

Alabama Food Bank



Meals and Required Components	Monday May 31, 2021	Tuesday June 1, 2021	Wednesday June 2, 2021	Thursday June 3, 2021	Friday June 4, 2021
LUNCH					
Milk 1% (8 oz required)		Chocolate Milk 8 oz	Chocolate Milk 8 oz	Chocolate Milk 8 oz	Chocolate Milk 8 oz
Meat/Meat Alternate (2 oz required)	CLOSED	Peanut Butter Jelly Sandwich 1 each (1 oz MMA)	Sliced Ham 1.5 oz	Sliced Turkey 2.25 oz	Peanut Butter Jelly Sandwich 1 each (1 oz MMA)
		String Cheese 1 each (1 oz MMA)	Sliced Cheese 1 oz	Sliced Cheese 1/2 oz	String Cheese 1 each (1 oz MMA)
Vegetables/Fruits (3/4 cup total req)		Strawberry Applesauce 1/2 cup	Peaches 1/2 cup	Lettuce and Tomato 1/2 cup	Fresh Fruit 1 each
		Fruit Blend Juice 4 oz	Grape Juice 4 oz	Fresh Fruit 1 each (6 oz)	Apple Juice 4 oz
Grains (1 oz eq required)		Saltine Crackers 2 pkts	Hamburger Bun (61 gms) 1 each	Flour Tortilla 1 each	Bread from Sandwich 1 each
Other Foods			Mayo/Mustard 1 each	Mayo/Mustard 1 each	
SNACK (two components required)					
Milk 1% (8 oz)					
Meat/Meat Alternate (1 oz)	CLOSED			String Cheese 1 oz	
Vegetables/Fruits (3/4 cup)		Carrot Sticks 6 sticks	Fresh Fruit 1 each (6 oz)	Fresh Fruit 1 each (6 oz)	Fresh Fruit 1 each (6 oz)
Grains (1 oz eq)		Pretzels 1 oz	Graham Crackers 2 pkts		Cheese Crackers 1 pkt
Other Foods		Ranch Dressing Cup 1 each			

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Amanda H Patrick, MS, RD, LD

Amanda H Patrick, MS, RD, LD

Alabama Food Bank



Meals and Required Components	Monday June 7, 2021		Tuesday June 8, 2021		Wednesday June 9, 2021		Thursday June 10, 2021		Friday June 11, 2021	
LUNCH										
Milk 1% (8 oz required)	Chocolate Milk	8 oz	Chocolate Milk	8 oz	Chocolate Milk	8 oz	Chocolate Milk	8 oz	Chocolate Milk	8 oz
Meat/Meat Alternate (2 oz required)	Peanut Butter Jelly Sandwich	1 each (1 oz MMA)	Sliced Turkey	2.25 oz	Sliced Ham	1.5 oz	Bologna	1.5 oz	Peanut Butter Jelly Sandwich	1 each (1 oz MMA)
	String Cheese	1 each (1 oz MMA)	Sliced Cheese	1/2 oz	Sliced Cheese	1/2 oz	Sliced Cheese	1/2 oz	String Cheese	1 each (1 oz MMA)
Vegetables/Fruits (3/4 cup total req)	Applesauce	1/2 cup	Fresh Fruit	1 each	Pears	1/2 cup	Fresh Fruit	1 each	Fresh Fruit	1 each
	Grape Juice	4 oz	Apple Juice	4 oz	Fruit Blend Juice	4 oz	Orange Juice	4 oz	Apple Juice	4 oz
Grains (1 oz eq required)	Bread from Sandwich	1 each	Hamburger Bun (61 gms)	1 each	Wheat Bread (28 gms)	2 slices	Hamburger Bun (61 gms)	1 each	Bread from Sandwich	1 each
Other Foods			Mayo/Mustard	1 each	Mayo/Mustard	1 each	Mayo/Mustard	1 each		
SNACK (two components required)										
Milk 1% (8 oz)										
Meat/Meat Alternate (1 oz)	Fruited Yogurt	1 each	String Cheese	1 oz						
Vegetables/Fruits (3/4 cup)			Fresh Fruit	1 each (6 oz)	Fresh Fruit	1 each (6 oz)	Carrot Sticks	6 sticks	Fresh Fruit	1 each (6 oz)
Grains (1 oz eq)	Graham Crackers	2 pkts			Cheese Crackers	1 pkt	Pretzels	1 oz	Animal Crackers	1 oz
Other Foods							Ranch Dressing Cup	1 each		

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Meals and Required Components	Monday June 14, 2021		Tuesday June 15, 2021		Wednesday June 16, 2021		Thursday June 17, 2021		Friday June 18, 2021	
LUNCH										
Milk 1% (8 oz required)	Chocolate Milk	8 oz	Chocolate Milk	8 oz	Chocolate Milk	8 oz	Chocolate Milk	8 oz	Chocolate Milk	8 oz
Meat/Meat Alternate (2 oz required)	Peanut Butter Jelly Sandwich	1 each (1 oz MMA)	Sliced Ham	1.5 oz	Sliced Turkey	2.25 oz	Sliced Ham	1.5 oz	Peanut Butter Jelly Sandwich	1 each (1 oz MMA)
	String Cheese	1 each (1 oz MMA)	Sliced Cheese	1/2 oz	Sliced Cheese	1/2 oz	Sliced Cheese	1/2 oz	String Cheese	1 each (1 oz MMA)
Vegetables/Fruits (3/4 cup total req)	Diced Peaches	1/2 cup	Fresh Fruit	1 each (6 oz)	Fresh Fruit	1 each (6 oz)	Fresh Fruit	1 each (6 oz)	Applesauce	1/2 cup
	Orange Juice	4 oz	Fruit Blend Juice	4 oz	Grape Juice	4 oz	Apple Juice	4 oz	Fruit Blend Juice	4 oz
Grains (1 oz eq required)	Bread from Sandwich	1 each	Hamburger Bun (61 gms)	1 each	Hamburger Bun (61 gms)	1 each	Wheat Bread (28 grams)	2 slices	Bread from Sandwich	1 each
Other Foods			Mayo/Mustard	1 each	Mayo/Mustard	1 each	Mayo/Mustard	1 each		
SNACK (two components required)										
Milk 1% (8 oz)										
Meat/Meat Alternate (1 oz)	Fruited Yogurt	1 each							String Cheese	1 oz
Vegetables/Fruits (3/4 cup)			Fresh Fruit	1 each (6 oz)	Carrot Sticks	6 sticks	Fresh Fruit	1 each (6 oz)	Fresh Fruit	1 each (6 oz)
Grains (1 oz eq)	Graham Crackers	2 pkts	Animal Crackers	1 oz	Pretzels	1 oz	Cheese Crackers	1 pkt		
Other Foods					Ranch Dressing Cup	1 each				

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Meals and Required Components	Monday June 21, 2021		Tuesday June 22, 2021		Wednesday June 23, 2021		Thursday June 24, 2021		Friday June 25, 2021	
LUNCH										
Milk 1% (8 oz required)	Chocolate Milk	8 oz	Chocolate Milk	8 oz	Chocolate Milk	8 oz	Chocolate Milk	8 oz	Chocolate Milk	8 oz
Meat/Meat Alternate (2 oz required)	Peanut Butter Jelly Sandwich	1 each (1 oz MMA)	Pimento Cheese	1/3 cup	Sliced Ham	1.5 oz	Sliced Turkey	2.25 oz	Peanut Butter Jelly Sandwich	1 each (1 oz MMA)
	String Cheese	1 each (1 oz MMA)			Sliced Cheese	1 oz	Sliced Cheese	1/2 oz	String Cheese	1 each (1 oz MMA)
Vegetables/Fruits (3/4 cup total req)	Diced Pears	1/2 cup	Strawberry Applesauce	1/2 cup	Peaches	1/2 cup	Lettuce and Tomato	1/2 cup	Fresh Fruit	1 each
	Orange Juice	4 oz	Fruit Blend Juice	4 oz	Grape Juice	4 oz	Fresh Fruit	1 each (6 oz)	Apple Juice	4 oz
Grains (1 oz eq required)	Bread from Sandwich	1 each	Saltine Crackers	2 pkts	Hamburger Bun (61 gms)	1 each	Flour Tortilla	1 each	Bread from Sandwich	1 each
Other Foods					Mayo/Mustard	1 each	Mayo/Mustard	1 each		
SNACK (two components required)										
Milk 1% (8 oz)										
Meat/Meat Alternate (1 oz)	Fruited Yogurt	1 each					String Cheese	1 oz		
Vegetables/Fruits (3/4 cup)			Carrot Sticks	6 sticks	Fresh Fruit	1 each (6 oz)	Fresh Fruit	1 each (6 oz)	Fresh Fruit	1 each (6 oz)
Grains (1 oz eq)	Animal Crackers	1 oz	Pretzels	1 oz	Graham Crackers	2 pkts			Cheese Crackers	1 pkt
Other Foods			Ranch Dressing Cup	1 each						

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Meals and Required Components	Monday June 28, 2021		Tuesday June 29, 2021		Wednesday June 30, 2021		Thursday July 1, 2021		Friday July 2, 2021	
LUNCH										
Milk 1% (8 oz required)	Chocolate Milk	8 oz	Chocolate Milk	8 oz	Chocolate Milk	8 oz	Chocolate Milk	8 oz	Chocolate Milk	8 oz
Meat/Meat Alternate (2 oz required)	Peanut Butter Jelly Sandwich	1 each (1 oz MMA)	Sliced Turkey	2.25 oz	Sliced Ham	1.5 oz	Bologna	1.5 oz	Peanut Butter Jelly Sandwich	1 each (1 oz MMA)
	String Cheese	1 each (1 oz MMA)	Sliced Cheese	1/2 oz	Sliced Cheese	1/2 oz	Sliced Cheese	1/2 oz	String Cheese	1 each (1 oz MMA)
Vegetables/Fruits (3/4 cup total req)	Applesauce	1/2 cup	Fresh Fruit	1 each	Pears	1/2 cup	Fresh Fruit	1 each	Fresh Fruit	1 each
	Grape Juice	4 oz	Apple Juice	4 oz	Fruit Blend Juice	4 oz	Orange Juice	4 oz	Apple Juice	4 oz
Grains (1 oz eq required)	Bread from Sandwich	1 each	Hamburger Bun (61 gms)	1 each	Wheat Bread (28 gms)	2 slices	Hamburger Bun (61 gms)	1 each	Bread from Sandwich	1 each
Other Foods			Mayo/Mustard	1 each	Mayo/Mustard	1 each	Mayo/Mustard	1 each		
SNACK (two components required)										
Milk 1% (8 oz)										
Meat/Meat Alternate (1 oz)	Fruited Yogurt	1 each	String Cheese	1 oz						
Vegetables/Fruits (3/4 cup)			Fresh Fruit	1 each (6 oz)	Fresh Fruit	1 each (6 oz)	Carrot Sticks	6 sticks	Fresh Fruit	1 each (6 oz)
Grains (1 oz eq)	Graham Crackers	2 pkts			Cheese Crackers	1 pkt	Pretzels	1 oz	Animal Crackers	1 oz
Other Foods							Ranch Dressing Cup	1 each		

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Alabama Food Bank

Meals and Required Components	Monday July 5, 2021		Tuesday July 6, 2021		Wednesday July 7, 2021		Thursday July 8, 2021		Friday July 9, 2021	
LUNCH										
Milk 1% (8 oz required)	Chocolate Milk	8 oz	Chocolate Milk	8 oz	Chocolate Milk	8 oz	Chocolate Milk	8 oz	Chocolate Milk	8 oz
Meat/Meat Alternate (2 oz required)	Peanut Butter Jelly Sandwich	1 each (1 oz MMA)	Sliced Ham	1.5 oz	Sliced Turkey	2.25 oz	Sliced Ham	1.5 oz	Peanut Butter Jelly Sandwich	1 each (1 oz MMA)
	String Cheese	1 each (1 oz MMA)	Sliced Cheese	1/2 oz	Sliced Cheese	1/2 oz	Sliced Cheese	1/2 oz	String Cheese	1 each (1 oz MMA)
Vegetables/Fruits (3/4 cup total req)	Diced Peaches	1/2 cup	Fresh Fruit	1 each (6 oz)	Fresh Fruit	1 each (6 oz)	Fresh Fruit	1 each (6 oz)	Applesauce	1/2 cup
	Orange Juice	4 oz	Fruit Blend Juice	4 oz	Grape Juice	4 oz	Apple Juice	4 oz	Fruit Blend Juice	4 oz
Grains (1 oz eq required)	Bread from Sandwich	1 each	Hamburger Bun (61 gms)	1 each	Hamburger Bun (61 gms)	1 each	Wheat Bread (28 grams)	2 slices	Bread from Sandwich	1 each
Other Foods			Mayo/Mustard	1 each	Mayo/Mustard	1 each	Mayo/Mustard	1 each		
SNACK (two components required)										
Milk 1% (8 oz)										
Meat/Meat Alternate (1 oz)	Fruited Yogurt	1 each							String Cheese	1 oz
Vegetables/Fruits (3/4 cup)			Fresh Fruit	1 each (6 oz)	Carrot Sticks	6 sticks	Fresh Fruit	1 each (6 oz)	Fresh Fruit	1 each (6 oz)
Grains (1 oz eq)	Graham Crackers	2 pkts	Animal Crackers	1 oz	Pretzels	1 oz	Cheese Crackers	1 pkt		
Other Foods					Ranch Dressing Cup	1 each				

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Alabama Food Bank

Meals and Required Components	Monday July 12, 2021		Tuesday July 13, 2021		Wednesday July 14, 2021		Thursday July 15, 2021		Friday July 16, 2021	
LUNCH										
Milk 1% (8 oz required)	Chocolate Milk	8 oz	Chocolate Milk	8 oz	Chocolate Milk	8 oz	Chocolate Milk	8 oz	Chocolate Milk	8 oz
Meat/Meat Alternate (2 oz required)	Peanut Butter Jelly Sandwich	1 each (1 oz MMA)	Pimento Cheese	1/3 cup	Sliced Ham	1.5 oz	Sliced Turkey	2.25 oz	Peanut Butter Jelly Sandwich	1 each (1 oz MMA)
	String Cheese	1 each (1 oz MMA)			Sliced Cheese	1 oz	Sliced Cheese	1/2 oz	String Cheese	1 each (1 oz MMA)
Vegetables/Fruits (3/4 cup total req)	Diced Pears	1/2 cup	Strawberry Applesauce	1/2 cup	Peaches	1/2 cup	Lettuce and Tomato	1/2 cup	Fresh Fruit	1 each
	Orange Juice	4 oz	Fruit Blend Juice	4 oz	Grape Juice	4 oz	Fresh Fruit	1 each (6 oz)	Apple Juice	4 oz
Grains (1 oz eq required)	Bread from Sandwich	1 each	Saltine Crackers	2 pkts	Hamburger Bun (61 gms)	1 each	Flour Tortilla	1 each	Bread from Sandwich	1 each
Other Foods					Mayo/Mustard	1 each	Mayo/Mustard	1 each		
SNACK (two components required)										
Milk 1% (8 oz)										
Meat/Meat Alternate (1 oz)	Fruited Yogurt	1 each					String Cheese	1 oz		
Vegetables/Fruits (3/4 cup)			Carrot Sticks	6 sticks	Fresh Fruit	1 each (6 oz)	Fresh Fruit	1 each (6 oz)	Fresh Fruit	1 each (6 oz)
Grains (1 oz eq)	Animal Crackers	1 oz	Pretzels	1 oz	Graham Crackers	2 pkts			Cheese Crackers	1 pkt
Other Foods			Ranch Dressing Cup	1 each						

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Alabama Food Bank

Meals and Required Components	Monday July 19, 2021		Tuesday July 20, 2021		Wednesday July 21, 2021		Thursday July 22, 2021		Friday July 23, 2021	
LUNCH										
Milk 1% (8 oz required)	Chocolate Milk	8 oz	Chocolate Milk	8 oz	Chocolate Milk	8 oz	Chocolate Milk	8 oz	Chocolate Milk	8 oz
Meat/Meat Alternate (2 oz required)	Peanut Butter Jelly Sandwich	1 each (1 oz MMA)	Sliced Turkey	2.25 oz	Sliced Ham	1.5 oz	Bologna	1.5 oz	Peanut Butter Jelly Sandwich	1 each (1 oz MMA)
	String Cheese	1 each (1 oz MMA)	Sliced Cheese	1/2 oz	Sliced Cheese	1/2 oz	Sliced Cheese	1/2 oz	String Cheese	1 each (1 oz MMA)
Vegetables/Fruits (3/4 cup total req)	Applesauce	1/2 cup	Fresh Fruit	1 each	Pears	1/2 cup	Fresh Fruit	1 each	Fresh Fruit	1 each
	Grape Juice	4 oz	Apple Juice	4 oz	Fruit Blend Juice	4 oz	Orange Juice	4 oz	Apple Juice	4 oz
Grains (1 oz eq required)	Bread from Sandwich	1 each	Hamburger Bun (61 gms)	1 each	Wheat Bread (28 gms)	2 slices	Hamburger Bun (61 gms)	1 each	Bread from Sandwich	1 each
Other Foods			Mayo/Mustard	1 each	Mayo/Mustard	1 each	Mayo/Mustard	1 each		
SNACK (two components required)										
Milk 1% (8 oz)										
Meat/Meat Alternate (1 oz)	Fruited Yogurt	1 each	String Cheese	1 oz						
Vegetables/Fruits (3/4 cup)			Fresh Fruit	1 each (6 oz)	Fresh Fruit	1 each (6 oz)	Carrot Sticks	6 sticks	Fresh Fruit	1 each (6 oz)
Grains (1 oz eq)	Graham Crackers	2 pkts			Cheese Crackers	1 pkt	Pretzels	1 oz	Animal Crackers	1 oz
Other Foods							Ranch Dressing Cup	1 each		

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Alabama Food Bank

Meals and Required Components	Monday July 26, 2021		Tuesday July 27, 2021		Wednesday July 28, 2021		Thursday July 29, 2021		Friday July 30, 2021	
LUNCH										
Milk 1% (8 oz required)	Chocolate Milk	8 oz	Chocolate Milk	8 oz	Chocolate Milk	8 oz	Chocolate Milk	8 oz	Chocolate Milk	8 oz
Meat/Meat Alternate (2 oz required)	Peanut Butter Jelly Sandwich	1 each (1 oz MMA)	Sliced Ham	1.5 oz	Sliced Turkey	2.25 oz	Sliced Ham	1.5 oz	Peanut Butter Jelly Sandwich	1 each (1 oz MMA)
	String Cheese	1 each (1 oz MMA)	Sliced Cheese	1/2 oz	Sliced Cheese	1/2 oz	Sliced Cheese	1/2 oz	String Cheese	1 each (1 oz MMA)
Vegetables/Fruits (3/4 cup total req)	Diced Peaches	1/2 cup	Fresh Fruit	1 each (6 oz)	Fresh Fruit	1 each (6 oz)	Fresh Fruit	1 each (6 oz)	Applesauce	1/2 cup
	Orange Juice	4 oz	Fruit Blend Juice	4 oz	Grape Juice	4 oz	Apple Juice	4 oz	Fruit Blend Juice	4 oz
Grains (1 oz eq required)	Bread from Sandwich	1 each	Hamburger Bun (61 gms)	1 each	Hamburger Bun (61 gms)	1 each	Wheat Bread (28 grams)	2 slices	Bread from Sandwich	1 each
Other Foods			Mayo/Mustard	1 each	Mayo/Mustard	1 each	Mayo/Mustard	1 each		
SNACK (two components required)										
Milk 1% (8 oz)										
Meat/Meat Alternate (1 oz)	Fruited Yogurt	1 each							String Cheese	1 oz
Vegetables/Fruits (3/4 cup)			Fresh Fruit	1 each (6 oz)	Carrot Sticks	6 sticks	Fresh Fruit	1 each (6 oz)	Fresh Fruit	1 each (6 oz)
Grains (1 oz eq)	Graham Crackers	2 pkts	Animal Crackers	1 oz	Pretzels	1 oz	Cheese Crackers	1 pkt		
Other Foods					Ranch Dressing Cup	1 each				

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Meals and Required Components	Monday August 2, 2021		Tuesday August 3, 2021		Wednesday August 4, 2021		Thursday August 5, 2021		Friday August 6, 2021	
LUNCH										
Milk 1% (8 oz required)	Chocolate Milk	8 oz	Chocolate Milk	8 oz	Chocolate Milk	8 oz	Chocolate Milk	8 oz	Chocolate Milk	8 oz
Meat/Meat Alternate (2 oz required)	Peanut Butter Jelly Sandwich	1 each (1 oz MMA)	Pimento Cheese	1/3 cup	Sliced Ham	1.5 oz	Sliced Turkey	2.25 oz	Peanut Butter Jelly Sandwich	1 each (1 oz MMA)
	String Cheese	1 each (1 oz MMA)			Sliced Cheese	1 oz	Sliced Cheese	1/2 oz	String Cheese	1 each (1 oz MMA)
Vegetables/Fruits (3/4 cup total req)	Diced Pears	1/2 cup	Strawberry Applesauce	1/2 cup	Peaches	1/2 cup	Lettuce and Tomato	1/2 cup	Fresh Fruit	1 each
	Orange Juice	4 oz	Fruit Blend Juice	4 oz	Grape Juice	4 oz	Fresh Fruit	1 each (6 oz)	Apple Juice	4 oz
Grains (1 oz eq required)	Bread from Sandwich	1 each	Saltine Crackers	2 pkts	Hamburger Bun (61 gms)	1 each	Flour Tortilla	1 each	Bread from Sandwich	1 each
Other Foods					Mayo/Mustard	1 each	Mayo/Mustard	1 each		
SNACK (two components required)										
Milk 1% (8 oz)										
Meat/Meat Alternate (1 oz)	Fruited Yogurt	1 each					String Cheese	1 oz		
Vegetables/Fruits (3/4 cup)			Carrot Sticks	6 sticks	Fresh Fruit	1 each (6 oz)	Fresh Fruit	1 each (6 oz)	Fresh Fruit	1 each (6 oz)
Grains (1 oz eq)	Animal Crackers	1 oz	Pretzels	1 oz	Graham Crackers	2 pkts			Cheese Crackers	1 pkt
Other Foods			Ranch Dressing Cup	1 each						

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Alabama Food Bank



Meals and Required Components	Monday August 9, 2021		Tuesday August 10, 2021		Wednesday August 11, 2021		Thursday August 12, 2021		Friday August 13, 2021	
LUNCH										
Milk 1% (8 oz required)	Chocolate Milk	8 oz	Chocolate Milk	8 oz	Chocolate Milk	8 oz	Chocolate Milk	8 oz	Chocolate Milk	8 oz
Meat/Meat Alternate (2 oz required)	Peanut Butter Jelly Sandwich	1 each (1 oz MMA)	Sliced Turkey	2.25 oz	Sliced Ham	1.5 oz	Bologna	1.5 oz	Peanut Butter Jelly Sandwich	1 each (1 oz MMA)
	String Cheese	1 each (1 oz MMA)	Sliced Cheese	1/2 oz	Sliced Cheese	1/2 oz	Sliced Cheese	1/2 oz	String Cheese	1 each (1 oz MMA)
Vegetables/Fruits (3/4 cup total req)	Applesauce	1/2 cup	Fresh Fruit	1 each	Pears	1/2 cup	Fresh Fruit	1 each	Fresh Fruit	1 each
	Grape Juice	4 oz	Apple Juice	4 oz	Fruit Blend Juice	4 oz	Orange Juice	4 oz	Apple Juice	4 oz
Grains (1 oz eq required)	Bread from Sandwich	1 each	Hamburger Bun (61 gms)	1 each	Wheat Bread (28 gms)	2 slices	Hamburger Bun (61 gms)	1 each	Bread from Sandwich	1 each
Other Foods			Mayo/Mustard	1 each	Mayo/Mustard	1 each	Mayo/Mustard	1 each		
SNACK (two components required)										
Milk 1% (8 oz)										
Meat/Meat Alternate (1 oz)	Fruited Yogurt	1 each	String Cheese	1 oz						
Vegetables/Fruits (3/4 cup)			Fresh Fruit	1 each (6 oz)	Fresh Fruit	1 each (6 oz)	Carrot Sticks	6 sticks	Fresh Fruit	1 each (6 oz)
Grains (1 oz eq)	Graham Crackers	2 pkts			Cheese Crackers	1 pkt	Pretzels	1 oz	Animal Crackers	1 oz
Other Foods							Ranch Dressing Cup	1 each		

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Alabama Food Bank



Meals and Required Components	Monday August 16, 2021		Tuesday August 17, 2021		Wednesday August 18, 2021		Thursday August 19, 2021		Friday August 20, 2021	
LUNCH										
Milk 1% (8 oz required)	Chocolate Milk	8 oz	Chocolate Milk	8 oz	Chocolate Milk	8 oz	Chocolate Milk	8 oz	Chocolate Milk	8 oz
Meat/Meat Alternate (2 oz required)	Peanut Butter Jelly Sandwich	1 each (1 oz MMA)	Sliced Ham	1.5 oz	Sliced Turkey	2.25 oz	Sliced Ham	1.5 oz	Peanut Butter Jelly Sandwich	1 each (1 oz MMA)
	String Cheese	1 each (1 oz MMA)	Sliced Cheese	1/2 oz	Sliced Cheese	1/2 oz	Sliced Cheese	1/2 oz	String Cheese	1 each (1 oz MMA)
Vegetables/Fruits (3/4 cup total req)	Diced Peaches	1/2 cup	Fresh Fruit	1 each (6 oz)	Fresh Fruit	1 each (6 oz)	Fresh Fruit	1 each (6 oz)	Applesauce	1/2 cup
	Orange Juice	4 oz	Fruit Blend Juice	4 oz	Grape Juice	4 oz	Apple Juice	4 oz	Fruit Blend Juice	4 oz
Grains (1 oz eq required)	Bread from Sandwich	1 each	Hamburger Bun (61 gms)	1 each	Hamburger Bun (61 gms)	1 each	Wheat Bread (28 grams)	2 slices	Bread from Sandwich	1 each
Other Foods			Mayo/Mustard	1 each	Mayo/Mustard	1 each	Mayo/Mustard	1 each		
SNACK (two components required)										
Milk 1% (8 oz)										
Meat/Meat Alternate (1 oz)	Fruited Yogurt	1 each							String Cheese	1 oz
Vegetables/Fruits (3/4 cup)			Fresh Fruit	1 each (6 oz)	Carrot Sticks	6 sticks	Fresh Fruit	1 each (6 oz)	Fresh Fruit	1 each (6 oz)
Grains (1 oz eq)	Graham Crackers	2 pkts	Animal Crackers	1 oz	Pretzels	1 oz	Cheese Crackers	1 pkt		
Other Foods					Ranch Dressing Cup	1 each				

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