

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



BreakForaPlate.com/Summer

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

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BREAKFAST		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Food Components	Servings								
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	¹ / ₂ cup 4 ounces	Juice & Fruit	Juice & Fruit	Juice & Fruit	Juice & Fruit	Juice & Fruit			
Grains/Breads	1 slice/ serving	Chicken Biscult	Breakfast Pizza	Sausage Biscuit	Chicken & Waffles	C,T,H Croissant			
LUNCH/SUPPER									
Food Components	Servings								
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 Sandwid	T	Sweet/Sour Chicken	Pizza	Turkey & Che Sandwich	ese		
Vegetables/Fruit/Juice	³ / ₄ cup 6 ounces	Lettuce.Tomato Fruit	Com, Peaches Call, Veggies	Egg Roll, Stir Fry Veggies, Raisins	Celery Sticks, Pears, G. Beans	Salad w/Rand Fruit	ζ.		
Grains/Bread	1 slice/ serving	WG Chips	Bun	Rice, Fortune Cookie	Graham Crackers	Hoagle Bun Mini Krispy			
SNACK									
Food Components	Servings								
Milk	1 cup 8 ounces								
Meat/Meat Alternate	2 ounces								
Vegetables/Fruit/Juice	³ / ₄ 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.									
Appiston City Schools BOE ///// 5/1/24									

Anniston City Schools BOE

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Organization Name

Sponsor Signature

SFSP-10 Revised 12/2021

Week 1

Summer Food Service Program Meal Plan



Date

SFSP-10 Revised 12/2021 Week 2

Summer Food Service Program Meal Plan

BREAK for a PLATE

or Chocolate or White Fruit & Juice cuit Grits, Eggs, Sausage or Chocolate or White Pizza/Pizza Crunchers Fruit Marinara Cup. Fruit & Salad WG Chips	Chocolate or White Fruit & Juice Breakfast Pizza Chocolate or White Chicken Sandwich Lett. Tom Pickles G. Beans, Fruit Bun, Gripz	Chocolate or White Fruit & Juice Chicken & Waffles Chocolate or White BBQ Pork or Chicken Sand Slaw, Fruit Baked Potato Bun	Chocolate or White Fruit & Juice Sausage Biscuit Chocolate or White Beef Sliders Salad, Fries Applesauce Bun.		
White Pruit & Juice Cuit Grits, Eggs, Sausage Cuit Chocolate or White Pizza/Pizza Crunchers Fruit & Salad	White Fruit & Juice Breakfast Pizza Chocolate or White Chicken Sandwich Lett. Tom Pickles G. Beans, Fruit	White Fruit & Juice Chicken & Waffles Chocolate or White BBQ Pork or Chicken Sand Staw, Fruit Baked Potato	White Fruit & Juice Sausage Biscuit Chocolate or White Beef Sliders Salad, Fries Applesauce		
or Chocolate or White Pizza/Pizza Crunchers Fruit & Salad	Breakfast Pizza Chocolate or White Chicken Sandwich Lett. Tom Pickles G. Beans, Fruit	Chicken & Waffles Chocolate or White BBQ Pork or Chicken Sand Staw, Fruit Baked Potato	Sausage Biscuit Chocolate or White Beef Sliders Salad, Fries Applesauce		
or Chocolate or White Pizza/Pizze Crunchers Fruit & Salad	Chocolate or White Chicken Sandwich Lett. Tom Pickles G. Beans, Fruit	Chocolate or White BBQ Pork or Chicken Sand Staw, Fruit Baked Potato	Biscuit Chocolate or White Beef Sliders Salad, Fries Applesauce		
White Pizza/Pizza Crunchers Fruit Marinara Cup. Fruit & Salad	White Chicken Sendwich Lett. Tom Pickles G. Beans, Fruit	White BBQ Pork or Chicken Sand Staw, Fruit Baked Potato	White Beef Sliders Salad, Fries Applesauce		
White Pizza/Pizza Crunchers Fruit Marinara Cup. Fruit & Salad	White Chicken Sendwich Lett. Tom Pickles G. Beans, Fruit	White BBQ Pork or Chicken Sand Staw, Fruit Baked Potato	White Beef Sliders Salad, Fries Applesauce		
White Pizza/Pizza Crunchers Fruit Marinara Cup. Fruit & Salad	White Chicken Sendwich Lett. Tom Pickles G. Beans, Fruit	White BBQ Pork or Chicken Sand Staw, Fruit Baked Potato	White Beef Sliders Salad, Fries Applesauce		
Crunchers Fruit Marinara Cup. Fruit & Salad	Left. Tom Pickles G. Beans, Fruit	Chicken Sand Staw, Fruit Baked Potato	Salad, Fries Applesauce		
Fruit Marinara Cup. Fruit & Salad	G. Beans, Fruit	Baked Potato	Applesauce		
	Bun, Gripz	Bun	Bun.		
			WG Chips		
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1	juice or a combination	uice or a combination. Select 2 different cor	food components that are required to be served. juice or a combination. Select 2 different components for Snack.	uice or a combination. Select 2 different components for Snack.	

Anniston City Schools BOE

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5/1/24

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Food Components	Servings								
Milk	l 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	¹ / ₂ cup 4 ounces	Juice & Fruit	Juice & Fruit	Juice & Fruit	Juice & Fruit	Juice & Fruit			
Grains/Breads	1 slice/ serving	Chicken Biscuit	Breakfast Pizza	Sausage Biscult	Chicken & Waffles	C.T.H Croissant			
LUNCH/SUPPER									
Food Components	Servings								
Milk	1 cup 8 ounces	Milk Choc. of 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 Sandwid	Sloppy Joes	Sweet/Sour Chicken	Pizza	Turkey & Che Sandwich			
Vegetables/Fruit/Juice	³ / ₄ cup 6 ounces	Lettuce, Tomato Fruit	Com, Peaches Call, Veocles	Egg Roll, Stir Fry Veggies, Raisins	Celery Sticks, Pears, G. Beans	Salad w/Rank Fruit	1		
Grains/Bread	1 slice/ serving	WG Chips	Bun	Rice, Fortune Cookle	Graham Crackers	Hoagie Bun Mini Krispy			
SNACK									
Food Components	Servings								
Milk	1 cup 8 ounces								
Meat/Meat Alternate	2 ounces								
Vegetables/Fruit/Juice	³ / ₄ cup 6 ounces								
Grains/Bread	l slice/ serving								
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*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 With Suttl 5/1/24									

Summer Food Service Program Meal Plan

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

BREAK for a PLATE

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BREAKFAST

Week 3

Revised 12/2021

Week 4

Summer Food Service Program Meal Plan



BREAKFAST MONDAY TUESDAY **WEDNESDAY** THURSDAY FRIDAY SATURDAY SUNDAY **Food Components** Servings Milk 1 cup Chocolate or Chocolate or Chocolate or Chocolate or Chocolate or 8 ounces White White White White White Vegetables/Fruit/Juice 1/2 cup Fruit & Juice 4 ounces Grains/Breads 1 slice/ Chicken Biscuit Grits, Eggs, Breakfast Pizza Sausage Chicken & Waffier serving Sausage Biscuit LUNCH/SUPPER **Food Components** Servings Milk I cup Chocolate or Chocolate or Chocolate or Chocolate or Chocolate or 8 ounces White White White White White Meat/Meat Alternate 2 ounces Chicken & Pizza/Pizza **BBQ** Pork or Chicken Sandwich **Beef Sliders** Cheese Crunchers Chicken Sand. Vegetables/Fruit/Juice 3/4 cup Marinara Cup. Lett. Tom. Pickles Salad, Fries Broccoli & Fruit Slaw, Fruit 6 ounces ruit & Salad G. Beans, Fruit **Baked** Potato Applesauce Grains/Bread 1 slice/ Rice Bun. Bun, Gripz Bun WG Chips serving WG Chips SNACK **Food Components** Servings Milk 1 cup 8 ounces Meat/Meat Alternate 2 ounces Vegetables/Fruit/Juice 3/4 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.

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