

MENU PLANNING WORKSHEET

REPORT ALL ALLERGIES TO NURSING

WEEK OF: **1st - 3rd August 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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY 1-Aug	FRIDAY 2-Aug	SATURDAY 3-Aug
BREAKFAST Fluid Milk 8oz				Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz				Banana	Strawberries	Cantaloupe
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz				Cheerios Cereal	Raisin Toast	Bagel w/ Cream Cheese
LUNCH				Cheeseburgers	Turkey Tacos	Egg Salad Sandwich
Meat Or Meat Alternative 2oz				Ground Beef	Ground Turkey	Eggs
1/2 Cup of Fruit & 1/2 Cup of Vegetable				Pears Garden Salad	Watermelon Fiesta Corn	Pineapples Cherry Tomatoes
Bread - 2 Slices or Bread Alternative -8oz dry				Whole Wheat Bun	Tortillas	Whole Wheat Rolls
FLUID SKIM MILK				Skim Milk	Skim Milk	Skim Milk
Other Foods 4oz				Pasta Salad	Rice & Beans	Veggie Straws
PM SNACK- FLUID MILK				Water	Berry Juice	Water
Served any two of the following foods Fruit and/or Vegetable				Vanilla Frozen Yogurt with Strawberries		
Bread or Bread Alternative					Chex Mix	Graham Cracker
Meat or Meat Alternative						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: 5th - 10th August 2024

SITE NAME: PROJECT INDEPENDNECE ADH

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USDA Child & Adult Care Food Program Meal	MONDAY 5-Aug	TUESDAY 6-Aug	WEDNESDAY 7-Aug	THURSDAY 8-Aug	FRIDAY 9-Aug	SATURDAY 10-Aug
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz	Honey Dew Melon	Cantalope	Blueberries	Strawberries	Orange Juice	Bananas
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Waffles	Blueberry Muffin	Cream of Wheat	English Muffin w/Jam	Rice Chex Cereal	Pancakes
LUNCH	Portuguese Tuna	Fish & Chips	Chicken Parmesan	Tuna Salad Wrap	Turkey Sandwich	Cheese Pizza
Meat Or Meat Alternative 2oz	Tuna	Fish	Chicken	Fish	Turkey	Cheese
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Mixed Fruit Green Beans	Oranges Coleslaw	Peaches Broccoli	Watermelon Green Beans	Kiwi Cesar Salad	Pears Tomato Salad
Bread - 2 Slices or Bread Alternative -8oz dry	Wheat Roll	Oven Roasted FF	Whole Wheat Bread	Wheat Wrap	Whole Wheat Bread	Pizza Crust
FLUID SKIM MILK	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	Water
Served any two of the following foods Fruit and/or Vegetable	Fresh Salsa		Pineapple			Strawberry Smoothie
Bread or Bread Alternative	Wheat Thins	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: 12th - 17th August 2024

SITE NAME: PROJECT INDEPENDENCE ADH

SUBJECT TO CHANGE

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USDA Child & Adult Care Food Program Meal	MONDAY 12-Aug	TUESDAY 13-Aug	WEDNESDAY 14-Aug	THURSDAY 15-Aug	FRIDAY 16-Aug	SATURDAY 17-Aug
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz	Raspberries	Strawberries	Blueberries	Orange Juice	Sliced Apples	Bananas
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Banana Muffin	Waffles	Oatmeal	Broccoli Quiche	Raisin Toast	Bagel w/ Cream Cheese
LUNCH	Roast Beef Sandwich	American Chop Suey	Harvest Chicken Salad Wrap	Open Face Turkey Sandwich	Lemon Pepper Salmon	Baked Mac & Cheese
Meat Or Meat Alternative 2oz	Roast Beef	Ground Turkey	Chicken	Turkey	Salmon	Cheese
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Watermelon	Applesauce	Fruit Cocktail	Pears	Peaches	Nectarines
	Cucumbers	Garden Salad	Pickled Beets	Butternut Squash	Green Beans	Sugar Snap Peas
Bread - 2 Slices or Bread Alternative -8oz dry	Whole Wheat Bread	Whole Wheat Roll	Wrap	Whole Wheat Bread	Whole Wheat Roll	Whole Wheat Roll
FLUID SKIM MILK	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Other Foods 4oz	Potato Salad	Noodles	Pasta Salad	Stuffing	Rice Pilaf	
PM SNACK- FLUID MILK	Milk	Water	Water	Water	Water	Tangerine Juice
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	Wheat Thins
Meat or Meat Alternative		Cheddar Cheese	made w/Yogurt	w/Peanut Butter	Turkey/Cheese	

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BB 07/19/2024

MENU PLANNING WORKSHEET

REPORT ALL ALLERGIES TO NURSING

WEEK OF: **19th - 24th August 2024**

SITE NAME: **PROJECT INDEPENDNECE ADH**

SUBJECT TO CHANGE

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USDA Child & Adult Care Food Program Meal	MONDAY 19-Aug	TUESDAY 20-Aug	WEDNESDAY 21-Aug	THURSDAY 22-Aug	FRIDAY 23-Aug	SATURDAY 24-Aug
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz	Blueberries	Banana	Raisins	Sliced Apples	Orange Juice	Bananas
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Cranberry Orange Muffin	Cheerios	Oatmeal w/Cinnamon	Egg in a Basket	Bagel & Cream Cheese	French Toast Sticks
LUNCH	Tuna Salad Sandwich	Meatloaf	Turkey and Cheese Wraps	Jerk Chicken	Bourbon Steak Tips	Seafood Salad Sandwich
Meat Or Meat Alternative 2oz	Tuna Fish	Beef	Turkey	Chicken	Steak	Pollock
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Cantaloupe Beets	Applesauce Cauliflower	Fruit Cocktail Garden Salad	Peaches Brussel Sprouts	Pineapple Cesar Salad	Fruit Cup Cucumbers
Bread - 2 Slices or Bread Alternative -8oz dry	Wheat Pita Pockets	Whole Wheat Bread	Wheat Wrap	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread
FLUID SKIM MILK	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Other Foods 4oz	Potato Salad	Mashed Potatoes	Veggie Straws	Rice	Garlic Gnocchi	Veggie Straws
PM SNACK- FLUID MILK	Skim Milk	Water	Milk	Water	Water	Skim Milk
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		Animal Crackers
Meat or Meat Alternative		w/Hummus		Fresh Salsa		

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MENU PLANNING WORKSHEET

REPORT ALL ALLERGIES TO NURSING

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

August 2024

SITE NAME: **PROJECT INDEPENDNECE ADH**

SUBJECT TO CHANGE

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USDA Child & Adult Care Food Program Meal	MONDAY 26-Aug	TUESDAY 27-Aug	WEDNESDAY 28-Aug	THURSDAY 29-Aug	FRIDAY 30-Aug	SATURDAY 31-Aug
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz	Fresh Pineapple	Orange Juice	Sliced Apples	Banana	Mixed Berries	Mandarin Oranges
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Blueberry Muffin	Scrambled Eggs & Toast	Toast w/Peanut Butter	Cheerios	Bolo w/ Jam	Sweet Bread
LUNCH	Broiled Chicken Thighs	Cajun Salmon	BBQ Pulled Pork	English Muffin Pizza	Chicken Broccoli Alfredo	Ham Sandwiches
Meat Or Meat Alternative 2oz	Chicken	Salmon	Pork	Turkey Pepperoni	Chicken	Ham
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Watermelon Carrots	Kiwi Brussel Sprouts	Pineapples Cole Slaw	Watermelon Garden Salad	Honeydew Melon Broccoli	Fruit Cup Garden Salad
Bread - 2 Slices or Bread Alternative -8oz dry	Whole Wheat Bread	Whole Wheat Bread	Corn Bread	WW English Muffin	Whole Wheat Roll	Whole Wheat Bread
FLUID SKIM MILK	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Other Foods 4oz	Whipped Sweet Potatoes	Rice Pilaf	Baked Beans	Mozzarella Cheese		Pretzels
PM SNACK- FLUID MILK	Water	Skim Milk	Water	Skim Milk	Cranberry Juice	Grape Juice
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	Graham Crackers
Meat or Meat Alternative	Yogurt Dip		Greek Yogurt			

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