

**EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM**  
**ALL SCHOOLS-- LUNCH NET CARBOHYDRATE COUNTS**  
**SY 2022-2023 August 1, 2022**  
**WEEK 1 OF THE 3 WEEK CYCLE MENU**

Menu Item	Grades PK-5	Carb Count	Grades 6-8	Carb Count	Grades 9-12	Carb Count
<b>MONDAY</b>						
	<b>Serving Size</b>		<b>Serving Size</b>		<b>Serving Size</b>	
Salisbury Steak (2.0 oz.)	1 each=2oz.	4g	1 each=2oz.	4g	1 each=2oz.	4g
Brown Gravy (1.0 oz)	1 oz.=2T=1/8 cup	2g	1 oz.=2T=1/8 cup	2g	1 oz.=2T=1/8 cup	2g
Steamed Brown Rice	1/2 cup	21g	1/2 cup	21g	1/2 cup	21g
Steamed Broccoli	1/2 cup	4g	1/2 cup	4g	1/2 cup	4g
Seasoned Pinto Beans	1/2 cup	14.6g	1/2 cup	14.6g	1/2 cup	14.6g
Chilled Mixed Fruit	1/2 cup	15g	1/2 cup	15g	1 cup	30g
Whole Wheat Roll - Pistolette	1 each	15g	1 each	15g	1 each	15g
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
<b>TUESDAY</b>						
	<b>Serving Size</b>		<b>Serving Size</b>		<b>Serving Size</b>	
Tortilla Chips with-Beef	2 oz. meat/1 oz. chips	0g/17g (10 chips)	2 oz. meat/1.5 oz. chips	0g/25.5g (15 chips)	2 oz. meat/2.0 oz. chips	0g/34g (20 chips)
<b>OR</b> Beefy Chili (Cold Weather Only)	2 oz. meat/1 oz. chips	6g/17g (10 chips)	2 oz. meat/1.5 oz. chips	6g/25.5g (15 chips)	2 oz. meat/2.0 oz. chips	6g/34g (20 chips)
Shredded Cheddar Cheese Cup	1 oz.	1g	1 oz.	1g	1 oz.	1g
Lettuce & Diced Tomato Cup	1 cup	1.5g	1 cup	1.5g	1 cup	1.5g
Steamed Corn	1/2 cup	11g	1/2 cup	11g	1/2 cup	11g
Fresh Orange Wedge-6 or 12 wedges	1/2 cup	15.5g	1/2 cup	15.5g	1 cup	31g
Salsa Cup	2 oz.=4T=1/4 cup	4g	2 oz.=4T=1/4 cup	4g	2 oz.=4T=1/4 cup	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
<b>WEDNESDAY</b>						
	<b>Serving Size</b>		<b>Serving Size</b>		<b>Serving Size</b>	
WG Breaded Chicken Nuggets-5pcs	2 oz.	16g	2 oz.	16g	2 oz.	16g
Mashed Potatoes	1/2 cup	16g	1/2 cup	16g	1/2 cup	16g
Creamy Coleslaw	1/2 cup	4.6g	1/2 cup	4.6g	1/2 cup	4.6g
Fresh Sliced Cucumbers	1/2 cup	2.0g	1/2 cup	2.0g	1/2 cup	2.0g
Fresh Grapes (1/4 c) & Apples (1/4 c)	1/2 cup	11.1g	1/2 cup	11.1g	1 cup	22.2g
Whole Grain Animal Crackers	1 each	24g	1 each	24g	1 each	24g
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

All calculations were researched and prepared by Patrice Williams, RDN, LDN, SFS Special Diets, Mgr., using manufacturers' product information and the Exchange Lists for Diabetes by The Academy of Nutrition and Dietetics, 2007

## ALL SCHOOLS--LUNCH CARBOHYDRATE COUNTS

SY 2022-2023 Rev. August 1, 2022  
WEEK 1 OF THE 3 WEEK CYCLE MENU

Menu Item	Grades PK-5	Carb Count	Grades 6-8	Carb Count	Grades 9-12	Carb Count
<b>THURSDAY</b>						
	<b>Serving Size</b>		<b>Serving Size</b>		<b>Serving Size</b>	
Turkey/Sausage Jambalaya <b>OR</b> Turkey/Sausage Pastalaya	2/3 cup	19.5g	2/3 cup	19.5g	1 cup	29.1g
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 <b>OR</b> Fresh Cantaloupe	1/2 cup	18g or 6.7g	1/2 cup	18g or 6.7g	1 cup	36g or 13.4g
Whole Wheat Roll - Soft	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-12g/c-19 g/s-19 g
<b>FRIDAY</b>						
	<b>Serving Size</b>		<b>Serving Size</b>		<b>Serving Size</b>	
Crispy Fish Strips	3 pieces	12g	3 pieces	12g	3 pieces	12g
Pasta & Cheese	1/2 cup	21.1g	1/2 cup	21.1g	1/2 cup	21.1g
Fresh Broccoli Salad	2/3 cup	8.5g	2/3 cup	8.5g	2/3 cup	8.5g
Fresh Baby Carrots	1/2 cup	6g	1/2 cup	6g	1/2 cup	6g
Chilled Peach Slices	1/2 cup	13g	1/2 cup	13g	1 cup	26g
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-12g/c-19 g/s-19 g

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## ALL SCHOOLS--LUNCH CARBOHYDRATE COUNTS

SY 2022-2023 Rev. August 1, 2022

WEEK 2 OF THE 3 WEEK CYCLE MENU

Menu Item	Grades PK-5	Carb Count	Grades 6-8	Carb Count	Grades 9-12	Carb Count
<b>MONDAY</b>						
	<b>Serving Size</b>		<b>Serving Size</b>		<b>Serving Size</b>	
Meatsauce with Pasta OR Beefaroni	2/3 cup	19.5g	1 cup	29.5g	1 cup	29.5g
Steamed Broccoli	1/2 cup	4g	1/2 cup	4g	1/2 cup	4g
Seasoned Green Beans	1/2 cup	4g	1/2 cup	4g	1/2 cup	4g
Fruit Cup-Mandarin Oranges 1/4 c & Pineapple Tidbits 1/4 c	1/2 cup	16.5g	1/2 cup	16.5g	1 cup	33g
Whole Grain Breadstick	1 each	19.6g	1 each	19.6g	1 each	19.6g
Milk Choice	8 fl. oz.	w-12 g/c-19g/s-19 g	8 fl. oz.	w-12 g/c-19g/s-19 g	8 fl. oz.	w-12g/c-19g/s-19g
<b>TUESDAY</b>						
	<b>Serving Size</b>		<b>Serving Size</b>		<b>Serving Size</b>	
Chicken Pattie w/WG Breading <b>OR</b> Spicy Breaded Chicken Pattie	1 each n/a	13.5g n/a	1 each	14g	1 each	14g
Whole Grain Hamburger Bun	1 each	28g	1 each	28g	1 each	28g
Sandwich Salad Cup	1 cup	1.5g	1 cup	1.5g	1 cup	1.5g
Oven Baked - 8 French Fries <b>OR</b> 8 Tots <b>OR</b> 7 Wedges	1/2 cup	13.5g/13.5g/24g	1/2 cup	13.5g/13.5g/24g	1 cup	27g/27g/48g
Apple Wedges <b>OR</b> Whole Banana	1/2 cup	7.2g or 16.4g	1/2 cup	7.2g or 16.4g	1 cup	14.4g or 32.8g
Ind. Mayonnaise/Catsup	1 each	3g/3g	1 each	3g/3g	1 each	3g/3g
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
<b>WEDNESDAY</b>						
	<b>Serving Size</b>		<b>Serving Size</b>		<b>Serving Size</b>	
Ham <b>OR</b> Turkey & Cheese Sandwich	1oz meat/.5oz cheese	1.0g	1oz meat/1oz cheese	1.5g	1oz meat/1oz cheese	1.5g
Whole Grain Hamburger Bun	1 each	28g	1 each	28g	1 each	28g
Sandwich Salad Cup	1 cup	1.5g	1 cup	1.5g	1 cup	1.5g
Matchstick (Shredded) Carrots	1/2 cup	6g	1/2 cup	6g	1/2 cup	6g
Lowfat Ranch 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
Chilled Mixed Fruit <b>OR</b> Fresh Watermelon	1/2 cup	15g or 6.2g	1/2 cup	15g or 6.2g	1 cup	30g or 12.4g
Reduced Fat Nacho Chips OR WG Corn Puffs	1 pkg.	18g or 14g	1 pkg.	18g or 14g	1 pkg.	18g or 14g
Ind. Mayonnaise/Mustard	1 each	3g/0g	1 each	3g/0g	1 each	3g/0g
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-19g/s-19g

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## ALL SCHOOLS--LUNCH CARBOHYDRATE COUNTS

### SY 2022-2023 Rev. August 1, 2022 WEEK 2 OF THE 3 WEEK CYCLE MENU

Menu Item	Grades PK-5	Carb Count	Grades 6-8	Carb Count	Grades 9-12	Carb Count
<b>THURSDAY</b>						
	<b>Serving Size</b>		<b>Serving Size</b>		<b>Serving Size</b>	
Oven Baked Turkey Roast	Meat (1 1/2 oz.)	1g	Meat (2 oz.)	1g	Meat (2 oz.)	1g
Steamed Brown Rice	1/2 cup	21g	1/2 cup	21g	1/2 cup	21g
Brown Gravy (1 oz.)	1 oz.=2 T=1/8 cup	2g	1 oz.=2 T=1/8 cup	2g	1 oz.=2 T=1/8 cup	2g
Fresh Whole Baked Sweet Potato	1/2 cup	23.6g	1/2 cup	23.6g	1/2 cup	23.6g
Seasoned Lima Beans	1/2 cup	19g	1/2 cup	19g	1/2 cup	19g
Fresh Orange Wedges-6 or 12 wedges	1/2 cup	15.5g	1/2 cup	15.5g	1 cup	31g
Whole Wheat Roll - Soft	1 each	15g	1 each	15g	1 each	15g
Milk Choice	8 fl. oz.	w-12 g/c-19g /s-19 g	8 fl. oz.	w-12 g/c-19g /s-19 g	8 fl. oz.	w-12g /c-19g/ s-19 g
<b>FRIDAY</b>						
	<b>Serving Size</b>		<b>Serving Size</b>		<b>Serving Size</b>	
Pizza W W Crust, Pepp. <b>OR</b> Cheese	1 wedge	36g or 33.5g	1 wedge	36g or 33.5g	1 wedge	33g or 30.5g
Steamed Corn	1/2 cup	14.3g	1/2 cup	14.3g	1/2 cup	14.3g
Fresh Baby Carrots	1/2 cup	6g	1/2 cup	6g	1/2 cup	6g
Fresh Cabbage Salad	1/2 cup	3.6g	1/2 cup	3.6g	1/2 cup	3.6g
100% Frozen Fruit Juice Cup	1 each	19g	1 each	19g	2 each	38g
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

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## ALL SCHOOLS--LUNCH CARBOHYDRATE COUNTS

SY 2022-2023 Rev. August 1, 2022

### WEEK 3 OF THE 3 WEEK CYCLE MENU

Menu Item	Grades PK-5	Carb Count	Grades 6-8	Carb Count	Grades 9-12	Carb Count
<b>MONDAY</b>						
	<b>Serving Size</b>		<b>Serving Size</b>		<b>Serving Size</b>	
Red <b>OR</b> White Beans with Ham	1/2 cup	White-22.7g / Red-20.4g	1/2 cup	White-22.7g /Red-20.4g	2/3 cup	White-30g / Red-27g
Steamed Brown Rice	1/2 cup	21g	1/2 cup	21g	1/2 cup	21g
Seasoned Turnip Greens	1/2 cup	5g	1/2 cup	5g	1/2 cup	5g
Steamed Vegetable Blend	1/2 cup	4g	1/2 cup	4g	1/2 cup	4g
Chilled Peach Slices	1/2 cup	13g	1/2 cup	13g	1 cup	26g
Whole Grain Cornbread Muffin	1 oz.	15g	1 oz.	15g	1 oz.	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
<b>TUESDAY</b>						
	<b>Serving Size</b>		<b>Serving Size</b>		<b>Serving Size</b>	
Beef or Chicken Taco(s)	Meat ( 1 1/2 oz.)	0g	Meat ( 2 oz.)	0g	Meat ( 2 oz.)	0g
Whole Grain Taco Shell -Soft (flour)	1 each - soft	14g	2 each - soft	28g	2 each - soft	28g
Hard (corn)	1 each - hard	7g	2 each - hard	14g	2 each - hard	14g
Taco Salad Cup-Lettuce, Tomato & Cheese	1 cup	1.7g	1 cup	1.7g	1 cup	1.7g
Steamed Corn	1/2 cup	14.3g	1/2 cup	14.3g	1/2 cup	14.3g
Mandarin Oranges <b>OR</b> Pineapple Tidbits	1/2 cup	16g or 17g	1/2 cup	16g or 17g	1 cup	32g or 34g
Fiesta Rice	1/2 cup	15g	1/2 cup	15g	1/2 cup	15g
Salsa Cup	2 oz.=4T=1/4 cup	4g	2 oz.=4T=1/4 cup	4g	2 oz.=4T=1/4 cup	4g
Whole Grain Snack Crackers	1 pkg	20 g	1 pkg	20g	1 pkg	20g
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
<b>WEDNESDAY</b>						
	<b>Serving Size</b>		<b>Serving Size</b>		<b>Serving Size</b>	
Hamburger Pattie	1 each (2oz MMA)	1.3g	1 each (2oz MMA)	1.3g	1 each (2oz MMA)	1.3g
Whole Grain Hamburger Bun	1 each	28g	1 each	28g	1 each	28g
Sliced Cheese - 1 slice	1/2 oz.	1g	1/2 oz.	1g	1/2 oz.	1g
Sandwich Salad Cup	1 cup	1.5g	1cup	1.5g	1 cup	1.5g
Oven Baked - 8 French Fries <b>OR</b> 8 Tots <b>OR</b> 7 Wedges	1/2 cup	13.5g/13.5g/24g	1/2 cup	13.5g/13.5g/24g	1 cup	27g/27g/48g
Fresh Red Grapes <b>OR</b> Strawberries	1/2 cup	15g or 5.3g	1/2 cup	15g or 5.3g	1 cup	30g or10.6g
Ind. Mayonnaise/Mustard/Catsup	1 each	3g/0g/3g	1 each	3g/0g/3g	1 each	3g/0g/3g
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

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## ALL SCHOOLS--LUNCH CARBOHYDRATE COUNTS

SY 2022-2023 Rev. August 1, 2022

### WEEK 3 OF THE 3 WEEK CYCLE MENU

Menu Item	Grades PK-5	Carb Count	Grades 6-8	Carb Count	Grades 9-12	Carb Count
<b>THURSDAY</b>						
	<b>Serving Size</b>		<b>Serving Size</b>		<b>Serving Size</b>	
Oven Baked Chicken	1 thigh 3.25 oz.	1g	1 thigh 3.25 oz.	1g	1 thigh 3.25 oz.	1g
Rice Dressing, Brown Rice	1/2 cup	15g	1/2 cup	15g	1/2 cup	15g
Sweet Potatoes, Canned, Glazed	1/2 cup	26.5g	1/2 cup	26.5g	1/2 cup	26.5g
Fresh Steamed Cabbage	1/2 cup	3.2g	1/2 cup	3.2g	1/2 cup	3.2g
Fresh Orange Wedges(6 or 12 wedges)	1/2 cup	15.5g	1/2 cup	15.5g	1 cup	31g
Whole Wheat Roll - Pistolette	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
<b>FRIDAY</b>						
	<b>Serving Size</b>		<b>Serving Size</b>		<b>Serving Size</b>	
Breaded Chicken Strips	3 Pieces	16g	3 Pieces	16g	3 Pieces	16g
Whole Grain Tortilla Wrap	1 each	13g	1 each	13g	1 each	13g
Lettuce & Diced Tomato Cup	1 cup	1.5g	1 cup	1.5g	1 cup	1.5g
Fresh Baby Carrots	1/2 cup	6g	1/2 cup	6g	1/2 cup	6g
Baked Beans	1/2 cup	23g	1/2 cup	23g	1/2 cup	23g
Fresh Apple Wedges	1/2 cup=3 wedges	7.2g	1/2 cup=3 wedges	7.2g	1 cup=6 wedges	14.4g
Lowfat Ranch 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
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-12 g/c-19 g/s-19 g

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