

MENU PLANNING WORKSHEET

REPORT ALL ALLERGIES TO NURSING


WEEK OF: 2nd - 6th

January 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 1-Jan	TUESDAY 2-Jan	WEDNESDAY 3-Jan	THURSDAY 4-Jan	FRIDAY 5-Jan	SATURDAY 6-Jan
BREAKFAST Fluid Milk 8oz		Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz		Banana	Cantaloupe	Blueberries	Apple	Mandarin Oranges
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Holiday closed	Scramble Egg/Toast	French Toast	English muffin	Egg in a Basket	Pancakes
LUNCH		Grilled Cheese & Tomato Soup	Bacon Quiche	Spaghetti	Baked Chicken	Turkey & Cheese Sandwiches
Meat Or Meat Alternative 2oz			Bacon/Eggs	Ground Turkey	Chicken	Turkey
1/2 Cup of Fruit & 1/2 Cup of Vegetable		Apples Tomatoes	Pineapples Salad	Pears Mixed Vegetables	Honeydew Melon Green Beans	Applesauce Three Bean Salad
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					Stuffing	Veggie Straws
PM SNACK- FLUID MILK		Milk	Juice	Skim Milk	Skim Milk	Water
Served any two of the following foods Fruit and/or Vegetable				Baked Apples		Strawberries
Bread or Bread Alternative		Animal Crackers	Pretzel Rings	w/Oatmeal Crumb	Trail Chex Mix	
Meat or Meat Alternative						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

MENU PLANNING WORKSHEET

REPORT ALL ALLERGIES TO NURSING

WEEK OF: 8th-13th

January 2024

SITE NAME: PROJECT INDEPENDENCE ADH

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USDA Child & Adult Care Food Program Meal	MONDAY 8-Jan	TUESDAY 9-Jan	WEDNESDAY 10-Jan	THURSDAY 11-Jan	FRIDAY 12-Jan	SATURDAY 13-Jan
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz	Banana	Clementines	Cantaloupe	Pears	Apple	Apple Juice
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Cheerios	English Muffin	Banana Muffin	Oatmeal	Raisin Toast	Pancake
LUNCH	Tuna/Noodle Casserole	Spaghetti & Meatballs	Open Face Turkey Sandwich	English Muffin Pizza	Seafood Chowder	Hot Pastrami Sandwiches
Meat Or Meat Alternative 2oz	Tuna Fish	Ground Turkey	Turkey	Turkey Pepperoni	Fish & Clams	Pastrami
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Cantaloupe	Pears	Honeydew melon	Pineapple	Mandarin Oranges	Applesauce
	Carrots	Garden Salad	Green Beans	Cesar salad	Broccoli	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	Whole Wheat Bread
FLUID SKIM MILK	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Other Foods 4oz	Egg Noodles	Spaghetti	Stuffing	Sweet Potato Fries	Potatoes	
PM SNACK- FLUID MILK	Water	Skim Milk	Water	Water	Water	
Serve any two of the following foods Fruit and/or Vegetable			Strawberries			Cranberry apple juice
Bread or Bread Alternative	Apple Rice Cake	Animal Crackers		Wheat Thins	W.W. Crackers	Cheese sticks
Meat or Meat Alternative	w/Peanut Butter		Greek Yogurt	Hummus	w/Sliced Cheese	

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MENU PLANNING WORKSHEET

REPORT ALL ALLERGIES TO NURSING

WEEK OF: 16th-21st

January 2024

SITE NAME: PROJECT INDEPENDENCE ADH

SUBJECT TO CHANGE

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USDA Child & Adult Care Food Program Meal	MONDAY 15-Jan	TUESDAY 16-Jan	WEDNESDAY 17-Jan	THURSDAY 18-Jan	FRIDAY 19-Jan	SATURDAY 20-Jan
BREAKFAST Fluid Milk 8oz	HOLIDAY	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz		Honeydew Melon	Clementine	Banana	Apples	Pears
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz		Cream of Wheat	Raisin Toast	Cheerios	French Toast	Waffles
LUNCH		Chicken Breast	Meatball Sub	Seafood Casserole	Chicken Broccoli Pasta	Tuna Fish Sandwiches
Meat Or Meat Alternative 2oz		Chicken	Ground Turkey	Scrod, Crab Meat, Shrimp	Chicken	Tuna Fish
1/2 Cup of Fruit & 1/2 Cup of Vegetable		Pineapple	Applesauce	Pears	Cantaloupe	Fruit Cups
		Peas & Carrots	Mixed Vegetables	Garden salad	Broccoli	Veggie Straws
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		Quinoa	Sweet Potato Fries	Rice Pilaf		
PM SNACK- FLUID MILK		Water	Water	Skim Milk	Water	Water
Serve any two of the following foods Fruit and/or Vegetable			Blueberries			
Bread or Bread Alternative		Quesadillas		Baked Apples w/Cinnamon	Graham Crackers	Rice Cakes
Meat or Meat Alternative		Cheese	Yogurt		w/Peanut Butter	peanut butter

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MENU PLANNING WORKSHEET

REPORT ALL ALLERGIES TO NURSING

WEEK OF: 22nd-27th

January 2024

SITE NAME: PROJECT INDEPENDENCE ADH

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USDA Child & Adult Care Food Program Meal	MONDAY 22-Jan	TUESDAY 23-Jan	WEDNESDAY 24-Jan	THURSDAY 25-Jan	FRIDAY 26-Jan	SATURDAY 27-Jan
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz	Sliced Oranges	Strawberry	Apples	Honeydew Melon	Pears	Banana
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Cream of Wheat	Pancakes	Oatmeal	Egg in a Basket	Cranberry Muffin	Cheerios
LUNCH	Chili	Chicken Pot Pie	Peanut Butter & Jelly sandwiches	Fish Taco	Chicken Rice Soup	Turkey and cheese Wrap
Meat Or Meat Alternative 2oz	Ground Beef	Chicken	Peanut Butter	Fish	Chicken	Turkey
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Pineapple	Pears	Mandarin Oranges	Applesauce	Cantaloupe	Mixed Fruit Cup
	Green Beans	Mixed Vegetables	Carrots	Garden Salad	Peas & Carrots	Broccoli
Bread - 2 Slices or Bread Alternative -8oz dry	Corn Bread	Whole Wheat Bread	Whole Wheat Bread	Tortilla	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	Mashed Potatoes			Rice	
PM SNACK- FLUID MILK	Water	Skim Milk	Water	Water	Water	
Serve any two of the following foods Fruit and/or Vegetable				Pineapples		Apple Juice
Bread or Bread Alternative	Soft Pretzel	Baked Apples w/Cinnamon	Wheat Thins		Graham Crackers	Cheese Stick
Meat or Meat Alternative	Hummus		Cheese	Cottage Cheese	w/Peanut Butter	

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MENU PLANNING WORKSHEET

REPORT ALL ALLERGIES TO NURSING

WEEK OF: 29th-31st

January 2024

SITE NAME: PROJECT INDEPENDENCE ADH

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USDA Child & Adult Care Food Program Meal	MONDAY 29-Jan	TUESDAY 30-Jan	WEDNESDAY 31-Jan	THURSDAY	FRIDAY	SATURDAY
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk				
Fruit and/or Vegetables 4oz	Apples	Clementine				
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Banana Muffin	Waffles				
LUNCH	Sloppy Joes	Ham and cheese in a croissant				
Meat or Meat Alternative 2oz	Ground Turkey	Ham				
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Cantaloupe Green Beans	Pears Macaroni Salad				
Bread - 2 Slices or Bread Alternative -8oz dry	Whole Wheat Bread	Croissants				
FLUID SKIM MILK	Skim Milk	Skim Milk				
Other Foods 4oz	Sweet Potatoes					
PM SNACK- FLUID MILK	Skim Milk	Water				
Serve any two of the following foods Fruit and/or Vegetable		Strawberry smoothie				
Bread or Bread Alternative	Graham Crackers					
Meat or Meat Alternative		Yogurt				

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SHOPPING LIST FOR THE MONTH

WEEK 1

BREAKFAST		LUNCH		SNACK	
MILK		MILK			
ORANGES		HAM		APPLES JUICE	
BLUEBERRIES		HAMBURG		PUMKIN BREAD	
BANANAS		LINGUISA		CHEESE & CRACKERS	
APPLE JUICE		DICED CHICKEN		VEGGIE MINI EGG ROLL	
STRAWBERRIES		HAMBURG		RAISIN BREAD	
BANANAS		HAM		PARTY ROLLS	
				YOGURT / PEACHES	
WAFFLES		FRUIT COCKTAIL			
OATMEAL		PEARS			
BRAN FLAKES		PEACHES			
ENGLISH MUFFINS		PINEAPPLE			
PANCAKES		APRICOTS			
CHEX CEREAL		APPLE SAUCE			
		PEAS & CARROTS			
		CAPRIBLEND			
		CALIFORNIA			
		TUSCAN BLEND			
		5 WAY			
		HARVEST BLEND			
		RICE			
		POTATOES			

WEEK 2

BREAKFAST		LUNCH		SNACK	
MILK		MILK			
ORANGES		HAM		APPLES JUICE	
BLUEBERRIES		HAMBURG		PUMKIN BREAD	
BANANAS		LINGUISA		CHEESE & CRACKERS	
APPLE JUICE		DICED CHICKEN		VEGGIE MINI EGG ROLL	
STRAWBERRIES		HAMBURG		RAISIN BREAD	
BANANAS		HAM		PARTY ROLLS	
				YOGURT / PEACHES	
WAFFLES		FRUIT COCKTAIL			
OATMEAL		PEARS			
BRAN FLAKES		PEACHES			
ENGLISH MUFFINS		PINEAPPLE			
PANCAKES		APRICOTS			
CHEX CEREAL		APPLE SAUCE			
		PEAS & CARROTS			
		CAPRIBLEND			
		CALIFORNIA			
		TUSCAN BLEND			
		5 WAY			
		HARVEST BLEND			
		RICE			
		POTATOES			