Alabama Department of Education

Division of Administrative and Financial Services

Child Nutrition Programs
SFSP-14
Revised 10/07

SUMMER FOOD SERVICE PROGRAM
CYCLE MENUS FOR LUNCH

Agreement No. AFQ-OOOO
Name of Sponsor City Of Tuscaloosa
Page 1 of 3

Dates to be served(list dates each menu will be served	Milk Fluid Milk-1 cup (8 fl. oz.)	MEAT & MEAT ALTERNATES Lean meats or poultry or fish-2oz. Or cheese-2oz Or eggs-1 Large eggs. Or cooked dry beans or peas-1/2 cup or peanut butter or soynut butter or other nut or seed butters-4tbsp. Or peanuts or soynuts or tree nuts or seeds-1oz. Or yogurt, plain or sweetened and flavored -8oz or 1-cup. Or an equivalent quantity of any combination of the above meat/meat alternates.	VEGETABLES Vegetable(s) and/or fruit(s)-3/4 cup total. Or full strength vegetable or fruit juice or an equivalent quantity of any combination of vegetable(s) fruit(s), and juice	GRAINS & BREADS Bread-1slice, or cornbread, biscuit, rolls, muffins, etc. 1-serving or cooked pasta or noodle product ½ cup. Or cooked cereal or cereal grains or an equivalent quantity of any combination of grains/breads ½ cup.	OPTIONAL FOODS Not required to meet meal pattern. Remember- keep fat, salt, and sugar at moderate levels.
Menu No. 1 Tuesday 7/10/18	2% Chocolate	HOT DOGS	BAKED BEANS 1/ 2 C COLE SLAW ¼ C ORANGES ½ C	HOT DOG BUN	KETCHUP, MUSTARD
Menu No. 2 Wednesday 07/11/2018	2% Chocolate	CHEESEBURGER 3ozs	FRENCH FRIES LETTUCE, TOMATOES, PICKLES PLUM	HAMBURGER BUN	KETCHUP, MAYONNAISE, MUSTARD
Menu No. 3 Thursday 07/12/2018	2% White	LUNCH WITH MAYOR WALT MADDOX BAKED CHICKEN	TURNIP GREENS PEACHES ½ C	MACARONI & CHEESE CORN BREAD	
Menu No. 4 Friday 07/13/2018	2% Chocolate	PIZZA (CN LABEL)	BROCCOLI CORN ON COB APPLE 1/2C	PIZZA CRUST	
Menu No. 5 Monday 07/16/2018	2% White	CHICKEN FINGERS	MASHED POTATOES ENGLISH PEAS ¼ C FRUIT	ENRICHED ROLL	KETCHUP
Menu No.6 Tuesday 07/17/2018	2% Chocolate	CHICKEN PATTIES	STRAWBERRIES ¼ C WHOLE CORN ¼ C COMBINATION SALAD, LETTUCE, TOMATOES WITH DRESSING	BUN	KETCHUP, MAYONNAISE

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Menu No. 1 Wednesday 07/18/2018	2% White	BBQ CHICKEN	PLUMS -2 BAKED BEANS ¼ C COLE SLAW 1/2C	ENRICHED ROLL	
Menu No. 2 Thursday 07/19/2018	2% Chocolate	SPAGHETTI	APPLE –SMALL GREENBEANS ¼ C GARDEN SALAD	BARBECUE BREAD SPAGHETTI NOODLES	FRENCH DRESSING
Menu No. 3 Friday 07/20/2018	2% White	TACOS	SHREDDED LETTUCE POTATOE ROUNDS DICED TOMATOES FRUIT	JUMBO TACO SHELLS	CHEESE
Menu No. 4 Monday 07/23/2018	2% Chocolate	CHICKEN NUGGETTS	MASHED POTATOES 1/4C EARLY PEAS 1/4C GRAPES 1/4C	ENRICHED ROLL	KETCHUP, SWEET AND SOUR SAUCE
Menu No. 5 Tuesday 07/24/2018	2% White	CHEESEBURGER 3OZS	FRENCH FRIES LETTUCE, TOMATOES, PICKLES ORANGE	BUN	KETCHUP, MAYONNAISE MUSTARD
Menu No. 6 Wednesday 07/25/2018	2% Chocolate	PIZZA (CN LABEL)	WHOLE GRAIN CORN ¼ C GARDEN SALAD 1/2C APPLESTICKS ¼ /C FRUIT COCKTAIL ½ C	CRUST	

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Menu No. 1 Thursday 07/26/2018	2% Chocolate	CHICKEN TETRAZZINI	SALAD GREEN BEANS 1/4C APPLE 1/2C	ROLL	
Menu No. 3 Friday 07/27/2018	2% Chocolate	SALISBURY STEAK	RICE SWEET PEAS FRUIT	ROLLS	
		July 30-August 3 will be **POTLUCK**			