

**CARBOHYDRATE COUNT****East Baton Rouge Parish Child Nutrition Program****Middle & High School Choice Menu**

Rev. Aug. 1, 2022 for SY 2022-2023

Menu Item	Grades 6 - 12	Carb Count
<b>MONDAY- PIZZA</b>		
	<b>Serving Size</b>	
Pizza W W Crust, Cheese <b>OR</b> Pepperoni	1 wedge	33.5g <b>OR</b> 36.0g
Vegetable Choice (Vegetable Blend, Green Beans, Broccoli, Turnip Greens)	1/2 cup	4g
Canned Fruit Choice (Peaches or Mixed Fruit or Pineapple Tidbits)	1/2 cup	13g <b>OR</b> 16g <b>OR</b> 17g
<b>TOTAL CARB GRAMS</b>		<b>min. 50.5g - 57g max.</b>
<b>Add any additional carbs for other vegetable, fruit, or milk selected by the student</b>		
<b>TUESDAY- CHICKEN STRIPS</b>		
	<b>Serving Size</b>	
Whole Grain Breaded Chicken Strips	3 pieces	16g
Whole Grain Tortilla Wrap	1 each	13g
Mayonnaise/Catsup	1 each	3g/3g
Vegetable Choice (Vegetable Blend, Green Beans, Broccoli, Turnip Greens)	1/2 cup	4g
Fresh Fruit Choice (Mixed Fruit, Pineapple & Orange, Sliced Peaches)	1/2 cup Sliced Peaches	13g
<b>TOTAL CARB GRAMS</b>		<b>52g</b>
<b>Add any additional carbs for other vegetable, fruit, or milk selected by the student</b>		
<b>WEDNESDAY - SALAD</b>		
	<b>Serving Size</b>	
Mandarin Orange Salad With (Chix & Cheese)	2 oz. meat, 2 c. lettuce, 1 oz. cheese, & 1/4 c carrots	8g
Low Fat Ranch Dressing or Herb or Vinaigrette	1 1/2 oz. = 2 2/3 T = #24 scoop	3g
Whole Grain Saltine Crackers	4 pks. = 8 crackers	16g
Whole Grain Option (WG Graham Squares, WG Snack Mix, or WG Cinnamon Graham Crackers)	1 ind. package	18g <b>OR</b> 15g <b>OR</b> 20g
Mashed Potatoes, Complete, Low Sodium	1/2 cup	16g
Fresh, Sliced Cucumbers	1/2 cup	1.9g
Grapes, Fresh Red & Apples	1/2 cup	11.1g
<b>TOTAL CARB GRAMS</b>		<b>55g or 52g or 54g</b>
<b>Add any additional carbs for other vegetable, fruit, or milk selected by the student</b>		
<b>THURSDAY - PARFAIT</b>		
	<b>Serving Size</b>	
Yogurt, Flavored, Parfait Style	1/2 cup = 8 oz. = 2-#8 scoops	39.0g
Chilled Peaches, Canned	1/2 cup	13g
Fresh Strawberry Garnish	1 berry	0g
Granola <b>OR</b> Whole Grain Snack Cookies	1 each	20g or 22g
<b>TOTAL CARB GRAMS</b>		<b>min 72g - 74g max</b>
<b>Add any additional carbs for other vegetable, fruit, or milk selected by the student</b>		
<b>FRIDAY - HAMBURGER</b>		
	<b>Serving Size</b>	
Hamburger Pattie	1 each (2oz MMA)	3g
Whole Wheat Hamburger Bun	1 each	28g
Sliced Cheese - 1 slice	1/2 oz.	1g
Sandwich Salad Cup (Lettuce & Tomato)	1 cup	1.5g
Ind. Mayo./Mustard/Catsup	1 each	3g/0g/3g
<b>TOTAL CARB GRAMS</b>		<b>39.5g</b>
<b>Add any additional carbs for other vegetable, fruit, or milk selected by the student</b>		

