

Three O'clock Project SFSP Baton Rouge Central Kitchen



Meals and Required Components	Monday May 24, 2021		Tuesday May 25, 2021		Wednesday May 26, 2021		Thursday May 27, 2021		Friday May 28, 2021	
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)	Tropical Fruit	1/2 cup	Pears	1/2 cup	Pineapples	1/2 cup	Fresh Grapes	1/2 cup	Peaches	1/2 cup
Grains (1 oz eq)	Cornflakes	3/4 cup	WG Blueberry Muffin (2 oz)	1 each (1 oz eq)	Cinnamon Toast Crunch	1 each (1 oz eq)	WG Banana Muffin (2 oz)	1 oz (1 oz eq)	Cheerios	3/4 cup
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% or Skim Chocolate) (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/Cheese/ Marinara Sauce	3 each/5 oz (1.75 oz/0.5 oz M/MA)	Corndog (4 oz)	1 each (2 oz M/MA)	Ham and Cheese	2 oz & 0.5 oz (2 oz M/MA)	Beef w/Marinara	2 oz cup (2 oz M/MA)	Chicken Nuggets (10 each)	4.3 oz (2 oz M/MA)
Vegetables/Fruits (3/4 cup required)	Green Peas	1/2 cup	Corn	1/2 cup	Fresh Cucumbers	1/2 cup	Green Beans	1/2 cup	Potato Wedges	1/2 cup
	Fresh Tangerine	1/2 cup	Fresh Grapes	1 each (1/2 cup)	Fresh Banana	1 each (1/2 cup)	Watermelon	1/2 cup	Fresh Fruit	1/2 cup
Grains (1 oz eq required)	Hoagie Bun	1 each (2 oz eq)	Breading from Corndog	1 each (2 oz eq)	Wheat Bread (1 oz)	2 each (2 oz eq)	Pasta in Entrée	1/2 cup (1 oz eq)	Breading from Nuggets	10 each (1 oz eq)
Other Foods			Mustard	1 each	Mustard Mayonnaise Ranch Dressing	1 each			Ketchup	1 each

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Three O'clock Project SFSP Baton Rouge Central Kitchen

Meals and Required Components	Monday May 31, 2021		Tuesday June 1, 2021		Wednesday June 2, 2021		Thursday June 3, 2021		Friday June 4, 2021	
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 Grapes	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 oz (1 oz eq)	Cornflakes	3/4 cup	WG Blueberry Muffin (2 oz)	1 each (1 oz eq)	Cinnamon Toast Crunch	1 each (1 oz eq)	WG Strawberry Muffin (2 oz)	1 oz (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% or Skim Chocolate) (8 oz required)	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz
Meat/Meat Alternate (2 oz required)	BBQ Rib Patty	2 oz M/MA	Turkey Breast and Cheese	2.25 oz & 1 oz (2 oz M/MA)	Beef Taco & Cheese	2 oz & 0.25 oz (2 oz M/MA)	Chili Dog	2 oz/.25 cup (2 oz M/MA)	Chicken Fettuccine	1 cup (2 oz M/MA)
Vegetables/Fruits (3/4 cup required)	Ranch Beans	1/2 cup	Fresh Broccoli	1/2 cup	Chuckwagon Corn	1/2 cup	Potato Wedges	1/2 cup	Southern Green Beans	1/2 cup
	Fresh Orange	1/2 cup	Fresh Apple	1 each (1/2 cup)	Fresh Watermelon	1/2 cup	Fresh Grapes	1/2 cup	Fresh Banana	1 each (1/2 cup)
Grains (1 oz eq required)	WG Hamburger Bun (57 gms)	1 each (2 oz eq)	WG Hamburger Bun (57 gms)	1 each (2 oz eq)	Torrilla Chips	1 oz (1 oz eq)	WG Hot Dog Bun	1 each (1.5 oz eq)	Wheat Bread (1 oz)	1 slice (1 oz eq)
Other Foods			Mustard Mayonnaise Ranch Dressing	1 each	Taco Sauce Sour Crm	1 each				

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Three O'clock Project SFSP Baton Rouge Central Kitchen

Meals and Required Components	Monday June 7, 2021		Tuesday June 8, 2021		Wednesday June 9, 2021		Thursday June 10, 2021		Friday June 11, 2021	
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 (3/4 cup)	Mandarin Oranges	1/2 cup	Peaches	1/2 cup	Pineapples	1/2 cup	Pears	1/2 cup	Tropical Fruit	1/2 cup
Grains (1 oz eq)	Rice Crisp Cereal	3/4 cup	WG Banana Muffin (2 oz)	1 each (1 oz eq)	Cheerios	3/4 cup	WG Apple Cinnamon Muffin (2 oz)	1 oz (1 oz eq)	Cornflakes	3/4 cup
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% or Skim Chocolate) (8 oz required)	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz
Meat/Meat Alternate (2 oz required)	Macaroni and Cheese	3/4 cup (2 oz M/MA)	Sausage & White Beans	1 cup (2 oz M/MA)	Beef Hamburger Patty	3 oz (2.5oz M/MA)	Chicken Nuggets (10 each)	4.3 oz (2 oz M/MA)	Baked Chicken with Gravy (2 oz)	2 oz M/MA
Vegetables/Fruits (3/4 cup required)	Green Peas	1/2 cup	Glazed Carrots	1/2 cup	Baked Beans	1/2 cup	Potato Wedges	1/2 cup	Yams	1/2 cup
	Fresh Apple	1 each (1/2 cup)	Fresh Orange	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)	Fresh Cantaloupe	1/2 cup	Fresh Banana	1 each (1/2 cup)
Grains (1 oz eq required)	Pasta in Entrée	1/2 cup (1 oz eq)	Brown Rice	1/2 cup (1 oz eq)	WG Hamburger Bun (57 gms)	1 each (2 oz eq)	Breading from Nuggets	10 each (1 oz eq)	Wheat Bread (1 oz)	1 slice (1 oz eq)
Other Foods					Mustard Ketchup Mayonnaise	1 each	Ketchup	1 each		

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Three O'clock Project SFSP Baton Rouge Central Kitchen

Meals and Required Components	Monday June 14, 2021		Tuesday June 15, 2021		Wednesday June 16, 2021		Thursday June 17, 2021		Friday June 18, 2021	
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 (3/4 cup)	Tropical fruit	1/2 cup	Pears	1/2 cup	Pineapples	1/2 cup	Fresh Grapes	1/2 cup	Peaches	1/2 cup
Grains (1 oz eq)	Cornflakes	3/4 cup	WG Blueberry Muffin (2 oz)	1 oz (1 oz eq)	Cinnamon Toast Crunch	1 each (1 oz eq)	WG Banana Muffin (2 oz)	1 oz (1 oz eq)	Cheerios	3/4 cup
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% or Skim Chocolate) (8 oz required)	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz
Meat/Meat Alternate (2 oz required)	Chicken & Sausage Jambalaya	1 cup (2 oz M/MA)	Beef Hamburger Patty	3 oz (2.5oz M/MA)	Sausage & Red Beans	1 cup (2 oz M/MA)	Corndog (4 oz)	1 each (2 oz M/MA)	BBQ Chicken	2 oz M/MA
Vegetables/Fruits (3/4 cup required)	Green Peas	1/2 cup	Chuckwagon Corn	1/2 cup	Broccoli	1/2 cup	Potato Wedges	1/2 cup	Cheese Potatoes	1/2 cup
	Fresh Orange	1 each (1/2 cup)	Fresh Apple	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)	Fresh Banana	1 each (1/2 cup)	Fresh Cantaloupe	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)	Breading from Corndog	1 each (2 oz eq)	Wheat Bread (1 oz)	1 slice (1 oz eq)
Other Foods			Mustard Ketchup	1 each			Mustard Ketchup	1 each		

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Three O'clock Project SFSP Baton Rouge Central Kitchen

Meals and Required Components	Monday June 21, 2021		Tuesday June 22, 2021		Wednesday June 23, 2021		Thursday June 24, 2021		Friday June 25, 2021	
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 (3/4 cup)	Peaches	1/2 cup	Fresh Grapes	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 oz (1 oz eq)	Cornflakes	3/4 cup	WG Blueberry Muffin (2 oz)	1 each (1 oz eq)	Cinnamon Toast Crunch	1 oz (1 oz eq)	WG Strawberry Muffin (2 oz)	1 oz (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% or Skim Chocolate) (8 oz required)	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz
Meat/Meat Alternate (2 oz required)	Frito Pie	3/4 cup (2 oz M/MA)	Turkey Breast and Cheese	2.25 oz & 1 oz (2 oz M/MA)	Chicken & Sausage Gumbo	1 cup (2 oz M/MA)	Sloppy Joe	1/2 cup (2 oz M/MA)	Breaded Chicken Patty	1 each (2 oz M/MA)
Vegetables/Fruits (3/4 cup required)	Carrots	1/2 cup	Fresh Broccoli	1/2 cup	Potato Salad	1/2 cup	Green Beans	1/2 cup	Potato Wedges	1/2 cup
	Fresh Orange	1 each (1/2 cup)	Fresh Cantaloupe	1 each (1/2 cup)	Fresh Apple	1 each (1/2 cup)	Fresh Banana	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)
Grains (1 oz eq required)	Corn Chips	1 oz (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)	WG Hamburger Bun (57 gms)	1 each (2 oz eq)
Other Foods			Mustard Mayonnaise Ranch Dressing	1 each					Mayonnaise Ketchup	1 each

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Three O'clock Project SFSP Baton Rouge Central Kitchen

Meals and Required Components	Monday June 28, 2021		Tuesday June 29, 2021		Wednesday June 30, 2021		Thursday July 1, 2021		Friday July 2, 2021	
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)	Mandarin Oranges	1/2 cup	Peaches	1/2 cup	Pineapples	1/2 cup	Pears	1/2 cup	Tropical Fruit	1/2 cup
Grains (1 oz eq)	Rice Crisp Cereal	3/4 cup	WG Banana Muffin (2 oz)	1 each (1 oz eq)	Cheerios	3/4 cup	WG Apple Cinnamon Muffin (2 oz)	1 oz (1 oz eq)	Cornflakes	3/4 cup
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% or Skim Chocolate) (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/Cheese/ Marinara Sauce	3 each/5 oz (1.75 oz/0.5 oz M/MA)	Corndog (4 oz)	1 each (2 oz M/MA)	Ham and Cheese	2 oz & 0.5 oz (2 oz M/MA)	Beef w/Marinara	2 oz cup (2 oz M/MA)	Chicken Nuggets (10 each)	4.3 oz (2 oz M/MA)
Vegetables/Fruits (3/4 cup required)	Green Peas	1/2 cup	Corn	1/2 cup	Fresh Cucumbers	1/2 cup	Green Beans	1/2 cup	Potato Wedges	1/2 cup
	Fresh Tangerine	1/2 cup	Fresh Grapes	1 each (1/2 cup)	Fresh Banana	1 each (1/2 cup)	Watermelon	1/2 cup	Fresh Fruit	1/2 cup
Grains (1 oz eq required)	Hoagie Bun	1 each (2 oz eq)	Breading from Corndog	1 each (2 oz eq)	Wheat Bread (1 oz)	2 each (2 oz eq)	Pasta in Entrée	1/2 cup (1 oz eq)	Breading from Nuggets	10 each (1 oz eq)
Other Foods			Mustard	1 each	Mustard Mayonnaise Ranch Dressing	1 each			Ketchup	1 each

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Three O'clock Project SFSP Baton Rouge Central Kitchen

Meals and Required Components	Monday July 5, 2021		Tuesday July 6, 2021		Wednesday July 7, 2021		Thursday July 8, 2021		Friday July 9, 2021	
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 (3/4 cup)			Pears	1/2 cup	Pineapples	1/2 cup	Mandarin Oranges	1/2 cup	Peaches	1/2 cup
Grains (1 oz eq)			WG Blueberry Muffin (2 oz)	1 oz (1 oz eq)	Cinnamon Toast Crunch	1 each (1 oz eq)	WG Banana Muffin (2 oz)	1 oz (1 oz eq)	Cheerios	3/4 cup
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% or Skim Chocolate) (8 oz required)			Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz
Meat/Meat Alternate (2 oz required)			Macaroni and Cheese	3/4 cup (2 oz M/MA)	Sausage & Red Beans	1 cup (2 oz M/MA)	Breaded Chicken Patty	1 each (2 oz M/MA)	Chili Dog	2 oz/.25 cup (2 oz M/MA)
Vegetables/Fruits (3/4 cup required)			Green Peas	1/2 cup	Broccoli	1/2 cup	Glazed Carrots	1/2 cup	Potato Wedges	1/2 cup
			Fresh Apple	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)	Fresh Grapes	1/2 cup
Grains (1 oz eq required)			Pasta in Entrée	1/2 cup (1 oz eq)	Rice	1/2 cup (1 oz eq)	WG Hamburger Bun (57 gms)	1 each (2 oz eq)	WG Hot Dog Bun	1 each (1.5 oz eq)
Other Foods							Mayonnaise Ketchup	1 each		

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Three O'clock Project SFSP Baton Rouge Central Kitchen

Meals and Required Components	Monday July 12, 2021		Tuesday July 13, 2021		Wednesday July 14, 2021		Thursday July 15, 2021		Friday July 16, 2021	
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 Grapes	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 oz (1 oz eq)	Cornflakes	3/4 cup	WG Blueberry Muffin (2 oz)	1 each (1 oz eq)	Cinnamon Toast Crunch	1 each (1 oz eq)	WG Strawberry Muffin (2 oz)	1 oz (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% or Skim Chocolate) (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/Cheese/ Marinara Sauce	3 each/.5 oz (1.75 oz/0.5 oz M/MA)	Ham and Cheese	2 oz & 0.5 oz (2 oz M/MA)	Chicken & Sausage Gumbo	2 oz & 0.25 oz (2 oz M/MA)	Beef Hamburger Patty	3 oz (2.5oz M/MA)	BBQ Chicken	2 oz M/MA
Vegetables/Fruits (3/4 cup required)	Green Peas	1/2 cup	Fresh Cucumbers	1/2 cup	Potato Salad	1/2 cup	Chuckwagon Corn	1/2 cup	Cheese Potatoes	1/2 cup
	Fresh Tangerine	1/2 cup	Fresh Banana	1 each (1/2 cup)	Fresh Apple	1/2 cup	Fresh Grapes	1/2 cup	Fresh Cantaloupe	1/2 cup
Grains (1 oz eq required)	Hoagie Bun	1 each (2 oz eq)	Wheat Bread (1 oz)	2 each (2 oz eq)	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 Ranch Dressing	1 each			Mustard Ketchup	1 each		

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Three O'clock Project SFSP Baton Rouge Central Kitchen

Meals and Required Components	Monday July 19, 2021		Tuesday July 20, 2021		Wednesday July 21, 2021		Thursday July 22, 2021		Friday July 23, 2021	
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 (3/4 cup)	Mandarin Oranges	1/2 cup	Peaches	1/2 cup	Pineapples	1/2 cup	Pears	1/2 cup	Tropical Fruit	1/2 cup
Grains (1 oz eq)	Rice Crisp Cereal	3/4 cup	WG Banana Muffin (2 oz)	1 each (1 oz eq)	Cheerios	3/4 cup	WG Apple Cinnamon Muffin (2 oz)	1 oz (1 oz eq)	Cornflakes	3/4 cup
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% or Skim Chocolate) (8 oz required)	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz
Meat/Meat Alternate (2 oz required)	Chicken Nuggets (10 each)	4.3 oz (2 oz M/MA)	Beef Taco & Cheese	2 oz & 0.25 oz (2 oz M/MA)	Turkey Breast and Cheese	2.25 oz & 1 oz (2 oz M/MA)	Frito Pie	3/4 cup (2 oz M/MA)	Breaded Chicken Patty	1 each (2 oz M/MA)
Vegetables/Fruits (3/4 cup required)	Potato Wedges	1/2 cup	Chuckwagon Corn	1/2 cup	Fresh Broccoli	1/2 cup	Carrots	1/2 cup	Potato Wedges	1/2 cup
	Cantaloupe	1/2 cup	Fresh Watermelon	1/2 cup	Fresh Apple	1 each (1/2 cup)	Fresh Orange	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)
Grains (1 oz eq required)	Breading from Nuggets	10 each (1 oz eq)	Torrilla Chips	1 oz (1 oz eq)	WG Hamburger Bun (57 gms)	1 each (2 oz eq)	Corn Chips	1 oz (1 oz eq)	WG Hamburger Bun (57 gms)	1 each (2 oz eq)
Other Foods	Ketchup	1 each	Taco Sauce Sour Crm	1 each	Mustard Mayonnaise Ranch Dressing	1 each			Mayonnaise Ketchup	1 each

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Three O'clock Project SFSP Baton Rouge Central Kitchen

Meals and Required Components	Monday July 26, 2021		Tuesday July 27, 2021		Wednesday July 28, 2021		Thursday July 29, 2021		Friday July 30, 2021	
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 (3/4 cup)	Tropical fruit	1/2 cup	Pears	1/2 cup	Pineapples	1/2 cup	Fresh Grapes	1/2 cup	Peaches	1/2 cup
Grains (1 oz eq)	Cornflakes	3/4 cup	WG Blueberry Muffin (2 oz)	1 oz (1 oz eq)	Cinnamon Toast Crunch	1 each (1 oz eq)	WG Banana Muffin (2 oz)	1 oz (1 oz eq)	Cheerios	3/4 cup
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% or Skim Chocolate) (8 oz required)	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz
Meat/Meat Alternate (2 oz required)	Macaroni and Cheese	3/4 cup (2 oz M/MA)	Beef Hamburger Patty	3 oz (2.5oz M/MA)	Chicken Fajita/Cheese	3 oz/.25 oz (2 oz M/MA)	Corndog (4 oz)	1 each (2 oz M/MA)	Sloppy Joe	1/2 cup (2 oz M/MA)
Vegetables/Fruits (3/4 cup required)	Green Peas	1/2 cup	Chuckwagon Corn	1/2 cup	Ranch Beans	1/2 cup	Corn	1/2 cup	Green Beans	1/2 cup
	Fresh Apple	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)	Cantaloupe	1/2 cup	Fresh Banana	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)
Grains (1 oz eq required)	Pasta in Entrée	1/2 cup (1 oz eq)	WG Hamburger Bun (57 gms)	1 each (2 oz eq)	Flour Tortilla	1 each (1 oz eq)	Breading from Corndog	1 each (2 oz eq)	WG Hamburger Bun (57 gms)	1 each (2 oz eq)
Other Foods			Mustard Ketchup	1 each	Sour Cream	1 each	Mustard	1 each		

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Three O'clock Project SFSP Baton Rouge Central Kitchen

Meals and Required Components	Monday August 2, 2021		Tuesday August 3, 2021		Wednesday August 4, 2021		Thursday August 5, 2021		Friday August 6, 2021	
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 Grapes	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 oz (1 oz eq)	Cornflakes	3/4 cup	WG Blueberry Muffin (2 oz)	1 each (1 oz eq)	Cinnamon Toast Crunch	1 each (1 oz eq)	WG Strawberry Muffin (2 oz)	1 oz (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% or Skim Chocolate) (8 oz required)	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz
Meat/Meat Alternate (2 oz required)	BBQ Rib Patty	2 oz M/MA	Chicken Nuggets (10 each)	4.3 oz (2 oz M/MA)	Sausage & Pinto Beans	1 cup (2 oz M/MA)	Chicken Fettuccine	1 cup (2 oz M/MA)	Ham and Cheese	2 oz & 0.5 oz (2 oz M/MA)
Vegetables/Fruits (3/4 cup required)	Ranch Beans	1/2 cup	Potato Wedges	1/2 cup	Fresh Cucumbers	1/2 cup	Southern Green Beans	1/2 cup	Fresh Broccoli	1/2 cup
	Fresh Orange	1/2 cup	Cantaloupe	1/2 cup	Tangerine	1 each (1/2 cup)	Fresh Banana	1 each (1/2 cup)	Fresh Apple	1 each (1/2 cup)
Grains (1 oz eq required)	WG Hamburger Bun (57 gms)	1 each (2 oz eq)	Breading from Nuggets	10 each (1 oz eq)	Brown Rice	1/2 cup (1 oz eq)	Wheat Bread (1 oz)	1 slice (1 oz eq)	Wheat Bread (1 oz)	2 each (2 oz eq)
Other Foods			Ketchup	1 each	Ranch Dressing	1 each			Mustard Mayonnaise Ranch Dressing	1 each

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