

MENU PLANNING WORKSHEET

REPORT ALL ALLERGIES TO NURSING

WEEK OF: 3rd-7th

August

2026

SITE NAME: PROJECT INDEPENDENCE ADH

SUBJECT TO CHANGE

Approved by
Dawn DiMarco, RD
7/26/2026

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 3-Aug	TUESDAY 4-Aug	WEDNESDAY 5-Aug	THURSDAY 6-Aug	FRIDAY 7-Aug	SATURDAY
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Fruit and/or Vegetables 4oz	Honey Dew Melon	Cantalope	Blueberries	Strawberries	Orange Juice	
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Waffles	Blueberry Muffin	Cream of Wheat	English Muffin w/Jam	Rice Chex Cereal	
LUNCH	Portuguese Tuna	Fish & Chips	Chicken Parmesan	Tuna Salad Wrap	Cheese Pizza	
Meat Or Meat Alternative 2oz	Tuna	Fish	Chicken	Fish	Cheese	
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Mixed Fruit Green Beans	Oranges Coleslaw	Peaches Broccoli	Watermelon Green Beans	Honey Dew Melon Cesar Salad	
Bread - 2 Slices or Bread Alternative -8oz dry	Wheat Roll	Oven Roasted FF	Whole Wheat Bread	Wheat Wrap	Wheat Bun	
FLUID SKIM MILK	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Other Foods 4oz	Potatoes		Pasta		Three Bean Salad	
PM SNACK- FLUID MILK	Water	Milk	Water	Water	Milk	
Served any two of the following foods Fruit and/or Vegetable	Fresh Salsa		Pineapple			
Bread or Bread Alternative	Wheat Thins	Corn Bread		W.W. Crackers	Animal Crackers	
Meat or Meat Alternative			w/Cottage Cheese	w/Peanut Butter		

* 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: 10th-14th

August 2026

SITE NAME: PROJECT INDEPENDENCE ADH

SUBJECT TO CHANGE

Approved by Dawn
DiMarco, RD
7/26/2026

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USDA Child & Adult Care Food Program Meal	MONDAY 10-Aug	TUESDAY 11-Aug	WEDNESDAY 12-Aug	THURSDAY 13-Aug	FRIDAY 14-Aug	SATURDAY
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Fruit and/or Vegetables 4oz	Raspberries	Strawberries	Blueberries	Orange Juice	Sliced Apples	
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Banana Muffin	Waffles	Oatmeal	Broccoli Quiche	Raisin Toast	
LUNCH	Roast Beef Sub	American Chop Suey	Harvest Chicken Salad Wrap	Open Face Turkey Sandwich	Pepperoni Pizza	
Meat Or Meat Alternative 2oz	Roast Beef	Ground Turkey	Chicken	Turkey	Cheese & Pepperoni	
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Watermelon	Applesauce	Fruit Cocktail	Pears	Peaches	
	Cucumbers	Garden Salad	Pickled Beets	Butternut Squash	Green Beans	
Bread - 2 Slices or Bread Alternative -8oz dry	Whole Wheat Bread	Whole Wheat Roll	Wrap	Whole Wheat Bread	Whole Wheat Roll	
FLUID SKIM MILK	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Other Foods 4oz	Potato Salad	Elbow Macaroni	Pasta Salad	Stuffing	Pasta	
PM SNACK- FLUID MILK	Milk	Water	Water	Water	Water	
Served any two of the following foods Fruit and/or Vegetable	Jello Parfait with mixed fruit		Strawberry Smoothie		Garden Salsa	
Bread or Bread Alternative		W.W. Crackers		Graham Crackers	WW Tostitos	
Meat or Meat Alternative		Cheddar Cheese	made w/Yogurt	w/Peanut Butter		

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BB 7/14/2026

MENU PLANNING WORKSHEET

REPORT ALL ALLERGIES TO NURSING

WEEK OF: 17th-21st

August 2026

SITE NAME: PROJECT INDEPENDENCE ADH

SUBJECT TO CHANGE

Approved by
Dawn DiMarco, RD
7/26/2026

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USDA Child & Adult Care Food Program Meal	MONDAY 17-Aug	TUESDAY 18-Aug	WEDNESDAY 19-Aug	THURSDAY 20-Aug	FRIDAY 21-Aug	SATURDAY
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Fruit and/or Vegetables 4oz	Blueberries	Banana	Raisins	Sliced Apples	Banana	
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Cranberry Orange Muffin	Cheerios	Oatmeal w/Cinnamon	Egg in a Basket	Rice Crispies	
LUNCH	Tuna Salad Sandwich	Meatloaf	Grilled Cheese	BBQ Chicken	Lobster Roll	
Meat Or Meat Alternative 2oz	Tuna Fish	Beef	Cheddar Cheese	Chicken	Lobster	
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Cantaloupe Beets	Applesauce Cauliflower	Fruit Cocktail Garden Salad	Peaches Wax Beans	Pineapple Cesar Salad	
Bread - 2 Slices or Bread Alternative -8oz dry	Wheat Pita Pockets	Whole Wheat Bread	Wheat Wrap	Whole Wheat Bread	Whole Wheat Bread	
FLUID SKIM MILK	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Other Foods 4oz	Potato Salad	Mashed Potatoes	Veggie Straws	Rice	Potato Chips	
PM SNACK- FLUID MILK	Skim Milk	Grape Juice	Milk	Water	Water	
Served any two of the following foods Fruit and/or Vegetable			Jello Fruit Parfait		Strawberries & Greek Yogurt	
Bread or Bread Alternative	Chex Mix	Soft Pretzel		Tortilla Chips		
Meat or Meat Alternative				Fresh Salsa		

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MENU PLANNING WORKSHEET			REPORT ALL ALLERGIES TO NURSING			
WEEK OF: 24th-28th		August	2026	SITE NAME: PROJECT INDEPENDNECE ADH		
SUBJECT TO CHANGE Approved by Dawn DiMarco, RD 7/26/2026		**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 24-Aug	TUESDAY 25-Aug	WEDNESDAY August 26	THURSDAY 27-Aug	FRIDAY 28-Aug	SATURDAY
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Fruit and/or Vegetables 4oz	Fresh Pineapple	Orange Juice	Sliced Apples	Banana	Mixed Berries	
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Blueberry Muffin	Scrambled Eggs & Toast	Toast w/ Peanut Butter	Cheerios	Bolo w/ Jam	
LUNCH	Seafood Salad	Broiled Chicken Thighs	BBQ Pulled Pork	Chicken Broccoli Alfredo	English Muffin Pizza	
Meat Or Meat Alternative 2oz	Pollock	Chicken	Pork	Chicken	Turkey Pepperoni	
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Kiwi Garden Salad	Carrots Brussel Sprouts	Pineapples Cole Slaw	Honeydew Melon Broccoli	Watermelon Garden Salad	
Bread - 2 Slices or Bread Alternative -8oz dry	Whole Wheat Bread	WW Roll	Corn Bread	Whole Wheat Roll	WW English Muffin	
FLUID SKIM MILK	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Other Foods 4oz	Veggie Straws	Mashed Potatoes	Baked Beans		Mozzarella Cheese	
PM SNACK- FLUID MILK	Water	Skim Milk	Water	Cranberry Juice	Skim Milk	
Served any two of the following foods Fruit and/or Vegetable	Vegetables	Baked Apples w/cinnamon	Mixed Fruit		Fruit & Jello Parfait	
Bread or Bread Alternative			Pina Colada Parfait	Wheat Thins		
Meat or Meat Alternative	Yogurt Dip		Greek Yogurt			

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 Capri Blend Carrots, zucchini, green beams squash California Blend: Carrots, Broccoli, Cauliflower. * Tuscan Blend: Zucchini, Squash, Green Beans, red pepper. *Sway 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: 31st- 4th		August	2026	SITE NAME: PROJECT INDEPENDNECE ADH	

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Approved by
Dawn DiMarco, RD
7/26/2026

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USDA Child & Adult Care Food Program Meal	MONDAY 31-Aug	TUESDAY 1-Sep	WEDNESDAY 2-Sep	THURSDAY 3-Sep	FRIDAY 4-Sep	SATURDAY
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Fruit and/or Vegetables 4oz	Craisins	Strawberries	Sliced Apples	Blueberries	Banana	
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	French Toast Sticks	Raisin Toast	Pancakes	English Muffins	Cheerios	
LUNCH	Cacoila Sandwich	Turkey Tacos	Spaghetti & Meatballs	Cheddar & Chive Quiche	Linguica Pizza	
Meat Or Meat Alternative 2oz	Cacoila	Ground Turkey	Ground Beef	Eggs	Linguica & Cheese	
1/2 Cup of Fruit &	Pineapple	Watermelon	Cantaloupe	Honeydew Melon	Watermelon	
1/2 Cup of Vegetable	Broccoli Salad	Fiesta Corn	Zucchini	Garden Salad	Garden Salad	
Bread - 2 Slices or Bread Alternative -8oz dry	WW Roll	Tortillas	WW Roll	WW Roll	Pizza Crust	
FLUID SKIM MILK	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Other Foods 4oz	Oven Roasted FF	Rice & Beans	Spaghetti	Pie Crust		
PM SNACK- FLUID MILK	Water	Berry Juice	Cranberry Juice	Skim Milk	Berry Juice	
Served any two of the following foods Fruit and/or Vegetable						
Bread or Bread Alternative	Tortilla	Chex Mix		Animal Crackers	Chex Mix	
Meat or Meat Alternative	Cheese		Cheest Stick			

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7/14/2026