

MENU PLANNING WORKSHEET

REPORT ALL ALLERGIES TO NURSING

WEEK OF: **1st - 5th** **October** **2024**

SITE NAME: **PROJECT INDEPENDNECE ADH**

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.

SUBJECT TO CHANGE

| USDA Child & Adult Care Food Program Meal | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--------|---------------------------|---|--------------------------|-----------------------------------|----------------------------|
| | | 1-Oct | 2-Oct | 3-Oct | 4-Oct | 5-Oct |
| BREAKFAST Fluid Milk 8oz | | Skim Milk | Skim Milk | Skim Milk | Skim Milk | Skim Milk |
| Fruit and/or Vegetables 4oz | | Orange Juice | Blueberries | Apples | Cranberry Apple Juice | Bananas |
| Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz | | Scrambled eggs & WW Toast | French Toast Sticks | Whole Wheat Raisin Toast | Whole Wheat Toast w/Peanut Butter | Cheerios |
| LUNCH | | Chicken Parm | Italian Wedding Soup w/ Sandwich | Tacos | BBQ Chicken Thighs | Roast Beef Sandwich |
| Meat Or Meat Alternative 2oz | | Chicken | Ground Beef | Ground Turkey | Chicken | Roast Beef |
| 1/2 Cup of Fruit & 1/2 Cup of Vegetable | | Pears | Mandarin | Applesauce | Pineapples | Fruit Cup |
| | | Garden Salad | Spinach, Kale, Carrots | Tomato, Lettuce, Onion | Garden Salad | Cherry Tomatoes |
| Bread - 2 Slices or Bread Alternative -8oz dry | | Whole Wheat Bread | Whole Wheat Bread | Tortillas | Whole Wheat Bread | Whole Wheat Bread |
| FLUID SKIM MILK | | Skim Milk | Skim Milk | Skim Milk | Skim Milk | Skim Milk |
| Other Foods 4oz | | Pasta | Pasta | Rice & Beans | Roasted Potatoes | Veggie Straws |
| PM SNACK- FLUID MILK | | Apple Juice | Skim Milk | Water | Water | Water |
| Served any two of the following foods Fruit and/or Vegetable | | | | | | |
| Bread or Bread Alternative | | Corn Bread | | | Graham Crackers | Whole Wheat Crackers |
| Meat or Meat Alternative | | | Animal Crackers | Ham & Cheese Rolls Ups | Peanut Butter | Cheese |

* 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 beams 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: **7th - 12th**

October 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 7-Oct | TUESDAY 8-Oct | WEDNESDAY 9-Oct | THURSDAY 10-Oct | FRIDAY 11-Oct | SATURDAY 12-Oct |
|---|------------------------|-------------------------|-------------------------------|---------------------------|---------------------------|---------------------------------|
| BREAKFAST Fluid Milk 8oz | Skim Milk | Skim Milk | Skim Milk | Skim Milk | Skim Milk | Skim Milk |
| Fruit and/or Vegetables 4oz | Bananas | Clementines | Cranberry Juice | Banana | Craisins | Blueberries |
| Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz | Cheerios | Blueberry Muffin | Scrambled eggs Wheat toast | Blueberry Pancakes | Oatmeal w/Cinnamon | Bagel w/ Cream Cheese |
| LUNCH | Chicken Marsala | Turkey Dinner | Slavaki Chicken | Kale Soup | Swedish Meatballs | Chicken Salad Sandwiches |
| Meat Or Meat Alternative 2oz | Chicken | Turkey | Chicken | Linguica | Ground Turkey | Chicken |
| 1/2 Cup of Fruit & 1/2 Cup of Vegetable | Blueberries | Pears | Peaches | Pineapple | Pineapples | Applesauce |
| | Broccoli | Green Beans | California Blend | Kale | Tuscan Blend | 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 | Whole Wheat Bread |
| FLUID SKIM MILK | Skim Milk | Skim Milk | Skim Milk | Skim Milk | Skim Milk | Skim Milk |
| Other Foods 4oz | Mashed Potatoes | Stuffing | Brown Rice | Pasta | Rice | Pretzels |
| PM SNACK- FLUID MILK | | Water | Skim Milk | Water | Water | Skim Milk |
| Served any two of the following foods Fruit and/or Vegetable | Cranberry Apple Juice | Strawberries | | Apples | Roasted Green Beans | |
| Bread or Bread Alternative | | Shortcake | Pumpkin Bread | | | Graham Crackers |
| Meat or Meat Alternative | Cheese Stick | | | Peanut Butter | 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

MENU PLANNING WORKSHEET

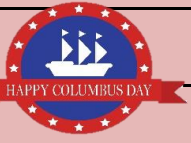
REPORT ALL ALLERGIES TO NURSING

WEEK OF: **14th - 19th** **October** **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 14-Oct | TUESDAY 15-Oct | WEDNESDAY 16-Oct | THURSDAY 17-Oct | FRIDAY 18-Oct | SATURDAY 19-Oct |
|---|---|------------------------------------|----------------------------|--|-------------------------|-----------------------------|
| BREAKFAST Fluid Milk 8oz | | Skim Milk | Skim Milk | Skim Milk | Skim Milk | Skim Milk |
| Fruit and/or Vegetables 4oz | | Blueberries | Pineapple | Apples | Strawberries | Orange Juice |
| Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz | Holiday Closed | Blueberry Muffin | Bolo w/ Quince Jam | Over easy eggs with toast | Waffles | Bagel with Cream Cheese |
| LUNCH |  | Chicken Tacos/ Mango Relish | Rodeo Burgers | Baked Cod | Tuscan Soup | Turkey Sandwich |
| Meat Or Meat Alternative 2oz | | Chicken | Beef | Fish | Ground Sausage | Turkey |
| 1/2 Cup of Fruit & 1/2 Cup of Vegetable | | Pears Salad | Fruit Cup Baked Fries | Mandarin Oranges Carrots/ Green beans | Pears Kale | Peaches Sliced cucumbers |
| Bread - 2 Slices or Bread Alternative -8oz dry | | Whole Wheat Bread | Whole Wheat Hamburger Bun | Whole Wheat Roll | Whole Wheat Bread | Whole Wheat Bread |
| FLUID SKIM MILK | | Skim Milk | Skim Milk | Skim Milk | Skim Milk | Skim Milk |
| Other Foods 4oz | | Rice | | Couscous | Potatoes | Veggie Straws |
| PM SNACK- FLUID MILK | | Grape Juice | Water | Water | Water | Skim Milk |
| Served any two of the following foods Fruit and/or Vegetable | | | | Fresh Salsa | Strawberries | |
| Bread or Bread Alternative | | Wheat Thins | Graham Crackers | Tostitos | | Cinnamon Bread |
| Meat or Meat Alternative | | | Peanut Butter | | Greek 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. *Sway 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: 21st - 26th October 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 21-Oct | TUESDAY 22-Oct | WEDNESDAY 23-Oct | THURSDAY 24-Oct | FRIDAY 25-Oct | SATURDAY 26-Oct |
|---|-------------------------|--------------------------|----------------------------|---------------------------|-----------------------------|----------------------------------|
| BREAKFAST Fluid Milk 8oz | Skim Milk | Skim Milk | Skim Milk | Skim Milk | Skim Milk | Skim Milk |
| Fruit and/or Vegetables 4oz | Banana | Banana | Oranges | Raisins | Apple Slices | Banana |
| Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz | Egg Frittata | Cheerios | French Toast Sticks | Cream of Wheat | Whole Wheat Raisin Toast | Bagel |
| LUNCH | Cubano | Lemon Chicken | Stuffed Peppers | Beef Stir fry | Seafood Chowder | Peanut Butter & Jelly |
| Meat Or Meat Alternative 2oz | Pork | Chicken | Ground Turkey | Beef | Haddock + Clams | Peanut Butter |
| 1/2 Cup of Fruit & 1/2 Cup of Vegetable | Applesauce | Fruit Cup | Applesauce | Peaches | Applesauce | Raspberry Juice |
| | Salad | Corn | Salad | Peas & Carrots | Garden Salad | Sliced Cucubmbers |
| Bread - 2 Slices or Bread Alternative -8oz dry | Wheat Bread | Whole Wheat Bread | Whole Wheat Bread | Whole Wheat Bread | Bread Bowl | Whole Wheat Bread |
| FLUID SKIM MILK | Skim Milk | Skim Milk | Skim Milk | Skim Milk | Skim Milk | Skim Milk |
| Other Foods 4oz | | Rice | Rice | Rice | | Veggie Straws |
| PM SNACK- FLUID MILK | Skim Milk | Water | Water | Water | Skim Milk | Skim Milk |
| Served any two of the following foods Fruit and/or Vegetable | Graham Crackers | Ranch Yogurt Dip | w/Apple Crumb | | | Strawberry Smoothie |
| Bread or Bread Alternative | | Wheat Thins | Baked Oatmeal | Graham Cracker | Animal Crackers | |
| Meat or Meat Alternative | | | | w/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 beams squash California Blend: Carrots, Broccoli, Cauliflower. * Tuscan Blend: Zucchini, Squash, Green Beans, red pepper. *Sway 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: **28th - 31st** **October** **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 28-Oct | TUESDAY 29-Oct | WEDNESDAY 30-Oct | THURSDAY 31-Oct | FRIDAY | SATURDAY |
|---|---------------------------|----------------------------|------------------------------|---------------------------|---------------|-----------------|
| BREAKFAST Fluid Milk 8oz | Skim Milk | Skim Milk | Skim Milk | | | |
| Fruit and/or Vegetables 4oz | Blueberries | Apples | Cranberry Juice | | | |
| Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz | Chex Cereal | Banana Nut Muffin | Scrambled Eggs & Toast | | | |
| LUNCH | Tuna Melt | Teriyaki Chicken | Italian Grinder | | | |
| Meat Or Meat Alternative 2oz | Tuna Fish | Chicken | Ham, Salami, Pepperoni | | | |
| 1/2 Cup of Fruit & 1/2 Cup of Vegetable | Fruit Cup Garden Salad | Pineapples Coleslaw | Mandarin Broccoli Salad | | | |
| Bread - 2 Slices or Bread Alternative -8oz dry | Whole Wheat Bread | Whole Wheat Bread | Whole Wheat Bread | | | |
| FLUID SKIM MILK | Skim Milk | Skim Milk | Skim Milk | | | |
| Other Foods 4oz | Tostitos | Rice | Onion Rings | | | |
| PM SNACK- FLUID MILK | Skim Milk | Skim Milk | Water | | | |
| Served any two of the following foods Fruit and/or Vegetable | | Strawberries & Blueberries | | | | |
| Bread or Bread Alternative Meat or Meat Alternative | Pumpkin Muffins | Birthday Cake | Wheat Bread 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