

EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM

ELEMENTARY-- LUNCH NET CARBOHYDRATE COUNTS

SY 2023-2024 August 1, 2023

WEEK 1 OF THE 3 WEEK CYCLE MENU

Menu Item	Grades PK-5	Carb Count
MONDAY		
Serving Size		
WG Breaded Chicken Nuggets	2 oz (5-pcs)	16g
Vegetable Rice	2/3 cup	27g
Steamed Broccoli	1/2 cup	4g
Assorted Fruit (Canned, Whole)	1/2 cup-1 cup	5.3g-37g
Whole Grain Animal Crackers	1 each	24g
Orange Sauce	1/4 cup	16g
Milk Choice	8 fl. oz.	w-12g/c-19 g/s-19 g
TUESDAY		
Serving Size		
Beefy Tortilla Chips	2 oz. meat/1 oz. chips	0g/17g (10 chips)
Cheese Sauce	1 oz. (#24 scoop)	3.5g
Steamed Corn	1/2 cup	14.3g
OR Beefy Chili (Cold Weather Only)	2 oz. meat/1 oz. chips	6g/17g (10 chips)
Shredded Cheddar Cheese Cup	1 ounce	1.5g
Whole Baked Potato	1/2 cup (1 whole potato)	32g
Whole Grain Corn Chips	1 each	20g
Lettuce & Diced Tomato Cup	1 cup	1.5g
Assorted Fruit (Canned, Whole)	1/2 cup-1 cup	5.3g-37g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-19 g
WEDNESDAY		
Serving Size		
Salisbury Steak	2 oz. (1 each)	4g
Brown Gravy	1 oz.=2 T=1/8 cup	2g
Creamy Mashed Potatoes	1/2 cup	16g
Steamed Vegetable Blend	1/2 cup	8.1g
Assorted Fruit (Canned, Whole)	1/2 cup-1 cup	5.3g-37g
Whole Wheat Roll	1 each	15g
Milk Choice	8 fl. oz.	w-12g/c-19 g/s-19 g

All Calculations were researched and prepared by Fatrice Williams, RDN, LDN, Purchasing Specialist; Using the Nutrition Fact Sheets and Edison's Nutrient Analysis Program.

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THURSDAY	Serving Size	
Creamy Chicken Pasta Alfredo	2/3 cup	27g
Fresh Cucumber & Tomato Salad	1/2 cup	2.2g
Seasoned Pinto Beans	1/2 cup	14.6g
Assorted Fruit (Canned, Whole)	1/2 cup-1 cup	5.3g-37g
Whole Grain Garlic & Herb Breadstick	1 each	18.2g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-19 g
FRIDAY	Serving Size	
Crispy Fish Strips	3 strips	12g
Whole Grain Macaroni Pasta & Cheese OR Whole Grain Spaghetti & Cheese	1/2 cup	21.1g
Steamed Mixed Vegetables	1/2 cup	14g
Fresh Baby Carrots	1/2 cup	6g
Assorted Fruit (Canned, Whole)	1/2 cup-1 cup	5.3g-37g
Cajun Sauce	2- 2/3T (#24)	2.1g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-19 g

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WEEK 2 OF THE 3 WEEK CYCLE MENU

Menu Item	Grades PK-5	Carb Count
MONDAY		
Serving Size		
Chicken/Sausage Jambalaya OR Turkey/Sausage Jambalaya	2/3 cup	18g or 20g
Steamed Green Beans	1/2 cup	4g
Steamed Vegetable Blend	1/2 cup	8.1g
Assorted Fruits (Canned or Whole)	1/2 cup-1cup	5.3g-37g
Whole Grain Cornbread Muffin	1 each	19.6g
Milk Choice	8 fl. oz.	w-12 g/c-19g/s-19 g
TUESDAY		
Serving Size		
Oven Baked Turkey Roast	1 Slice = 1 1/2 oz.	1g
Brown Gravy	1 oz.=2T =1/8 cup	2g
Steamed Brown Rice	1/2 cup	21g
Sweet Potato	1/2 cup	27g
Fresh Broccoli Salad	2/3 cup	8.5g
Assorted Fruits (Canned, Whole)	1/2 cup-1 cup	5.3g-37g
Whole Wheat Roll	1 each	15g
Milk Choice	8 fl. oz.	w-12g /c-19 g/s-19 g
WEDNESDAY		
Serving Size		
Whole Grain Chili Mac n Cheese	2/3 cup	18g
Oven Baked Tater Tot	1/2 cup	15g
Fresh Sliced Cucumbers	1/2 cup	4.0g
Assorted Fruits (Canned, Whole)	1/2 cup-1 cup	5.3g-37g
Milk Choice	8 fl. oz.	w-12g /c-19 g/s-19 g

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Menu Item	Grades PK-5	Carb Count
THURSDAY		
Serving Size		
Glazed BBQ Chicken	Meat 3.25 oz Or 2 oz.	4.3g
Baked Beans	1/2 cup	21g
Steamed Mixed Vegetables	1/2 cup	14g
Assorted Fruits (Canned, Whole)	1/2 cup-1 cup	5.3g-37g
WG Garlic & Herb Roll	1 each	13g
Milk Choice	8 fl. oz.	w-12 g/c-19g /s-19 g
FRIDAY		
Serving Size		
Pepperoni OR Cheese Pizza Wedge with Whole Grain Crust	1 wedge	36g or 33.5g
Dark Green Salad with Fruit	1 cup	4.5g
Vinaigrette Dressing	1/2 oz. = 1T = 1/16c	3g
Fresh Baby Carrots	1/2 cup	6g
100% Frozen Fruit Juice Cup	1 each	19g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-19 g

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WEEK 3 OF THE 3 WEEK CYCLE MENU

Menu Item	Grades PK-5	Carb Count
MONDAY		
Serving Size		
Whole Grain Pasta with Bolognese Sauce	2/3 cup	22.6g
Steamed Broccoli	1/2 cup	4g
Fire Roasted Corn on the Cob	1/4 cup	12g
Assorted Fruits (Canned, Whole)	1/2 cup-1 cup	5.3g-37g
Whole Grain Garlic & Herb Roll	1 each (1 oz)	14g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-19 g
TUESDAY		
Serving Size		
Beef or Chicken Taco(s)	Meat (1 1/2 oz.)	0g
Whole Grain Taco Shell -Soft (flour)	1 each - soft	14g
Hard (corn)	1 each - hard	7g
Taco Salad Cup-Lettuce, Tomato & Cheese	1 cup	1.7g
Black Beans	1/2 cup	15g
Assorted Fruit (Canned, Whole)	1/2 cup-1 cup	5.3g-37g
Salsa Cup	2 oz.=4T=1/4 cup	4g
Whole Grain Sweet Crackers	1 pkg	20 g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-19 g
WEDNESDAY		
Serving Size		
Hamburger Patty	1 each (2oz MMA)	1.3g
Whole Grain Hamburger Bun	1 each	28g
Sliced Cheese - 1 slice	1/2 oz.	1g
Sandwich Salad Cup	1 cup	1.5g
Oven Baked - 8 French Fries OR 8 Tots	1/2 cup	13.5g/15g
Assorted Fruit (Canned, Whole)	1/2 cup-1 cup	5.3g-37g
Ind. Mayonnaise/Mustard/Catsup	1 each	3g/0g/3g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-19 g

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THURSDAY	Serving Size	
Oven Fried Chicken	1 thigh 3.25 oz. Or 1 thigh commodity 2 oz.	1g
Whole Grain Brown Rice Pilaf	1/2 cup	22g
Fresh Steamed Cabbage	1/2 cup	3.2g
Fresh Baby Carrots	1/2 cup	6g
Assorted Fruit (Canned, Whole)	1/2 cup-1 cup	5.3g-37g
Whole Wheat Roll - Pistolette	1 each	15g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-19 g
FRIDAY	Serving Size	
Breaded Chicken Strips, WG	3 Pieces	16g
Whole Grain Waffle	1 each	13g
Oven Baked Tater Tots	1/2 cup	13.8g
100% Romaine Green Salad with Garnish and Salad Dressing	1 cup	7.5g
Assorted Fruits (Canned, Whole)	1/2 cup-1 cup	5.3g-37g
Ind. Syrup Pack	1 each	7.2g
Milk Choice	8 fl. oz.	w-12g/c-19 g/s-19 g

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