

RR & AL Three O'Clock Project SFSP

Baton Rouge Central Kitchen

Meals and Required Components	Monday		Tuesday		Wednesday		Thursday		Friday	
	May 29, 2023		May 30, 2023		May 31, 2023		June 1, 2023		June 2, 2023	
BREAKFAST		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size
Milk (1% or Skim Chocolate) (8 oz required)	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz
Vegetable/Fruit/Juice (1/2 cup)	Peaches	1/2 cup	Fresh Fruit	1 each (1/2 cup)	Mandarin Oranges	1/2 cup	Mixed Fruit	1/2 cup	Cinnamon Applesauce	1/2 cup
Grains (1 oz eq)	Cinnamon Toast Crunch (1 oz)	1 each (1 oz eq)	WG Blueberry Muffin (2 oz)	1 each (1 oz eq)	WG Apple Jacks Cereal (1 oz)	1 each (1 oz eq)	WG Strawberry Muffin (2 oz)	1 each (1 oz eq)	Honey Nut Cheerios (1 oz)	1 each (1 oz eq)
Other Foods										
LUNCH		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size
Milk (1%) (8 oz required)	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz
Meat/Meat Alternate (2 oz required)	Ham & American Cheese	3 oz/1 oz (2 oz M/MA)	WG Corn Dog (4 oz)	1 each (2 oz M/MA)	Nachos (Meat 2 oz, Cheese sauce 1 oz)	3 oz (2 oz M/MA)	Chili Dog	2 oz & .25 cup (2 oz M/MA)	Hamburger (2.5 oz CN)	1 each (2 oz M/MA)
Vegetables/Fruits (3/4 cup required)	Fresh Baby Carrots/Ranch	1/2 cup/1 each	Tator Tots	1/2 cup	Chuckwagon Corn	1/2 cup	Green Peas	1/2 cup	Green Beans	1/2 cup
	Fresh Fruit	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)
Grains (1 oz eq required)	Wheat Bread (1 oz)	2 slices (2 oz eq)	WG Breading in Entrée	1 each (2 oz eq)	WG Tortilla Chips	1 oz (1 oz eq)	WG Hot Dog Bun (1.5 oz)	1 each (1 oz eq)	WG Hamburger Bun (57 gms)	1 each (2 oz eq)
Other Foods	Mustard/Mayonnaise	1 each	Mustard/Ketchup	1 each	Taco Sauce	1 each			Ketchup/Mustard/Mayonnaise	1 each

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Baton Rouge Central Kitchen

Meals and Required Components	Monday		Tuesday		Wednesday		Thursday		Friday	
	June 5, 2023		June 6, 2023		June 7, 2023		June 8, 2023		June 9, 2023	
BREAKFAST		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size
Milk (1% or Skim Chocolate) (8 oz required)	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz
Vegetable/Fruit/Juice (1/2 cup)	Peaches	1/2 cup	Mandarin Oranges	1/2 cup	Fresh Fruit	1 each (1/2 cup)	Applesauce	1/2 cup	Peaches	1/2 cup
Grains (1 oz eq)	WG Strawberry Pop Tart (2 count, 3.5 oz)	1 pkt (1.5 oz eq)	WG Blueberry Muffin (2 oz)	1 each (1 oz eq)	Honey Nut Cheerios (1 oz)	1 each (1 oz eq)	Cinnamon Toast Crunch (1 oz)	1 each (1 oz eq)	WG Apple Jacks Cereal (1 oz)	1 each (1 oz eq)
Other Foods										
LUNCH		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size
Milk (1%) (8 oz required)	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz
Meat/Meat Alternate (2 oz required)	WG Breaded Chicken Patty (3 oz CN)	1 each (2 oz M/MA)	WG Corn Dog (4 oz)	1 each (2 oz M/MA)	Hamburger (2.5 oz CN)	1 each (2 oz M/MA)	BBQ Riblet (3 oz)	1 each (2 oz M/MA)	Turkey & American Cheese	3 oz/1 oz (2 oz M/MA)
Vegetables/Fruits (3/4 cup required)	Glazed Carrots	1/2 cup	Tator Tots	1/2 cup	Baked Beans	1/2 cup	Corn	1/2 cup	Fresh Baby Carrots/Ranch	1/2 cup/1 each
	Fresh Fruit	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)
Grains (1 oz eq required)	WG Hamburger Bun (57 gms)	1 each (2 oz eq)	WG Breading in Entrée	1 each (2 oz eq)	WG Hamburger Bun (57 gms)	1 each (2 oz eq)	WG Hamburger Bun (57 gms)	1 each (2 oz eq)	Wheat Bread (1 oz)	2 slices (2 oz eq)
Other Foods	Mayonnaise	1 each	Mustard/Ketchup	1 each	Ketchup/Mustard/Mayonnaise	1 each			Mustard/Mayonnaise	1 each

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Baton Rouge Central Kitchen

Meals and Required Components	Monday		Tuesday		Wednesday		Thursday		Friday	
	June 12, 2023		June 13, 2023		June 14, 2023		June 15, 2023		June 16, 2023	
BREAKFAST		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size
Milk (1% or Skim Chocolate) (8 oz required)	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz
Vegetable/Fruit/Juice (1/2 cup)	Peaches	1/2 cup	Fresh Fruit	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)	Applesauce	1/2 cup	Pears	1/2 cup
Grains (1 oz eq)	WG Apple Cinnamon Muffin (2 oz)	1 each (1 oz eq)	WG Strawberry Pop Tart (2 count, 3.5 oz)	1 pkt (1.5 oz eq)	WG Strawberry Muffin (2 oz)	1 each (1 oz eq)	Cinnamon Toast Crunch (1 oz)	1 each (1 oz eq)	WG Apple Jacks Cereal (1 oz)	1 each (1 oz eq)
Other Foods										
LUNCH		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size
Milk (1%) (8 oz required)	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz
Meat/Meat Alternate (2 oz required)	Turkey & Sausage Jambalaya	1 cup (2 oz M/MA)	Hamburger (2.5 oz CN)	1 each (2 oz M/MA)	Red Beans & Sausage	1 cup (2 oz M/MA)	Fiesta Mac & Cheese	1 cup (2 oz M/MA)	BBQ Chicken Thigh (7.6 oz)	1 each (2 oz M/MA)
Vegetables/Fruits (3/4 cup required)	Green Beans	1/2 cup	Baked Beans	1/2 cup	Broccoli w/Cheese	1/2 cup	Green Peas	1/2 cup	Mixed Vegetables	1/2 cup
	Fresh Fruit	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)
Grains (1 oz eq required)	Wheat Bread (1 oz)	1 slice (1 oz eq)	WG Hamburger Bun (57 gms)	1 each (2 oz eq)	Brown Rice	1/2 cup (1 oz eq)	Wheat Bread (1 oz)	1 slice (1 oz eq)	Wheat Bread (1 oz) & Macaroni/Cheese (1/2 cup)	1 slice (1 oz eq)
Other Foods			Ketchup/Mustard/ Mayonnaise	1 each						

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Baton Rouge Central Kitchen

Meals and Required Components	Monday		Tuesday		Wednesday		Thursday		Friday	
	June 19, 2023		June 20, 2023		June 21, 2023		June 22, 2023		June 23, 2023	
BREAKFAST		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size
Milk (1% or Skim Chocolate) (8 oz required)	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz
Vegetable/Fruit/Juice (1/2 cup)	Peaches	1/2 cup	Fresh Fruit	1 each (1/2 cup)	Mandarin Oranges	1/2 cup	Pineapples	1/2 cup	Applesauce	1/2 cup
Grains (1 oz eq)	WG Strawberry Muffin (2 oz)	1 each (1 oz eq)	Honey Nut Cheerios (1 oz)	1 each (1 oz eq)	WG Strawberry Pop Tart (2 count, 3.5 oz)	1 pkt (1.5 oz eq)	WG Apple Jacks Cereal (1 oz)	1 each (1 oz eq)	WG Blueberry Muffin (2 oz)	1 each (1 oz eq)
Other Foods										
LUNCH		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size
Milk (1%) (8 oz required)	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz
Meat/Meat Alternate (2 oz required)	WG Corn Dog (4 oz)	1 each (2 oz M/MA)	Turkey & Swiss Cheese	3 oz/1 oz (2 oz M/MA)	Chicken & Sausage Gumbo	1 cup (2 oz M/MA)	Ham & American Cheese	3 oz/1 oz (2 oz M/MA)	Salisbury Patty (3 oz)/Gravy(2 oz)	1 each (2 oz M/MA)
Vegetables/Fruits (3/4 cup required)	California Vegetables	1/2 cup	Fresh Baby Carrots/Ranch	1/2 cup/1 each	Okra & Tomatoes	1/2 cup	Fresh Baby Carrots/Ranch	1/2 cup/1 each	Garlic Whipped Potatoes	1/2 cup
	Fresh Fruit	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)
Grains (1 oz eq required)	WG Breading in Entrée	1 each (2 oz eq)	Wheat Bread (1 oz)	2 slices (2 oz eq)	Brown Rice	1/2 cup (1 oz eq)	Wheat Bread (1 oz)	2 slices (2 oz eq)	Wheat Bread (1 oz)	1 slice (1 oz eq)
Other Foods	Mustard	1 each	Mustard/Mayonnaise	1 each			Mustard/Mayonnaise	1 each		

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Meals and Required Components	Monday		Tuesday		Wednesday		Thursday		Friday	
	June 26, 2023		June 27, 2023		June 28, 2023		June 29, 2023		June 30, 2023	
BREAKFAST		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size
Milk (1% or Skim Chocolate) (8 oz required)	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz
Vegetable/Fruit/Juice (1/2 cup)	Peaches	1/2 cup	Fresh Fruit	1 each (1/2 cup)	Mandarin Oranges	1/2 cup	Applesauce	1/2 cup	Pears	1/2 cup
Grains (1 oz eq)	WG Apple Cinnamon Muffin (2 oz)	1 each (1 oz eq)	Honey Nut Cheerios (1 oz)	1 each (1 oz eq)	WG Strawberry Muffin (2 oz)	1 each (1 oz eq)	Cinnamon Toast Crunch (1 oz)	1 each (1 oz eq)	WG Apple Jacks Cereal (1 oz)	1 each (1 oz eq)
Other Foods										
LUNCH		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size
Milk (1%) (8 oz required)	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz
Meat/Meat Alternate (2 oz required)	Meatballs (3.5 oz)/Creole Sauce(2 oz)	7 ea/ (2 oz M/MA)	Pinto Beans & Sausage	1 cup (2 oz M/MA)	BBQ Riblet (3 oz)	1 each (2 oz M/MA)	Beef/Turkey Spaghetti	1 cup (2 oz M/MA)	Baked Chicken Thigh (7.6 oz) and Gravy (2 oz)	1 each (2 oz M/MA)
Vegetables/Fruits (3/4 cup required)	Country Corn	1/2 cup	Broccoli w/Cheese	1/2 cup	Tator Tots	1/2 cup	Green Beans	1/2 cup	Sour Cream/Chive Potatoes	1/2 cup
	Fresh Fruit	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)
Grains (1 oz eq required)	WG Hot Dog Bun (1.5 oz)	1 each (1 oz eq)	Brown Rice	1/2 cup (1 oz eq)	WG Hamburger Bun (57 gms)	1 each (2 oz eq)	Wheat Bread (1 oz)	1 slice (1 oz eq)	Wheat Bread (1 oz)	1 slice (1 oz eq)
Other Foods					Ketchup	1 each				

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Baton Rouge Central Kitchen

Meals and Required Components	Monday		Tuesday		Wednesday		Thursday		Friday	
	July 3, 2023		July 4, 2023		July 5, 2023		July 6, 2023		July 7, 2023	
BREAKFAST		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size
Milk (1% or Skim Chocolate) (8 oz required)	Milk	8 oz			Milk	8 oz	Milk	8 oz	Milk	8 oz
Vegetable/Fruit/Juice (1/2 cup)	Peaches	1/2 cup			Mandarin Oranges	1/2 cup	Pineapples	1/2 cup	Applesauce	1/2 cup
Grains (1 oz eq)	Honey Nut Cheerios (1 oz)	1 each (1 oz eq)			WG Strawberry Pop Tart (2 count, 3.5 oz)	1 pkt (1.5 oz eq)	WG Apple Jacks Cereal (1 oz)	1 each (1 oz eq)	WG Blueberry Muffin (2 oz)	1 each (1 oz eq)
Other Foods										
LUNCH		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size
Milk (1%) (8 oz required)	Milk	8 oz			Milk	8 oz	Milk	8 oz	Milk	8 oz
Meat/Meat Alternate (2 oz required)	Turkey & Sausage Jambalaya	1 cup (2 oz M/MA)			Hamburger (2.5 oz CN)	1 each (2 oz M/MA)	Chili Dog	2 oz & .25 cup (2 oz M/MA)	WG Breaded Chicken Patty (3 oz CN)	1 each (2 oz M/MA)
Vegetables/Fruits (3/4 cup required)	Green Peas	1/2 cup			Tator Tots	1/2 cup	Green Peas	1/2 cup	Corn	1/2 cup
	Fresh Fruit	1 each (1/2 cup)			Fresh Fruit	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)
Grains (1 oz eq required)	Wheat Bread (1 oz)	1 slice (1 oz eq)			WG Hamburger Bun (57 gms)	1 each (2 oz eq)	WG Hot Dog Bun (1.5 oz)	1 each (1 oz eq)	WG Hamburger Bun (57 gms)	1 each (2 oz eq)
Other Foods					Ketchup/Mustard/Mayonnaise	1 each			Mayonnaise	1 each

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Meals and Required Components	Monday		Tuesday		Wednesday		Thursday		Friday	
	July 10, 2023		July 11, 2023		July 12, 2023		July 13, 2023		July 14, 2023	
BREAKFAST		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size
Milk (1% or Skim Chocolate) (8 oz required)	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz
Vegetable/Fruit/Juice (1/2 cup)	Peaches	1/2 cup	Fresh Fruit	1 each (1/2 cup)	Mandarin Oranges	1/2 cup	Applesauce	1/2 cup	Pears	1/2 cup
Grains (1 oz eq)	WG Apple Cinnamon Muffin (2 oz)	1 each (1 oz eq)	Honey Nut Cheerios (1 oz)	1 each (1 oz eq)	WG Strawberry Muffin (2 oz)	1 each (1 oz eq)	Cinnamon Toast Crunch (1 oz)	1 each (1 oz eq)	WG Apple Jacks Cereal (1 oz)	1 each (1 oz eq)
Other Foods										
LUNCH		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size
Milk (1%) (8 oz required)	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz
Meat/Meat Alternate (2 oz required)	Meatballs (3.5 oz)/Creole Sauce (2 oz)	7 ea/ (2 oz M/MA)	Ham & American Cheese	3 oz/1 oz (2 oz M/MA)	Chicken & Sausage Gumbo	1 cup (2 oz M/MA)	Hamburger (2.5 oz CN)	1 each (2 oz M/MA)	Baked Chicken Thigh (7.6 oz) and Gravy (2 oz)	1 each (2 oz M/MA)
Vegetables/Fruits (3/4 cup required)	Green Beans	1/2 cup	Fresh Baby Carrots/Ranch	1/2 cup/1 each	Broccoli/Cheese	1/2 cup	Baked Beans	1/2 cup	Whipped Potatoes	1/2 cup
	Fresh Fruit	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)
Grains (1 oz eq required)	WG Hot Dog Bun (1.5 oz)	1 each (1 oz eq)	Wheat Bread (1 oz)	2 slices (2 oz eq)	Brown Rice	1/2 cup (1 oz eq)	WG Hamburger Bun (57 gms)	1 each (2 oz eq)	Wheat Bread (1 oz)	1 slice (1 oz eq)
Other Foods			Mustard/Mayonnaise	1 each			Ketchup/Mustard/Mayonnaise	1 each		

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Baton Rouge Central Kitchen

Meals and Required Components	Monday		Tuesday		Wednesday		Thursday		Friday	
	July 17, 2023		July 18, 2023		July 19, 2023		July 20, 2023		July 21, 2023	
BREAKFAST		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size
Milk (1% or Skim Chocolate) (8 oz required)	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz
Vegetable/Fruit/Juice (1/2 cup)	Peaches	1/2 cup	Fresh Fruit	1 each (1/2 cup)	Mandarin Oranges	1/2 cup	Pineapples	1/2 cup	Applesauce	1/2 cup
Grains (1 oz eq)	WG Apple Cinnamon Muffin (2 oz)	1 each (1 oz eq)	Honey Nut Cheerios (1 oz)	1 each (1 oz eq)	WG Strawberry Pop Tart (2 count, 3.5 oz)	1 pkt (1.5 oz eq)	WG Apple Jacks Cereal (1 oz)	1 each (1 oz eq)	WG Strawberry Muffin (2 oz)	1 each (1 oz eq)
Other Foods										
LUNCH		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size
Milk (1%) (8 oz required)	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz
Meat/Meat Alternate (2 oz required)	Beef Ziti	1 cup (2 oz M/MA)	Ham & American Cheese	3 oz/1 oz (2 oz M/MA)	Nachos (Meat 2 oz, Cheese sauce 1 oz)	3 oz (2 oz M/MA)	Baked Turkey Breast/Gravy (2 oz)	6 oz (2 oz M/MA)	WG Corn Dog (4 oz)	1 each (2 oz M/MA)
Vegetables/Fruits (3/4 cup required)	Green Beans	1/2 cup	Fresh Baby Carrots/Ranch	1/2 cup/1 each	Corn	1/2 cup	Yams	1/2 cup	Tator Tots	1/2 cup
	Fresh Fruit	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)
Grains (1 oz eq required)	Wheat Bread (1 oz)	1 slice (1 oz eq)	Wheat Bread (1 oz)	2 slices (2 oz eq)	WG Tortilla Chips	1 oz (1 oz eq)	Wheat Bread (1 oz)	1 slice (1 oz eq)	WG Breading in Entrée	1 each (2 oz eq)
Other Foods			Mustard/Mayonnaise	1 each	Taco Sauce	1 each			Mustard/Ketchup	1 each

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Baton Rouge Central Kitchen

Meals and Required Components	Monday		Tuesday		Wednesday		Thursday		Friday	
	July 24, 2023		July 25, 2023		July 26, 2023		July 27, 2023		July 28, 2023	
BREAKFAST		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size
Milk (1% or Skim Chocolate) (8 oz required)	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz
Vegetable/Fruit/Juice (1/2 cup)	Peaches	1/2 cup	Fresh Fruit	1 each (1/2 cup)	Mandarin Oranges	1/2 cup	Applesauce	1/2 cup	Pears	1/2 cup
Grains (1 oz eq)	WG Apple Cinnamon Muffin (2 oz)	1 each (1 oz eq)	Honey Nut Cheerios (1 oz)	1 each (1 oz eq)	WG Blueberry Muffin (2 oz)	1 each (1 oz eq)	Cinnamon Toast Crunch (1 oz)	1 each (1 oz eq)	WG Apple Jacks Cereal (1 oz)	1 each (1 oz eq)
Other Foods										
LUNCH		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size
Milk (1%) (8 oz required)	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz
Meat/Meat Alternate (2 oz required)	Nachos (Meat 2 oz, Cheese sauce 1 oz)	3 oz (2 oz M/MA)	Hamburger (2.5 oz CN)	1 each (2 oz M/MA)	Chicken Fajita/Cheese (.25 oz)	4 oz (2 oz M/MA)	WG Corn Dog (4 oz)	1 each (2 oz M/MA)	Ham & American Cheese	3 oz/1 oz (2 oz M/MA)
Vegetables/Fruits (3/4 cup required)	Glazed Carrots	1/2 cup	Tator Tots	1/2 cup	Pinto Beans	1/2 cup	Green Peas	1/2 cup	Fresh Baby Carrots/Ranch	1/2 cup/1 each
	Fresh Fruit	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)	Cantaloupe	1/2 cup
Grains (1 oz eq required)	WG Tortilla Chips	1 oz (1 oz eq)	WG Hamburger Bun (57 gms)	1 each (2 oz eq)	WG Corn Tortilla	1 each (1 oz eq)	WG Breading in Entrée	1 each (2 oz eq)	Wheat Bread (1 oz)	2 slices (2 oz eq)
Other Foods	Taco Sauce	1 each	Ketchup/Mustard/Mayonnaise	1 each	Sour Cream	1 each	Mustard	1 each	Mustard/Mayonnaise	1 each

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Baton Rouge Central Kitchen

Meals and Required Components	Monday		Tuesday		Wednesday		Thursday		Friday	
	July 31, 2023		August 1, 2023		August 2, 2023		August 3, 2023		August 4, 2023	
BREAKFAST		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size
Milk (1% or Skim Chocolate) (8 oz required)	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz
Vegetable/Fruit/Juice (1/2 cup)	Peaches	1/2 cup	Fresh Fruit	1 each (1/2 cup)	Mandarin Oranges	1/2 cup	Pineapples	1/2 cup	Applesauce	1/2 cup
Grains (1 oz eq)	WG Strawberry Muffin (2 oz)	1 each (1 oz eq)	Honey Nut Cheerios (1 oz)	1 each (1 oz eq)	WG Strawberry Pop Tart (2 count, 3.5 oz)	1 pkt (1.5 oz eq)	WG Apple Jacks Cereal (1 oz)	1 each (1 oz eq)	WG Blueberry Muffin (2 oz)	1 each (1 oz eq)
Other Foods										
LUNCH		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size
Milk (1%) (8 oz required)	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz
Meat/Meat Alternate (2 oz required)	Meatballs (3.5 oz)/Creole Sauce(2 oz)	7 ea/ (2 oz M/MA)	BBQ Riblet (3 oz)	1 each (2 oz M/MA)	Pinto Beans & Sausage	1 cup (2 oz M/MA)	WG Corn Dog (4 oz)	1 each (2 oz M/MA)	Meatloaf/Gravy (2 oz)	4 oz (2 oz M/MA)
Vegetables/Fruits (3/4 cup required)	Tator Tots	1/2 cup	Country Corn	1/2 cup	Broccoli/Cheese	1/2 cup	Tator Tots	1/2 cup	Whipped Potatoes	1/2 cup
	Fresh Fruit	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)
Grains (1 oz eq required)	WG Hot Dog Bun (1.5 oz)	1 each (1 oz eq)	WG Hamburger Bun (57 gms)	1 each (2 oz eq)	Brown Rice	1/2 cup (1 oz eq)	WG Breading in Entrée	1 each (2 oz eq)	Wheat Bread (1 oz)	1 slice (1 oz eq)
Other Foods	Ketchup	1 each					Mustard/Ketchup	1 each		

This institution is an equal opportunity provider.

RR & AL Three O'Clock Project SFSP

Baton Rouge Central Kitchen

Meals and Required Components	Monday		Tuesday		Wednesday		Thursday		Friday	
	August 7, 2023		August 8, 2023		August 9, 2023					
BREAKFAST		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size
Milk (1% or Skim Chocolate) (8 oz required)	Milk	8 oz	Milk	8 oz	Milk	8 oz				
Vegetable/Fruit/Juice (1/2 cup)	Pears	1/2 cup	Fresh Fruit	1 each (1/2 cup)	Mandarin Oranges	1/2 cup				
Grains (1 oz eq)	WG Strawberry Pop Tart (2 count, 3.5 oz)	1 pkt (1.5 oz eq)	Honey Nut Cheerios (1 oz)	1 each (1 oz eq)	WG Apple Cinnamon Muffin (2 oz)	1 each (1 oz eq)				
Other Foods										
LUNCH		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size		6 to 18 years serving size
Milk (1%) (8 oz required)	Milk	8 oz	Milk	8 oz	Milk	8 oz				
Meat/Meat Alternate (2 oz required)	Turkey & Sausage Jambalaya	1 cup (2 oz M/MA)	Red Beans & Sausage	1 cup (2 oz M/MA)	Hamburger (2.5 oz CN)	1 each (2 oz M/MA)				
Vegetables/Fruits (3/4 cup required)	Green Peas	1/2 cup	Broccoli/Cheese	1/2 cup	Tator Tots	1/2 cup				
	Fresh Fruit	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)				
Grains (1 oz eq required)	Wheat Bread (1 oz)	1 slice (1 oz eq)	Brown Rice	1/2 cup (1 oz eq)	WG Hamburger Bun (57 gms)	1 each (2 oz eq)				
Other Foods					Ketchup/Mustard/ Mayonnaise	1 each				

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