

MENU PLANNING WORKSHEET

REPORT ALL ALLERGIES TO NURSING

WEEK OF: **1st-6th**

June 2026

SITE NAME: **PROJECT INDEPENDNECE ADH**

SUBJECT TO CHANGE

Approved by Dawn
DiMarco, RD
5/27/2026

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 1-Jun	Tuesday 2-Jun	Wednesday 3-Jun	Thursday 4-Jun	Friday 5-Jun	SATURDAY 6-Jun
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Fruit and/or Vegetables 4oz	Bananas	Raisins	Sliced Apples	Mandarin Orange	Cantaloupe	
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Corn Muffin	Cream of Wheat	French Toast Sticks	Cheerios	Sweet Bread	
LUNCH	Chicken Salad Sandwich	Portuguese Tuna	Sloppy Joes	Chxn Marsala	Pepperoni Pizza	
Meat Or Meat Alternative 2oz	Chicken	Tuna	Ground Turkey	Chicken	Pepperoni	
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Pineapples Green Beans	Strawberries Cauliflower	Pears Beets	Mixed Fruit Garden Salad	Watermelon Broccoli	
Bread - 2 Slices or Bread Alternative -8oz dry	Whole Wheat Bread	WW Roll	WW Bun	Whole Wheat Bread	Whole Wheat Bread	
Fluid Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Other Foods 4oz	Veggie Straws	Potatoes	Tater Tots	Ziti	Veggie Tots	
PM SNACK- FLUID MILK	Water	Skim Milk	Water	Water	Water	
Served any two of the following foods Fruit and/or Vegetable			Strawberries	Hummus	Vegetables	
Bread or Bread Alternative	Graham Crackers	Zucchini Bread	Shortcake			
Meat or Meat Alternative	w/Peanut Butter			Ritz Crackers	Yogurt Dip	

* VITAMIN C DAILY *All Juice Is 100% 1x daily * Lunch Only - Sliced Bread Is 100% Whole Wheat * Cereal - less than 6grams of sugar per serving* Yogurt- less than 23 Grams of sugar per 6oz *Capri Blend Carrots, zucchini, green beans squash* California Blend: Carrots, Broccoli, Cauliflower. * Tuscan Blend: Zucchini, Squash, Green Beans, red pepper. *5way Blend: Carrots, green beans, peas, corn & lima beans * Harvest Blend: Green beans, wax beans & carrots *Low sodium meats, gravy and soup when available * No Dessert For Snack

MENU PLANNING WORKSHEET

REPORT ALL ALLERGIES TO NURSING

WEEK OF: **8th-13th**

June 2026

SITE NAME: **PROJECT INDEPENDENCE ADH**

SUBJECT TO CHANGE

Approved by Dawn
DiMarco, RD
5/27/2026

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USDA Child & Adult Care Food Program Meal	Monday 8-Jun	Tuesday 9-Jun	Wednesday 10-Jun	Thursday 11-Jun	Friday 12-Jun	SATURDAY 13-Jun
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Fruit and/or Vegetables 4oz	Banana	Orange Juice	Pears	Bananas	Cantaloupe	
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Cheerios	Coffee Cake Muffins	Oatmeal	Rice Krispies Cereal	English Muffin	
LUNCH	Tuna Fish Sandwich	Lasagna	Baked Fish	Chxn & Linguica Mozambique	Cheese Pizza	
Meat Or Meat Alternative 2oz	Tuna Fish	Ground Beef	Haddock	Chicken & Linguica	Cheese	
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Strawberries Garden Salad	Peaches Cesar Salad	Watermelon Broccoli	Blueberries Baby Carrots	Pineapples 3 Bean Salad	
Bread - 2 Slices or Bread Alternative -8oz dry	WW Bread	WW Roll	WW Roll	WW Roll	Whole Wheat Bread	
Fluid Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Other Foods 4oz	Veggie Straws	Pasta	Mashed Potatoes	Rice Pilaf	Veggie Tots	
PM SNACK- FLUID MILK	Water	Water	Skim Milk	Apple Juice	Grape Juice	
Served any two of the following foods Fruit and/or Vegetable	Frozen Yogurt with berries		Animal Crackers			
Bread or Bread Alternative Meat or Meat Alternative		Ritz Crackers Yogurt Ranch Dip		Cheese Stick	W.W. Pretzel	

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MENU PLANNING WORKSHEET

REPORT ALL ALLERGIES TO NURSING

WEEK OF: **15th-20th**

June 2026

SITE NAME: **PROJECT INDEPENDENCE ADH**

SUBJECT TO CHANGE

Approved by Dawn
DiMarco, RD 5/27/2026

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USDA Child & Adult Care Food Program Meal	Monday 15-Jun	Tuesday 16-Jun	Wednesday 17-Jun	Thursday 18-Jun	Friday 19-Jun	SATURDAY 20-Jun
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Fruit and/or Vegetables 4oz	Bananas	Cantaloupe	Blueberries	Honey Dew Melon	Cranberry Juice	
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Cheerios Cereal	Raisin Toast	Rice Krispies Cereal	Oatmeal	Banana Mffins	
LUNCH	Turkey Sandwich	Hot Dogs & Beans	Chxn Tenders	Mac & Cheese	Lingua Pizza	
Meat Or Meat Alternative 2oz	Turkey	Beef Hot Dog	Chicken	Cheese Blend	Lingua Pizza	
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Pears Cesar Salad	Sliced Apple Broccoli	Pineapples Garden Salad	Strawberries Vegetable Medley	Watermelon Garden Salad	
Bread - 2 Slices or Bread Alternative -8oz dry	Whole Wheat Bread	WW Roll	WW Roll	WW Roll	Pizza Dough	
Fluid Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Other Foods 4oz	Veggie Straws	Baked Beans	Roasted FF		Pasta Salad	
PM SNACK- FLUID MILK	Skim Milk	Grape Juice	Milk	Apple Juice	Water	
Served any two of the following foods Fruit and/or Vegetable	Baked Apples with Cinnamon				Pineapples	
Bread or Bread Alternative Meat or Meat Alternative		String Cheese	Chex Mix	Goldfish	Cottage Cheese	

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MENU PLANNING WORKSHEET

REPORT ALL ALLERGIES TO NURSING

WEEK OF: **22nd-27th**

June 2026

SITE NAME: **PROJECT INDEPENDENCE ADH**

SUBJECT TO CHANGE

Approved by Dawn
DiMarco, RD
5/27/2026

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USDA Child & Adult Care Food Program Meal	Monday 22-Jun	Tuesday 23-Jun	Wednesday 24-Jun	Thursday 25-Jun	Friday 26-Jun	SATURDAY 27-Jun
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Fruit and/or Vegetables 4oz	Sliced Pears	Apple Juice	Sliced apples	Banana	Orange Juice	
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Blueberry Muffin	Bagel w/ Cream Cheese	Oatmeal	Cheerios	Pancakes	
LUNCH	Ham Salad Sandwich	Lasagna	Chicken Patty	Cacoila	Cheese Pizza	
Meat Or Meat Alternative 2oz	Ham	Ground Beef	Chicken	Pork	Cheese	
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Peaches Cole Slaw	Mandarin Orange Mixed Vegetables	Pineapple Garden Salad	Peaches Harvest Blend	Honeydew Melon Sliced Cucumbers	
Bread - 2 Slices or Bread Alternative -8oz dry	Whole Wheat Bread	WW Roll	WW Bun	Whole Wheat Roll	Pizza Dough	
Fluid Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Other Foods 4oz	Vegetable Straws	Pasta	Macaroni Salad		Veggie Tots	
PM SNACK- FLUID MILK	Cranberry Juice	Water	Water	Water	Water	
Served any two of the following foods Fruit and/or Vegetable			Strawberries		Blueberries	
Bread or Bread Alternative	W.W. Pretzels	Tortilla Chips	Croissant	Whole Wheat Ritz		
Meat or Meat Alternative		w/Garden Salsa		w/Cheese	Cottage Cheese	

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MENU PLANNING WORKSHEET

REPORT ALL ALLERGIES TO NURSING

WEEK OF: **29th-30th**

June 2026

SITE NAME: **PROJECT INDEPENDENCE ADH**

SUBJECT TO CHANGE

Approved by Dawn
DiMarco, RD
5/27/2026

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USDA Child & Adult Care Food Program Meal	Monday 29-Jun	Tuesday 30-Jun	Wednesday	Thursday	Friday	SATURDAY
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk				
Fruit and/or Vegetables 4oz	Sliced Pears	Apple Juice				
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Blueberry Muffin	Bagel w/ Cream Cheese				
LUNCH	Grilled Cheese	Chxn Finger & Veg Lo Mein				
Meat Or Meat Alternative 2oz	Cheddar Cheese	Chicken				
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Peaches Cole Slaw	Mandarin Orange Mixed Vegetables				
Bread - 2 Slices or Bread Alternative -8oz dry	Whole Wheat Bread	WW Roll				
Fluid Skim Milk	Skim Milk	Skim Milk				
Other Foods 4oz	Vegetable Straws	Lo Mein Noodles				
PM SNACK- FLUID MILK	Cranberry Juice	Water				
Served any two of the following foods Fruit and/or Vegetable						
Bread or Bread Alternative	W.W. Pretzels	Tortilla Chips				
Meat or Meat Alternative		w/Garden Salsa				

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