

SFSP Meal Plan and Menu

Signature: Judy Sartin
 Sponsor assumes all responsibility for meal compliance and changes to menus

| BREAKFAST | | Friday | Monday | Tuesday | Wednesday | Thursday | Friday | Monday | Tuesday | Wednesday | Thursday |
|---------------------------------------|-----------------------|-----------------|-----------------|--------------|--------------|---------------|---------------|------------------|--------------|-------------|------------------|
| Food Components | DATES: | 31-May | 3-Jun | 4-Jun | 5-Jun | 6-Jun | 7-Jun | 10-Jun | 11-Jun | 12-Jun | 13-Jun |
| Milk | 1 cup (8oz) | 8oz | 8oz | 8oz | 8oz | 8oz | 8oz | 8oz | 8oz | 8oz | 8oz |
| Vegetables/Fruit/Juice | 1/2 cup (4 oz) | Orange Juice | Orange Juice | Orange Juice | Apple Juice | Apple Juice | Apple Juice | Orange Juice | Orange Juice | Apple Juice | Apple Juice |
| Grains/Breads | 1 slice/serving | Breakfast Pizza | Breakfast Pizza | Fruit Loops | Fruit Loops | Honey Bun | Honey Bun | Breakfast Pizza | Fruit Loops | Pop Tart | Pop Tart |
| LUNCH/SUPPER | | | | | | | | | | | |
| Food Components | | | | | | | | | | | |
| Milk | 1 cup (8 oz) | 8oz | 8oz | 8oz | 8oz | 8oz | 8oz | 8oz | 8oz | 8oz | 8oz |
| Meat/Meat Alternate | 2 oz. | Hot Dog | Hot Dog | Pizza Pocket | Pizza Pocket | Cheese Burger | Cheese Burger | Pull Apart | Pizza Pocket | Hot Dog | Pull Apart |
| Vegetables/Fruit/Juice (Must serve 2) | 3/4 cup total* (6 oz) | Corn on Cob | Corn on Cob | Carrots | Yams | Corn on Cob | Yams | Carrots | Yams | Yams | Carrots |
| | | Apple | Apple | Banana | Banana | Apple Sauce | Apple Sauce | Raisins | Apple | Apple | Raisins |
| Grains/Breads | 1 slice/serving | Bun | Bun | Pizza Crust | Pizza Crust | Bun | Bun | Pull Apart Crust | Pizza Crust | Bun | Pull Apart Crust |

*Must serve 2 different kinds of vegetables/fruits/juice or a combination.

All grains must be enriched or whole-grain.

No more than 50% of meat/meat alternate can be met with nuts or seeds.

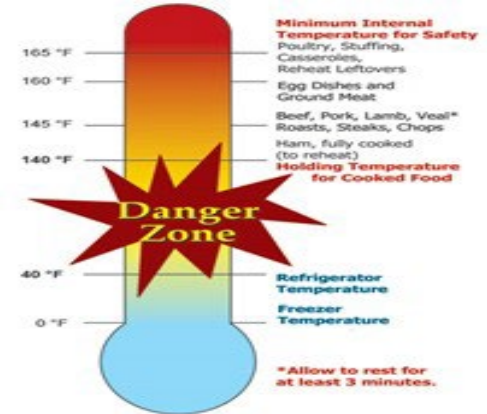
Note: All serving sizes are minimum quantities of the food components that are required to be served.

ALSDE 1/2018 SA Initials: _____ Date: _____

FOOD SAFETY, SERVING, COOKING, HEATING, AND STORAGE

All Foods are fully cooked when delivered/some are frozen for longer storage
 KEEP HOT FOODS HOT / COLD FOODS COLD / FROZEN FOOD FROZEN UNTIL READY TO USE
 Refrigerate or Freeze cold foods immediately Whole Fruits should be re-washed at home.
 When cooking, heat foods to 165°. Use a potholder to remove from Microwave. Food will be Hot!
 Clear food bags are not Microwave safe and should be removed. Place foods in a microwave safe dish.
 Food Allergy notice: Food prepared in this establishment may contain wheat, dairy, eggs, soy, nuts and/or fish

20 servings of milk will be sent as 1 gallon of whole white milk and 4 cartons of low fat chocolate.
 Fruit may be changed because of availability.



You will receive 1 gallon whole milk and 4-1/2 pints chocolate milk. Fresh produce may change with availability