

MENU PLANNING WORKSHEET

REPORT ALL ALLERGIES TO NURSING

WEEK OF: **2nd - 7th** **October** **2023**

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 2-Oct	TUESDAY 3-Oct	WEDNESDAY 4-Oct	THURSDAY 5-Oct	FRIDAY 6-Oct	SATURDAY 7-Oct
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz	Orange Juice	Blueberries	Apples	Cranberry Apple Juice	Blueberries	Bananas
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Bagel	French Toast Sticks	Whole Wheat Raisin Toast	Whole Wheat Toast w/Peanut Butter	Cream of Wheat w/Milk	Cheerios
LUNCH	Broiled Seafood	Broccoli & Cheese Soup w/ Sandwich	Tacos	BBQ Chicken Thighs	Meatloaf	Turkey And Cheese Sandwiches
Meat Or Meat Alternative 2oz	Seafood	Ham	Ground Turkey	Chicken	Beef	Turkey
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Pears Mixed Vegetables	Mandarin Broccoli	Applesauce Tomato, Lettuce, Onion	Pineapples Garden Salad	Pears California Blend	Fruit Cup Broccoli
Bread - 2 Slices or Bread Alternative -8oz dry	Whole Wheat Bread	Whole Wheat Bread	Tortillas	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	Roasted Potatoes		Rice & Beans	Roasted Potatoes	Mashed Potatoes	Potatoes
PM SNACK- FLUID MILK		Skim Milk	Water	Skim Milk	Water	
Served any two of the following foods Fruit and/or Vegetable	Apple Juice					Cranberry Apple Juice
Bread or Bread Alternative				Graham Crackers	Whole Wheat Crackers	
Meat or Meat Alternative	Cheese Stick	Animal Crackers	Turkey & Cheese Rolls Ups	Peanut Butter	Cheese	Cheese Stick

* 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: **9th - 14th**

October 2023

SITE NAME: **PROJECT INDEPENDENCE ADH**

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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 9-Oct	TUESDAY 10-Oct	WEDNESDAY 11-Oct	THURSDAY 12-Oct	FRIDAY 13-Oct	SATURDAY 14-Oct
BREAKFAST Fluid Milk 8oz		Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz		Clementines	Cranberry Juice	Banana	Craisins	Blueberries
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz		Blueberry Muffin	Scrambled eggs Wheat toast	Chex Cereal	Oatmeal w/Cinnamon	Cheerios Cereal
LUNCH	Holiday Closed	Linguica Stew	Chicken Stir Fry	Kale Soup	Chili	Chicken Salad Sandwiches
Meat Or Meat Alternative 2oz		Linguica	Chicken	Linguica	Ground Turkey	Chicken
1/2 Cup of Fruit & 1/2 Cup of Vegetable		Pears Green Beans	Peaches California Blend	Fruit Cocktail Kale	Pineapples Tuscan Blend	Applesauce 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		Potatoes	Brown Rice	Pasta	Rice	
PM SNACK- FLUID MILK			Water	Water	Water	Skim Milk
Served any two of the following foods Fruit and/or Vegetable						
Bread or Bread Alternative		Strawberry Yogurt Smoothie	Rice Cakes	Whole Wheat Crackers		Graham Crackers
Meat or Meat Alternative			w/Peanut Butter	Sliced Cheese	Turkey & Cheese Rolls Ups	

* 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: **16th - 21st** **October** **2023**

SITE NAME: **PROJECT INDEPENDENCE ADH**

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USDA Child & Adult Care Food Program Meal	MONDAY 16-Oct	TUESDAY 17-Oct	WEDNESDAY 18-Oct	THURSDAY 19-Oct	FRIDAY 20-Oct	SATURDAY 21-Oct
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz	Pineapples	Blueberries	Bananas	Strawberries	Raisins	Banana
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Blueberry Muffin	Quiche	Bran Muffin	Waffles	Oatmeal	Chex Cereal
LUNCH	Chicken Chow Mein	Pizza	Sweet Potato Moussaka	Minestrone Soup	Portuguese Tuna	Turkey and Cheese wrap
Meat Or Meat Alternative 2oz	Chicken	Turkey Pepperoni	Turkey	Ground Turkey	Tuna	Turkey
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Pears Salad	Fruit Cup Greek Salad	Mandarin Oranges Cauliflower	Pears Peas & Carrots	Peaches Green Beans	Applesauce Salad
Bread - 2 Slices or Bread Alternative -8oz dry	Whole Wheat Bread	English Muffin	Whole Wheat Bun	Whole Wheat Bread	Whole Wheat Bread	Wheat Wrap
FLUID SKIM MILK	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Other Foods 4oz	Chow Mein Noodles		Potatoes	Potatoes	Boiled Eggs + Potatoes	
PM SNACK- FLUID MILK	Skim Milk	Water	Water	Skim Milk	Water	Skim Milk
Served any two of the following foods Fruit and/or Vegetable		Graham Crackers				Graham Crackers
Bread or Bread Alternative	Cinnamon Graham Crackers		Wheat Thins	Animal Crackers	Pumpkin Bread	
Meat or Meat Alternative		Peanut Butter	w/Ranch Yogurt Dip			

* 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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WEEK OF: **23rd - 28th** **October** **2023**

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USDA Child & Adult Care Food Program Meal	MONDAY 23-Oct	TUESDAY 24-Oct	WEDNESDAY 25-Oct	THURSDAY 26-Oct	FRIDAY 27-Oct	SATURDAY 28-Oct
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz	Banana	Oranges	Raisins	Apple Slices	Banana	Blueberries
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Cheerios	Egg in a Basket	Cream of Wheat	Whole Wheat Raisin Toast	Bagel	Chex Cereal
LUNCH	Arroz con Pollo	Ravioli w/Meatballs	Chicken Noodle Soup	Seafood Chowder	Meat Loaf	Tuna Fish Sandwiches
Meat Or Meat Alternative 2oz	Chicken	Ground Turkey	Chicken	Haddock + Clams	Beef	Tuna Fish
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Fruit Cup Corn	Applesauce Salad	Peaches Peas & Carrots	Applesauce Bread Bowl	Pears Green Beans	Fruit Cup Garden Salad
Bread - 2 Slices or Bread Alternative -8oz dry	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Saltine Crackers	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	Pasta	Noodles		Mashed Potatoes	
PM SNACK- FLUID MILK	Water	Water	Water	Skim Milk	Skim Milk	Skim Milk
Served any two of the following foods Fruit and/or Vegetable	Ranch Yogurt Dip	w/Apple Crumb				
Bread or Bread Alternative Meat or Meat Alternative	Wheat Thins	Baked Oatmeal	Graham Cracker w/Peanut Butter	Animal Crackers	Zucchini Bread	Pumpkin Muffins

* 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: **30th - 31st** **October** **2023**

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 30-Oct	TUESDAY 31-Oct	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk				
Fruit and/or Vegetables 4oz	Apples	Cranberry Juice				
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Carrot Raisin Muffin	Scrambled Eggs & Toast				
LUNCH	Fish & Chips	Bacalhau a Gomes de Sa				
Meat Or Meat Alternative 2oz	Fish	Cod fish				
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Pineapples Coleslaw	Mandarin Green Beans				
Bread - 2 Slices or Bread Alternative -8oz dry	Whole Wheat Bread	Whole Wheat Bread				
FLUID SKIM MILK	Skim Milk	Skim Milk				
Other Foods 4oz	French Fries	Potatoes				
PM SNACK- FLUID MILK		Water				
Served any two of the following foods Fruit and/or Vegetable	Strawberries	PB & J Spiders				
Bread or Bread Alternative		Wheat Bread				
Meat or Meat Alternative	w/Yogurt	Peanut Butter				

* 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