

MENU PLANNING WORKSHEET	REPORT ALL ALLERGIES TO NURSING
WEEK OF: 1st-6th July 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-Jul	Tuesday 2-Jul	Wednesday 3-Jul	Thursday 4-Jul	Friday 5-Jul	SATURDAY 6-Jul
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	HOLIDAY	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz	Bananas	Cantaloupe	Orange Juice		Peaches	Apple Juice
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Banana Muffin	Scrambled Eggs & Sausage	Wheat Toast with PB		Multi Grain Cheerios	Blueberry Muffins
LUNCH	Cheese Burgers	Egg Salad Sandwiches	Lasagna		BBQ Baked Chicken Thigh	Roast Beef Sub
Meat Or Meat Alternative 2oz	Groundbeef	Egg	Ground Turkey		Chicken	Roast Beef
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Watermelon Broccoli Slaw	Clementines Sliced Cucumbers & Tomatoes	Strawberries Garden Salad		Pears	Clementines Cherry Tomatoes
Bread - 2 Slices or Bread Alternative -8oz dry	Whole Wheat Bun	Whole Wheat Bread	Wheat Roll		Whole Wheat Bread	Wheat Roll
Fluid Skim Milk	Skim Milk	Skim Milk	Skim Milk		Skim Milk	Skim Milk
Other Foods 4oz	Oven baked Fries	Pasta Salad			Mashed Sweet Potatoes	Veggie Straws
PM SNACK- Fluid Milk Served any two of the following foods	Water		Water		Skim Milk	Cranberry Juice
Fruit and/or Vegetable		Strawberries & Blueberries				
Bread or Bread Alternative	Wheat Thins		Tortilla Chips		Animal Crackers	Graham Crackers
Meat or Meat Alternative	Crackers	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: 8th-13th	July 2024
SITE NAME: PROJECT INDEPENDNECE ADH	

SUBJECT TO CHANGE

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USDA Child & Adult Care Food Program Meal	Monday 8-Jul	Tuesday 9-Jul	Wednesday 10-Jul	Thursday 11-Jul	Friday 12-Jul	SATURDAY 13-Jul
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz	Cantaloupe	Raisins	Pears	Peaches	Bananas	Orange Juice
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Bagels w/ Cream Cheese	Oatmeal w/Cinnamon	Waffles	Raisin Toast	Pancakes	Egg McMuffin
LUNCH	Turkey & Cheese Sandwich	Seafood Salad Wraps	American Chop Suey	Chicken Patty Sandwich	Pulled Pork Macaroni & Cheese	Peanut Butter & Jelly
Meat Or Meat Alternative 2oz	Turkey	Pollock	Ground Turkey	Chicken Patty	Pork	Peanut Butter
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Watermelon Cesar Salad	Pineapple Sliced Cucumbers	Fruit Cocktail Green Beans	Pears Peas and Carrots	Watermelon Garden Salad	Apple Sauce Cucumbers
Bread - 2 Slices or Bread Alternative -8oz dry	Whole Wheat Bread	Whole Wheat Wraps	Whole Wheat Bread	Wheat Bun	Pasta	Wheat Bread
Fluid Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Other Foods 4oz		Veggie Straws	Pasta	Oven Roasted Fries		Veggie Straws
PM SNACK- Fluid Milk Served any two of the following foods	Water	Berry Juice	Grape Juice	Water	Skim Milk	Cranberry Juice
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		Cheese Stick

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MENU PLANNING WORKSHEET

REPORT ALL ALLERGIES TO NURSING

WEEK OF: 15th - 20th

July 2024

SITE NAME: PROJECT INDEPENDNECE ADH

SUBJECT TO CHANGE

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USDA Child & Adult Care Food Program Meal	Monday 15-Jul	Tuesday 16-Jul	Wednesday 17-Jul	Thursday 18-Jul	Friday 19-Jul	SATURDAY 20-Jul
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz	Apples	Blueberries	Bananas	Cranberry Juice	Pineapples	Strawberries
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Date Muffin	Oatmeal w/Cinnamon	Waffles	English Muffin w/Peanut Butter	Mexican Egg Cups	Blueberry Muffin
LUNCH	Cheeseburgers	Chicken Chowmein	Meatloaf	Ham Sandwich	Baked Chicken Parmesan	Seafood Salad Sandwiches
Meat Or Meat Alternative 2oz	Hamburger	Chicken	Ground Beef	Ham	Chicken	Pollock
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	Fruit Cup Cherry Tomatoes
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	Mashed Potato		Spaghetti	Pretzels
PM SNACK- Fluid Milk Served any two of the following foods		Skim Milk	Skim Milk	Frozen Yogurt Bars	Skim Milk	Water
Fruit and/or Vegetable	Strawberry Banana Smoothie	Ritz Crackers w/ dip			Baked Apples	Blueberries
Bread or Bread Alternative			Animal Crackers			Granola
Meat or Meat Alternative						Greek Yogurt

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MENU PLANNING WORKSHEET

REPORT ALL ALLERGIES TO NURSING

WEEK OF: 22th - 27th

July 2024

SITE NAME: PROJECT INDEPENDNECE ADH

SUBJECT TO CHANGE

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USDA Child & Adult Care Food Program Meal	Monday 22-Jul	Tuesday 23-Jul	Wednesday 24-Jul	Thursday 25-Jul	Friday 26-Jul	SATURDAY 27-Jul
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz	Strawberries	Blueberries	Grapes	Bananas	Craisins	Strawberries
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Banana Muffin	Pancakes	English Muffin w/Peanut Butter	Whole Wheat Cheerios	Cream of Wheat	Egg McMuffin
LUNCH	Cacoila	Lasagna	Baked Chicken	Sloppy Joes	Lobster Rolls	Roast Beef Sub
Meat Or Meat Alternative 2oz	Pork	Ground Turkey	Chicken	Ground Turkey	Lobster Rolls	Roast Beef
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	Cantaloupe Sliced Cucubers
Bread - 2 Slices or Bread Alternative -8oz dry	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bun	Whole Wheat Bread	Hoagie Roll
Fluid Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Other Foods 4oz	Rice	Noodles	Egg Noodles	Roasted Sweet Potatoes	Sweet Potatoes	Veggie Straws
PM SNACK - Fluid Milk Served any two of the following foods	Skim Milk	Skim Milk	Water	Skim Milk	Water	Cranberry Juice
Fruit and/or Vegetable			Frozen Yogurt Bars		WW Crackers	
Bread or Bread Alternative	Graham Crackers	WW Pretzels		Zucchini Bread	Peanut Butter	
Meat or Meat Alternative						Cheese Sticks

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MENU PLANNING WORKSHEET	REPORT ALL ALLERGIES TO NURSING
WEEK OF: 29th-31st	July 2024
SITE NAME: PROJECT INDEPENDNECE ADH	

SUBJECT TO CHANGE

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	Monday	Tuesday	Wednesday	Thursday	Friday	SATURDAY
USDA Child & Adult Care Food Program Meal	29-Jul	30-Jul	31-Jul			
BREAKFAST	Skim Milk	Skim Milk	Skim Milk			
Fluid Milk 8oz						
Fruit and/or Vegetables 4oz	Strawberries	Orange Juice	Blueberries			
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	French Toast	Bagel & Cream Cheese	Pancakes			
LUNCH	Grilled Cheese Sandwich	Seafood Salad Sandwich	Meatball Sub			
Meat Or Meat Alternative 2oz	2 oz. Cheese	Pollock	Ground Turkey			
1/2 Cup of Fruit &	Watermelon	Clementines	Honey Dew			
1/2 Cup of Vegetable	Garden Salad	Tomato Salad	Broccoli			
Bread - 2 Slices or Bread Alternative -8oz dry	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Roll			
Fluid Skim Milk	Skim Milk	Skim Milk	Skim Milk			
Other Foods 4oz	Tater Tots	Pasta Salad	Chick pea Salad			
PM SNACK- Fluid Milk Served any two of the following foods	Skim Milk	Raspberry Juice	Apple Juice			
Fruit and/or Vegetable						
Bread or Bread Alternative	Zucchini Bread	Pretzels	Graham Crackers			
Meat or Meat Alternative						

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