

MENU PLANNING WORKSHEET				REPORT ALL ALLERGIES TO NURSING	
WEEK OF:	1st-2nd	October	2026	SITE NAME:	PROJECT INDEPENDNECE ADH

SUBJECT TO CHANGE

Approved by
Dawn DiMarco,
RD 9/25/26

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	THURSDAY	FRIDAY	SATURDAY
			1-Oct	2-Oct	3-Oct	
BREAKFAST Fluid Milk 8oz				Skim Milk	Skim Milk	
Fruit and/or Vegetables 4oz				Strawberry Juice	Bananas	
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz				French Toast Sticks	Cheese Quiche	
LUNCH				Ham Salad Finger Rolls	Filet of Fish	
Meat Or Meat Alternative 2oz				Ham	Pollock	
1/2 Cup of Fruit & 1/2 Cup of Vegetable				Pineapple Three Bean Salad	Strawberries Garden Salad	
Bread - 2 Slices or Bread Alternative -8oz dry				Finger rolls	WW Bun	
FLUID SKIM MILK				Skim Milk	Skim Milk	
Other Foods 4oz					French Fries	
PM SNACK- FLUID MILK				Water	Milk	
Served any two of the following foods Fruit and/or Vegetable				Garden Salsa		
Bread or Bread Alternative				WW Tostitos	Graham Crackers	
Meat or Meat Alternative						

* 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 beams 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: 5th-9th

October 2026

SITE NAME: PROJECT INDEPENDNECE ADH

SUBJECT TO CHANGE

Approved by
Dawn DiMarco,
RD 9/25/26

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USDA Child & Adult Care Food Program Meal	MONDAY 5-Oct	TUESDAY 5-Oct	WEDNESDAY 7-Oct	THURSDAY 8-Oct	FRIDAY 9-Oct	SATURDAY
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Fruit and/or Vegetables 4oz	Bananas	Clementines	Cranberry Juice	Blueberries	Raisins	
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Cheerios	Blueberry Muffin	Egg in a Basket	Pancakes	Oatmeal	
LUNCH	Cheeseburgers	Turkey Dinner	Chicken Salad Sandwiches	Kale Soup	Spaghetti with Meatsauce	
Meat Or Meat Alternative 2oz	Hamburger	Turkey	Chicken	Linguica	Ground Beef	
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Cantaloupe	Pears	Peaches	Pineapple	Pineapples	
	Garden Salad	Butternut Squash	Green Beans	Kale	Broccoli	
Bread - 2 Slices or Bread Alternative -8oz dry	Whole Wheat Bun	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	
FLUID SKIM MILK	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Other Foods 4oz	Sweet Potato FF	Stuffing	Pasta Salad	Pasta	Spaghetti	
PM SNACK- FLUID MILK		Skim Milk	Skim Milk	Water	Water	
Served any two of the following foods Fruit and/or Vegetable	Cranberry Apple Juice	Strawberries		Apples		
Bread or Bread Alternative		Shortcake	Pumpkin Bread			
Meat or Meat Alternative	Cheese Stick			Peanut Butter	Turkey & Cheese Rolls Ups	

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MENU PLANNING WORKSHEET				REPORT ALL ALLERGIES TO NURSING	
WEEK OF: 12th-16th		October	2026	SITE NAME:	PROJECT INDEPENDNECE ADH

SUBJECT TO CHANGE

Approved by

Dawn DiMarco,

RD 9/25/26

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USDA Child & Adult Care Food Program Meal	MONDAY 13-Oct	TUESDAY 14-Oct	WEDNESDAY 15-Oct	THURSDAY 16-Oct	FRIDAY 17-Oct	SATURDAY
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Fruit and/or Vegetables 4oz	Strawberries	Orange Juice	Pineapple	Apples	Bananas	
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	French Toast Sticks	Blueberry Muffin	Bolo with butter	Cream of Wheat	Waffles	
LUNCH	Broiled Chicken Thighs	Chicken Enchiladas	Grilled Cheese with Tomato Soup	Balchau Gomes De Sa	Linguica Pizza	
Meat Or Meat Alternative 2oz	Chicken Thighs	Ground Chicken	Cheddar Cheese	Balchau	Linguica Pizza	
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Apple Sauce Peas	Pears Lettuce, Tomato, Onion	Fruit Cup Tomat Soup	Mandarin Oranges Carrots	Pears Garden Salad	
Bread - 2 Slices or Bread Alternative -8oz dry	WW Roll	WW Tortillas	WW Bread	Whole Wheat Roll	Pizza Crust	
FLUID SKIM MILK	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Other Foods 4oz	Mashed Potatoes	Rice & Beans	Saltines	Eggs/Chickpeas		
PM SNACK- FLUID MILK	Skim Milk	Grape Juice	Water	Water	Water	
Served any two of the following foods Fruit and/or Vegetable				Fresh Salsa	Strawberries	
Bread or Bread Alternative	Applebread	Wheat Thins	Graham Crackers	Tostitos		
Meat or Meat Alternative			Peanut Butter		Greek Yogurt	

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MENU PLANNING WORKSHEET

REPORT ALL ALLERGIES TO NURSING

WEEK OF: 19th-23rd

October 2026

SITE NAME: PROJECT INDEPENDNECE ADH

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RD 9/25/26

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USDA Child & Adult Care Food Program Meal	MONDAY 20-Oct	TUESDAY 21-Oct	WEDNESDAY 22-Oct	THURSDAY 23-Oct	FRIDAY 24-Oct	SATURDAY
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Fruit and/or Vegetables 4oz	Orange Juice	Banana	Oranges	Raisins	Apple Slices	
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Ham & Swiss Quiche	Cheerios	French Toast Sticks	Cream of Wheat	Whole Wheat Raisin Toast	
LUNCH	Roast Beef Grinder	BBQ Chicken	Stuffed Shells	Chicken Patty	Seafood Chowder	
Meat Or Meat Alternative 2oz	Roast Beef	Chicken	Ground Turkey	Chicken	Haddock + Clams	
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Cinnamon Apples Salad	Fruit Cup Corn	Applesauce Salad	Peaches Broccoli Salad	Applesauce Garden Salad	
Bread - 2 Slices or Bread Alternative -8oz dry	Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	WW Roll	
FLUID SKIM MILK	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Other Foods 4oz	Onion Rings	Macaroni & Cheese	Pasta	Sweet Potato French Fries		
PM SNACK- FLUID MILK	Skim Milk	Water	Water	Water	Skim Milk	
Served any two of the following foods Fruit and/or Vegetable	Graham Crackers	Ranch Yogurt Dip	w/Apple Crumb			
Bread or Bread Alternative		Wheat Thins	Baked Oatmeal	Graham Cracker		
Meat or Meat Alternative				w/Peanut Butter	Black Bean Brownies	

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MENU PLANNING WORKSHEET

REPORT ALL ALLERGIES TO NURSING

WEEK OF: 26-30th

October 2026

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USDA Child & Adult Care Food Program Meal	MONDAY 26-Oct	TUESDAY 27-Oct	WEDNESDAY 28-Oct	THURSDAY 29-Oct	FRIDAY 30-Oct	SATURDAY
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Fruit and/or Vegetables 4oz	Blueberries	Apples	Cranberry Juice	Bananas	Dracula Berries	
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Chex Cereal	Banana Nut Muffin	Bagel w/ Cream Cheese	Pancakes	Frankenstein Eggs	
LUNCH	Kale Soup	Teriyaki Chicken	Italian Grinder	Lasagna	Mummy Pizza	
Meat Or Meat Alternative 2oz	Beef	Chicken	Ham, Salami, Pepperoni	Ground Beef	Pepperoni	
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Fruit Cup Kale, Carrots, Onions	Pineapples Stirfry Veg	Clementines Brocoli Salad	Strawberries Green Beans	Ghoblin Berries Graveyard Salad	
Bread - 2 Slices or Bread Alternative -8oz dry	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	WW Bun	WW English Muffin	
FLUID SKIM MILK	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Other Foods 4oz	Potatoes	Rice	Onion Rings	Skeleton Finger Veggie Straws		
PM SNACK- FLUID MILK	Skim Milk	Skim Milk	Water	Water	Ghost Skim Milk	
Served any two of the following foods Fruit and/or Vegetable						
Bread or Bread Alternative	Applebread	Birthday Cake	Graham Cracker	Ritz Crackers	Pumpkin Bread	
Meat or Meat Alternative			Peanut Butter	Cheddar Cheese		

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