

# 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	
<b>LUNCH</b>										
Milk 1% (8 oz required)					Chocolate Milk	8 oz	Chocolate Milk	8 oz	Chocolate Milk	8 oz
Meat/Meat Alternate (2 oz required)	<b>CLOSED</b>		<b>CLOSED</b>		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		
<b>SNACK (two components required)</b>										
Milk 1% (8 oz)										
Meat/Meat Alternate (1 oz)	<b>CLOSED</b>		<b>CLOSED</b>		Fruited Yogurt	1 each	String Cheese	1 oz		
Vegetables/Fruits (3/4 cup)										Carrot Sticks
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

# Alabama Food Bank



Meals and Required Components	Monday June 6, 2022		Tuesday June 7, 2022		Wednesday June 8, 2022		Thursday June 9, 2022		Friday June 10, 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	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				
<b>SNACK (two components required)</b>										
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

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# Alabama Food Bank



Meals and Required Components	Monday June 13, 2022		Tuesday June 14, 2022		Wednesday June 15, 2022		Thursday June 16, 2022		Friday June 17, 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	Chocolate Milk	8 oz
Meat/Meat Alternate (2 oz required)	Peanut Butter Jelly Sandwich	1 each (1 oz MMA)	Bologna	1.5 oz	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 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	Carrot Sticks	6 each	Lettuce and Tomato	1/2 cup	Fresh Fruit	1 each
	Orange Juice	4 oz	Fruit Blend Juice	4 oz	Fresh Fruit	1 each	Fresh Fruit	1 each (6 oz)	Apple Juice	4 oz
Grains (1 oz eq required)	Bread from Sandwich	1 each	Wheat Bread (28 grams)	2 slices	Salad Wafer Crackers	6 each	Hamburger Bun (61 gms)	1 each	Bread from Sandwich	1 each
Other Foods			Mayo/Mustard	1 each			Mayo/Mustard	1 each		
<b>SNACK (two components required)</b>										
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)			Carrot Sticks	6 sticks					Fresh Fruit	1 each (6 oz)
Grains (1 oz eq)	Animal Crackers	1 oz	Goldfish Crackers	1 oz	Graham Crackers	2 pkts	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 June 20, 2022		Tuesday June 21, 2022		Wednesday June 22, 2022		Thursday June 23, 2022		Friday June 24, 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	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		
<b>SNACK (two components required)</b>										
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)	Cheese Crackers	1 pkt	Animal Crackers	1 oz	Graham Crackers	2 pkts	Pretzels	1 oz	Goldfish Crackers	1 oz
Other Foods									Ranch Dressing Cup	1 each

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# Alabama Food Bank



Meals and Required Components	Monday June 27, 2022		Tuesday June 28, 2022		Wednesday June 29, 2022		Thursday June 30, 2022		Friday July 1, 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	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				
<b>SNACK (two components required)</b>										
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

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# Alabama Food Bank

Meals and Required Components	Monday July 4, 2022		Tuesday July 5, 2022		Wednesday July 6, 2022		Thursday July 7, 2022		Friday 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 (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 (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 (two components required)</b>										
Milk 1% (8 oz)										
Meat/Meat Alternate (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 (1 oz eq)			Animal Crackers	1 oz	Graham Crackers	2 pkts	Pretzels	1 oz	Cheese Crackers	1 pkt
Other Foods										

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# Alabama Food Bank

Meals and Required Components	Monday July 11, 2022		Tuesday July 12, 2022		Wednesday July 13, 2022		Thursday July 14, 2022		Friday July 15, 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	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		
<b>SNACK (two components required)</b>										
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)	Cheese Crackers	1 pkt	Animal Crackers	1 oz	Graham Crackers	2 pkts	Pretzels	1 oz	Goldfish Crackers	1 oz
Other Foods									Ranch Dressing Cup	1 each

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# 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	
<b>LUNCH</b>										
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				
<b>SNACK (two components required)</b>										
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

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# Alabama Food Bank

Meals and Required Components	Monday July 25, 2022		Tuesday July 26, 2022		Wednesday July 27, 2022		Thursday July 28, 2022		Friday July 29, 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	Chocolate Milk	8 oz
Meat/Meat Alternate (2 oz required)	Peanut Butter Jelly Sandwich	1 each (1 oz MMA)	Bologna	1.5 oz	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 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	Carrot Sticks	6 each	Lettuce and Tomato	1/2 cup	Fresh Fruit	1 each
	Orange Juice	4 oz	Fruit Blend Juice	4 oz	Fresh Fruit	1 each	Fresh Fruit	1 each (6 oz)	Apple Juice	4 oz
Grains (1 oz eq required)	Bread from Sandwich	1 each	Wheat Bread (28 grams)	2 slices	Salad Wafer Crackers	6 each	Hamburger Bun (61 gms)	1 each	Bread from Sandwich	1 each
Other Foods			Mayo/Mustard	1 each			Mayo/Mustard	1 each		
<b>SNACK (two components required)</b>										
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)			Carrot Sticks	6 sticks					Fresh Fruit	1 each (6 oz)
Grains (1 oz eq)	Animal Crackers	1 oz	Goldfish Crackers	1 oz	Graham Crackers	2 pkts	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 August 1, 2022		Tuesday August 2, 2022		Wednesday August 3, 2022		Thursday August 4, 2022		Friday August 5, 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	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		
<b>SNACK (two components required)</b>										
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)	Cheese Crackers	1 pkt	Animal Crackers	1 oz	Graham Crackers	2 pkts	Pretzels	1 oz	Goldfish Crackers	1 oz
Other Foods									Ranch Dressing Cup	1 each

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# Alabama Food Bank



Meals and Required Components	Monday August 8, 2022		Tuesday August 9, 2022		Wednesday August 10, 2022		Thursday August 11, 2022		Friday August 12, 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	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				
<b>SNACK (two components required)</b>										
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

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