



Alabama Food Bank

Meals and Required Components	Monday July 18, 2022		Tuesday July 19, 2022		Wednesday July 20, 2022		Thursday July 21, 2022		Friday July 22, 2022	
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 and Sliced Turkey	1 oz each (2 oz MMA)	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	Wheat Bread (28 grams)	2 slices	Ritz Crackers	4 crackers	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			Peanut Butter Cup (0.5 oz)	2 each	String Cheese	1 oz		
Vegetables/Fruits (3/4 cup)			Fresh Fruit	1 each (6 oz)					Carrot Sticks	6 sticks
Grains (1 oz eq)	Graham Crackers	2 pkts	Animal Crackers	1 oz	Pretzels	1 oz	Goldfish Crackers	1 oz	Cheese Crackers	1 pkt
Other Foods									Ranch Dressing Cup	1 each

This institution is an equal opportunity provider.

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