

3 O'clock Project-Baton Rouge Commissary May- June 2019 Breakfast (Created 5/24/2019)

| | WEEK 1 MENU | | WEEK 2 MENU | | WEEK 3 MENU | | WEEK 4 MENU | | WEEK 5 MENU | |
|-----------|---|--|--|--|--|--|--|--|--|--|
| | Breakfast | Srvg (6-18) | Breakfast | Srvg (6-18) | Breakfast | Srvg (6-18) | Breakfast | Srvg (6-18) | Breakfast | Srvg (6-18) |
| Monday | | | Milk (1%) Waffles (crdb 1) (1 ea) Tropical Mixed Fruit Syrup Margarine | 1 Cup 1.4 oz 1/2 Cup .3 oz .1 oz | Milk (1%) WG Biscuit (crdb. 2) Pineapples Jelly (10gm, 1 pkt ea) Margarine | 1 Cup 2 oz 1/2 Cup .3 oz .1 oz | Milk (1%) Variety Cereal(crdb 1) Mandarin Oranges | 1 Cup 1 oz 1/2 Cup | Milk (1%) WG Muffin (crdb. 1) (1 ea) Pears Margarine | 1 Cup 2 oz 1/2 Cup .1 oz |
| | | | 6/3 | | 6/10 | | 6/17 | | 6/24 | |
| Tuesday | Milk (1%) Variety Cereal(crdb 1) Mixed Fruit | 1 Cup 1 oz 1/2 Cup | Milk (1%) WG Muffin (crdb. 1) (1 ea) Pears Margarine | 1 Cup 2 oz 1/2 Cup .1 oz | Milk (1%) Variety Cereal(crdb 1) Pears | 1 Cup 1 oz 1/2 Cup | Milk (1%) Waffles (crdb 1) (1 ea) Peaches Syrup Margarine | 1 Cup 1.4 oz 1/2 Cup .3 oz .1 oz | Milk (1%) Variety Cereal(crdb 1) Mixed Fruit | 1 Cup 1 oz 1/2 Cup |
| | 5/28 | | 6/4 | | 6/11 | | 6/18 | | 6/25 | |
| Wednesday | Milk (1%) WG Biscuit (crdb. 2) Peaches Margarine Jelly (10gm, 1 pkt ea) | 1 Cup 2 oz 1/2 Cup .1 oz .3 oz | Milk (1%) Variety Cereal(crdb 1) Pineapples | 1 Cup 1 oz 1/2 Cup | Milk (1%) Waffles (crdb 1) (1 ea) Mandarin Oranges Syrup Margarine | 1 Cup 1.4 oz 1/2 Cup .3 oz .1 oz | Milk (1%) WG Biscuit (crdb. 2) Pineapples Jelly (10gm, 1 pkt ea) Margarine | 1 Cup 2 oz 1/2 Cup .3 oz .1 oz | Milk (1%) WG Pancakes (crdb1.75) (2 ea) Syrup Margarine Pineapples | 1 Cup 2.2 oz .3 oz .1 oz 1/2 Cup |
| | 5/29 | | 6/5 | | 6/12 | | 6/19 | | 6/26 | |
| Thursday | Milk (1%) WG Muffin (crdb. 1) (1 ea) Applesauce Margarine | 1 Cup 2 oz 1/2 Cup .1 oz | Milk (1%) WG Biscuit (crdb. 2) Fresh Banana Jelly (10gm, 1 pkt ea) Margarine | 1 Cup 2 oz 1/2 Cup .3 oz .1 oz | Milk (1%) WG Pancakes (crdb1.75) (2 ea) Applesauce Syrup Margarine | 1 Cup 2.2 oz 1/2 Cup .3 oz .1 oz | Milk (1%) WG Muffin (crdb. 1) (1 ea) Fresh Banana Margarine | 1 Cup 2 oz 1/2 Cup .1 oz | Milk (1%) WG Biscuit (crdb. 2) Applesauce Jelly (10gm, 1 pkt ea) Margarine | 1 Cup 2 oz 1/2 Cup .3 oz .1 oz |
| | 5/30 | | 6/6 | | 6/13 | | 6/20 | | 6/27 | |
| Friday | Milk (1%) WG Pancakes (crdb1.75) (2 ea) Pineapples Syrup Margarine | 1 Cup 2.2 oz 1/2 Cup .3 oz .1 oz | Milk (1%) Pancake Wrap (crdb. 1, crdp. 1)(1ea) Applesauce | 1 Cup 2.8 oz 1/2 Cup | Milk (1%) WG Muffin (crdb. 1) (1 ea) Fresh Banana Margarine | 1 Cup 2 oz 1/2 Cup .1 oz | Milk (1%) Pancake Wrap (crdb. 1, crdp. 1)(1ea) Applesauce | 1 Cup 2.8 oz 1/2 Cup | Milk (1%) Waffles (crdb 1) (1 ea) Fresh Banana Syrup Margarine | 1 Cup 1.4 oz 1/2 Cup .3 oz .1 oz |
| | 5/31 | | 6/7 | | 6/14 | | 6/21 | | 6/28 | |

M. Ashman, RD, LDN #1866 (5-24-19)

3 O'Clock Project - Baton Rouge Commissary May-June 2019 Lunch (created 5-24-19)

| WEEK 1 MENU | | WEEK 2 MENU | | WEEK 3 MENU | | WEEK 4 MENU | | WEEK 5 MENU | | |
|-------------|--|---|--|--|---|--|---|---|--|--|
| Day | Lunch | Srvg Age (6-18) | Lunch | Srvg Age (6-18) | Lunch | Srvg Age (6-18) | Lunch | Srvg Age (6-18) | Lunch | Srvg Age (6-18) |
| Monday | | | Milk (1%) Breaded Chicken Sandwich (crdp 2, crdb 0.7) Cheese (crdp 0.5) Lettuce & Tomato Salad Southern Green Beans Hamburger Bun Yellow Mustard (1 ea, 4.5 gm) | 1 Cup 3.5 oz .5 oz 1 Cup 1/4 Cup 1 oz .1 oz | Milk (1%) WG Corn Dog (1 ea.= 2 oz meat, 2 bread) Potato Wedges Green Beans Yellow Mustard (1 ea, 4.5 gm) Ketchup (1 ea) | 1 Cup 4 oz 1/2 Cup 1/2 Cup .1 oz .3 oz | Milk (1%) Smothered Chicken (2 oz meat) Carrots Pineapple Tidbits Whole Wheat Bread | 1 Cup 4 oz 1/4 Cup 1/2 Cup 1 oz | Milk (1%) Meatballs (2 each = 2.5 oz meat) Creole Sauce Southern Green Beans Chuckwagon Corn Hoagie Bun | 1 Cup 1 oz .5 oz 1/4 Cup 1/2 Cup 2 oz |
| Tuesday | Milk (1%) Meatballs (2 each = 2.5 oz meat) Creole Sauce Southern Green Beans Chuckwagon Corn Hoagie Bun | 1 Cup 4 oz 2 oz 1/4 Cup 1/2 Cup 2 oz | 6/3 Milk (1%) Chckn & Sausg Jambalaya(crdp. 2, crdb. 1) Green Peas Fresh Cucumber Slices Whole Wheat Bread Ranch Dressing | 1 Cup 1 Cup 1/4 Cup 1/2 Cup 1 oz 4 oz | 6/10 Milk (1%) Roasted Turkey (crdp 2) Cheese (crdp 0.5) Fresh Cucumber Slices Fresh Banana Whole Wheat Bread (2 slic) Ranch Dressing Mayonnaise(1ea, 9gm) Yellow Mustard (1 ea, 4.5 gm) | 1 Cup 4 oz .5 oz 1/4 Cup 1/2 Cup 2 oz 4 oz .3 oz 1 oz | 6/17 Milk (1%) Mac & Cheese (crdp. 3 oz, crdb. 0.5) (WCCENP-014) Power Bunch Broccoli Fresh Watermelon Whole Wheat Bread | 1 Cup 1 Cup 1/4 Cup 1/2 Cup 1 oz | 6/24 Milk (1%) Meatballs (2 each = 2.5 oz meat) Creole Sauce Southern Green Beans Chuckwagon Corn Hoagie Bun | 1 Cup 2.6 oz .5 oz 1/4 Cup 1/2 Cup 1 oz 1 oz 1 oz .3 oz .2 oz |
| Wednesday | 5/28 Milk (1%) White Beans & Sausage(crdp. 2) Enriched Rice Fresh Banana Collard Greens | 1 Cup 1/2 Cup 1/2 Cup 1/4 Cup | 6/4 Milk (1%) Red Beans & Sausage Brown Rice(SLM340SC) Confetti Cole Slaw Fresh Watermelon | 1 Cup 1 Cup 1/2 Cup 1/2 Cup 1/2 Cup | 6/11 Milk (1%) Chicken & Sausage Gumbo(crdp. 2 oz) | 1 Cup 1/2 Cup 1/4 Cup 1/2 Cup | 6/18 Milk (1%) Beef Taco (crdp. 2 oz) (HV240A) Shredded Cheese Pinto Beans Lettuce & Tomato Taco Sauce(1 ea) Flour Tortilla Ranch Dressing | 1 Cup 1/2 Cup .5 oz 1/2 Cup 1/2 Cup .2 oz 1 oz .4 oz | 6/25 Milk (1%) White Beans & Sausage(crdp. 2) Enriched Rice Fresh Banana Collard Greens | 1 Cup 1 Cup 1/2 Cup 1/2 Cup 1/4 Cup |
| Thursday | 5/29 Milk (1%) Sliced Ham (1.5 oz meat) Cheese (crdp 0.5) Mandarin Oranges Fresh Cucumber Slices Ranch Dressing (1ea) Whole Wheat Bread (2 slic) Yellow Mustard (1 ea, 4.5 gm) Mayonnaise(1ea, 9gm) | 1 Cup 1.8 oz .5 oz 1/2 Cup 1/4 Cup .4 oz 2 oz .1 oz .3 oz | 6/5 Milk (1%) Hamburger (crdp. 2.25 oz) Cheese (crdp 0.5) Baked Beans(HV173SC) French Fries Hamburger Bun Ketchup (1 ea) Ketchup (1 ea) Yellow Mustard (1 ea, 4.5 gm) | 1 Cup 2.6 oz .5 oz 1/4 Cup 1/2 Cup 1 oz 3 oz 3 oz 1 oz | 6/12 Milk (1%) Hamburger (crdp. 2.25 oz) French Fries Lettuce & Tomato Salad Hamburger Bun Ketchup (1 ea) Mayonnaise(1ea, 9gm) Yellow Mustard (1 ea, 4.5 gm) Ranch Dressing | 1 Cup 2.6 oz 1/2 Cup 1/2 Cup 1 oz 2 oz .3 oz 2 oz 4 oz | 6/19 Milk (1%) Spaghetti (crdb. 1)w/ Meat Sauce (crdp. 2) (BSA32SC) Garden Salad Seasoned Green Beans White Dinner Roll Italian Dressing | 1 Cup 1 Cup 1 Cup 1/4 Cup 1 oz .4 oz | 6/26 Milk (1%) Sliced Ham (1.5 oz meat) Cheese (crdp 0.5) Mandarin Oranges Fresh Cucumber Slices Ranch Dressing (1ea) Whole Wheat Bread (2 slic) Yellow Mustard (1 ea, 4.5 gm) Mayonnaise(1ea, 9gm) | 1 Cup 1.8 oz 5 oz 1/2 Cup 1/4 Cup 4 oz 2 oz 1 oz 3 oz |
| Friday | 5/30 Milk (1%) WG Chicken Tenders (3 ea) (crdp. 2, crdb.1) Peaches French Fries Ketchup (1 ea) Ketchup (1 ea) | 1 Cup 3.9 oz 1/4 Cup 1/2 Cup 3 oz | 6/6 Milk (1%) Baked Chicken Leg Qtrr.(crdp3.1 oz) Mashed Potatoes (HV307SC) Power Bunch Broccoli Whole Wheat Bread | 1 Cup 7 oz 1/2 Cup 1/4 Cup 1 oz | 6/13 Milk (1%) BBQ Chicken Leg Qtrtr (crdp3.1 oz) Rec.#HV37SC Fresh Cantaloupe Chantilly Potatoes Whole Wheat Bread | 1 Cup 7 oz 1/2 Cup 1/4 Cup 1 oz | 6/20 Milk (1%) Hot Dog w/ Chili (2 oz frank & 1/2 cup chili) French Fries Fresh Banana Hot Dog Bun Ketchup (1 ea) | 1 Cup 5.5 oz 1/4 Cup 1/2 Cup 1 oz 3 oz | 6/27 Milk (1%) WG Chicken Tenders (3 ea) (crdp. 2, crdb.1) Peaches French Fries Ketchup (1 ea) Ketchup (1 ea) | 1 Cup 3.9 oz 1/2 Cup 1/4 Cup .3 oz .3 oz |
| | 5/31 | | 6/7 | | 6/14 | | 6/21 | | 6/28 | |

M. Ashman, RD, LDN #1866 (5-24-19)