

# MENU PLANNING WORKSHEET

# REPORT ALL ALLERGIES TO NURSING

WEEK OF: 1st-3rd

#REF! 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-Feb	FRIDAY 2-Feb	SATURDAY 3-Feb
<b>BREAKFAST</b> Fluid Milk 8oz				Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz				Cranberry Juice	Banana	Strawberries
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz				Scrambled Eggs & Toast	Cheerios	Belgain Waffles
<b>LUNCH</b>				<b>Beef Stroganoff</b>	<b>Roasted Pork Loin</b>	<b>Pepperoni Pizza</b>
Meat Or Meat Alternative 2oz				Beef	Pork	Turkey Pepperoni
1/2 Cup of Fruit & 1/2 Cup of Vegetable				Peaches Carrots	Pears California Blend	Mandarin Oranges Garden Salad
Bread - 2 Slices or Bread Alternative -8oz dry				Whole Wheat Bread	Whole Wheat Bread	English Muffin
FLUID SKIM MILK				Skim Milk	Skim Milk	Skim Milk
Other Foods 4oz				Egg Noodles	Stuffing	
<b>PM SNACK- FLUID MILK</b>				Water	Water	Apple Juice
Served any two of the following foods Fruit and/or Vegetable						
Bread or Bread Alternative				W.W. Ritz	Graham Cracker	Gold Fish
Meat or Meat Alternative				Cheddar Cheese	w/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 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: 5th - 10th**

**#REF! 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> 5-Feb	<b>TUESDAY</b> 6-Feb	<b>WEDNESDAY</b> 7-Feb	<b>THURSDAY</b> 8-Feb	<b>FRIDAY</b> 9-Feb	<b>SATURDAY</b> 10-Feb
<b>BREAKFAST</b> Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz	Clementines	Apple Slices	Berry Juice	Banana	Blueberries	Strawberries
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Blueberry Waffles	Banana Muffin	Oatmeal	WW Toast w/Jelly	Chex Cereal	Bagels with Cream Cheese
<b>LUNCH</b>	<b>Zoupa Toscana</b>	<b>Hamburgers</b>	<b>Kale Soup</b>	<b>Chicken Stir Fry</b>	<b>Swedish Meatballs</b>	<b>Egg Salad Sandwiches</b>
Meat Or Meat Alternative 2oz	Ground Turkey	Ground Beef	Beef	Cheese	Beef	Eggs
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Pineapples Kale	Mandarins Garden Salad	Applesauce Kale & Carrots	Peaches Mixed Vegetables	Fruit Cocktail Harvest Veggies	Apple Sauce Cucumbers
Bread - 2 Slices or Bread Alternative -8oz dry	Portuguese Pop	Whole Wheat Bread	Whole Wheat Bread	<b>Jasmine Rice</b>	Whole Wheat Bread	Whole Wheat Bread
FLUID SKIM MILK	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Other Foods 4oz	Garden Salad	Baked Fries	Potatoes	Wheat Roll	Noodles	Veggie Straws
<b>PM SNACK- FLUID MILK</b>	Water	Water	Skim Milk	Water	Water	Grape Juice
Served any two of the following foods Fruit and/or Vegetable	Strawberries		Baked Apples w/Cinnamon	Strawberries		
Bread or Bread Alternative		w/Wheat Thins			W.W. Ritz Crackers	
Meat or Meat Alternative	Greek Yogurt	Ranch Dip Yogurt		Yogurt	Cheese	Cheese Stick

\* 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: 12th - 17th**

**#REF! 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> 12-Feb	<b>TUESDAY</b> 13-Feb	<b>WEDNESDAY</b> 14-Feb	<b>THURSDAY</b> 15-Feb	<b>FRIDAY</b> 16-Feb	<b>SATURDAY</b> 17-Feb
<b>BREAKFAST</b> Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz	Orange Juice	Clementine	Apple Juice	Banana	Sliced Strawberries	Blueberries
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Broccoli Cheese Quiche	Corn Muffin	W.W. Toast w/Jelly	Cheerios	Waffles	Pancakes
<b>LUNCH</b>	<b>Broiled Seafood</b>	<b>Chicken Chow Mein</b>	<b>Spaghetti &amp; Meatballs</b>	<b>Chicken Patty Sandwich</b>	<b>Beef Teriyaki</b>	<b>Turkey Sandwiches</b>
Meat Or Meat Alternative 2oz	Mixed Seafood	Chicken	Ground Beef	Chicken	Beef	Turkey Sandwiches
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Honeydew	Apple Sauce	Mandarin Oranges	Fruit Cup	Pears	Peaches
	Broccoli	Mixed Vegetables	Green Beans	Garden Salad	Sugar snap peas	Cherry Tomatoes
Bread - 2 Slices or Bread Alternative -8oz dry	Wheat Roll	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	Rice Pilaf	Noodles	Pasta	Baked Sweet Potato Fries	Rice	Pretzels
<b>PM SNACK- FLUID MILK</b>	Water	Water	Water	Water	Skim Milk	Skim Milk
Served any two of the following foods Fruit and/or Vegetable	Strawberries	Fresh Salsa	Strawberry Smoothie	Blueberries		Cranberry Wanut Bread
Bread or Bread Alternative		WW Tostitos			Animal Crackers	
Meat or Meat Alternative	Greek Yogurt			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. \*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: 19th - 24th**

**#REF! 2024**

**SITE NAME: PROJECT INDEPENDENCE 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> 19-Feb	<b>TUESDAY</b> 20-Feb	<b>WEDNESDAY</b> 21-Feb	<b>THURSDAY</b> 22-Feb	<b>FRIDAY</b> 23-Feb	<b>SATURDAY</b> 24-Feb
<b>BREAKFAST</b> Fluid Milk 8oz	<b>HOLIDAY</b>	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz		Cantaloupe	Sliced Apples	Blueberries	Banana	Banana
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz		Egg in a Basket	Carrot Raisin Muffin	Whole Wheat Pancakes	Cheerios	Hard Boiled Eggs
<b>LUNCH</b>		<b>Broiled Scallops</b>	<b>Sloppy Joes</b>	<b>Turkey Tacos</b>	<b>Grilled Cheese &amp; Tomato Soup</b>	<b>Roast Beef Sub</b>
Meat Or Meat Alternative 2oz		Scallops	Ground Beef	Ground Turkey	Cheese	Roast Beef
1/2 Cup of Fruit & 1/2 Cup of Vegetable		Peaches Green Beans	Fruit Cocktail Salad	Pears Salad	Apple Sauce Tomatoes	Sliced Apples Garden Salad
Bread - 2 Slices or Bread Alternative -8oz dry		Whole Wheat Bread	Whole Wheat Bread	Whole Wheat <b>Soft Shell Taco</b>	Whole Wheat Bread	Hoagie Roll
FLUID SKIM MILK		Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Other Foods 4oz		Garlic Mashed Potatoes				Veggie Straws
<b>PM SNACK- FLUID MILK</b>		Skim Milk	Water	Skim Milk	Milk	Water
Served any two of the following foods Fruit and/or Vegetable			Blueberries			Strawberries
Bread or Bread Alternative		Wheat Thins		Zucchini Bread	Animal Crackers	Shortcake
Meat or Meat Alternative		Swiss Cheese	Cottage Cheese			

**\* 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: 26th - 28th**

**#REF! 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 26-Feb	TUESDAY 27-Feb	WEDNESDAY 28-Feb	THURSDAY 29-Feb	FRIDAY	SATURDAY
<b>BREAKFAST</b> Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk		
Fruit and/or Vegetables 4oz	Craisins	Cantaloupe	Mandarin Oranges	Bananas		
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Oatmeal	Cranberry Muffin	Raisin Toast	Cheerios		
<b>LUNCH</b>	<b>Cajun Salmon</b>	<b>Chicken Marsala</b>	<b>Roasted Pork Loin</b>	<b>Fish &amp; Chips</b>		
Meat Or Meat Alternative 2oz	Salmon	Chicken	Pork	Fish		
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Mango	Applesauce Broccoli	Pineapple California Blend	Apple Sauce Garden Salad		
	Zucchini					
Bread - 2 Slices or Bread Alternative -8oz dry	Wheat Roll	Wheat Roll	Whole Wheat Bread	Wheat Roll		
FLUID SKIM MILK	Skim Milk	Skim Milk	Skim Milk	Skim Milk		
Other Foods 4oz	Rice Pilag	Wheat Pasta	Stuffing	French Fries		
<b>PM SNACK- FLUID MILK</b>	Skim Milk	Water	Skim Milk	Skim Milk		
Served any two of the following foods Fruit and/or Vegetable	Grape Juice	Blueberries		Chocolate Covered Strawberries		
Bread or Bread Alternative			Zucchini Bread			
Meat or Meat Alternative	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. \*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