



# Alabama Food Bank

| Meals and Required Components              | Monday<br>July 4, 2022 |  | Tuesday<br>July 5, 2022      |                   | Wednesday<br>July 6, 2022  |                   | Thursday<br>July 7, 2022 |               | Friday<br>July 8, 2022       |                   |
|--|------------------------|--|------------------------------|-------------------|----------------------------|-------------------|--------------------------|---------------|------------------------------|-------------------|
| <b>LUNCH</b>                               |                        |  |                              |                   |                            |                   |                          |               |                              |                   |
| Milk 1% (8 oz required)                    |                        |  | Chocolate Milk               | 8 oz              | Chocolate Milk             | 8 oz              | Chocolate Milk           | 8 oz          | Chocolate Milk               | 8 oz              |
| Meat/Meat Alternate<br>(2 oz required)     | <b>CLOSED</b>          |  | Peanut Butter Jelly Sandwich | 1 each (1 oz MMA) | Hummus                     | 4.5 oz (2 oz MMA) | Sliced Turkey            | 2.25 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)      |                        |  | Diced Pears                  | 1/2 cup           | Carrot Sticks              | 6 each            | Lettuce and Tomato       | 1/2 cup       | Fresh Fruit                  | 1 each            |
|  |                        |  | Orange Juice                 | 4 oz              | Fresh Fruit                | 1 each            | Fresh Fruit              | 1 each (6 oz) | Apple Juice                  | 4 oz              |
| Grains<br>(1 oz eq required)               |                        |  | Bread from Sandwich          | 1 each            | Salad Wafer Crackers       | 6 each            | Hamburger Bun (61 gms)   | 1 each        | Bread from Sandwich          | 1 each            |
| Other Foods                                |                        |  |                              |                   |                            |                   | Mayo/Mustard             | 1 each        |                              |                   |
| <b>SNACK<br/>(two components required)</b> |                        |  |                              |                   |                            |                   |                          |               |                              |                   |
| Milk 1% (8 oz)                             |                        |  |                              |                   |                            |                   |                          |               |                              |                   |
| Meat/Meat Alternate<br>(1 oz)              | <b>CLOSED</b>          |  | Fruited Yogurt               | 1 each            | Peanut Butter Cup (0.5 oz) | 2 each            | String Cheese            | 1 oz          |                              |                   |
| Vegetables/Fruits (3/4 cup)                |                        |  |                              |                   |                            |                   |                          |               | Fresh Fruit                  | 1 each (6 oz)     |
| Grains<br>(1 oz eq)                        |                        |  | Animal Crackers              | 1 oz              | Graham Crackers            | 2 pkts            | Pretzels                 | 1 oz          | Cheese Crackers              | 1 pkt             |
| Other Foods                                |                        |  |                              |                   |                            |                   |                          |               |                              |                   |

This institution is an equal opportunity provider.

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