

EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM

ALL SCHOOLS LUNCH SY 2022-2023 GUMBO & HOLIDAY MENUS

CARBOHYDRATE COUNTS

Menu Item	Grades PK-5	Carb Count	Grades 6-8	Carb Count	Grades 9-12	Carb Count
November 03, 2022						
Gumbo	Serving Size		Serving Size		Serving Size	
Turkey/Sausage Gumbo	6 oz. Ladle	10.5g	8 oz. Ladle	14g	8oz. Ladle	14g
Steamed Brown Rice	1/2 cup	22g	1/2 cup	22g	1/2 cup	22g
Dark Green Salad with Fruit	1 cup	4.5g	1 cup	4.5g	1 cup	4.5g
Vinaigrette Dressing	1/2 oz.=1T=1/16 c	3g	1/2 oz.=1T=1/16 c	3g	1/2 oz.=1T=1/16 c	3g
Sweet Potatoes, Canned, Glazed	1/2 cup	26.5g	1/2 cup	26.5g	1/2 cup	26.5g
Chilled Pears OR Fresh Cantaloupe	1/2 cup	17g or 6.7g	1/2 cup	17g or 6.7g	1 cup	34g or 13.4g
Whole Wheat Roll or Saltine Crackers	1each or 4 packs (8 pcs.)	15g or 18g	1each or 4 packs (8 pcs.)	15g or 18g	1each or 4 packs (8 pcs.)	15g or 18g
Milk Choice	8 fl. oz.	w-12g/c-19 g/s-19 g	8 fl. oz.	w-12g/c-19 g/s-19 g	8 fl. oz.	w-12g/c-19 g/s-19 g
November 17, 2022						
Thanksgiving Dinner	Serving Size		Serving Size		Serving Size	
Oven Roasted Turkey w/Gravy-2T	Meat (1 1/2 oz.)	1g/2g	Meat (2 oz.)	1g/2g	Meat (2 oz.)	1g/2g
Rice Dressing, Brown Rice OR Cornbread Dressing, Whole Grain	1/2 cup	20g or 20g	1/2 cup	20g or 20g	1/2 cup	20g or 20g
Cranberry Sauce	1/8 cup	14g	1/8 cup	14g	1/8 cup	14g
Dark Green Salad with Fruit	1 cup	4.5g	1cup	4.5g	1 cup	4.5g
Vinaigrette Dressing 1/2 oz.	1/2 oz.=1T=1/16 c	3g	1/2 oz.=1T=1/16 c	3g	1/2 oz.=1T=1/16 c	3g
Sweet Potatoes, Canned, Glazed	1/2 cup	26.5g	1/2 cup	26.5g	1 cup	53g
Mixed Fruit Salad, Fresh	1/2 cup	16g	1/2 cup	16g	1 cup	32g
Whole Wheat Soft Roll	1 each	15g	1 each	15g	1 each	15g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-19 g	8 fl. oz.	w-12 g/c-19 g/s-19 g	8 fl. oz.	w-12 g/c-19 g/s-19 g
December 8, 2022						
Christmas Dinner	Serving Size		Serving Size		Serving Size	
Oven Baked Turkey Roast w/ Gravy 2T	Meat (1 1/2 oz.)	1g/2g	Meat (2 oz.)	1g/2g	Meat (2 oz.)	1g/2g
Rice Dressing, Brown Rice OR Cornbread Dressing, Whole Grain	1/2 cup	20g or 20g	1/2 cup	20g or 20g	1/2 cup	20g or 20g
Cranberry Sauce	1/8 cup	14g	1/8 cup	14g	1/8 cup	14g
Dark Green Salad with Fruit	1 cup	4.5g	1 cup	4.5g	1 cup	4.5g
Vinaigrette Dressing 1/2 oz.	1/2 oz.=1T=1/16 c	3g	1/2 oz.=1T=1/16 c	3g	1/2 oz.=1T=1/16 c	3g
Sweet Potatoes, Canned, Glazed	1/2 cup	26.5g	1/2 cup	26.5g	1/2 cup	26.5g
Mixed Fruit Salad, Fresh	1/2 cup	16g	1/2 cup	16g	1 cup	32g
Whole Grain Breadstick	1 each	21g	1 each	21g	1 each	21g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-19 g	8 fl. oz.	w-12 g/c-19 g/s-19 g	8 fl. oz.	w-12 g/c-19 g/s-19 g
Lent - March 2022						
Grilled Cheese Menu	Serving Size		Serving Size		Serving Size	
Grilled Cheese Sandwich 2 slices/2 oz.	1 sandwich	34g	1 sandwich	34g	1 sandwich	34g
Creamy Coleslaw	1/2 cup	4.6g	1/2 cup	4.6g	1/2 cup	4.6g
Fresh Baby Carrots	1/2 cup	6g	1/2 cup	6g	1/2 cup	6g
Oven Baked - 8 French Fries OR 8 Tots OR 7 Wedges	1/2 cup	13.5g/13.5g/24g	1/2 cup	13.5g/13.5g/24g	1 cup	27g/27g/48g
Fresh Apple Wedges	1/2 cup=3 wedges	7.2g	1/2 cup=3 wedges	7.2g	1 cup=6 wedges	14.4g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-19 g	8 fl. oz.	w-12 g/c-19 g/s-19 g	8 fl. oz.	w-12 g/c-19 g/s-19 g