

MENU PLANNING WORKSHEET

REPORT ALL ALLERGIES TO NURSING

WEEK OF: **1st - 4th**

May 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	MONDAY	TUESDAY	WEDNESDAY 1-May	THURSDAY 2-May	FRIDAY 3-May	SATURDAY 4-May
BREAKFAST Fluid Milk 8oz			Skim Milk	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz			Sliced Apples	Orange Juice	Strawberries	Cranberry Juice
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz			WW Toast & Peanut Butter	Over easy eggs with toast	Bagel with Cream Cheese	Bagel Cream Cheese
LUNCH			Chicken Broccoli Alfredo	Broiled Scrod	Turkey Sandwich	Chxn Cesar
Meat Or Meat Alternative 2oz			Chicken Broccoli Alfredo	Fish	Turkey	Chxn
1/2 Cup of Fruit & 1/2 Cup of Vegetable			Strawberries Broccoli	Fruit Cocktail Zucchini	Blueberries Cucumbers	Peaches Romaine Lettuce
Bread - 2 Slices or Bread Alternative -8oz dry			Whole Wheat Bread	Whole Wheat Bread	Wheat Bread	Focaccia
FLUID SKIM MILK			Skim Milk	Skim Milk	Skim Milk	Skim Milk
Other Foods 4oz			Pasta	Rice Pilaf	WW Tostitos	Pasta
PM SNACK- FLUID MILK			Water	Water	Cranberry Juice	Water
Served any two of the following foods Fruit and/or Vegetable						Mixed Fruit
Bread or Bread Alternative				WW Crackers	Wheat Thins	Granola
Meat or Meat Alternative			Turkey/Cheese Roll Up	w/Sliced Cheese		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: 6th - 11th		May	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 6-May	TUESDAY 7-May	WEDNESDAY 8-May	THURSDAY 9-May	FRIDAY 10-May	SATURDAY 11-May
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz	Mandarin Oranges	Banana	Strawberries	Watermelon	Apple Juice	Orange Juice
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Broccoli Quiche	French Toast	Waffles	Chex Cereal	Scrambled Eggs & Toast	Blueberry Muffins
LUNCH	Turkey Tacos	Pot Roast	Chicken Pot Pie	Portuguese Pasta	Taco Lasagna	Tuna Salad Sandwich
Meat Or Meat Alternative 2oz	Ground Turkey	Beef	Chicken	Turkey linguica	Beef	Tuna fish
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Sliced Apples Fiesta Corn	Pineapples Carrots & Celery	Diced Pears Peas & Carrots	Mandarin Oranges Beets	Sliced Peaches Garden Salad	Applesauce 3-Bean Salad
Bread - 2 Slices or Bread Alternative -8oz dry	Brown Rice	Wheat Roll	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole wheat rolls
FLUID SKIM MILK	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Other Foods 4oz	Rice & Beans	Boiled Potatoes	Mashed Potatoes	Pasta	Pasta	Veggie Straws
PM SNACK- FLUID MILK	Water	Grape Juice	Skim Milk	Water	Water	Fruit Juice
Served any two of the following foods Fruit and/or Vegetable	Fresh Salsa			Blueberries		
Bread or Bread Alternative	Tortilla Chips	Wheat Thins	Animal Crackers		Whole Wheat Crackers &	Soft Pretzel
Meat or Meat Alternative				Vanilla Greek Yogurt	Cheese	

Mother's Day

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MENU PLANNING WORKSHEET

REPORT ALL ALLERGIES TO NURSING

WEEK OF: **13th - 18th**

May 2024

SITE NAME: PROJECT INDEPENDNECE ADH

SUBJECT TO CHANGE

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USDA Child & Adult Care Food Program Meal	MONDAY 13-May	TUESDAY 14-May	WEDNESDAY 15-May	THURSDAY 16-May	FRIDAY 17-May	SATURDAY 18-May
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz	Sliced Apples	Pineapples	Watermelon	Banana	Blueberries	Orange Juice
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Rice Krispies Cereal	Blueberry Muffin	Banana Muffins	English Muffin w/ Peanut Butter	Rice Chex Cereal	Bagel
LUNCH	Chicken Tenders w/ Baked Sweet Potato FF	Kale Soup	Sloppy Joes	Roasted Pork Loin	Chicken Stir Fry	Cheese Pizza
Meat Or Meat Alternative 2oz	Chicken	Linguica & Beans	Ground Turkey	Pork	Chicken	Cheese
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Fruit Cocktail Garden Salad	Pineapple Kale	Baked Apples Baby Carrots	Grapes Green Beans	Sliced Apples Oriental Vegetables	Strawberries Cucumbers
Bread - 2 Slices or Bread Alternative -8oz dry	Sweet Potatoes	Whole Wheat Bread	Whole Wheat Bread	Egg Noodles	Rice	Pizza Crust
Fluid Skim Milk	Skim Milk	Portuguese Pop	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Other Foods 4oz		Potatoes	Oven Roasted Fries		Pasta	
PM SNACK- FLUID MILK	Water	Water	Water	Water	Apple Juice	Cranberry Juice
Served any two of the following foods Fruit and/or Vegetable			Mixed Fruit	Strawberries		
Bread or Bread Alternative	Graham Crackers			Graham Crackers		Wheat Thins
Meat or Meat Alternative	Peanut Butter	Turkey & Cheese Roll Up	Frozen Yogurt		Yogurt	

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REPORT ALL ALLERGIES TO NURSING

WEEK OF: **20th - 25th**

May 2024

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USDA Child & Adult Care Food Program Meal	MONDAY 20-May	TUESDAY 21-May	WEDNESDAY 22-May	THURSDAY 23-May	FRIDAY 24-May	SATURDAY 25-May
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz	Sliced Apples	Strawberries	Banana	Cantaloupe	Honey Dew Melon	Orange Juice
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Bacon and Cheese Quiche	Cranberry Orange Muffin	Cinnamon Raisin Toast w/Butter	Multigrain Cheerios	French Toast Sticks	Egg McMuffin
LUNCH	BBQ Chicken Thighs	Chicken Salad Sandwiches	Spaghetti & Meat Balls	Greek Chicken	Clam Boil	Roast Beef Sandwich
Meat Or Meat Alternative 2oz	Chicken	Chicken	Ground Turkey	Chicken	Clams, Linguica, Hot Dogs	Roast Beef
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Peaches Garden Salad	Honeydew Melon Cucumbers & Tomatoes	Papaya Mixed Vegetables	Pears Italian Style Green Beans	Strawberry & Banana Salad	Blueberries Cherry Tomatoes
Bread - 2 Slices or Bread Alternative -8oz dry	Roasted Potatoes	Whole Wheat Bread	Pasta	Rice	Boiled Potatoes	Hoagie Roll
FLUID SKIM MILK	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Other Foods 4oz						Veggie Straws
PM SNACK- FLUID MILK	Water	Water	Water	Skim Milk	Water	Water
Served any two of the following foods Fruit and/or Vegetable			Fruit Parfait		Pineapple	Bananas
Bread or Bread Alternative Meat or Meat Alternative	Wheat Thins & Hummus	Wheat Thins w/Hummus		Whole Wheat Crackers w/Peanut Butter	Cottage Cheese	Frozen Yogurt

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MENU PLANNING WORKSHEET

REPORT ALL ALLERGIES TO NURSING


WEEK OF: **27th -1st**

May 2024

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USDA Child & Adult Care Food Program Meal	MONDAY 27-May	TUESDAY 28-May	Wednesday 29-May	Thursday 30-May	Friday 31-May	Saturday 1-Jun
BREAKFAST Fluid Milk 8oz		Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz		Honey Dew Melon	Banana	Grapes	Strawberries	Bananas
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz		Banana Muffin	Whole Wheat Toast w/Jam	Tomato & Feta Quiche	Chex Cereal	Pancakes
LUNCH	Holiday	English Muffin Pizza	Meatball Sub	Balchau Gomes De Sa	Salmon Burger	Turkey Sandwich
Meat Or Meat Alternative 2oz		Turkey pepperioni	Ground Turkey	Cod Fish	Salmon	Turkey
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Holiday	Peaches Garden Salad	Pears Roasted Zucchini	Pineapples Broccoli	Watermelon Cesar Salad	Mandarin Orange Cucumbers
Bread - 2 Slices or Bread Alternative -8oz dry	Holiday	Whole Wheat Bread	Whole Wheat Bun	Wheat Roll	Hoagie Roll	Onion Roll
FLUID SKIM MILK		Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Other Foods 4oz	Holiday		Cheese	potatoes, Eggs, Chickpe	Oven Fries	Tostitos
PM SNACK- FLUID MILK		Water	Water	Apple Juice	Milk	Skim Milk
Served any two of the following foods Fruit and/or Vegetable	Holiday					
Bread or Bread Alternative		Veggie Wrap	Fruit Parfait		Zucchini Bread	Chickpea Brownies
Meat or Meat Alternative		Hummus	Greek Yogurt	Cheese Stick		

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