

MENU PLANNING WORKSHEET

REPORT ALL ALLERGIES TO NURSING

WEEK OF: 1st-4th November 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 1-Nov	THURSDAY 2-Nov	FRIDAY 3-Nov	SATURDAY 4-Nov
BREAKFAST Fluid Milk 8oz			Skim Milk	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz			Blueberries	Strawberries	Raisins	Banana
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz			Scrambled eggs and Cinnamon Toast	Waffles	Oatmeal	Rice Crispies Cereal
LUNCH			Shepard's Pie	Spaghetti & Meatballs	Baked Garlic Chicken w/Gravy	Ham and Cheese Sandwich
Meat Or Meat Alternative 2oz			Ground Beef	Turkey Meatballs	Chicken	Ham
1/2 Cup of Fruit & 1/2 Cup of Vegetable			Applesauce Corn & Peas	Apples Mixed Vegetables	Peaches Green Beans	Fruit Cup Veggie Chips
Bread - 2 Slices or Bread Alternative -8oz dry			Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread
FLUID SKIM MILK			Skim Milk	Skim Milk	Skim Milk	Skim Milk
Other Foods 4oz			Mashed Potatoes	Pasta	Stuffing	
PM SNACK- FLUID MILK			Water	Skim Milk	Skim Milk	Cranberry Juice
Served any two of the following foods Fruit and/or Vegetable			Pineapples			
Bread or Bread Alternative				Cinnamon Graham Crackers		
Meat or Meat Alternative			w/Yogurt		Soft Pretzel	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: **6th - 11th November 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 6-Nov	TUESDAY 7-Nov	WEDNESDAY 8-Nov	THURSDAY 9-Nov	FRIDAY 10-Nov	SATURDAY 11-Nov
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk		Skim Milk
Fruit and/or Vegetables 4oz	Cantaloupe	Blueberries	Apple	Mandarin Oranges		Banana
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Banana Muffin	Pancakes	English Muffin w/Jam	Cranberry/Orange Muffins	Holiday Closed	Cheerios
LUNCH	PuertoRican Carne Guisada	BBQ Chicken Thighs	Lasagna	Kale Soup		Tuna Sandwich
Meat Or Meat Alternative 2oz	Beef	Chicken	Ground Turkey	Turkey Linguica		Tuna
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Pears Carrots	Honeydew Melon Mixed Vegetables	Pineapples Garden Salad	Peaches Kale		Fruit cup 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	Rice	Roasted Potatoes	Noodles	Potatoes		
PM SNACK- FLUID MILK	Water	Water	Skim Milk	Water		Water
Served any two of the following foods Fruit and/or Vegetable	Nachos Salsa		Strawberry Short Cake	Apple slices, carrots ,etc Platter		Crackers/Cheese
Bread or Bread Alternative		Graham Crackers				
Meat or Meat Alternative		w/Peanut Butter		Fruit/Veggie Dip		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: 13th - 18th November 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 13-Nov	TUESDAY 14-Nov	WEDNESDAY 15-Nov	THURSDAY 16-Nov	FRIDAY 17-Nov	SATURDAY 18-Nov
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz	Blueberries	Mandarin Oranges	Honeydew Melon	Apples	kiwi	Banana
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Blueberry Muffin	Raisin Toast	Cream of Wheat	Waffles	English Muffin w/Peanut Butter	Cereal/Cheerios
LUNCH	Beef Terriyaki	Chicken Broccoli Alfredo	Baked Chicken	Meatloaf	Clam Chowder	Turkey and Cheese Sandwich
Meat Or Meat Alternative 2oz	Beef Terriyaki	Chicken	Chicken	Beef	Seafood	Turkey
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Peaches Carrots	Pineapples Broccoli	Pears Peas & Carrots	Oranges Green Beans	Cantaloupe Garden Salad	Fruit cup Salad
Bread - 2 Slices or Bread Alternative -8oz dry	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Portuguese Pop	Whole Wheat Bread
FLUID SKIM MILK	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Other Foods 4oz	Rice	Pasta	Roasted Potatoes		Potatoes	
PM SNACK- FLUID MILK	Water	Water	Water	Water	Skim Milk	Water
Served any two of the following foods Fruit and/or Vegetable	Strawberry Milkshakes					Wheat Thins
Bread or Bread Alternative		Crackers	Rice Cakes		Cinnamon Graham Crackers	
Meat or Meat Alternative	Yogurt	w/Cheese	w/Peanut Butter	Turkey & Cheese roll 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: **20th - 25th** **November** **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 20-Nov	TUESDAY 21-Nov	WEDNESDAY 22-Nov	THURSDAY 23-Nov	FRIDAY 24-Nov	SATURDAY 25-Nov
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk		Skim Milk	Skim Milk
Fruit and/or Vegetables 4oz	Apples	Strawberries	Banana		Oranges	Banana
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Scrambled Eggs/Toast	Waffles	Chex	Holiday Closed	Cranberry Bread	Cheerios
LUNCH	Rice and Beans	Sloppy Joes	Chicken Noodle Soup		Thanksgiving Wrap	Ham and Cheese Sandwich
Meat Or Meat Alternative 2oz	Chicken	Ground Turkey	Chicken Noodle Soup		Turkey	Ham
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Cantaloupe Garden Salad	Mandarin Oranges Corn	Pears Mixed Vegetables		Cranberry Sauce Green Beans	Fruit cup Veggie Chips
Bread - 2 Slices or Bread Alternative -8oz dry	Whole Wheat Bread	Whole Wheat Bun	Whole Wheat Bread		Wheat Wrap	Whole Wheat Bread
FLUID SKIM MILK	Skim Milk	Skim Milk	Skim Milk		Skim Milk	Skim Milk
Other Foods 4oz		Roasted Sweet Potatoes	Pasta		Stuffing	
PM SNACK- FLUID MILK	Water	Water	Water		Water	Water
Served any two of the following foods Fruit and/or Vegetable Bread or Bread Alternative Meat or Meat Alternative		Baked Apple Crisp			Blueberries	Crackers/Cheese Cheese
		w/Oatmeal Topping	W.W Crackers			
	Turkey & Cheese Roll Up		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

MENU PLANNING WORKSHEET

REPORT ALL ALLERGIES TO NURSING

WEEK OF: 27th-30th November 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 27-Nov	TUESDAY 28-Nov	WEDNESDAY 29-Nov	THURSDAY 30-Nov	FRIDAY	SATURDAY
BREAKFAST Fluid Milk 8oz	Skim Milk	Skim Milk	Skim Milk	Skim Milk		
Fruit and/or Vegetables 4oz	Banana	Apple Juice	Apple Slices	Bananas		
Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz	Pumpkin Muffin	French Toast	Blueberry Muffin	Cheerios		
LUNCH	Grilled Ham & Cheese	Bacon Quiche	Chicken Chow Mein	Spaghetti & Meatballs		
Meat Or Meat Alternative 2oz	Ham	Bacon/Eggs	Chicken	Turkey Meatballs		
1/2 Cup of Fruit & 1/2 Cup of Vegetable	Fruit Cocktail Tomato Soup	Peaches Salad	Pears Peppers & Onions	Fruit Cocktail Garden Salad		
Bread - 2 Slices or Bread Alternative -8oz dry	Whole Wheat Bread	Mini Croissant	Whole Wheat Bread	Whole Wheat Bread		
FLUID SKIM MILK	Skim Milk	Skim Milk	Skim Milk	Skim Milk		
Other Foods 4oz			Chow Mein Noodles	Pasta		
PM SNACK- FLUID MILK	Water	Skim Milk	Water	Water		
Served any two of the following foods Fruit and/or Vegetable	Turkey & Cheese Roll Up	Birthday Cake				
Bread or Bread Alternative			Wheat Thins	Graham Cracker & Peanut Butter		
Meat or Meat Alternative	Turkey		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