

MENU PLANNING WORKSHEET

REPORT ALL ALLERGIES TO NURSING

WEEK OF: **1st - 2nd** **December** **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 1-Dec	SATURDAY 2-Dec
BREAKFAST Fluid Milk 8oz					Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz					Apples	Bananas
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz					Bagel	Cheerios
LUNCH					Breaded Fish	Turkey and cheese sandwich
Meat Or Meat Alternative 2oz					Fish	Turkey
1/2 Cup of Fruit & 1/2 Cup of Vegetable					Pineapples Cole Slaw	Fruit Cup Broccoli
Bread - 2 Slices or Bread Alternative -8oz dry					Whole Wheat Bread	Whole Wheat Bread
FLUID SKIM MILK					Skim Milk	Skim Milk
Other Foods 4oz					Oven Fries	
PM SNACK- FLUID MILK					Skim Milk	
Served any two of the following foods Fruit and/or Vegetable						
Bread or Bread Alternative					Soft Pretzel	Graham Crackers
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

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WEEK OF: **4th - 9th**

December 2023

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USDA Child & Adult Care Food Program Meal	MONDAY 4-Dec	TUESDAY 5-Dec	WEDNESDAY 6-Dec	THURSDAY 7-Dec	FRIDAY 8-Dec	SATURDAY 9-Dec
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz	Blueberries	Honey Dew Melon	Apples	Cantaloupe	Banana	Pears
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Blueberry Muffin	Toast w/Peanut Butter	Cream of Wheat	Scrambled Eggs	Oatmeal	Cheerios
LUNCH	Broccoli and cheese soup w/sandwich	Lasagna	Chili w/Beans	BBQ Chicken	Portuguese Tuna Casserole w/Egg	Turkey and Cheese Sandwich
Meat or Meat Alternative 2oz	Ham	Ground Turkey	Beef	Chicken	Tuna Fish	Turkey
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Mandarin Oranges Broccoli	Pears Garden salad	Pineapples Mixed vegetables	Apple Sauce Green Beans	Peaches Carrots	Fruit Cup Broccoli
Bread - 2 Slices or Bread Alternative -8oz dry	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	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		Noodles	Rice	Macaroni & Cheese	Chick Peas & Boiled Potatoes	
PM SNACK- FLUID MILK	Water	Skim Milk	Water	Skim Milk	Water	
Serve any two of the following foods Fruit and/or Vegetable				Baked Apples		Cranberry Apple Juice
Bread or Bread Alternative	W.W. Crackers	Chex Trail Mix	W.W. Ritz		Roll Up	
Meat or Meat Alternative	w/Peanut Butter		w/Hummus		Turkey & Cheese	Cheese stick

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MENU PLANNING WORKSHEET

REPORT ALL ALLERGIES TO NURSING

WEEK OF: **11th - 16th** **December** **2023**

SITE NAME: **PROJECT INDEPENDNECE ADH**

SUBJECT TO CHANGE

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USDA Child & Adult Care Food Program Meal	MONDAY 11-Dec	TUESDAY 12-Dec	WEDNESDAY 13-Dec	THURSDAY 14-Dec	FRIDAY 15-Dec	SATURDAY 16-Dec
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz	Banana	Apples	Honey Dew Melon	Banana	Strawberries	Mandarin oranges
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Banana Muffin	French Toast Sticks	Oatmeal	Chex Cereal	Waffles	Cheerios
LUNCH	Ravioli w/Meatballs	Grilled Ham/Cheese w/Tomato Soup	Meatloaf	Baked Fish	Italian Wedding Soup	Tuna Fish Sandwiches
Meat Or Meat Alternative 2oz	Turkey	Ham	Beef	Fish	Beef	Tuna Fish
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Mandarin Oranges Peas & Carrots	Cantaloupe Garden salad	Pears Green Beans	Apple sauce Cole Slaw	Pineapples Carrots /Spinach	Fruit Cup Veggie Chips
Bread - 2 Slices or Bread Alternative -8oz dry	Whole Wheat Bread	Whole Wheat Bun	Whole Wheat Bread	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	Rice	Tomato Soup	Mashed Potatoes	Rice Pilaf	Pasta	
PM SNACK- FLUID MILK	Water	Skim Milk	Water	Water	Water	Water
Served any two of the following foods Fruit and/or Vegetable	Pineapple					
Bread or Bread Alternative		Animal Crackers	Wheat Thins	W.W. Ritz	Graham Crackers	Wheat Thins
Meat or Meat Alternative	w/Cottage Cheese		Hummus	Slice Cheese	Peanut Butter	cheese

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WEEK OF: **18th-23rd** **December** **2023**

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USDA Child & Adult Care Food Program Meal	MONDAY 18-Dec	TUESDAY 19-Dec	WEDNESDAY 20-Dec	THURSDAY 21-Dec	FRIDAY 22-Dec	SATURDAY 23-Dec
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz	Cantaloupe	Apples	Pineapple	Craisins	Strawberries	Banana
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Banana Muffin	Scrambled Eggs w/toast	Pancakes	Oatmeal	Waffles	English Muffin w/peanut butter
LUNCH	Chicken Parmesan	Shepard's Pie	Spaghetti w/Meatballs	Chicken Pot Pie	Ham	Chicken salad Sandwich
Meat Or Meat Alternative 2oz	Chicken	Ground Beef	Ground Turkey	Chicken	Pork	Chicken
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Apple Sauce Carrots	Mandarin Oranges Corn/Peas	Honeydew melon Garden Salad	Apples Peas & Carrots	Pears Roasted Carrots	Fruit Cup Broccoli
Bread - 2 Slices or Bread Alternative -8oz dry	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	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	Pasta	Mashed Potatoes	Pasta	Egg Noodles	Roasted Potatoes	
PM SNACK- FLUID MILK	Water	Water	Water	Skim Milk	Water	
Serve any two of the following foods Fruit and/or Vegetable	Pineapple		Strawberry Milkshake			Cranberry Apple Juice
Bread or Bread Alternative		Wheat Thins		Cinnamon Graham Crackers	Rice Cakes	
Meat or Meat Alternative	Yogurt	Ranch Yogurt Dip	Yogurt		Peanut butter	Cheese stick

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REPORT ALL ALLERGIES TO NURSING

WEEK OF: **25th - 30th** **December** **2023**

SITE NAME: **PROJECT INDEPENDENCE ADH**

SUBJECT TO CHANGE

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USDA Child & Adult Care Food Program Meal	MONDAY 25-Dec	TUESDAY 26-Dec	WEDNESDAY 27-Dec	THURSDAY 28-Dec	FRIDAY 29-Dec	SATURDAY 30-Dec
BREAKFAST Fluid Milk 8oz		Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz		Apples	Strawberries	Honeydew Melon	Banana	Cranberry Juice
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Holiday closed	Scrambled eggs/Toast	Pancakes	Cranberry muffins	English Muffin w/Peanut Butter	Cheerios
LUNCH		Minestrone Soup	Teriyaki Chicken	Bacon/Cheese Quiche	Chicken Vegetable Soup	Turkey and Cheese Sandwich
Meat Or Meat Alternative 2oz		Ground Turkey	Chicken	Eggs/Bacon/Cheese	Chicken	Turkey
1/2 Cup of Fruit & 1/2 Cup of Vegetable		Pineapples Mixed Vegetable	Banana Green Beans	Cantaloupe Broccoli	Apples Peas & Carrots	Fruit Cup Veggie chips
Bread - 2 Slices or Bread Alternative -8oz dry		Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread
FLUID SKIM MILK		Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Other Foods 4oz		Pasta	Rice	Sweet Potatoes	Noodles	
PM SNACK- FLUID MILK		Water	Skim Milk	Water	Water	Water
Serve any two of the following foods Fruit and/or Vegetable						
Bread or Bread Alternative			Animal Crackers	Graham Crackers	Multi-Grain Tostitos	Rice Cakes
Meat or Meat Alternative		Turkey & Cheese Rollups		w/Peanut Butter	w/Yogurt Salsa	Peanut butter

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