

MENU PLANNING WORKSHEET


REPORT ALL ALLERGIES TO NURSING

WEEK OF: **2nd - 7th September 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 2-Sep	TUESDAY 3-Sep	WEDNESDAY 4-Sep	THURSDAY 5-Sep	FRIDAY 6-Sep	SATURDAY 7-Sep
BREAKFAST Fluid Milk 8oz		Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz		Sliced apples	Orange Juice	Blueberries	Strawberries	Bananas
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Holiday Closed	Raisin Toast	Over Easy Eggs & Toast	Pancakes	Bagel w/ Cream Cheese	Sweet Bread
LUNCH		Chicken Cacciatore	Salisbury Steak	English Muffin Pizza	Chili	Turkey Sandwich
Meat Or Meat Alternative 2oz		Chicken	Ground Beef	Turkey Pepperoni	Ground Turkey	Turkey
1/2 Cup of Fruit & 1/2 Cup of Vegetable		Clementines Peppers, Onions, Mushrooms	Watermelon Broccoli	Sliced Apples Caprese Salad	Peaches Corn	Pineapples Garden Salad
Bread - 2 Slices or Bread Alternative -8oz dry		Whole Wheat Roll	Croissant	Wheat English Muffin	Corn Bread	Whole Wheat Bread
FLUID SKIM MILK		Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Other Foods 4oz		Ziti	Mashed Potatoes		Rice	Veggie Straws
PM SNACK- FLUID MILK		Water	Apple Juice	Milk	Water	Skim Milk
Served any two of the following foods Fruit and/or Vegetable				Jello & Fruit Parfait	Blueberries	
Bread or Bread Alternative		Crackers				Graham Crackers
Meat or Meat Alternative		Cheddar Cheese	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 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: **9th-14th September 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 9-Sep	TUESDAY 10-Sep	WEDNESDAY 11-Sep	THURSDAY 12-Sep	FRIDAY 13-Sep	SATURDAY 14-Sep
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz	Sliced Apples	Pineapple	Blueberries	Clementines	Strawberries	Bananas
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Cheese Quiche	Toast w/peanut butter	Waffles	Cheerios	Banana muffin	Pancakes
LUNCH	Fish and Chips	Baked Chicken w/Gravy	American Chop Suey	Kale Soup	Baked Ham	Tuna Melt
Meat Or Meat Alternative 2oz	Fish	Chicken	Ground Turkey	Turkey Linguica	Pork	Tuna
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Watermelon Coleslaw	Mandarin Orange Green Beans	Cantaloupe Garden Salad	Pears Kale Soup	Peaches Cauliflower	Strawberries Garden Salad
Bread - 2 Slices or Bread Alternative -8oz dry	Oven Roasted FF	Whole Wheat Bread	Pasta	Portuguese Pop	Sweet Potato	Wheat Bread
FLUID SKIM MILK	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Other Foods 4oz		Stuffing		Potato		Tortilla Chips
PM SNACK- FLUID MILK	Skim Milk	Water	Water	Skim Milk	Water	Cranberry Juice
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		Zucchini Bread
Meat or Meat Alternative		w/Peanut Butter	made w/yogurt		w/Cottage 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: **15th - 20th** **September** **2024**

SITE NAME: **PROJECT INDEPENDNECE ADH**

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USDA Child & Adult Care Food Program Meal	MONDAY 15-Sep	TUESDAY 16-Sep	WEDNESDAY 17-Sep	THURSDAY 18-Sep	FRIDAY 19-Sep	SATURDAY 20-Sep
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz	Sliced Apples	Orange Juice	Blueberries	Strawberries	Oranges	Banana
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Blueberry Muffin	Scrambled Eggs & Sausage	Cream of Wheat (made w/Skim Milk)	Pancakes	English Muffin with Jam	Cheerios
LUNCH	Baked Lemon Scrod	Broiled chicken Thighs	Pizza	Shepard's Pie	Zuppa Toscana	Ham & Cheese
Meat Or Meat Alternative 2oz	Scrod	Chicken	Turkey Pepperoni	Beef	Turkey Sausage	Ham
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	Blueberries Garden Salad
Bread - 2 Slices or Bread Alternative -8oz dry	Egg Noodles	Whole Wheat Bread	Whole Wheat Bread	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		Rice		Mashed Potatoes	Potatoes	Veggie Straws
PM SNACK- FLUID MILK	Water	Water	Water	Grape Juice	Skim Milk	Cranberry Juice
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		Wheat Thins
Meat or Meat Alternative	Yogurt Dip	Cheese	& Peanut Butter			

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REPORT ALL ALLERGIES TO NURSING

WEEK OF: **22nd -27th** **September** **2024**

SITE NAME: **PROJECT INDEPENDNECE ADH**

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USDA Child & Adult Care Food Program Meal	MONDAY 22-Sep	TUESDAY 23-Sep	WEDNESDAY 24-Sep	THURSDAY 25-Sep	FRIDAY 26-Sep	SATURDAY 27-Sep
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz	Strawberries	Pineapple	Honey Dew Melon	Sliced Apples	Banana	Bananas
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Egg in a Basket	Whole Wheat Toast w/Peanut Butter	Pumpkin Muffins	Raisin Toast	Waffles	Honey Bunches of Oats
LUNCH	Chicken Mozambique	BBQ Pulled Pork	Beef Stew	Parmesan Crusted Chicken	Meatloaf	Turkey Club
Meat Or Meat Alternative 2oz	Chicken	Pork	Beef	Chicken	Ground Beef and Pork	Turkey
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Pears	Peaches	Mandarin Orange	Pineapple	Strawberries	Fruit Cup
	Broccoli	Cole Slaw	Peas & Carrots	Cesar Salad	Green Beans	Garden Salad
Bread - 2 Slices or Bread Alternative -8oz dry	Whole Wheat Bread	Corn 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	Sweet Potatoes	Potatoes	egg noodles	Garlic Gnocchi	Veggie Straws
PM SNACK- FLUID MILK	Water	Water	Water	Skim Milk	Skim Milk	Apple Juice
Served any two of the following foods Fruit and/or Vegetable	Apples W/Honey		Blueberries			
Bread or Bread Alternative	Greek Yogurt	Crackers		Graham Crackers	Ritz Crackers	
Meat or Meat Alternative		Cheddar Cheese	w/Yogurt			Pepperoni & 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

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WEEK OF: **29th - 30th** **September** **2024**

SITE NAME: **PROJECT INDEPENDENCE ADH**

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USDA Child & Adult Care Food Program Meal	MONDAY 29-Sep	TUESDAY 30-Sep	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk				
Fruit and/or Vegetables 4oz	Sliced Apples	Clementines				
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Waffles	Scrambled Eggs & Toast				
LUNCH	Broiled Scallops	Chicken Alfredo				
Meat Or Meat Alternative 2oz	Scallops	Chicken				
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Pears Glazed Carrots	Blueberries Broccoli				
Bread - 2 Slices or Bread Alternative -8oz dry	Wheat Roll	Wheat Roll				
FLUID SKIM MILK	Skim Milk	Skim Milk				
Other Foods 4oz	Rice Pilaf	Pasta				
PM SNACK- FLUID MILK	Cranberry Juice	Skim Milk				
Served any two of the following foods Fruit and/or Vegetable						
Bread or Bread Alternative Meat or Meat Alternative	Wheat Thins	Birthday Cake				

* 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