

MENU PLANNING WORKSHEET

REPORT ALL ALLERGIES TO NURSING

WEEK OF: 1st-5th September 2026

SITE NAME: PROJECT INDEPENDNECE ADH

SUBJECT TO CHANGE

Approved by
Dawn DiMarco RD
8/29/2026

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 1-Sep	WEDNESDAY 2-Sep	THURSDAY 3-Sep	FRIDAY 4-Sep	SATURDAY 5-Sep
BREAKFAST Fluid Milk 8oz		Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Fruit and/or Vegetables 4oz		Sliced apples	Orange Juice	Blueberries	Bananas	
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz		Raisin Toast	Pancakes	Sweet Bread	Cheerios	
LUNCH		Chicken Patty	Grilled Cheese & Tomato Soup	Tuna Sandwich	Cheese Pizza	
Meat Or Meat Alternative 2oz		Chicken	Cheddar Cheese	Tuna	Cheese	
1/2 Cup of Fruit & 1/2 Cup of Vegetable		Clementines	Honey Dew Melon	Strawberries	Peaches	
		Green Beans	Tomato	Garden Salad	Cesar Salad	
Bread - 2 Slices or Bread Alternative -8oz dry		Whole Wheat Bun	Croissant	Wheat Bread	Pizza Crust	
FLUID SKIM MILK		Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Other Foods 4oz		French Fries	Garden Salad	Chips	Veggie Tots	
PM SNACK- FLUID MILK		Water	Apple Juice	Milk	Water	
Served any two of the following foods Fruit and/or Vegetable					Blueberries	
Bread or Bread Alternative		Crackers		Graham Crackers		
Meat or Meat Alternative		Cheddar Cheese	String Cheese		Greek 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 beans 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: 7th-12th		September 2026		SITE NAME: PROJECT INDEPENDNECE ADH	

SUBJECT TO CHANGE

Approved by
Dawn DiMarco RD
9/3/2025

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USDA Child & Adult Care Food Program Meal	MONDAY 7-Sep	TUESDAY 8-Sep	WEDNESDAY 9-Sep	THURSDAY 10-Sep	FRIDAY 11-Sep	SATURDAY 12-Sep
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Fruit and/or Vegetables 4oz	Sliced Apples	Pineapple	Blueberries	Clementines	Strawberries	
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Corn Flakes	English Muffin w/peanut butter	Waffles	Oatmeal	Banana muffin	
LUNCH	Chicken Salad Sandwich	Chicken Parmesan	Baked Fish	American Chop Suey	Linguica Pizza	
Meat Or Meat Alternative 2oz	Chicken	Chicken	Fish	Ground Turkey	Pork	
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Strawberries Cesar Salad	Mandarin Orange Broccoli	Cantaloupe Green Beans	Pears Garden Salad	Peaches Garden Salad	
Bread - 2 Slices or Bread Alternative -8oz dry	Wheat Bread	Whole Wheat Bread	Wheat Bread	Whole Wheat Bread	Pizza Crust	
FLUID SKIM MILK	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Other Foods 4oz	Chips	Pasta	French Fries	Elbow Macaroni	Veggie Tots	
PM SNACK- FLUID MILK	Skim Milk	Water	Water	Skim Milk	Water	
Served any two of the following foods Fruit and/or Vegetable			Strawberry Smoothie		Pineapple	
Bread or Bread Alternative	Tortilla Chips	Whole Wheat Ritz Crackers		Animal Crackers		
Meat or Meat Alternative	Salsa	w/Peanut Butter	made w/yogurt		w/Cottage Cheese	

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MENU PLANNING WORKSHEET				REPORT ALL ALLERGIES TO NURSING	
WEEK OF: 14th - 19th		September 2026		SITE NAME: PROJECT INDEPENDNECE ADH	

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Approved by Dawn
DiMarco RD
8/29/2026

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USDA Child & Adult Care Food Program Meal	MONDAY 14-Sep	TUESDAY 15-Sep	WEDNESDAY 16-Sep	THURSDAY 17-Sep	FRIDAY 18-Sep	SATURDAY 19-Sep
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Fruit and/or Vegetables 4oz	Orange Juice	Bananas	Oranges	Strawberries	Blueberries	
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Scrambled Eggs and Toast	Cream of Wheat	Rice Krispies	Pancakes	Blueberry Muffin	
LUNCH	Hot Turkey Sandwich	French Toast and Sausage	Lasagna	Baked Mac and Cheese	Cheese Pizza	
Meat Or Meat Alternative 2oz	Turkey	Sausage	Turkey	Cheese Blend	Cheese	
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Strawberries Butternut Squash	Blueberries Carrots	Honey Dew Melon Green Beans	Peaches Broccoli	Pears Garden Salad	
Bread - 2 Slices or Bread Alternative -8oz dry	Whole Wheat Bread	Whole Wheat Bread	WW Roll	Whole Wheat Bread	Pizza Crust	
FLUID SKIM MILK	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Other Foods 4oz	Stuffing	Hashbrowns	Pasta	Veggie Straws		
PM SNACK- FLUID MILK	Water	Water	Skim Milk	Apple Juice	Water	
Served any two of the following foods Fruit and/or Vegetable	Vegetables					
Bread or Bread Alternative		Whole Wheat Crackers &	Chex Mix	Soft W.W. Pretzel	Graham Crackers	
Meat or Meat Alternative	Yogurt Dip	Cheese			& Peanut Butter	

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MENU PLANNING WORKSHEET

REPORT ALL ALLERGIES TO NURSING

WEEK OF: 21st -26th September 2026

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8/29/2026

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USDA Child & Adult Care Food Program Meal	MONDAY 21-Sep	TUESDAY 22-Sep	WEDNESDAY 23-Sep	THURSDAY 24-Sep	FRIDAY 25-Sep	SATURDAY 26-Sep
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Fruit and/or Vegetables 4oz	Strawberries	Pineapple	Honey Dew Melon	Sliced Apples	Banana	
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Egg in a Basket	Whole Wheat Toast w/Peanut Butter	Corn Muffins	Raisin Toast	Waffles	
LUNCH	Turkey Sandwich	Hot Dogs & Beans	Sloppy Joes	Portuguese Tuna	Pepperoni Pizza	
Meat Or Meat Alternative 2oz	Turkey	Beef Hot Dog	Ground Turkey	Tuna	Pepperoni	
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Pears	Pineapple	Mandarin Orange	Pineapple	Strawberries	
	Cesar Salad	Cole Slaw	Beets	Cauliflower	Green Beans	
Bread - 2 Slices or Bread Alternative -8oz dry	Whole Wheat Bread	WW Bun	Whole Wheat Bread	WW Roll	Whole Wheat Bread	
FLUID SKIM MILK	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Other Foods 4oz	Chips	Baked Beans	Tater Tots	Potatoes	Veggie Tots	
PM SNACK- FLUID MILK	Water	Water	Water	Skim Milk	Apple Juice	
Served any two of the following foods	Baked Apples with Cinnamon		Blueberries			
Fruit and/or Vegetable						
Bread or Bread Alternative	Greek Yogurt	Crackers		Graham Crackers		
Meat or Meat Alternative		Cheddar Cheese	w/Yogurt		Cheese Stick	

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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: 28th - 30th September 2026

SITE NAME: PROJECT INDEPENDNECE ADH

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Dawn DiMarco RD
8/29/2026

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USDA Child & Adult Care Food Program Meal	MONDAY 28-Sep	TUESDAY 29-Sep	WEDNESDAY 30-Sep	THURSDAY	FRIDAY	SATURDAY
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk			
Fruit and/or Vegetables 4oz	Sliced Apples	Clementines	Strawberries			
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Waffles	Cheerios	Oatmeal			
LUNCH	Seafood Salad	Broccoli and Cheese Quiche	Cheeseburger			
Meat Or Meat Alternative 2oz	Pollock	Cheese Mix	Beef			
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Pears Garden Salad	Blueberries Broccoli	Watermelon Three Bean Salad			
Bread - 2 Slices or Bread Alternative -8oz dry	Wheat Roll	WW Roll	WW Bun			
FLUID SKIM MILK	Skim Milk	Skim Milk	Skim Milk			
Other Foods 4oz	Chips	Roasted Potatoes	French Fries			
PM SNACK- FLUID MILK	Water	Water	Water			
Served any two of the following foods Fruit and/or Vegetable			Blueberries			
Bread or Bread Alternative Meat or Meat Alternative	Graham Crackers w/Peanut Butter	Tortilla Chips Salsa				

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