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| <b>PLANNING WORKSHEET</b>    | <b>REPORT ALL ALLERGIES TO NURSING</b>     |
| <b>WEEK OF: 1st-2nd 2024</b> | <b>SITE NAME: PROJECT INDEPENDNECE ADH</b> |

\*\*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                       | Tuesday | Wednesday | Thursday | Friday<br>1-Mar      | SATURDAY<br>2-Mar              |
|---|---------|-----------|----------|----------------------|--------------------------------|
| <b>BREAKFAST</b><br>Fluid Milk 8oz                              |         |           |          | Skim Milk            | Skim Milk                      |
| Fruit and/or Vegetables 4oz                                     |         |           |          | Raisins              | Clementine                     |
| Bread- 2 slices or<br>Cereal -2oz dry or<br>Oatmeal - 8oz       |         |           |          | Cream of Wheat       | Blueberry Muffins              |
| <b>LUNCH</b>  |         |           |          | <b>Taco Pie</b>      | <b>Tuna Sandwiches</b>         |
| Meat Or Meat Alternative<br>2oz                                 |         |           |          | Beef                 | Tunafish                       |
| 1/2 Cup of Fruit &<br>1/2 Cup of Vegetable                      |         |           |          | Apple Sauce<br>Corn  | Fruit Cocktail<br>Garden Salad |
| Bread - 2 Slices or<br>Bread Alternative -8oz dry               |         |           |          | Whole Wheat<br>Bread | Wheat Bread                    |
| FLUID SKIM MILK   |         |           |          | Skim Milk            | Skim Milk                      |
| Other Foods 4oz   |         |           |          | Spanish Rice         | Pretzels                       |
| <b>PM SNACK- FLUID MILK</b>                                     |         |           |          | Water                | Water                          |
| Served any two of the following foods<br>Fruit and/or Vegetable |         |           |          | Blueberries          |                                |
| Bread or Bread Alternative                                      |         |           |          |                      | Grahm Crackers                 |
| Meat or Meat Alternative  |         |           |          | Yogurt               | 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. \*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 March 2024**

SITE NAME: **PROJECT INDEPENDNECE ADH**

**SUBJECT TO CHANGE**

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| USDA Child & Adult Care Food Program Meal                       | <b>Monday</b><br>4-Mar  | <b>Tuesday</b><br>5-Mar                 | <b>Wednesday</b><br>6-Mar | <b>Thursday</b><br>7-Mar | <b>Friday</b><br>8-Mar         | <b>SATURDAY</b><br>9-Mar        |
|---|-------------------------|---|---------------------------|--------------------------|--------------------------------|---------------------------------|
| <b>BREAKFAST</b><br>Fluid Milk 8oz                              | Skim Milk               | Skim Milk                               | Skim Milk                 | Skim Milk                | Skim Milk                      | Skim Milk                       |
| Fruit and/or Vegetables 4oz                                     | Banana                  | Berry Juice                             | Apple Slices              | Blueberries              | Cantaloupe                     | Banana                          |
| Bread- 2 slices or Cereal -2oz dry or Oatmeal - 8oz             | Waffles                 | Scrambled Eggs & Toast                  | Raisin Toast              | Oatmeal                  | English Muffin w/Peanut Butter | Chex Cereal                     |
| <b>LUNCH</b>  | <b>Beef Barley Soup</b> | <b>Tomato Soup &amp; Grilled Cheese</b> | <b>Roasted Pork Loin</b>  | <b>Meatball Sub</b>      | <b>Baked Ziti</b>              | <b>Egg Salad Sandwich</b>       |
| Meat Or Meat Alternative 2oz                                    | Beef                    | Cheese                                  | Pork Roast                | Turkey Meatballs         | Ground Turkey                  | Eggs                            |
| 1/2 Cup of Fruit & 1/2 Cup of Vegetable                         | Apple Sauce<br>Carrotts | Pears<br>Tomato Soup                    | Apple Sauce<br>Broccoli   | Cherries<br>Garden Salad | Strawberries<br>Beets          | Clementines<br>Sliced cucumbers |
| Bread - 2 Slices or Bread Alternative -8oz dry                  | Whole Wheat Bread       | Whole Wheat Bread                       | Whole Wheat Bread         | Wheat Roll               | Whole Wheat Bread              | Whole Wheat Bread               |
| FLUID SKIM MILK   | Skim Milk               | Skim Milk                               | Skim Milk                 | Skim Milk                | Skim Milk                      | Skim Milk                       |
| Other Foods 4oz   |                         |   | Garlic Mashed Potatoes    |                          | Pasta                          | Veggie Straws                   |
| <b>PM SNACK- FLUID MILK</b>                                     | Skim Milk               | Water                                   | Water                     | Water                    | Skim Milk                      | Apple Juice                     |
| Served any two of the following foods<br>Fruit and/or Vegetable | Cranberry Juice         | Blueberries                             |                           |                          |                                |                                 |
| Bread or Bread Alternative                                      |                         |   |                           | Ritz Crackers &          | w/Graham Crackers              | Soft Pretzel                    |
| Meat or Meat Alternative  | Cheese Stick            | Yogurt                                  | Turkey & Cheese           | Cheese                   | Peanut Butter                  |                                 |

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# MENU PLANNING WORKSHEET

# REPORT ALL ALLERGIES TO NURSING

WEEK OF: **11th-16th** **March** **2024**

SITE NAME: **PROJECT INDEPENDNECE ADH**

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**SUBJECT TO CHANGE**

| USDA Child & Adult Care Food Program Meal                       | <b>Monday</b><br><b>11-Mar</b> | <b>Tuesday</b><br><b>12-Mar</b> | <b>Wednesday</b><br><b>13-Mar</b> | <b>Thursday</b><br><b>14-Mar</b> | <b>Friday</b><br><b>15-Mar</b>  | <b>SATURDAY</b><br><b>16-Mar</b> |
|---|--------------------------------|---------------------------------|-----------------------------------|----------------------------------|---------------------------------|----------------------------------|
| <b>BREAKFAST</b><br>Fluid Milk 8oz                              | Skim Milk                      | Skim Milk                       | Skim Milk                         | Skim Milk                        | Skim Milk                       | Skim Milk                        |
| Fruit and/or Vegetables 4oz                                     | Apple Juice                    | Strawberries                    | Blueberries                       | Apple Slices                     | Banana                          | Clementines                      |
| Bread- 2 slices or<br>Cereal -2oz dry or<br>Oatmeal - 8oz       | Corn Muffin                    | Waffles                         | Oatmeal                           | Cranberry/Raisin<br>Scones       | Chex Cereal                     | Sweet Bread                      |
| <b>LUNCH</b>  | <b>Broiled Seafood</b>         | <b>Meatloaf</b>                 | <b>Chicken Pot Pie</b>            | <b>Sloppy Joes</b>               | <b>Corned Beef</b>              | <b>Turkey Sandwich</b>           |
| Meat Or Meat Alternative<br>2oz                                 | Fish                           | Ground Beef                     | Chicken                           | Ground Beef                      | Beef                            | Turkey Sandwich                  |
| 1/2 Cup of Fruit &<br>1/2 Cup of Vegetable                      | Cherries<br>Cauliflower        | Applesauce<br>Green Beans       | Peaches<br>Zucchini               | Mango<br>Harvest Blend           | Strawberries<br>Carrots/Cabbage | Grapes<br>Garden Salad           |
| Bread - 2 Slices or<br>Bread Alternative -8oz dry               | Whole Wheat<br>Bread           | Whole Wheat<br>Bread            | Whole Wheat<br>Bread              | Whole Wheat Bun                  | Whole Wheat<br>Bread            | Wheat Bread                      |
| FLUID SKIM MILK   | Skim Milk                      | Skim Milk                       | Skim Milk                         | Skim Milk                        | Skim Milk                       | Skim Milk                        |
| Other Foods 4oz   | Rice Pilaf                     | Mashed Potatoes                 | Potatoes                          | Oven baked french<br>fries       | Potatoes                        | WW Tostitos                      |
| <b>PM SNACK- FLUID MILK</b>                                     | Water                          | Water                           | Skim Milk                         | Water                            | Pineapple Juice                 | Grape Juice                      |
| Served any two of the following foods<br>Fruit and/or Vegetable | Pineapples                     |                                 |                                   |                                  |                                 |                                  |
| Bread or Bread Alternative                                      |                                | Graham Cracker                  | Animal Crackers                   | Tortillas                        |                                 | Wheat Thins                      |
| Meat or Meat Alternative  | Cottage Cheese                 | w/Peanut Butter                 |                                   | Spinach Dip                      | String Cheese                   |                                  |

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# MENU PLANNING WORKSHEET

# REPORT ALL ALLERGIES TO NURSING

WEEK OF: **18th-23rd**      **March**      **2024**

SITE NAME: **PROJECT INDEPENDNECE ADH**

**SUBJECT TO CHANGE**

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| USDA Child & Adult Care Food Program Meal                       | <b>Monday</b><br>18-Mar | <b>Tuesday</b><br>19-Mar              | <b>Wednesday</b><br>20-Mar         | <b>Thursday</b><br>21-Mar         | <b>Friday</b><br>22-Mar             | <b>SATURDAY</b><br>23-Mar           |
|---|-------------------------|---------------------------------------|------------------------------------|-----------------------------------|-------------------------------------|-------------------------------------|
| <b>BREAKFAST</b><br>Fluid Milk 8oz                              | Skim Milk               | Skim Milk                             | Skim Milk                          | Skim Milk                         | Skim Milk                           | Skim Milk                           |
| Fruit and/or Vegetables 4oz                                     | Fruit Cocktail          | Banana                                | Raisins                            | Berry Juice                       | Apple Slices                        | Clementines                         |
| Bread- 2 slices or<br>Cereal -2oz dry or<br>Oatmeal - 8oz       | Banana Muffin           | Cheerios                              | Oatmeal<br>w/Cinnamon              | English Muffin<br>w/Peanut Butter | Waffles                             | Egg McMuffin                        |
| <b>LUNCH</b>  | <b>Filet of Fish</b>    | <b>Mac &amp; Cheese<br/>w/Hamburg</b> | <b>Bacon and Cheese<br/>Quiche</b> | <b>Kale Soup</b>                  | <b>Chicken Broccoli<br/>Alfredo</b> | <b>Seafood Salad<br/>Sandwiches</b> |
| Meat Or Meat Alternative<br>2oz                                 | Fish                    | Ground Beef                           | Bacon, Cheese,<br>Eggs             | Beef                              | Chicken Broccoli<br>Alfredo         | Seafood Salad                       |
| 1/2 Cup of Fruit &<br>1/2 Cup of Vegetable                      | Pears<br>Cole Slaw      | Applesauce<br>5 Way Blend             | Fruit Cocktail<br>Salad            | Peaches<br>Harvest Blend          | Pineapple<br>Broccoli               | Fruit Cocktail<br>Garden Salad      |
| Bread - 2 Slices or<br>Bread Alternative -8oz dry               | Whole Wheat Bun         | Whole Wheat<br>Bread                  | Whole Wheat<br>Bread               | Whole Wheat<br>Bread              | Whole Wheat<br>Bread                | Onion Roll                          |
| FLUID SKIM MILK   | Skim Milk               | Skim Milk                             | Skim Milk                          | Skim Milk                         | Skim Milk                           | Skim Milk                           |
| Other Foods 4oz   | Oven Baked Fries        | Pasta                                 | Pie Crust                          | Potatoes                          | Noodles                             | Pretzels                            |
| <b>PM SNACK- FLUID MILK</b>                                     | Skim Milk               | Water                                 | Water                              | Skim Milk                         | Water                               | Grape Juice                         |
| Served any two of the following foods<br>Fruit and/or Vegetable |                         | Fruit & Yogurt<br>Parfait             |                                    | Baked Apples<br>w/Cinnamon        |                                     |                                     |
| Bread or Bread Alternative                                      | Graham Crackers         |                                       | Wheat Thins                        |                                   | Spinach Wraps                       | Trail Mix                           |
| Meat or Meat Alternative  |                         | Yogurt                                | Ranch Dip                          |                                   | w/Turkey                            |                                     |

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\*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: 25th-30th

March 2024

SITE NAME: PROJECT INDEPENDNECE ADH

SUBJECT TO CHANGE

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| USDA Child & Adult Care Food Program Meal                       | Monday<br>25-Mar               | Tuesday<br>26-Mar         | Wednesday<br>27-Mar  | Thursday<br>28-Mar          | Friday<br>29-Mar                          | Saturday<br>30-Mar |
|---|--------------------------------|---------------------------|----------------------|-----------------------------|---|--------------------|
| <b>BREAKFAST</b><br>Fluid Milk 8oz                              | Skim Milk                      | Skim Milk                 | Skim Milk            | Skim Milk                   | Skim Milk                                 |                    |
| Fruit and/or Vegetables 4oz                                     | Banana                         | Sliced Apples             | Blueberries          | Orange Juice                | Grape Juice                               |                    |
| Bread- 2 slices or<br>Cereal -2oz dry or<br>Oatmeal - 8oz       | Cranberry Orange<br>Muffin     | Raisin Toast              | Pancakes             | Scrambled Eggs &<br>Toast   | English Muffin with<br>Peanut Butter      |                    |
| <b>LUNCH</b>  | <b>Tuna Casserole</b>          | <b>Jambalaya</b>          | <b>Shepard's Pie</b> | <b>Grilled Cubano</b>       | <b>Stuffed Shells &amp;<br/>Meatballs</b> |                    |
| Meat Or Meat Alternative<br>2oz                                 | Tuna                           | Kielbasa                  | Ground Beef          | Pastrami                    | Ground Beef                               |                    |
| 1/2 Cup of Fruit &<br>1/2 Cup of Vegetable                      | Mandarin Orange<br>Green Beans | Fruit Cocktail<br>Carrots | Pears<br>Peas & Corn | Apple Sauce<br>Garden Salad | Peaches<br>Beets                          |                    |
| Bread - 2 Slices or<br>Bread Alternative -8oz dry               | Whole Wheat<br>Bread           | Whole Wheat<br>Bread      | Whole Wheat<br>Bread | Whole Wheat Bun             | Whole Wheat<br>Bread                      |                    |
| FLUID SKIM MILK   | Skim Milk                      | Skim Milk                 | Skim Milk            | Skim Milk                   | Skim Milk                                 |                    |
| Other Foods 4oz   | Noodles                        | Rice                      | Mashed Potatoes      | Tator Tots                  | Noodles                                   |                    |
| <b>PM SNACK- FLUID MILK</b>                                     | Water                          | Water                     | Water                | Skim Milk                   | Skim Milk                                 |                    |
| Served any two of the following foods<br>Fruit and/or Vegetable |                                |                           | Strawberries         |                             |   |                    |
| Bread or Bread Alternative                                      | WW Ritz Crackers               | Soft Pretzel              |                      | Chex Mix                    | Graham Crackers                           |                    |
| Meat or Meat Alternative  | w/Cheese                       | w/Hummus                  | w/Yogurt             |                             |   |                    |

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