

Alabama Food Bank



Meals and Required Components	Monday May 30, 2022		Tuesday May 31, 2022		Wednesday June 1, 2022		Thursday June 2, 2022		Friday June 3, 2022	
LUNCH										
Milk 1% (8 oz required)					Chocolate Milk	8 oz	Chocolate Milk	8 oz	Chocolate Milk	8 oz
Meat/Meat Alternate (2 oz required)	CLOSED		CLOSED		Peanut Butter Jelly Sandwich	1 each (1 oz MMA)	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	String Cheese	1 each (1 oz MMA)
Vegetables/Fruits (3/4 cup total req)					Applesauce	1/2 cup	Fresh Fruit	1 each	Fresh Fruit	1 each
					Grape 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	Bread from Sandwich	1 each
Other Foods							Mayo/Mustard	1 each		
SNACK (two components required)										
Milk 1% (8 oz)										
Meat/Meat Alternate (1 oz)	CLOSED		CLOSED		Fruited Yogurt	1 each	String Cheese	1 oz		
Vegetables/Fruits (3/4 cup)										
Grains (1 oz eq)					Cheese Crackers	1 pkt	Pretzels	1 oz	Goldfish Crackers	1 oz
Other Foods									Ranch Dressing Cup	1 each

This institution is an equal opportunity provider.

Amanda H Patrick, MS, RD, LD

Amanda H Patrick, MS, RD, LD