

MENU PLANNING WORKSHEET

REPORT ALL ALLERGIES TO NURSING

WEEK OF: **1st July 2021**

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-Jul
BREAKFAST						
Fluid Milk 8oz						
Fruit and/or Vegetables 4oz						
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz						
LUNCH						Temporarily Closed
Meat Or Meat Alternative 2oz						
1/2 Cup of Fruit & 1/2 Cup of Vegetable						
Bread - 2 Slices or Bread Alternative -8oz dry						
Fluid Skim Milk						
Other Foods 4oz						
PM SNACK- Fluid Milk Served any two of the following foods						
Fruit and/or Vegetable						
Bread or Bread Alternative						
Meat or Meat Alternative						

* 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: **3rd - 8th**

July 2023

SITE NAME: **PROJECT INDEPENDENCE ADH**

SUBJECT TO CHANGE

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USDA Child & Adult Care Food Program Meal	Monday 3-Jul	Tuesday 4-Jul	Wednesday 5-Jul	Thursday 6-Jul	Friday 8-Jul	SATURDAY 8-Jul
BREAKFAST Fluid Milk 8oz	Skim Milk	HOLIDAY	Skim Milk	Skim Milk	Skim Milk	
Fruit and/or Vegetables 4oz	Bananas		Cantaloupe	Pineapple	Peaches	
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Banana Muffin		Egg in a Basket	Wheat Toast with PB	Multi Grain Cheerios	
LUNCH	Cheese Burgers		Ham Salad Sandwiches	Egg Salad Sandwich	BBQ Baked Chicken Thigh	Temporarily Closed
Meat Or Meat Alternative 2oz	Groundbeef		Ham	Eggs	Chicken	
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Watermelon Broccoli Slaw		Clementines Sliced Cucumbers & Tomatoes	Strawberries Garden Salad	Pears Green Beans	
Bread - 2 Slices or Bread Alternative -8oz dry	Whole Wheat Bun		Whole Wheat Bread	W.W. Sub Roll	Whole Wheat Bread	
Fluid Skim Milk	Skim Milk		Skim Milk	Skim Milk	Skim Milk	
Other Foods 4oz	Oven baked Fries		Pasta		Mashed Sweet Potatoes	
PM SNACK- Fluid Milk Served any two of the following foods	Water			Water	Skim Milk	
Fruit and/or Vegetable			Strawberries & Blueberries			
Bread or Bread Alternative				Tortilla Chips	Animal Crackers	
Meat or Meat Alternative			Greek Yogurt	Fresh Salsa		

* 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: **10th - 15th**

July 2023

SITE NAME: **PROJECT INDEPENDENCE ADH**

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USDA Child & Adult Care Food Program Meal	Monday 10-Jul	Tuesday 11-Jul	Wednesday 12-Jul	Thursday 13-Jul	Friday 14-Jul	SATURDAY 15-Jul
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Fruit and/or Vegetables 4oz	Cantaloupe	Raisins	Pears	Peaches	Bananas	
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Blueberry Muffin	Oatmeal w/Cinnamon	Waffles	Raisin Toast	Pancakes	
LUNCH	Turkey & Cheese Sandwich	Seafood Salad Wraps	American Chop Suey	Chicken Patty Sandwich	Pulled Pork Macaroni & Cheese	Temporarily Closed
Meat Or Meat Alternative 2oz	Turkey	Pollock	Ground Turkey	Chicken Patty	Pork	
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Watermelon Mixed Vegetables	Pineapple Sliced Cucumbers	Fruit Cocktail Green Beans	Pears Peas and Carrots	Watermelon Garden Salad	
Bread - 2 Slices or Bread Alternative -8oz dry	Whole Wheat Bread	Whole Wheat Wraps	Whole Wheat Bread	Wheat Bun	Pasta	
Fluid Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Other Foods 4oz	Pasta Salad	Veggie Straws	Pasta	Oven Roasted Fries		
PM SNACK- Fluid Milk Served any two of the following foods	Water	Skim Milk	Grape Juice	Water	Skim Milk	
Fruit and/or Vegetable				Mixed Fruit		
Bread or Bread Alternative	WW Ritz Crackers	Chex Mix			Graham Crackers	
Meat or Meat Alternative	Yogurt Dip		String Cheese	Greek Yogurt		

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MENU PLANNING WORKSHEET

REPORT ALL ALLERGIES TO NURSING

WEEK OF: **17th - 22nd**

July 2023

SITE NAME: **PROJECT INDEPENDNECE ADH**

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SUBJECT TO CHANGE

USDA Child & Adult Care Food Program Meal	Monday 17-Jul	Tuesday 18-Jul	Wednesday 19-Jul	Thursday 20-Jul	Friday 21-Jul	SATURDAY 22-Jul
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Fruit and/or Vegetables 4oz	Apples	Blueberries	Bananas	Cranberry Juice	Pineapples	
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Date Muffin	Oatmeal w/Cinnamon	Waffles	English Muffin w/Peanut Butter	Mexican Egg Cups	
LUNCH	Cheeseburgers	Chicken Chowmein	Meatloaf	Ham Sandwich	Baked Chicken Parmesan	Temporarily Closed
Meat Or Meat Alternative 2oz	Hamburger	Chicken	Ground Beef	Ham	Chicken	
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Mandarin Oranges Garden Salad	Strawberries Tuscan Blend	Pears Green Beans	Apple Sauce Broccoli Salad	Mandarin Oranges Garden 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		Noodles	Mashed Potato		Spaghetti	
PM SNACK- Fluid Milk Served any two of the following foods	Strawberry Banana Smoothie	Skim Milk	Skim Milk	Frozen Yogurt Bars	Skim Milk	
Fruit and/or Vegetable		Ritz Crackers w/ dip	Animal Crackers		Baked Apples	
Bread or Bread Alternative						
Meat or Meat Alternative						

* 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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REPORT ALL ALLERGIES TO NURSING

WEEK OF: **24th - 29th**

July

2023

SITE NAME: **PROJECT INDEPENDNECE ADH**

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SUBJECT TO CHANGE

USDA Child & Adult Care Food Program Meal	Monday 24-Jul	Tuesday 25-Jul	Wednesday 26-Jul	Thursday 27-Jul	Friday 28-Jul	SATURDAY 29-Jul
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Fruit and/or Vegetables 4oz	Strawberries	Bananas	Grapes	Bananas	Banana	
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Banana Muffin	Pancakes	English Muffin w/Peanut Butter	Whole Wheat Cheerios	Cream of Wheat	
LUNCH	Cacoila	Lasagna	Baked Chicken	Sloppy Joes	Lobster Rolls	Temporarily Closed
Meat Or Meat Alternative 2oz	Pork	Ground Turkey	Chicken	Ground Turkey	Lobster Rolls	
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Fresh Pineapple Harvest Blend	Pears Green Beans	Sliced Apples Summer Squash	Pineapples Mixed Vegetables	Mandarin Oranges Harvest Blend	
Bread - 2 Slices or Bread Alternative -8oz dry	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bun	Whole Wheat Bread	
Fluid Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Other Foods 4oz	Rice	Noodles	Egg Noodles	Roasted Sweet Potat	Sweet Potatoes	
PM SNACK- Fluid Milk Served any two of the following foods	Skim Milk	Skim Milk	Water	Skim Milk	Water	
Fruit and/or Vegetable			Frozen Yogurt Bars		WW Crackers	
Bread or Bread Alternative	Graham Crackers	WW Pretzels		Zuchhini Bread	Peanut Butter	
Meat or Meat Alternative						

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REPORT ALL ALLERGIES TO NURSING

WEEK OF: 31st July 2021 **SITE NAME:** PROJECT INDEPENDNECE ADH

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SUBJECT TO CHANGE

USDA Child & Adult Care Food Program Meal	Monday 31-Jul	Tuesday	Wednesday	Thursday	Friday	SATURDAY 1-Jul
BREAKFAST Fluid Milk 8oz	Skim Milk					
Fruit and/or Vegetables 4oz	Strawberries					
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	French Toast					
LUNCH	Grilled Cheese Sandwich					Temporarily Closed
Meat Or Meat Alternative 2oz	2 oz. Cheese					
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Watermelon Garden Salad					
Bread - 2 Slices or Bread Alternative -8oz dry	Whole Wheat Bread					
Fluid Skim Milk	Skim Milk					
Other Foods 4oz						
PM SNACK- Fluid Milk Served any two of the following foods	Skim Milk					
Fruit and/or Vegetable						
Bread or Bread Alternative	Birthday Cake					
Meat or Meat Alternative						

* 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