries	Blueberries	Mandarin Oranges	Bananas	Raisins	
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Banana Muffin	Pancakes	English Muffin w/Peanut Butter	Cheerios	Cream of Wheat	
LUNCH	Chicken Tenders	Broccoli and Cheese Quiche	Cheeseburger	Chicken Parm	Pepperoni Pizza	
Meat Or Meat Alternative 2oz	Chicken	Cheese Mix	Beef	Chicken	Pepperoni	
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Peaches	Pears	Sliced Apples	Honey Dew Melon	Watermelon	
	Green Beans	Broccoli	Coleslaw	Cesar Salad	3 Bean Salad	
Bread - 2 Slices or Bread Alternative -8oz dry	Whole Wheat Bread	WW Roll	Whole Wheat Bread	WW Roll	Pizza Crust	
Fluid Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Other Foods 4oz	Fried Rice		Pasta Salad	Pasta	Veggie Tots	
PM SNACK- Fluid Milk Served any two of the following foods	Skim Milk	Water	Water	Water	Water	
Fruit and/or Vegetable Bread or Bread Alternative Meat or Meat Alternative				Lemonade	Pineapples	
	Graham Crackers	Tortilla Chips	Ritz Crackers	Zucchini Bread		
		Salsa	Cheese		Cottage Cheese	

MENU PLANNING WORKSHEET			REPORT ALL ALLERGIES TO NURSING			
WEEK OF: 27th-31st		July	2026	SITE NAME: PROJECT INDEPENDNECE ADH		
SUBJECT TO CHANGE		Approved by Dawn DiMarco RD 6/18/2026 **In accordance with federal law & the US Department of Agriculture policy, we do not discriminate on the basis of race, color, sex, nation origin, age or disability.**				
USDA Child & Adult Care Food Program Meal	Monday 27-Jul	Tuesday 28-Jul	Wednesday 29-Jul	Thursday 30-Jul	Friday 31-Jul	SATURDAY
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Fruit and/or Vegetables 4oz	Bananas	Raisins	Strawberries	Clementines	Blueberries	
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Blueberry Muffin	Oatmeal	Cheerios	Waffles	Rice Crispies Cereal	
LUNCH	Lobster Roll	French Toast and Sausage	Lasagna	Clam Cakes and Chowder	Cheese Pizza	
Meat Or Meat Alternative 2oz	Lobster	Sausage	Turkey	Clams	Mozzarella Cheese	
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Pineapple	Strawberries	Honey Dew	Cantaloupe	Watermelon	
	Coleslaw	Carrots	Green Beans	Coleslaw	Garden Salad	
Bread - 2 Slices or Bread Alternative -8oz dry	WW Roll	Whole Wheat Bread	WW Roll	WW Roll	Pizza Crust	
Fluid Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Other Foods 4oz	Chips	Hashbrowns	Pasta	Oyster Crackers	Veggie Tots	
PM SNACK- Fluid Milk Served any two of the following foods	Skim Milk	Skim Milk	Water	Water	Water	
Fruit and/or Vegetable			Hummus		Peaches	
Bread or Bread Alternative	Chex Mix		Ritz Crackers	Graham Crackers		
Meat or Meat Alternative		Cheese Stick		Peanut Butter	Yogurt Dip	