

MENU PLANNING WORKSHEET

REPORT ALL ALLERGIES TO NURSING

WEEK OF: 1st - 2nd September 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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY 1-Sep	SATURDAY 2-Sep
BREAKFAST Fluid Milk 8oz					Skim Milk	
Fruit and/or Vegetables 4oz					Sliced apples	
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz					Raisin Toast	
LUNCH					Baked Chicken	Temporarily Closed
Meat Or Meat Alternative 2oz					Chicken	
1/2 Cup of Fruit & 1/2 Cup of Vegetable					Clementines Zucchini	
Bread - 2 Slices or Bread Alternative -8oz dry					Whole Wheat Roll	
FLUID SKIM MILK					Skim Milk	
Other Foods 4oz					Roasted Potatoes	
PM SNACK- FLUID MILK					Water	
Served any two of the following foods Fruit and/or Vegetable						
Bread or Bread Alternative					Crackers	
Meat or Meat Alternative					Cheddar 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 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: **4th - 9th September 2023**

SITE NAME: **PROJECT INDEPENDENCE ADH**

SUBJECT TO CHANGE

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USDA Child & Adult Care Food Program Meal	MONDAY 4-Sep	TUESDAY 5-Sep	WEDNESDAY 6-Sep	THURSDAY 7-Sep	FRIDAY 8-Sep	SATURDAY 9-Sep
BREAKFAST Fluid Milk 8oz		Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Fruit and/or Vegetables 4oz		Banana	Blueberries	Strawberries	Craisins	
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Holiday Closed	Cheerios	Pancakes	Bagel w/ Cream Cheese	Oatmeal	
LUNCH		Salisbury Steak	English Muffin Pizza	Chili	Portuguese Tuna	Temporarily Closed
Meat Or Meat Alternative 2oz		Ground Beef	Turkey Pepperoni	Ground Turkey	Tuna & Eggs	
1/2 Cup of Fruit & 1/2 Cup of Vegetable		Watermelon	Sliced Apples	Peaches	Pineapples	
		Broccoli	Cesar Salad	Corn	Garden Salad	
Bread - 2 Slices or Bread Alternative -8oz dry		Croissant	Wheat English Muffin	Corn Bread	Whole Wheat Bread	
FLUID SKIM MILK		Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Other Foods 4oz		Mashed Potatoes		Rice	Potatoes	
PM SNACK- FLUID MILK		Apple Juice	Milk	Water	Water	
Served any two of the following foods Fruit and/or Vegetable			Jello & Fruit Parfait	Blueberries		
Bread or Bread Alternative					Cheese Quesadilla	
Meat or Meat Alternative		String Cheese		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. *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: 11th - 16th September 2023

SITE NAME: PROJECT INDEPENDENCE ADH

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USDA Child & Adult Care Food Program Meal	MONDAY 11-Sep	TUESDAY 12-Sep	WEDNESDAY 13-Sep	THURSDAY 14-Sep	FRIDAY 15-Sep	SATURDAY 16-Sep
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Fruit and/or Vegetables 4oz	Sliced Apples	Pineapple	Blueberries	Banana	Strawberries	
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Egg in a Basket	Toast w/peanut butter	Waffles	Cheerios	Banana muffin	
LUNCH	Fish and Chips	Baked Chicken w/Gravy	American Chop Suey	Kale Soup	Baked Ham	Temporarily Closed
Meat Or Meat Alternative 2oz	Fish	Chicken	Ground Turkey	Turkey Linguica	Pork	
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Pineapples Coleslaw	Mandarin Orange Green Beans	Cantaloupe Garden Salad	Pears Kale Soup	Peaches Mixed Vegetables	
Bread - 2 Slices or Bread Alternative -8oz dry	Oven Roasted FF	Whole Wheat Bread	Pasta	Portuguese Pop	Sweet Potato	
FLUID SKIM MILK	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Other Foods 4oz		Stuffing		Potato		
PM SNACK- FLUID MILK	Skim Milk	Water	Water	Skim Milk	Water	
Served any two of the following foods Fruit and/or Vegetable			Strawberry Smoothie		Pineapple	
Bread or Bread Alternative	Apple Bread	Whole Wheat Ritz Crackers		Animal Crackers		
Meat or Meat Alternative		w/Peanut Butter	made w/yogurt		w/Cottage Cheese	

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REPORT ALL ALLERGIES TO NURSING

WEEK OF: **18th - 23rd** **September** **2023**

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USDA Child & Adult Care Food Program Meal	MONDAY 18-Sep	TUESDAY 19-Sep	WEDNESDAY 20-Sep	THURSDAY 21-Sep	FRIDAY 22-Sep	SATURDAY 23-Sep
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Fruit and/or Vegetables 4oz	Fresh Pineapple	Banana	Blueberries	Strawberries	Oranges	
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Blueberry Muffin	Cheerios	Cream of Wheat (made w/Skim Milk)	Pancakes	English Muffin with Jam	
LUNCH	Baked Lemon Scrod	Broiled chicken Thighs	Pizza	Shepard's Pie	Zuppa Toscana	Temporarily Closed
Meat Or Meat Alternative 2oz	Scrod	Chicken	Turkey Pepperoni	Beef	Turkey Sausage	
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Strawberries Green Beans	Sliced Apples Salad	Fruit Cup Mixed Veggies	Pears Peas & Carrots	Fruit Cocktail Kale	
Bread - 2 Slices or Bread Alternative -8oz dry	Egg Noodles	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	Angel food cake	Rice		Mashed Potatoes	Potatoes	
PM SNACK- FLUID MILK	Water	Water	Skim Milk	Skim Milk	Skim Milk	
Served any two of the following foods Fruit and/or Vegetable	Vegetables				Fruit and Jello Parfait	
Bread or Bread Alternative		Whole Wheat Crackers &	Graham Crackers	Soft W.W. Pretzel		
Meat or Meat Alternative	Yogurt Dip	Cheese	& Peanut Butter			

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WEEK OF: **25th - 30th** **September** **2023**

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USDA Child & Adult Care Food Program Meal	MONDAY 25-Sep	TUESDAY 26-Sep	WEDNESDAY 27-Sep	THURSDAY 28-Sep	FRIDAY 29-Sep	SATURDAY 30-Sep
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Fruit and/or Vegetables 4oz	Strawberries	Pineapple	Honey Dew Melon	Sliced Apples	Banana	
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Egg in a Basket	Whole Wheat Toast w/Peanut Butter	Pumpkin Muffins	Raisin Toast	Chex Mix	
LUNCH	Chicken Mozambique	BBQ Pulled Pork	Beef Stew	Parmesan Crusted Chicken	Meatloaf	Temporarily Closed
Meat Or Meat Alternative 2oz	Chicken	Pork	Beef	Chicken	Ground Beef and Pork	
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Pears Broccoli	Peaches Cole Slaw	Mandarin Orange Peas & Carrots	Pineapple Salad	Strawberries Green Beans	
Bread - 2 Slices or Bread Alternative -8oz dry	Whole Wheat Bread	Corn 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	Rice		Potatoes	egg noodles	Sweet Potatoes	
PM SNACK- FLUID MILK	Water	Water	Water	Skim Milk	Skim Milk	
Served any two of the following foods Fruit and/or Vegetable	Apples W/Honey		Blueberries			
Bread or Bread Alternative	Greek Yogurt	Crackers		Graham Crackers	Frozen Yogurt	
Meat or Meat Alternative		Cheddar Cheese	w/Yogurt			

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