



**BREAK for a PLATE**  
SUMMER

# KIDS + TEENS EAT FREE THIS SUMMER



Anniston High School  
1301 Woodstock Ave.  
Anniston AL 36207

Or

Golden Springs Elementary School  
100 Ferry Dr.  
Anniston, AL 36207

June 1, 2024-June 30, 2024

Breakfast

7:00-8:00

Lunch

10:30-12:00



**We Teach  
Alabama**

[BreakForaPlate.com/Summer](https://BreakForaPlate.com/Summer)

brought to you by the Alabama State  
Department of Education and the USDA

Summer Food Service Program  
Meal Plan



BREAK for a PLATE

BREAKFAST		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Food Components</b>	<b>Servings</b>							
Milk	1 cup 8 ounces	Milk Choc. or White	Milk Choc. or White	Milk Choc. or White	Milk Choc. or White	Milk Choc. or White		
Vegetables/Fruit/Juice	½ cup 4 ounces	Juice & Fruit	Juice & Fruit	Juice & Fruit	Juice & Fruit	Juice & Fruit		
Grains/Breads	1 slice/ serving	Chicken Biscuit	Breakfast Pizza	Sausage Biscuit	Chicken & Waffles	C,T,H Croissant		
LUNCH/SUPPER								
<b>Food Components</b>	<b>Servings</b>							
Milk	1 cup 8 ounces	Milk Choc. or White	Milk Choc. or White	Milk Choc. or White	Milk Choc. or White	Milk Choc. or White		
Meat/Meat Alternate	2 ounces	Cheese, Turkey & Ham Sandwich	Sloppy Joes	Sweet/Sour Chicken	Pizza	Turkey & Cheese Sandwich		
Vegetables/Fruit/Juice	¾ cup 6 ounces	Lettuce, Tomato, Fruit	Corn, Peaches Cali. Veggies	Egg Roll, Stir Fry Veggies, Raisins	Celery Sticks, Pears, G. Beans	Salad w/Ranch Fruit		
Grains/Bread	1 slice/ serving	WG Chips	Bun	Rice, Fortune Cookie	Graham Crackers	Hoagie Bun Mini Krispy		
SNACK								
<b>Food Components</b>	<b>Servings</b>							
Milk	1 cup 8 ounces							
Meat/Meat Alternate	2 ounces							
Vegetables/Fruit/Juice	¾ cup 6 ounces							
Grains/Bread	1 slice/ serving							

\*All serving sizes are minimum quantities of the food components that are required to be served.

\*Must serve 2 different kinds of vegetables/fruit/juice or a combination. Select 2 different components for Snack.

\*All grains must be enriched or whole-grain. No more than 50% of the meat/meat alternate can be met with nuts or seeds.

Anniston City Schools BOE

Organization Name

*Antia Suttle*

Sponsor Signature

5/1/24

Date

Summer Food Service Program  
Meal Plan



BREAK for a PLATE

BREAKFAST		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Food Components</b>	<b>Servings</b>							
Milk	1 cup 8 ounces	Chocolate or White	Chocolate or White	Chocolate or White	Chocolate or White	Chocolate or White		
Vegetables/Fruit/Juice	½ cup 4 ounces	Fruit & Juice	Fruit & Juice	Fruit & Juice	Fruit & Juice	Fruit & Juice		
Grains/Breads	1 slice/ serving	Chicken Biscuit	Grits, Eggs, Sausage	Breakfast Pizza	Chicken & Waffles	Sausage Biscuit		
<b>LUNCH/SUPPER</b>								
<b>Food Components</b>	<b>Servings</b>							
Milk	1 cup 8 ounces	Chocolate or White	Chocolate or White	Chocolate or White	Chocolate or White	Chocolate or White		
Meat/Meat Alternate	2 ounces	Chicken & Cheese	Pizza/Pizza Crunchers	Chicken Sandwich	BBQ Pork or Chicken Sand	Beef Sliders		
Vegetables/Fruit/Juice	¾ cup 6 ounces	Broccoli & Fruit	Marinara Cup, Fruit & Salad	Left, Tom Pickles, G. Beans, Fruit	Slaw, Fruit Baked Potato	Salad, Fries Applesauce		
Grains/Bread	1 slice/ serving	Rice	WG Chips	Bun, Gnpz	Bun	Bun, WG Chips		
<b>SNACK</b>								
<b>Food Components</b>	<b>Servings</b>							
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*Anta Sath*

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Summer Food Service Program  
Meal Plan



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Vegetables/Fruit/Juice	½ cup 4 ounces	Juice & Fruit	Juice & Fruit	Juice & Fruit	Juice & Fruit	Juice & Fruit		
Grains/Breads	1 slice/ serving	Chicken Biscuit	Breakfast Pizza	Sausage Biscuit	Chicken & Waffles	C.T.H Crossant		
<b>LUNCH/SUPPER</b>								
<b>Food Components</b>	<b>Servings</b>							
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Grains/Bread	1 slice/ serving	WG Chips	Bun	Rice, Fortune Cookie	Graham Crackers	Hoagie Bun Mini Krispy		
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## Summer Food Service Program Meal Plan



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Grains/Breads	1 slice/ serving	Chicken Biscuit	Grits, Eggs, Sausage	Breakfast Pizza	Chicken & Waffles	Sausage Biscuit		
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