

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:	14-Jun	17-Jun	18-Jun	19-Jun	20-Jun	21-Jun	24-Jun	25-Jun	26-Jun	27-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	Apple Jacks	Blueberry Waffles	Bannana Muffin	Nutrigrain Bar	Apple Jacks	Blueberry Waffles	Bannana Muffin	Nutrigrain Bar	Apple Jacks	Blueberry Waffles
LUNCH/SUPPER											
Food Components											
Milk	1 cup (8 oz)	8oz	8oz	8oz	8oz	8oz	8oz	8oz	8oz	8oz	8oz
Meat/Meat Alternate	2 oz.	PBJ Uncrustable	Grilled Chicken	Crispito	PBJ Uncrustable	Grilled Chicken	Crispito	Pull Apart	PBJ Uncrustable	Grilled Chicken	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	Orange	Carrots
		Apple	Apple	Banana	Banana	Orange	Orange	Raisins	Peaches	Peaches	Raisins
Grains/Breads	1 slice/serving	PBJ Uncrustable	Bun	Crispito	PBJ Uncrustable	Bun	Crispito	Pull Apart Crust	PBJ Uncrustable	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.

