

Three O'clock Project SFSP

Baton Rouge Central Kitchen

Meals and Required Components	Monday		Tuesday		Wednesday		Thursday		Friday	
	May 23, 2022		May 24, 2022		May 25, 2022		May 26, 2022		May 27, 2022	
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	1/2 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)	Frosted Flakes	1 each (1 oz eq)	WG Blueberry Muffin (2 oz)	1 each (1 oz eq)	Cinnamon Toast Crunch	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)	Meatballs/Cheese(.25 oz)/ Creole Sauce(2 oz)	6 ea/.25oz (2 oz M/MA)	Pinto Beans & Sausage	1 cup (2 oz M/MA)	Sloppy Joe	.5 cup (2 oz M/MA)	Beef Spaghetti	1 cup/2 oz M/MA	Baked Chicken (Bone-in)/Gravy (2 oz)	1 each (2 oz M/MA)
Vegetables/Fruits (3/4 cup required)	Chuckwagon Corn	1/2 cup	Spinach	1/2 cup	Potato Wedges	1/2 cup	Green Beans	1/2 cup	Sour Cream & Chive Potatoes	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 Fruit	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)
Grains (1 oz eq required)	WG Hot Dog Bun	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				
SNACK (two components required)		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)										
Meat/Meat Alternate (1 oz)										
Vegetable/Fruit/Juice (3/4 cup)	100% Grape Juice (6 oz)	1 each (3/4 cup)	100% Orange Juice (6 oz)	1 each (3/4 cup)	100% Apple Juice (6 oz)	1 each (3/4 cup)	100% Grape Juice (6 oz)	1 each (3/4 cup)	100% Apple Juice (6 oz)	1 each (3/4 cup)
Grains (1 oz eq)	Graham Crackers (1 oz)	2 Pkts (1 oz eq)	WG Strawberry Muffin (2 oz)	1 each (1 oz eq)	WG Mixed Berry Animal Crackers	1 each (1 oz eq)	WG Chocolate Chip Muffin (2 oz)	1 each (1 oz eq)	WG Cool Ranch Doritos (1 oz)	1 each (1 oz eq)
Other Foods										

This institution is an equal opportunity provider.

Three O'clock Project SFSP

Baton Rouge Central Kitchen

Meals and Required Components	Monday		Tuesday		Wednesday		Thursday		Friday	
	May 30, 2022		May 31, 2022		June 1, 2022		June 2, 2022		June 3, 2022	
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)			Fresh Fruit	1/2 cup	Pineapples	1/2 cup	Mixed Fruit	1/2 cup	Cinnamon Applesauce	1/2 cup
Grains (1 oz eq)			WG Banana Muffin (2 oz)	1 each (1 oz eq)	Apple Jacks	1 each (1 oz eq)	WG Apple Cinnamon Muffin (2 oz)	1 each (1 oz eq)	Frosted Flakes	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)			BBQ Riblet	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)	Turkey & Cheese	2.25 oz/1 oz (2 oz M/MA)
Vegetables/Fruits (3/4 cup required)			Baked Beans	1/2 cup	Chuckwagon Corn	1/2 cup	Green Peas	1/2 cup	Fresh Cucumbers/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)
Grains (1 oz eq required)			WG Hamburger Bun	1 each (2 oz eq)	WG Tortilla Chips	1 each (1 oz eq)	WG Hot Dog Bun	1 each (1 oz eq)	Wheat Bread (1 oz)	2 slices (2 oz eq)
Other Foods					Taco Sauce	1 each			Mustard/Mayonnaise	1 each
SNACK (two components required)		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)										
Meat/Meat Alternate (1 oz)										
Vegetable/Fruit/Juice (3/4 cup)			100% Orange Juice (6 oz)	1 each (3/4 cup)	100% Grape Juice (6 oz)	1 each (3/4 cup)	100% Apple Juice (6 oz)	1 each (3/4 cup)	100% Orange Juice (6 oz)	1 each (3/4 cup)
Grains (1 oz eq)			Graham Crackers (1 oz)	2 Pkts (1 oz eq)	Pretzel Goldfish(.75 oz)	1 each (1 oz eq)	WG Mixed Berry Animal Crackers	1 pkt (1 oz eq)	WG Cheddar Cheese Crackers	1 each (1 oz eq)
Other Foods										

This institution is an equal opportunity provider.

Three O'clock Project SFSP

Baton Rouge Central Kitchen

Meals and Required Components	Monday		Tuesday		Wednesday		Thursday		Friday	
	June 6, 2022		June 7, 2022		June 8, 2022		June 9, 2022		June 10, 2022	
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)	Mixed fruit	1/2 cup	Mandarin Oranges	1/2 cup	Fresh Banana	1/2 cup	Applesauce	1/2 cup	Peaches	1/2 cup
Grains (1 oz eq)	WG Strawberry Pop Tart (2 count)	1 pkt (1.25 oz eq)	WG Blueberry Muffin (2 oz)	1 each (1 oz eq)	Honey Nut Cheerios	1 each (1 oz eq)	WG Banana Muffin (2 oz)	1 each (1 oz eq)	Apple Jacks	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)	Smothered Chicken	1 each (2 oz M/MA)	WG Breaded Chicken Patty	1 each (2 oz M/MA)	Hamburger	1 each (2 oz M/MA)	Ham(2.5oz)/Cheese(1/2oz)	2.5 oz (2 oz M/MA)	WG Corn Dog (4 oz)	1 each (2 oz M/MA)
Vegetables/Fruits (3/4 cup required)	Whipped Potatoes	1/2 cup	Potato Wedges	1/2 cup	Baked Beans	1/2 cup	Fresh Baby Carrots/Ranch	1/2 cup/1 each	Peas and Carrots	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)	WG Hamburger Bun	1 each (2 oz eq)	Wheat Bread (1 oz)	2 slices (2 oz eq)	WG Breading in Entrée	1 each (2 oz eq)
Other Foods			Ketchup/Mustard	1 each	Ketchup/Mustard	1 each	Mustard/Mayonnaise		Mustard	1 each
SNACK (two components required)		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)										
Meat/Meat Alternate (1 oz)										
Vegetable/Fruit/Juice (3/4 cup)	100% Apple Juice (6 oz)	1 each (3/4 cup)	100% Orange Juice (6 oz)	1 each (3/4 cup)	100% Grape Juice (6 oz)	1 each (3/4 cup)	100% Apple Juice (6 oz)	1 each (3/4 cup)	100% Orange Juice (6 oz)	1 each (3/4 cup)
Grains (1 oz eq)	WG Chocolate Chip Muffin (2 oz)	1 each (1 oz eq)	WG Mixed Berry Animal Crackers	1 Pkt (1 oz eq)	WG Cool Ranch Doritos (1 oz)	1 each (1 oz eq)	WG Cinnamon Teddy Grahams (1 oz)	1 each (1 oz eq)	WG Goldfish (.75 oz)	1 each (1 oz eq)
Other Foods										

This institution is an equal opportunity provider.

Three O'clock Project SFSP

Baton Rouge Central Kitchen

Meals and Required Components	Monday		Tuesday		Wednesday		Thursday		Friday	
	June 13, 2022		June 14, 2022		June 15, 2022		June 16, 2022		June 17, 2022	
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	1/2 cup	Fresh Banana	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)	Frosted Flakes	1 each (1 oz eq)	WG Blueberry Muffin (2 oz)	1 each (1 oz eq)	Cinnamon Toast Crunch	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)	Turkey & Sausage Jambalaya	1 cup (2 oz M/MA)	Hamburger	1 each (2 oz M/MA)	Red Beans & Sausage	1 cup (2 oz M/MA)	Beef Fiesta Mac & Cheese	1 cup (2 oz M/MA)	BBQ Chicken (Bone-in)	1 each (2 oz M/MA)
Vegetables/Fruits (3/4 cup required)	Green Beans	1/2 cup	Chuckwagon Corn	1/2 cup	Broccoli w/Cheese	1/2 cup	Glazed Carrots	1/2 cup	Mixed Vegetables	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 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	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)	1 slice (1 oz eq)
Other Foods			Ketchup/Mustard	1 each						
SNACK (two components required)		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)										
Meat/Meat Alternate (1 oz)										
Vegetable/Fruit/Juice (3/4 cup)	100% Grape Juice (6 oz)	1 each (3/4 cup)	100% Orange Juice (6 oz)	1 each (3/4 cup)	100% Apple Juice (6 oz)	1 each (3/4 cup)	100% Grape Juice (6 oz)	1 each (3/4 cup)	100% Apple Juice (6 oz)	1 each (3/4 cup)
Grains (1 oz eq)	Graham Crackers (1 oz)	2 Pkts (1 oz eq)	WG Banana Muffin (2 oz)	1 each (1 oz eq)	WG Sun Chips Garden Salsa	1 each (1 oz eq)	WG Chocolate Chip Muffin (2 oz)	1 each (1 oz eq)	WG Cool Ranch Doritos (1 oz)	1 each (1 oz eq)
Other Foods										

This institution is an equal opportunity provider.

Three O'clock Project SFSP

Baton Rouge Central Kitchen

Meals and Required Components	Monday		Tuesday		Wednesday		Thursday		Friday	
	June 20, 2022		June 21, 2022		June 22, 2022		June 23, 2022		June 24, 2022	
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	1/2 cup	Mandarin Oranges	1/2 cup	Pineapples	1/2 cup	Applesauce	1/2 cup
Grains (1 oz eq)	WG Banana Muffin (2 oz)	1 each (1 oz eq)	Honey Nut Cheerios	1 each (1 oz eq)	WG Strawberry Pop Tart (2 count)	1 pkt (1.25 oz eq)	Apple Jacks	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)	WG Chicken Nuggets (10 each)	4.3 oz (2 oz M/MA)	Turkey Breast/Gravy (2 oz)	4.4 oz (2 oz M/MA)	Chicken & Sausage Gumbo	1 cup (2 oz M/MA)	Nachos (Meat 2 oz, Cheese sauce 1 oz)	3 oz (2 oz M/MA)	Turkey & Cheese	2.25 oz/1 oz (2 oz M/MA)
Vegetables/Fruits (3/4 cup required)	Potato Wedges	1/2 cup	Whipped Potatoes	1/2 cup	Okra & Tomatoes	1/2 cup	Corn	1/2 cup	Fresh Cucumbers/Ranch	1/2 cup/1 each
	Fresh Apple	1/2 cup	Fresh Fruit	1 each (1/2 cup) 1 slice (1 oz eq)	Fresh Fruit	1 each (1/2 cup) 1/2 cup (1 oz eq)	Fresh Fruit	1 each (1/2 cup) 1 oz (1 oz eq)	Fresh Fruit	1 each (1/2 cup) 2 slices (2 oz eq)
Grains (1 oz eq required)	WG Breading in Entree	10 each (1 oz eq)	Wheat Bread (1 oz)		Brown Rice		Tortilla Chips		Wheat Bread (1 oz)	
Other Foods	Ketchup	1 each					Taco Sauce	1 each	Mayonnaise/Mustard	1 each
SNACK (two components required)		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)										
Meat/Meat Alternate (1 oz)										
Vegetable/Fruit/Juice (3/4 cup)	100% Orange Juice (6 oz)	1 each (3/4 cup)	100% Grape Juice (6 oz)	1 each (3/4 cup)	100% Apple Juice (6 oz)	1 each (3/4 cup)	100% Grape Juice (6 oz)	1 each (3/4 cup)	100% Apple Juice (6 oz)	1 each (3/4 cup)
Grains (1 oz eq)	WG Cheddar Cheese Crackers	1 each (1 oz eq)	WG Strawberry Muffin (2 oz)	1 each (1 oz eq)	WG Cinnamon Teddy Grahams (1 oz)	1 each (1 oz eq)	WG Chocolate Chip Muffin (2 oz)	1 each (1 oz eq)	WG Cool Ranch Doritos (1 oz)	1 each (1 oz eq)
Other Foods										

This institution is an equal opportunity provider.

Three O'clock Project SFSP

Baton Rouge Central Kitchen

Meals and Required Components	Monday		Tuesday		Wednesday		Thursday		Friday	
	June 27, 2022		June 28, 2022		June 29, 2022		June 30, 2022		July 1, 2022	
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	1/2 cup	Pineapples	1/2 cup	Mixed Fruit	1/2 cup	Cinnamon Applesauce	1/2 cup
Grains (1 oz eq)	Honey Nut Cheerios	1 each (1 oz eq)	WG Banana Muffin (2 oz)	1 each (1 oz eq)	Apple Jacks	1 each (1 oz eq)	WG Apple Cinnamon Muffin (2 oz)	1 each (1 oz eq)	WG Strawberry Pop Tart (2 count)	1 pkt (1.25 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/Cheese(.25 oz)/ Creole Sauce(2 oz)	6 ea/.25oz (2 oz M/MA)	Pinto Beans & Sausage	1 cup (2 oz M/MA)	Sloppy Joe	.5 cup (2 oz M/MA)	Beef Spaghetti	1 cup/2 oz M/MA	Baked Chicken (Bone-in)/Gravy (2 oz)	1 each (2 oz M/MA)
Vegetables/Fruits (3/4 cup required)	Chuckwagon Corn	1/2 cup	Spinach	1/2 cup	Potato Wedges	1/2 cup	Green Beans	1/2 cup	Sour Cream & Chive Potatoes	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 Fruit	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)
Grains (1 oz eq required)	WG Hot Dog Bun	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				
SNACK (two components required)		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)										
Meat/Meat Alternate (1 oz)										
Vegetable/Fruit/Juice (3/4 cup)	100% Grape Juice (6 oz)	1 each (3/4 cup)	100% Orange Juice (6 oz)	1 each (3/4 cup)	100% Grape Juice (6 oz)	1 each (3/4 cup)	100% Apple Juice (6 oz)	1 each (3/4 cup)	100% Orange Juice (6 oz)	1 each (3/4 cup)
Grains (1 oz eq)	WG Sun Chips Garden Salsa	1 each (1 oz eq)	Graham Crackers (1 oz)	2 Pkts (1 oz eq)	Pretzel Goldfish(.75 oz)	1 each (1 oz eq)	WG Cinnamon Teddy Grahams (1 oz)	1 each (1 oz eq)	WG Goldfish (.75 oz)	1 each (1 oz eq)
Other Foods										

This institution is an equal opportunity provider.

Three O'clock Project SFSP

Baton Rouge Central Kitchen

Meals and Required Components	Monday		Tuesday		Wednesday		Thursday		Friday	
	7/4/2022 CLOSED		July 5, 2022		July 6, 2022		July 7, 2022		July 8, 2022	
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)			Mandarin Oranges	1/2 cup	Fresh Fruit	1/2 cup	Applesauce	1/2 cup	Peaches	1/2 cup
Grains (1 oz eq)			WG Blueberry Muffin (2 oz)	1 each (1 oz eq)	Honey Nut Cheerios	1 each (1 oz eq)	WG Banana Muffin (2 oz)	1 each (1 oz eq)	Apple Jacks	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)			WG Chicken Nuggets (10 each)	4.3 oz (2 oz M/MA)	Red Beans & Sausage	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)			Whole Kernel Corn	1/2 cup	Broccoli w/Cheese	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 Fruit	1 each (1/2 cup)
Grains (1 oz eq required)			WG Breading in Entree	10 each (1 oz eq)	Brown Rice	1/2 cup (1 oz eq)	WG Hamburger Bun (57 gms)	1 each (2 oz eq)	WG Hot Dog Bun	1 each (1 oz eq)
Other Foods			Ketchup	1 each			Mayonnaise Ketchup	1 each		
SNACK (two components required)		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)										
Meat/Meat Alternate (1 oz)										
Vegetable/Fruit/Juice (3/4 cup)			100% Orange Juice (6 oz)	1 each (3/4 cup)	100% Grape Juice (6 oz)	1 each (3/4 cup)	100% Apple Juice (6 oz)	1 each (3/4 cup)	100% Orange Juice (6 oz)	1 each (3/4 cup)
Grains (1 oz eq)			WG Mixed Berry Animal Crackers	1 Pkt (1 oz eq)	WG Cool Ranch Doritos (1 oz)	1 each (1 oz eq)	WG Cinnamon Teddy Grahams (1 oz)	1 each (1 oz eq)	WG Goldfish (.75 oz)	1 each (1 oz eq)
Other Foods										

This institution is an equal opportunity provider.

Three O'clock Project SFSP

Baton Rouge Central Kitchen

Meals and Required Components	Monday		Tuesday		Wednesday		Thursday		Friday	
	July 11, 2022		July 12, 2022		July 13, 2022		July 14, 2022		July 15, 2022	
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	1/2 cup	Fresh Banana	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)	Frosted Flakes	1 each (1 oz eq)	WG Blueberry Muffin (2 oz)	1 each (1 oz eq)	Cinnamon Toast Crunch	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)	Meatballs/Cheese(.25 oz)/ Creole Sauce(2 oz)	6 ea/.25oz (2 oz M/MA)	Ham(2.5 oz)/Cheese(0.5oz)	2.5 oz (2 oz M/MA)	Chicken & Sausage Gumbo	1 cup (2 oz M/MA)	Hamburger	1 each (2 oz M/MA)	BBQ Chicken	2 oz M/MA
Vegetables/Fruits (3/4 cup required)	Chuckwagon Corn	1/2 cup	Fresh Baby Carrots/Ranch	1/2 cup/1 each	Broccoli w/Cheese	1/2 cup	Baked Beans	1/2 cup	Yams	1/2 cup
	Fresh Fruit	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)	Fresh Apple	1 each (1/2 cup)	Fresh Fruit	1 each (1/2 cup)	Fresh Cantaloupe	1/4 cup
Grains (1 oz eq required)	WG Hot Dog Bun	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	1 each (2 oz eq)	Wheat Bread (1 oz)	1 slice (1 oz eq)
Other Foods			Mayonnaise/Mustard	1 each			Ketchup/Mustard	1 each		
SNACK (two components required)		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)										
Meat/Meat Alternate (1 oz)										
Vegetable/Fruit/Juice (3/4 cup)	100% Grape Juice (6 oz)	1 each (3/4 cup)	100% Orange Juice (6 oz)	1 each (3/4 cup)	100% Apple Juice (6 oz)	1 each (3/4 cup)	100% Grape Juice (6 oz)	1 each (3/4 cup)	100% Apple Juice (6 oz)	1 each (3/4 cup)
Grains (1 oz eq)	Graham Crackers (1 oz)	2 Pkts (1 oz eq)	WG Banana Muffin (2 oz)	1 each (1 oz eq)	WG Sun Chips Garden Salsa	1 each (1 oz eq)	WG Chocolate Chip Muffin (2 oz)	1 each (1 oz eq)	WG Cool Ranch Doritos (1 oz)	1 each (1 oz eq)
Other Foods										

This institution is an equal opportunity provider.

Three O'clock Project SFSP

Baton Rouge Central Kitchen

Meals and Required Components	Monday		Tuesday		Wednesday		Thursday		Friday	
	July 18, 2022		July 19, 2022		July 20, 2022		July 21, 2022		July 22, 2022	
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	1/2 cup	Mandarin Oranges	1/2 cup	Pineapples	1/2 cup	Applesauce	1/2 cup
Grains (1 oz eq)	WG Banana Muffin (2 oz)	1 each (1 oz eq)	Honey Nut Cheerios	1 each (1 oz eq)	WG Strawberry Pop Tart (2 count)	1 pkt (1.25 oz eq)	Apple Jacks	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)	WG Chicken Nuggets (10 each)	4.3 oz (2 oz M/MA)	Nachos (Meat 2 oz, Cheese sauce 1 oz)	3 oz (2 oz M/MA)	Turkey Breast/Gravy (2 oz)	4.4 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	Southwest Vegetables	1/2 cup	Carrot Souffle	1/2 cup	Peas & Carrots	1/2 cup	Potato Wedges	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 Entree	10 each (1 oz eq)	Tortilla Chips	1 oz (1 oz eq)	Wheat Bread (1 oz)	1 slice (1 oz eq)	Corn Chips (1 oz)	1 each (1 oz eq)	WG Hamburger Bun (57 gms)	1 each (2 oz eq)
Other Foods	Ketchup	1 each	Taco Sauce	1 each					Mayonnaise/Ketchup	1 each
SNACK (two components required)		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)										
Meat/Meat Alternate (1 oz)										
Vegetable/Fruit/Juice (3/4 cup)	100% Orange Juice (6 oz)	1 each (3/4 cup)	100% Grape Juice (6 oz)	1 each (3/4 cup)	100% Apple Juice (6 oz)	1 each (3/4 cup)	100% Grape Juice (6 oz)	1 each (3/4 cup)	100% Apple Juice (6 oz)	1 each (3/4 cup)
Grains (1 oz eq)	WG Cheddar Cheese Crackers	1 each (1 oz eq)	WG Strawberry Muffin (2 oz)	1 each (1 oz eq)	WG Cinnamon Teddy Grahams (1 oz)	1 each (1 oz eq)	WG Chocolate Chip Muffin (2 oz)	1 each (1 oz eq)	WG Cool Ranch Doritos (1 oz)	1 each (1 oz eq)
Other Foods										

This institution is an equal opportunity provider.

Three O'clock Project SFSP

Baton Rouge Central Kitchen

Meals and Required Components	Monday		Tuesday		Wednesday		Thursday		Friday	
	July 25, 2022		July 26, 2022		July 27, 2022		July 28, 2022		July 29, 2022	
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	1/2 cup	Pineapples	1/2 cup	Mandarin Oranges	1/2 cup	Cinnamon Applesauce	1/2 cup
Grains 1 oz eq	Honey Nut Cheerios	1 each (1 oz eq)	WG Banana Muffin (2 oz)	1 each (1 oz eq)	Apple Jacks	1 each (1 oz eq)	WG Apple Cinnamon Muffin (2 oz)	1 each (1 oz eq)	WG Strawberry Pop Tart (2 count)	1 pkt (1.25 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)	Hamburger	1 each (2 oz M/MA)	Chicken Fajita/Cheese(.25oz)	1/2 cup (2 oz M/MA)	Ham & Black-eyed Peas	1 cup (2 oz M/MA)	Sloppy Joe	1/2 cup (2 oz M/MA)
Vegetables/Fruits (3/4 cup required)	Potato Wedges	1/2 cup	Chuckwagon Corn	1/2 cup	Ranch Beans	1/2 cup	Mixed Greens	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	1/2 cup
Grains (1 oz eq required)	WG Breading in Entrée	1 each (2 oz eq)	WG Hamburger Bun	1 each (2 oz eq)	Corn Tortilla	1 each (1 oz eq)	Brown Rice	1/2 cup (1 oz eq)	WG Hamburger Bun	1 each (2 oz eq)
Other Foods	Ketchup/Mustard	1 each	Ketchup/Mustard	1 each						
SNACK (two components required)		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)										
Meat/Meat Alternate (1 oz)										
Vegetable/Fruit/Juice (3/4 cup)	100% Grape Juice (6 oz)	1 each (3/4 cup)	100% Orange Juice (6 oz)	1 each (3/4 cup)	100% Grape Juice (6 oz)	1 each (3/4 cup)	100% Apple Juice (6 oz)	1 each (3/4 cup)	100% Orange Juice (6 oz)	1 each (3/4 cup)
Grains 1 oz eq	WG Sun Chips Garden Salsa	1 each (1 oz eq)	Graham Crackers (1 oz)	2 Pkts (1 oz eq)	Pretzel Goldfish(.75 oz)	1 each (1 oz eq)	WG Cinnamon Teddy Grahams (1 oz)	1 each (1 oz eq)	WG Goldfish (.75 oz)	1 each (1 oz eq)
Other Foods										

This institution is an equal opportunity provider.

Three O'clock Project SFSP

Baton Rouge Central Kitchen



Meals and Required Components	Monday		Tuesday		Wednesday		Thursday		Friday	
	August 1, 2022		August 2, 2022		August 3, 2022		August 4, 2022		August 5, 2022	
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)	Mixed fruit	1/2 cup	Pineapples	1/2 cup	Fresh Banana	1/2 cup	Applesauce	1/2 cup	Peaches	1/2 cup
Grains (1 oz eq)	WG Strawberry Pop Tart (2 count)	1 pkt (1.25 oz eq)	WG Blueberry Muffin (2 oz)	1 each (1 oz eq)	Honey Nut Cheerios	1 each (1 oz eq)	WG Banana Muffin (2 oz)	1 each (1 oz eq)	Apple Jacks	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)	BBQ Riblet	1 each (2 oz M/MA)	Meatballs/Cheese(.25 oz)/ Creole Sauce(2 oz)	6 ea/.25oz (2 oz M/MA)	Sausage & Pinto Beans	1 cup (2 oz M/MA)	WG Chicken Nuggets (10 each)	4.3 oz (2 oz M/MA)	Ham(2.5 oz)/Cheese(.5oz)	2.5 oz (2 oz M/MA)
Vegetables/Fruits (3/4 cup required)	Chuckwagon Corn	1/2 cup	Potato Wedges	1/2 cup	Broccoli w/Cheese	1/2 cup	Green Beans	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	1 each (2 oz eq)	WG Hot Dog Bun	1 each (1 oz eq)	Brown Rice	1/2 cup (1 oz eq)	WG Breading in Entree	10 each (1 oz eq)	Wheat Bread (1 oz)	2 slice (2 oz eq)
Other Foods			Ketchup	1 each			Ketchup	1 each	Mustard/ Mayonnaise	1 each
SNACK (two components required)		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)										
Meat/Meat Alternate (1 oz)										
Vegetable/Fruit/Juice (3/4 cup)	100% Apple Juice (6 oz)	1 each (3/4 cup)	100% Orange Juice (6 oz)	1 each (3/4 cup)	100% Grape Juice (6 oz)	1 each (3/4 cup)	100% Apple Juice (6 oz)	1 each (3/4 cup)	100% Orange Juice (6 oz)	1 each (3/4 cup)
Grains (1 oz eq)	WG Chocolate Chip Muffin (2 oz)	1 each (1 oz eq)	WG Mixed Berry Animal Crackers	1 Pkt (1 oz eq)	WG Strawberry Muffin (2 oz)	1 each (1 oz eq)	WG Cinnamon Teddy Grahams (1 oz)	1 each (1 oz eq)	WG Goldfish (.75 oz)	1 each (1 oz eq)
Other Foods										

This institution is an equal opportunity provider.