

# MENU PLANNING WORKSHEET

# REPORT ALL ALLERGIES TO NURSING

**WEEK OF: 1st - 6th April 2024**

**SITE NAME: PROJECT INDEPENDNECE ADH**

**SUBJECT TO CHANGE**

\*\*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	<b>MONDAY</b> 1-Apr	<b>TUESDAY</b> 2-Apr	<b>WEDNESDAY</b> 3-Apr	<b>THURSDAY</b> 4-Apr	<b>FRIDAY</b> 5-Apr	<b>SATURDAY</b> 6-Apr
<b>BREAKFAST</b> Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz	Cantaloupe	Orange Juice	Banana	Cranberries	Blueberries	Banana
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Banana Muffins	Scrambled Eggs with Toast	Chex Cereal	Oatmeal	English Muffin w/Peanut Butter	Cheddar Broccoli Quiche
<b>LUNCH</b>	<b>Lemon Pepper Salmon</b>	<b>Chicken Pot Pie</b>	<b>Hamburgers</b>	<b>Lasagna</b>	<b>Chicken Primavera</b>	<b>Grilled Ham and Cheese</b>
Meat Or Meat Alternative 2oz	Salmon	Chicken	Beef	Ground Turkey	Ham	Ham
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Pears Coleslaw	Peaches Broccoli	Mandarin Oranges Coleslaw	Fruit Cocktail Green Beans	Fruit Cocktail Mixed Vegetables	Sliced Apple Sliced Cucumbers
Bread - 2 Slices or Bread Alternative -8oz dry	Whole Wheat Bread	Croissant	Whole Wheat Buns	Whole Wheat Bread	Italian Bread	Wheat Bread
FLUID SKIM MILK	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Other Foods 4oz	Mashed Sweet Potatoes	Egg Noodles	French Fries	Lasagna Noodles	Pasta	Pretzels
<b>PM SNACK- FLUID MILK</b>	Water	Water	Water	Skim Milk	Skim Milk	Skim Milk
Served any two of the following foods Fruit and/or Vegetable	Pineapples		Hummus		Veggies	
Bread or Bread Alternative			Wheat Thins	Graham Crackers		
Meat or Meat Alternative	Cottage Cheese	Turkey & Cheese Rollup			Yogurt Ranch Dip	Black Bean Brownies

\* 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** **April** **2024**

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USDA Child & Adult Care Food Program Meal	<b>MONDAY</b> 8-Apr	<b>TUESDAY</b> 9-Apr	<b>WEDNESDAY</b> 10-Apr	<b>THURSDAY</b> 11-Apr	<b>FRIDAY</b> 12-Apr	<b>SATURDAY</b> 13-Apr
<b>BREAKFAST</b> Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz	Blueberries	Strawberries	Apple Juice	Raisins	Banana	Orange Juice
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Cheese Quiche	Waffles	Raisin Toast	Cream of Wheat	Cheerios Cereal	Bagel with Cream Cheese
<b>LUNCH</b>	<b>Seafood Salad Sandwiches</b>	<b>Turkey Sandwich &amp; Vegetable Soup</b>	<b>American Chop Suey</b>	<b>Roasted Chicken with Gravy</b>	<b>Taco Pasta Salad</b>	<b>Roast Beef Sub</b>
Meat Or Meat Alternative 2oz	Seafood Salad	Sliced Turkey	Ground Turkey	Chicken	Ground Beef	Roast Beef
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Fruit Cocktail Garden Salad	Pineapples Mixed Vegetable	Mandarin Oranges Garden Salad	Apple Sauce Harvest Blend	Cherries Garden Salad	Strawberries Cesar Salad
Bread - 2 Slices or Bread Alternative -8oz dry	Hoagie Roll	Whole Wheat Bread	Pasta	Whole Wheat Bread	Pasta	Sub Roll
FLUID SKIM MILK	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Other Foods 4oz	Pasta Salad	Potato		Mashed Potatoes	Corn Bread	Veggie Chips
<b>PM SNACK- FLUID MILK</b>	Grape Juice	Water	Skim Milk	Skim Milk	Water	Berry Juice
Served any two of the following foods Fruit and/or Vegetable			Veggies & Dip		Blueberries	
Bread or Bread Alternative	Cheese Stick	WW Ritz Crackers		Animal Crackers		Zucchini Bread
Meat or Meat Alternative		Cheese			Cottage Cheese	

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# MENU PLANNING WORKSHEET

# REPORT ALL ALLERGIES TO NURSING

WEEK OF: 17th - 22nd

April

2024

SITE NAME: PROJECT INDEPENDNECE ADH

SUBJECT TO CHANGE

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USDA Child & Adult Care Food Program Meal	MONDAY 15-Apr	TUESDAY 16-Apr	WEDNESDAY 17-Apr	THURSDAY 18-Apr	FRIDAY 19-Apr	SATURDAY 20-Apr
<b>BREAKFAST</b> Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz	Cantaloupe	Strawberries	Honey Dew Melon	Pineapple	Banana	Orange Juice
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Broccoli Quiche	Pigs in a blanket	Coffee Cake Muffins	Egg in a basket	Cheerios	Blueberry Muffin
<b>LUNCH</b>	<b>Portuguese Tuna</b>	<b>BBQ Chicken Sliders</b>	<b>Spaghetti &amp; Meatballs</b>	<b>Chicken Noodle Soup</b>	<b>French Meat Pie</b>	<b>Grilled Cheese</b>
Meat Or Meat Alternative 2oz	Tunafish	Chicken	Ground Turkey	Chicken	Beef	Cheese
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Pears Garden Salad	Pears Cole Slaw	Mandarin Oranges Mixed Vegetables	Pineapple Mixed Veggies	Peaches Tuscan Blend	Strawberries Cherry Tomatoes
Bread - 2 Slices or Bread Alternative -8oz dry	Portuguese Pop	Whole wheat bun	Pasta	WW Crackers	Croissant	Wheat Bread
FLUID SKIM MILK	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Other Foods 4oz				Pasta	Pie Crust	Veggie Straws
<b>PM SNACK- FLUID MILK</b>	Water	Water	Skim Milk	Water	Skim Milk	Skim Milk
Served any two of the following foods Fruit and/or Vegetable				Fruit Cocktail	Baked Apples w/Cinnamon	
Bread or Bread Alternative	Wheat Thins	W.W. Crackers	Vanilla Wafers			Animal Crackers
Meat or Meat Alternative	Hummus	w/Peanut Butter		w/Yogurt		

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# MENU PLANNING WORKSHEET

# REPORT ALL ALLERGIES TO NURSING

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

**April 2024**

SITE NAME: **PROJECT INDEPENDNECE ADH**

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**SUBJECT TO CHANGE**

USDA Child & Adult Care Food Program Meal	<b>MONDAY</b> 22-Apr	<b>TUESDAY</b> 23-Apr	<b>WEDNESDAY</b> 24-Apr	<b>THURSDAY</b> 25-Apr	<b>FRIDAY</b> 26-Apr	<b>SATURDAY</b> 27-Apr
<b>BREAKFAST</b> Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz	Cantaloupe	Blueberries	Banana	Sliced Apples	Orange Juice	Strawberries
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Cranberry Muffin	Pancakes	Oatmeal	WW Toast & Peanut Butter	Over easy eggs with toast	Bagel with Cream Cheese
<b>LUNCH</b>	<b>Cheeseburger</b>	<b>Harvest Chicken Salad Sandwiches</b>	<b>Meatloaf</b>	<b>Tater Tot Casserole</b>	<b>Broiled Scrod</b>	<b>Turkey Sandwich</b>
Meat Or Meat Alternative 2oz	Ground Beef	Chicken	Ground Beef	Ground Turkey	Fish	Turkey
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Mandarin Orange 3 Bean Salad	Applesauce Garden Salad	Pineapple Green Beans	Mandarin Oranges Black Beans & Corn	Fruit Cocktail Broccoli	Blueberries Cucumbers
Bread - 2 Slices or Bread Alternative -8oz dry	Whole Weat Buns	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Wheat Bread
FLUID SKIM MILK	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Other Foods 4oz	Macaroni Salad	Veggie Straws	Mashed Potatoes		Rice Pilaf	WW Tostitos
<b>PM SNACK- FLUID MILK</b>	Skim Milk	Skim Milk	Water	Water	Water	Cranberry Juice
Served any two of the following foods Fruit and/or Vegetable						
Bread or Bread Alternative	Chex Mix	Animal Crackers	Soft Pretzel		WW Crackers	Wheat Thins
Meat or Meat Alternative			Ranch Dip & Yogurt	Turkey/Cheese Roll Up	w/Sliced Cheese	

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# MENU PLANNING WORKSHEET

# REPORT ALL ALLERGIES TO NURSING

WEEK OF: **29-30th**

**April 2024**

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USDA Child & Adult Care Food Program Meal	<b>MONDAY</b> 29-Apr	<b>TUESDAY</b> 30-Apr	<b>WEDNESDAY</b> 1-May	<b>THURSDAY</b> 2-May	<b>FRIDAY</b> 3-May	<b>SATURDAY</b> 4-May
<b>BREAKFAST</b> Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz	Cantaloupe	Blueberries	Craisins	Sliced Apples	Orange Juice	Strawberries
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Five Cheese Quiche	Pancakes	Oatmeal	WW Toast & Peanut Butter	Over easy eggs with toast	Bagel with Cream Cheese
<b>LUNCH</b>	<b>Teriyaki Salmon</b>	<b>Harvest Chicken Salad Sandwiches</b>	<b>Cacoila</b>	<b>Chicken Broccoli Alfredo</b>	<b>Broiled Scrod</b>	<b>Turkey Sandwich</b>
Meat Or Meat Alternative 2oz	Salmon	Chicken	Pork	Chicken Broccoli Alfredo	Fish	Turkey
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Clementines Brussel Sprouts	Applesauce Garden Salad	Pineapple Green Beans	Strawberries Broccoli	Fruit Cocktail Zucchini	Blueberries Cucumbers
Bread - 2 Slices or Bread Alternative -8oz dry	Wheat Rolls	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Wheat Bread
FLUID SKIM MILK	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Other Foods 4oz	Jasmine Rice	Veggie Straws	Boiled Potatoes	Pasta	Rice Pilaf	WW Tostitos
<b>PM SNACK- FLUID MILK</b>	Grape Juice	Apple Juice	Cranberry Juice	Water	Water	Cranberry Juice
Served any two of the following foods Fruit and/or Vegetable						
Bread or Bread Alternative	Chex Mix	Zucchini Bread	Soft Pretzel		WW Crackers	Wheat Thins
Meat or Meat Alternative				Turkey/Cheese Roll Up	w/Sliced Cheese	

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