

MENU PLANNING WORKSHEET

REPORT ALL ALLERGIES TO NURSING

WEEK OF: 1st - 3rd

May 2025

SITE NAME: PROJECT INDEPENDNECE ADH

SUBJECT TO CHANGE

Approved by
Dawn DiMarco RD
4/1/25

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 1-May	FRIDAY 2-May	SATURDAY 3-May
BREAKFAST Fluid Milk 8oz				Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz				Orange Juice	Strawberries	Cranberry Juice
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz				Over easy eggs with toast	Bagel with Cream Cheese	Bagel Cream Cheese
LUNCH				Chicken Patty Sandwich	Turkey Sandwich	Chxn Cesar Pasta Salad
Meat Or Meat Alternative 2oz				Chicken Patty	Turkey	Chxn
1/2 Cup of Fruit & 1/2 Cup of Vegetable				Strawberries Caprese Salad	Blueberries Cucumbers	Peaches Romaine Lettuce
Bread - 2 Slices or Bread Alternative -8oz dry				Whole Wheat Bun	Wheat Bread	Focaccia
FLUID SKIM MILK				Skim Milk	Skim Milk	Skim Milk
Other Foods 4oz				Broccoli Tots	WW Tostitos	Pasta
PM SNACK- FLUID MILK				Water	Cranberry Juice	Water
Served any two of the following foods Fruit and/or Vegetable						Mixed Fruit
Bread or Bread Alternative				WW Crackers	Ritz Crackers	Granola
Meat or Meat Alternative				w/Sliced Cheese		Yogurt

* 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 - 10th		May	2025	SITE NAME: PROJECT INDEPENDNECE ADH		
SUBJECT TO CHANGE		Approved by Dawn DiMarco RD 4/1/25 **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 5-May	TUESDAY 6-May	WEDNESDAY 7-May	THURSDAY 8-May	FRIDAY 9-May	SATURDAY 10-May
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz	Mandarin Oranges	Blueberries	Strawberries	Banana	Apple Juice	Orange Juice
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Broccoli Quiche	French Toast	Waffles	Cheerios Cereal	Scrambled Eggs & Toast	Blueberry Muffins
LUNCH	Turkey Tacos	Pot Roast	Chicken Pot Pie	Portuguese Pasta	Taco Lasagna	Tuna Salad Sandwich
Meat Or Meat Alternative 2oz	Ground Turkey	Beef	Chicken	Turkey linguica	Beef	Tuna fish
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Sliced Apples Fiesta Corn	Pineapples Carrots & Celery	Diced Pears Peas & Carrots	Mandarin Oranges Broccoli	Sliced Peaches Garden Salad	Applesauce 3-Bean Salad
Bread - 2 Slices or Bread Alternative -8oz dry	Brown Rice	Wheat Roll	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole wheat rolls
FLUID SKIM MILK	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Other Foods 4oz	Rice & Beans	Boiled Potatoes	Mashed Potatoes	Pasta	Pasta	Veggie Straws
PM SNACK- FLUID MILK	Skim Milk	Grape Juice	Skim Milk	Water	Water	Fruit Juice
Served any two of the following foods Fruit and/or Vegetable				Blueberries		
Bread or Bread Alternative	Zucchini Bread	Wheat Thins	Animal Crackers		Whole Wheat Crackers &	Soft Pretzel
Meat or Meat Alternative				Vanilla Greek Yogurt	Cheese	

Mother's Day

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MENU PLANNING WORKSHEET

REPORT ALL ALLERGIES TO NURSING

WEEK OF: 12th-17th

May 2025

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Dawn DiMarco RD
4/1/25

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USDA Child & Adult Care Food Program Meal	MONDAY 12-May	TUESDAY 13-May	WEDNESDAY 14-May	THURSDAY 15-May	FRIDAY 16-May	SATURDAY 17-May
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz	Sliced Apples	Orange Juice	Watermelon	Banana	Blueberries	Mixed Fruit
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Rice Krispies Cereal	Over Easy Eggs & Toast	Banana Muffins	English Muffin w/ Peanut Butter	Chex Cereal	Bagel
LUNCH	Chicken Tenders w/ Baked Sweet Potato FF	Shrimp Scampi	Sloppy Joes	Roasted Pork Loin	Chicken Stir Fry	Cheese Pizza
Meat Or Meat Alternative 2oz	Chicken	Shrimp Scampi	Ground Turkey	Pork	Chicken	Cheese
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Fruit Cocktail Garden Salad	Pineapple Cauliflower	Baked Apples Baby Carrots	Grapes Green Beans	Sliced Apples Oriental Vegetables	Strawberries Cucumbers
Bread - 2 Slices or Bread Alternative -8oz dry	Sweet Potatoes	Whole Wheat Bread	Whole Wheat Bread	Egg Noodles	Rice	Pizza Crust
Fluid Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Other Foods 4oz		Linguini	Brocoli Tater Tots		Pasta	
PM SNACK- FLUID MILK	Water	Water	Skim Milk	Grape Juice	Skim Milk	Cranberry Juice
Served any two of the following foods Fruit and/or Vegetable						
Bread or Bread Alternative	Graham Crackers				Coffee Cake	Wheat Thins
Meat or Meat Alternative	Peanut Butter	Turkey & Cheese Roll Up	Frozen Yogurt	String Cheese		

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MENU PLANNING WORKSHEET

REPORT ALL ALLERGIES TO NURSING

WEEK OF: **19th-24th**

May 2025

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4/1/25**

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USDA Child & Adult Care Food Program Meal	MONDAY 19-May	TUESDAY 20-May	WEDNESDAY 21-May	THURSDAY 22-May	FRIDAY 23-May	SATURDAY 24-May
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz	Sliced Apples	Strawberries	Banana	Cantaloupe	Honey Dew Melon	Orange Juice
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Bacon and Cheese Quiche	Cranberry Orange Muffin	Cinnamon Raisin Toast w/Butter	Multigrain Cheerios	French Toast Sticks	Egg McMuffin
LUNCH	BBQ Chicken Thighs	Chicken Salad Sandwiches	Spaghetti & Meat Balls	Greek Chicken	Clam Boil Stew	Turkey Sandwich
Meat Or Meat Alternative 2oz	Chicken	Chicken	Ground Turkey	Chicken	Clams, Linguica, Hot Dogs	Turkey
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Peaches Garden Salad	Honeydew Melon Cucumbers & Tomatoes	Papaya Mixed Vegetables	Pears Italian Style Green Beans	strawberry & Banana Salad	Blueberries Cherry Tomatoes
Bread - 2 Slices or Bread Alternative -8oz dry	Roasted Potatoes	Whole Wheat Bread	Pasta	Rice	Boiled Potatoes	Wheat Wraps
FLUID SKIM MILK	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Other Foods 4oz						Veggie Straws
PM SNACK- FLUID MILK	Water	Water	Water	Water	Water	Skim Milk
Served any two of the following foods Fruit and/or Vegetable			Fruit Parfait		Pineapple	
Bread or Bread Alternative	Wheat Thins & Hummus	Cheese Quesadilla		Whole Wheat Crackers w/Peanut Butter		
Meat or Meat Alternative					Cottage Cheese	Frozen Yogurt

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REPORT ALL ALLERGIES TO NURSING

WEEK OF: **26th-31st**


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USDA Child & Adult Care Food Program Meal	MONDAY 26-May	TUESDAY 27-May	Wednesday 28-May	Thursday 29-May	Friday 30-May	Saturday 31-May
BREAKFAST Fluid Milk 8oz		Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz		Honey Dew Melon	Banana	Grapes	Strawberries	Bananas
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz		Banana Muffin	Whole Wheat Toast w/Jam	Tomato & Feta Quiche	Chex Cereal	Pancakes
LUNCH	Holiday	English Muffin Pizza	Meatball Sub	Balchau Gomes De Sa	Salmon Burger	Turkey Sandwich
Meat Or Meat Alternative 2oz		Turkey pepperioni	Ground Turkey	Cod Fish	Salmon	Turkey
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Holiday	Peaches Garden Salad	Pears Roasted Zucchini	Pineapples Broccoli	Watermelon Cesar Salad	Mandarin Orange Cucumbers
Bread - 2 Slices or Bread Alternative -8oz dry	Holiday	Whole Wheat Bread	Whole Wheat Bun	Wheat Roll	Hoagie Roll	Onion Roll
FLUID SKIM MILK		Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Other Foods 4oz	Holiday		Cheese	potatoes, Eggs, Chickpe	Oven Fries	Tostitos
PM SNACK- FLUID MILK		Water	Water	Apple Juice	Milk	Skim Milk
Served any two of the following foods Fruit and/or Vegetable	Holiday					
Bread or Bread Alternative		Veggie Wrap	Fruit Parfait		Zucchini Bread	Chickpea Brownies
Meat or Meat Alternative		Hummus	Greek Yogurt	Cheese Stick		

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