

# MENU PLANNING WORKSHEET

# REPORT ALL ALLERGIES TO NURSING

WEEK OF: 1st - 2nd

November 2024

SITE NAME: PROJECT INDEPENDENCE ADH

Approved by Dawn DiMarco RD 10/11/2024  
 \*\*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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
USDA Child & Adult Care Food Program Meal					1-Nov	2-Nov
<b>BREAKFAST</b> Fluid Milk 8oz					Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz					Orange Juice	Strawberries
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz					Scrambled eggs and Wheat Toast	Blueberry Muffin
<b>LUNCH</b>					<b>Sheperd's Pie</b>	<b>Ham &amp; Cheese</b>
Meat Or Meat Alternative 2oz					Ground Beef	Ham
1/2 Cup of Fruit &					Applesauce	Apples
1/2 Cup of Vegetable					Corn & Peas	Garden Salad
Bread - 2 Slices or Bread Alternative -8oz dry					Whole Wheat Bread	Whole Wheat Bread
FLUID SKIM MILK					Skim Milk	Skim Milk
Other Foods 4oz					Garden Salad	Veggie Straws
<b>PM SNACK- FLUID MILK</b>					Water	Skim Milk
Served any two of the following foods Fruit and/or Vegetable					Pineapples	
Bread or Bread Alternative						Cinnamon Graham Crackers
Meat or Meat Alternative					w/ 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

# MENU PLANNING WORKSHEET

# REPORT ALL ALLERGIES TO NURSING

WEEK OF: 4th - 9th November 2024 SITE NAME: PROJECT INDEPENDENCE ADH

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## SUBJECT TO CHANGE

	MONDAY 4-Nov	TUESDAY 5-Nov	WEDNESDAY 6-Nov	THURSDAY 7-Nov	FRIDAY 8-Nov	SATURDAY 9-Nov
USDA Child & Adult Care Food Program Meal	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
<b>BREAKFAST</b> Fluid Milk 8oz	Raisins	Banana	Orange Juice	Blueberries	Sliced Apples	Clementines
Fruit and/or Vegetables 4oz	Oatmeal	Chex Cereal	Over easy eggs with toast	Pancakes	English Muffin w/Jam	Cranberry Orange Muffins
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	<b>LUNCH</b> Roasted Chicken w/Gravy	Baked Ham	Carne Guisada	BBQ Chicken Thighs	Lasagna	Turkey Sandwich
Meat Or Meat Alternative 2oz	Chicken	Ham	Beef	Chicken	Ground Turkey	Turkey
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Peaches Green Beans	Cinnamon Apples Au Gratin Potatoes	Pears Carrots	Honeydew Melon Broccoli	Pineapples Garden Salad	Fruit Cup Cherry Tomatoes
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	Stuffing	Apple Juice	Rice	Roasted Potatoes	Noodles	Pretzels
<b>PM SNACK- FLUID MILK</b>	Cranberry Juice	Apple Juice	Water	Water	Water	Water
Served any two of the following foods			Tostitos			Apple slices, carrots ,etc Platter
Fruit and/or Vegetable				Graham Crackers		
Bread or Bread Alternative	Soft Pretzel	Cheese stick	Salsa	w/Peanut Butter	Cheese Quesadilla	Fruit/Veggie Dip
Meat or Meat Alternative						

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 \*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: 11th - 16th

November 2024

SITE NAME: PROJECT INDEPENDENCE ADH

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## SUBJECT TO CHANGE

	MONDAY 11-Nov	TUESDAY 12-Nov	WEDNESDAY 13-Nov	THURSDAY 14-Nov	FRIDAY 15-Nov	SATURDAY 16-Nov
USDA Child & Adult Care Food Program Meal		Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
<b>BREAKFAST</b> Fluid Milk 8oz		Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz		Banana	Blueberries	Mandarin Oranges	Raisins	Grape Juice
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	<b>Holiday Closed</b>	Cheerios	Blueberry Muffin	Raisin Toast	Cream of Wheat	Bagel w/ Cream Cheese
<b>LUNCH</b>		Tuna Melt	Beef Terriyaki	Chicken Broccoli Alfredo	Baked Chicken	Roast Beef Sandwich
Meat Or Meat Alternative 2oz		Tuna	Beef Terriyaki	Chicken	Chicken	Beef
1/2 Cup of Fruit & 1/2 Cup of Vegetable		Fruit cup Salad	Sliced Apples Carrots	Pineapples Broccoli	Cinnamon Apples Cauliflower	Oranges Green Beans
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		Water	Rice	Pasta	Whipped Sweet Potatoes	
<b>PM SNACK- FLUID MILK</b>		Water	Water	Skim Milk	Skim Milk	Skim Milk
Served any two of the following foods		Crackers	Strawberry Milkshakes			
Fruit and/or Vegetable						
Bread or Bread Alternative				Animal Crackers	Graham Cracker	Pumpkin Bread
Meat or Meat Alternative		Cheese	Yogurt			

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# MENU PLANNING WORKSHEET

# REPORT ALL ALLERGIES TO NURSING

**WEEK OF: 18th - 23rd November 2024**      **SITE NAME: PROJECT INDEPENDNECE ADH**

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 10/11/2024

## SUBJECT TO CHANGE

	MONDAY 18-Nov	TUESDAY 19-Nov	WEDNESDAY 20-Nov	THURSDAY 21-Nov	FRIDAY 22-Nov	SATURDAY 23-Nov
USDA Child & Adult Care Food Program Meal	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
<b>BREAKFAST</b> Fluid Milk 8oz	Cherries	Banana	Apples	Strawberries	Banana	Orange Juice
Fruit and/or Vegetables 4oz	English Muffin w/Peanut Butter	Cheerios	Scrambled Eggs/Toast	Waffles	Chex	Blueberry Muffin
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	<b>Clam Chowder</b>	Cacoila	Broiled Scallops	Sloppy Joes	Soup & Sandwich	<b>Turkey and Cheese Sandwich</b>
<b>LUNCH</b>	Seafood	Pork	Scallops	Ground Turkey	Chicken Noodle Soup	Turkey
Meat Or Meat Alternative 2oz	Apple Sauce	Fruit cup	Cantaloupe	Clementine	Pears	Sliced Apples
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Garden Salad	Broccoli	Zucchini	Corn	Mixed Vegetables	Cesar Salad
Bread - 2 Slices or Bread Alternative -8oz dry	Portuguese Pop	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bun	Whole Wheat Bread	Whole Wheat Bread
FLUID SKIM MILK	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Other Foods 4oz	Potatoes	Rice	Quinoa	Roasted Sweet Potatoes	Pasta	Veggie Straws
<b>PM SNACK- FLUID MILK</b>	Skim Milk	Water	Water	Skim Milk	Water	Water
Served any two of the following foods						
<b>Fruit and/or Vegetable</b>				Baked Apple Crisp		Blueberries
Bread or Bread Alternative	Cinnamon Graham Crackers	Wheat Thins		w/Oatmeal Topping	W.W Crackers	
Meat or Meat Alternative		w/Cheese	Turkey & Cheese Roll Up		Cheese	Yogurt


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# MENU PLANNING WORKSHEET

# REPORT ALL ALLERGIES TO NURSING

**WEEK OF: 25th - 30th November 2024**      **SITE NAME: PROJECT INDEPENDENCE ADH**

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	MONDAY 25-Nov	TUESDAY 26-Nov	WEDNESDAY 27-Nov	THURSDAY 28-Nov	FRIDAY 29-Nov	SATURDAY 30-Nov
USDA Child & Adult Care Food Program Meal	Skim Milk	Skim Milk	Skim Milk		Skim Milk	Skim Milk
<b>BREAKFAST</b> Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk		Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz	Clementines	Orange Juice	Strawberries		Apple Slices	Bananas
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Waffles	Pumpkin Muffin	French Toast	<b>Holiday Closed</b>	Blueberry Muffin	Cheerios
<b>LUNCH</b>	Baked Salmon	Grilled Ham & Cheese	Bacon Quiche		Chicken Chow Mein	Pilgrim Sandwich
Meat Or Meat Alternative 2oz	Salmon	Ham	Bacon/Eggs		Chicken	Turkey
1/2 Cup of Fruit &	Cherries	Pineapples	Peaches		Pears	Apple Sauce
1/2 Cup of Vegetable	Brussel Sprouts	Tomato Soup	Salad		Peppers & Onions	Garden Salad
Bread - 2 Slices or Bread Alternative -8oz dry	Whole Wheat Bread	Whole Wheat Bread	Mini Croissant		Whole Wheat Bread	Whole Wheat Bread
FLUID SKIM MILK	Skim Milk	Skim Milk	Skim Milk		Skim Milk	Skim Milk
Other Foods 4oz	Gnocci	Raspberry Juice	Water		Chow Mein Noodles	Stuffing
<b>PM SNACK- FLUID MILK</b>	Water				Skim Milk	Skim Milk
Served any two of the following foods						
Fruit and/or Vegetable						
Bread or Bread Alternative	Quesadilla	Ritz Crackers	Wheat Thins		Birthday Cake	Graham Cracker
Meat or Meat Alternative	Cheese		Ranch Yogurt Dip			

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