

MENU PLANNING WORKSHEET

REPORT ALL ALLERGIES TO NURSING

WEEK OF: 1st June 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	Friday	SATURDAY 1-Jun
BREAKFAST Fluid Milk 8oz						Skim Milk
Fruit and/or Vegetables 4oz						Sliced Apples
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz						Cinnamon Raisin Toast
LUNCH						BBQ Chicken
Meat Or Meat Alternative 2oz						Chicken
1/2 Cup of Fruit & 1/2 Cup of Vegetable						Pineapple Green Beans
Bread - 2 Slices or Bread Alternative -8oz dry						Whole Wheat Bread
Fluid Skim Milk						Skim Milk
Other Foods 4oz						Mashed Sweet Potatoes
PM SNACK- FLUID MILK						Skim Milk
Served any two of the following foods Fruit and/or Vegetable						
Bread or Bread Alternative						Cinnamon Grahams
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: **3th - 8th**

June 2024

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USDA Child & Adult Care Food Program Meal	Monday 3-Jun	Tuesday 4-Jun	Wednesday 5-Jun	Thursday 6-Jun	Friday 7-Jun	SATURDAY 8-Jun
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz	Banana	Watermelon	Pears	Bananas	Cantaloupe	Orange Juice
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Cheerios	Coffee Cake Muffins	Pancakes	Rice Krispies Cereal	English Muffin	Bacon & Chive Quiche
LUNCH	English Muffin Pizza	Broiled Salmon	Chow Mein	Meatloaf	Portuguese Tuna	Grilled Cheese w/ Tomato
Meat Or Meat Alternative 2oz	Turkey Pepperoni	Salmon	Ground Turkey	Ground Beef	Tuna & Eggs	Cheese
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Strawberries Garden Salad	Peaches Cauliflower	Watermelon Broccoli	Blueberries Baby Carrots	Pineapples 3 Bean Salad	Pears Garden Salad
Bread - 2 Slices or Bread Alternative -8oz dry	English muffin	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	Chow Mein Noodles	Mashed Potatoes	Potatoes	Tomato Soup
PM SNACK- FLUID MILK	Water	Water	Skim Milk	Skim Milk	Apple Juice	Water
Served any two of the following foods Fruit and/or Vegetable	Frozen Yogurt with berries		Animal Crackers	Baked Apples with cinnamon		Strawberries
Bread or Bread Alternative Meat or Meat Alternative		Wheat Thins Yogurt Ranch Dip			W.W. Pretzel	w/Yogurt

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WEEK OF: **10th - 15th**

June 2024

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USDA Child & Adult Care Food Program Meal	Monday 10-Jun	Tuesday 11-Jun	Wednesday 12-Jun	Thursday 13-Jun	Friday 14-Jun	SATURDAY 15-Jun
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz	Bananas	Orange Juice	Sliced Apples	Mandarin Orange	Cantaloupe	Raisins
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Banana Muffin	Egg McMuffins	W.W. Toast w/Jam	Honey Bunches of Oats	Scrambled Eggs w/ Toast	Blueberry Muffins
LUNCH	Breaded Shrimp	Chicken Cutlets	Tater Tot Casserole	Spaghetti & Meatballs	Baked Chicken Thighs	Turkey Sandwiches
Meat Or Meat Alternative 2oz	Shrimp	Chicken	Ground Turkey	Ground Turkey	Chicken	Turkey
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Pineapples Green Beans	Strawberries Cesar Salad	Pears Beets	Mixed Fruit Garden Salad	Watermelon Broccoli	Peaches Chickpea Salad
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	Mac & Cheese	Orzo	Tater Tots	Pasta	Stuffing	Pretzels
PM SNACK- FLUID MILK	Water	Skim Milk	Water	Water	Water	Apple Juice
Served any two of the following foods Fruit and/or Vegetable			Strawberries	Hummus	Vegetables	
Bread or Bread Alternative	Graham Crackers	Zucchini Bread	Shortcake	Wheat Thins	Yogurt Dip	String Cheese
Meat or Meat Alternative	w/Peanut Butter					

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MENU PLANNING WORKSHEET

REPORT ALL ALLERGIES TO NURSING

WEEK OF: 17th - 22nd

June 2024

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USDA Child & Adult Care Food Program Meal	Monday 17-Jun	Tuesday 18-Jun	Wednesday 19-Jun	Thursday 20-Jun	Friday 21-Jun	SATURDAY 22-Jun
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	C l o s e d F o r H o l i d a y	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz	Bananas	Cantaloupe		Blueberries	Cranberry Juice	Strawberries
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Cheerios Cereal	Raisin Toast		Rice Krispies Cereal	Over Easy Eggs & Toast	Waffles
LUNCH	Portuguese Tuna	Chicken Alfredo		Bacon & Cheese Quiche	Chicken Tenders	Chicken Salad Sandwich
Meat Or Meat Alternative 2oz	Tuna fish	Chicken Alfredo		Bacon	Chicken	Chicken
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Pears Green Beans	Sliced Apple Broccoli		Pineapples Garden Salad	Watermelon Tomato Salad	Clementines Tomato Salad
Bread - 2 Slices or Bread Alternative -8oz dry	Whole Wheat Bread	Whole Wheat Bread		Whole Wheat Bread	Whole Wheat Roll	Whole Wheat Roll
Fluid Skim Milk	Skim Milk	Skim Milk		Skim Milk	Skim Milk	Skim Milk
Other Foods 4oz	Potatoes	Ziti			Oven Roasted FF	
PM SNACK- FLUID MILK	Skim Milk	Grape Juice		Milk	Skim Milk	Water
Served any two of the following foods Fruit and/or Vegetable	Baked Apples with Cinnamon				Frozen Yogurt Pop	Strawberries
Bread or Bread Alternative Meat or Meat Alternative		String Cheese			Chex Mix	Greek Yogurt

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REPORT ALL ALLERGIES TO NURSING

WEEK OF: 24th - 29th

June

2024

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USDA Child & Adult Care Food Program Meal	Monday 24-Jun	Tuesday 25-Jun	Wednesday 26-Jun	Thursday 27-Jun	Friday 28-Jun	SATURDAY 29-Jun
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz	Sliced Pears	Blueberries	Sliced apples	Banana	Apple Juice	Berry Juice
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Blueberry Muffin	Oatmeal w/Cinnamon	English Muffin w/Jam	Cinnamon Raisin Toast	Egg in a basket	Corn Muffin
LUNCH	Lingua Dogs	Taco Pie	Seafood Salad Sandwich	Meatball Sub	English Muffin Pizza	Turkey Sandwich
Meat Or Meat Alternative 2oz	Turkey Lingua	Ground Turkey	Fish	Beef	Pepperoni	Turkey
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Peaches Cole Slaw	Mandarin Orange Mixed Vegetables	Pineapple Salad	Peaches Harvest Blend	Honeydew Melon Green Beans	Watermelon Cesar Salad
Bread - 2 Slices or Bread Alternative -8oz dry	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Roll	English Muffins	Whole Wheat Bread
Fluid Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk		Skim Milk
Other Foods 4oz	Vegetable Straws	Pasta	Macaroni Salad		Mozarella Cheese	Veggie Straws
PM SNACK- FLUID MILK	Cranberry Juice	Water	Water	Water	Water	Skim Milk
Served any two of the following foods Fruit and/or Vegetable			Strawberries		Blueberries	Yogurt Parfait
Bread or Bread Alternative Meat or Meat Alternative	W.W. Pretzels	Tortilla Chips w/ Salsa Dip	Chocolate Cake	Whole Wheat Ritz w/Cheese	Yogurt	

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