

# MENU PLANNING WORKSHEET

# REPORT ALL ALLERGIES TO NURSING

WEEK OF: **1st - 5th August 2023**

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1-Aug	2-Aug	3-Aug	4-Aug	5-Aug
<b>BREAKFAST</b> Fluid Milk 8oz		Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Fruit and/or Vegetables 4oz		Banana	Strawberries	Cantaloupe	Honey Dew Melon	
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz		Cheerios Cereal	Raisin Toast	Bagel w/ Cream Cheese	Waffles	
<b>LUNCH</b>		<b>Cheeseburgers</b>	<b>Egg Salad Sandwich</b>	<b>Turkey Tacos</b>	<b>Portuguese Tuna</b>	<b>Temporarily Closed</b>
Meat Or Meat Alternative 2oz		Ground Beef	Eggs	Ground Turkey	Tuna	
1/2 Cup of Fruit & 1/2 Cup of Vegetable		Pears Garden Salad	Watermelon Beets	Pineapples Fiesta Corn	Mixed Fruit Green Beans	
Bread - 2 Slices or Bread Alternative -8oz dry		Whole Wheat Bun	Whole Wheat Rolls	Tortillas	Wheat Roll	
FLUID SKIM MILK		Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Other Foods 4oz		Pasta Salad	Veggie Straws	Rice & Beans	Potatoes	
<b>PM SNACK- FLUID MILK</b>		Water	Skim Milk	Water	Water	
Served any two of the following foods Fruit and/or Vegetable		Vanilla Frozen Yogurt with Strawberries			Fresh Salsa	
Bread or Bread Alternative Meat or Meat Alternative			Chex Mix	Graham Cracker Peanut Butter	Wheat Thins	

\* 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: **7th - 12th**

**August 2023**

SITE NAME: **PROJECT INDEPENDENCE ADH**

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USDA Child & Adult Care Food Program Meal	<b>MONDAY</b> 7-Aug	<b>TUESDAY</b> 8-Aug	<b>WEDNESDAY</b> 9-Aug	<b>THURSDAY</b> 10-Aug	<b>FRIDAY</b> 11-Aug	<b>SATURDAY</b> 12-Aug
<b>BREAKFAST</b> Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Fruit and/or Vegetables 4oz	Cantalope	Blueberries	Strawberries	Banana	Pineapple	
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Blueberry Muffin	Cream of Wheat	English Muffin w/Jam	Rice Chex Cereal	Egg in a Basket	
<b>LUNCH</b>	<b>Fish &amp; Chips</b>	<b>Chicken Parmesan</b>	<b>Tuna Salad Wrap</b>	<b>Turkey Sandwich</b>	<b>Shepard's Pie</b>	<b>Temporarily Closed</b>
Meat Or Meat Alternative 2oz	Fish	Chicken	Fish	Turkey	Ground Beef	
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Oranges Coleslaw	Peaches Broccoli	Watermelon Green Beans	Kiwi Garden Salad	Pears Cauliflower	
Bread - 2 Slices or Bread Alternative -8oz dry	Oven Roasted FF	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		Pasta		Three Bean Salad	Mashed Potatoes	
<b>PM SNACK- FLUID MILK</b>	Milk	Water	Water	Milk	Water	
Served any two of the following foods Fruit and/or Vegetable		Pineapple			Strawberry Smoothie	
Bread or Bread Alternative	Zucchini Bread		W.W. Crackers	Animal Crackers		
Meat or Meat Alternative		w/Cottage Cheese	w/Peanut Butter		made w/Yogurt	

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# MENU PLANNING WORKSHEET

# REPORT ALL ALLERGIES TO NURSING

WEEK OF: **14th - 19th August 2023**

SITE NAME: **PROJECT INDEPENDNECE ADH**

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USDA Child & Adult Care Food Program Meal	<b>MONDAY</b> 14-Aug	<b>TUESDAY</b> 15-Aug	<b>WEDNESDAY</b> 16-Aug	<b>THURSDAY</b> 17-Aug	<b>FRIDAY</b> 18-Aug	<b>SATURDAY</b> 19-Aug
<b>BREAKFAST</b> Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Fruit and/or Vegetables 4oz	Mixed Berry Juice	Strawberries	Blueberries	Banana	Sliced Apples	
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Banana Muffin	Waffles	Oatmeal	Cheerios Cereal	Raisin Toast	
<b>LUNCH</b>	<b>Egg Salad Sandwiches</b>	<b>American Chop Suey</b>	<b>Harvest Chicken Salad Wrap</b>	<b>Open Face Turkey Sandwich</b>	<b>Bacon &amp; Cheddar Quiche</b>	<b>Temporarily Closed</b>
Meat Or Meat Alternative 2oz	Eggs	Ground Turkey	Chicken	Turkey	Eggs	
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Watermelon Cole Slaw	Applesauce Garden Salad	Fruit Cocktail Tomato & Cucumber	Pears Butternut Squash	Peaches Green Beans	
Bread - 2 Slices or Bread Alternative -8oz dry	Whole Wheat Bread	Whole Wheat Bread	Wrap	Whole Wheat Bread	Whole Wheat Bread	
FLUID SKIM MILK	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Other Foods 4oz	Baked Fries	Noodles	Pasta Salad	Stuffing	Crust	
<b>PM SNACK- FLUID MILK</b>	Milk	Water	Water	Water	Water	
Served any two of the following foods Fruit and/or Vegetable	Jello Parfait with mixed fruit		Strawberry Smoothie			
Bread or Bread Alternative		W.W. Crackers		Graham Crackers	Roll Up	
Meat or Meat Alternative		Cheddar Cheese	made w/Yogurt	w/Peanut Butter	Turkey/Cheese	

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# MENU PLANNING WORKSHEET

# REPORT ALL ALLERGIES TO NURSING

WEEK OF: **21rd - 26th August 2023**

SITE NAME: **PROJECT INDEPENDNECE ADH**

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USDA Child & Adult Care Food Program Meal	<b>MONDAY</b> 21-Aug	<b>TUESDAY</b> 22-Aug	<b>WEDNESDAY</b> 23-Aug	<b>THURSDAY</b> 24-Aug	<b>FRIDAY</b> 25-Aug	<b>SATURDAY</b> 26-Aug
<b>BREAKFAST</b> Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Fruit and/or Vegetables 4oz	Mixed Fruit	Banana	Raisins	Sliced Apples	Pineapple	
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Cranberry Orange Muffin	Cheerios	Oatmeal w/Cinnamon	Egg in a Basket	Bagel	
<b>LUNCH</b>	<b>Tuna Salad Sandwich</b>	<b>Meatloaf</b>	<b>Turkey and Cheese Wraps</b>	<b>Jerk Chicken</b>	<b>Bourbon Steak Tips</b>	<b>Temporarily Closed</b>
Meat Or Meat Alternative 2oz	Tuna Fish	Beef	Turkey	Chicken	Steak	
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Cantaloupe Beets	Applesauce Cauliflower	Fruit Cocktail Garden Salad	Peaches Brussel Sprouts	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	Baked Potatoes	
<b>PM SNACK- FLUID MILK</b>	Skim Milk	Water	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		w/Hummus		Fresh Salsa		

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# MENU PLANNING WORKSHEET

# REPORT ALL ALLERGIES TO NURSING

WEEK OF: **28th - 31st**

**August 2023**

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USDA Child & Adult Care Food Program Meal	<b>MONDAY</b> 28-Aug	<b>TUESDAY</b> 29-Aug	<b>WEDNESDAY</b> 30-Aug	<b>THURSDAY</b> 31-Aug	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>BREAKFAST</b> Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Milk		
Fruit and/or Vegetables 4oz	Fresh Pineapple	Strawberries	Sliced Apples	Banana		
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Blueberry Muffin	Egg in a Basket	Toast w/Peanut Butter	Cheerios		
<b>LUNCH</b>	<b>Broiled Chicken Thighs</b>	<b>Lemon Pepper Salmon</b>	<b>BBQ Pulled Pork</b>	<b>English Muffin Pizza</b>		<b>Temporarily Closed</b>
Meat Or Meat Alternative 2oz	Chicken	Salmon	Pork	Turkey Pepperoni		
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Watermelon Carrots	Kiwi Peas	Pineapples Cole Slaw	Watermelon Garden Salad		
Bread - 2 Slices or Bread Alternative -8oz dry	Whole Wheat Bread	Whole Wheat Bread	Corn Bread	WW English Muffin		
FLUID SKIM MILK	Skim Milk	Skim Milk	Skim Milk	Skim Milk		
Other Foods 4oz	Roasted Potatoes	Rice Pilaf		Mozzarella Cheese		
<b>PM SNACK- FLUID MILK</b>	Water	Skim Milk	Water	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			
Meat or Meat Alternative	Yogurt Dip		Greek Yogurt			

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