

EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM

MIDDLE & HIGH-- LUNCH NET CARBOHYDRATE COUNTS

SY 2023-2024 August 1, 2023

WEEK 1 OF THE 3 WEEK CYCLE MENU

Menu Item	Grades 6-12	Carb Count
MONDAY- CHOICE #1	Serving Size	
Jerk Chicken	Meat 3.25 oz or 2 oz.	0.9g
Jollof Rice	1/2 cup	24g
MONDAY- CHOICE #2	Serving Size	Carb Count
Pepperoni Or Cheese Pizza Wedge with WW Crust	1 wedge = 2 oz M/MA, 2 oz eq. WG	36g or 33.5g
VEG./FRUITS/MILK	Serving Size	Carb Count
Seasoned Turnip Greens	1/2 cup	5g
Oven Baked Plantains	1/4 cup	25g
Assorted Fruit (Canned, Whole)	(6th-8th grade) 1/2 cup-1 cup (9th-12th grade) 1 cup	(6th-8th grade) 5.3g-22.0g or (9th-12th grade) 10.6g-44g
Milk Choice	8 fl. Oz.	w-12g/c-19 g/s-19 g
TUESDAY- CHOICE #1	Serving Size	Carb Count
Tortilla Chips with Beef	2 oz. meat/1 oz. chips	(6th-8th grade) 0g/25.5g or (9th-12th grade) 0g/34g
Cheese Sauce	1 oz. (#24 scoop)	3.5g
OR	Serving Size	Carb Count
Beefy Chili <i>(Cold-Weather Only)</i>	2 oz. eq. M/MA	(6th-8th grade) 6g/25.5g or (9th-12th grade) 6g/34g
Shredded Cheddar Cheese Cup	1 oz.	1.5g
Whole Baked Potato	1/2 cup (1 whole potato)	31g
Whole Grain Corn Chips	1 each	20g
Sour Cream	1 each	1.1g
TUESDAY- CHOICE #2	Serving Size	Carb Count
Turkey Franks	1 each = 2 oz. eq. M/MA	2g
WG Hot Dog Bun	1 each	28g
Ind. Mayonnaise/Mustard/Ketchup	1 each	3g/0g/3g
VEG./FRUITS/MILK	Serving Size	Carb Count
Lettuce & Diced Tomato Cup	1 cup	1.5g
Black Beans	1/2 cup	15g
Guacamole or Diced Avocado	1/4 cup	1g
Salsa Cup	1/4 cup	4g
Assorted Fruit (Canned, Whole)	(6th-8th grade) 1/2 cup-1 cup (9th-12th grade) 1 cup	(6th-8th grade) 5.3g-22.0g or (9th-12th grade) 10.6g-44g
Milk Choice	8 fl. Oz.	w-12 g/c-19 g/s-19 g

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WEDNESDAY- CHOICE #1	Serving Size	
Chicken Nuggets	5 each- 2 oz. eq. M/MA	16g
Vegetable Rice	2/3 cup	27g
Orange Sauce	1/4 cup (# 16 scoop)	16g
Whole Grain Animal Crackers	1 each	24g
WEDNESDAY- CHOICE #2	Serving Size	Carb Count
Yogurt, Flavored, Parfait Style -Fresh Fruit	8 oz. 1/2 cup	47g
Whole Grain Granola	HS only -1 each	18g
Whole Grain Cereal, Bowl Pack Multi-Grain Rounds or WG squares	1 each	21g or 22g
VEG./FRUITS/MILK	Serving Size	Carb Count
Steamed Broccoli	1/2 cup	4g
Fresh Sliced Cucumbers	1/2 cup	4g
Assorted Fruit (Canned, Whole)	(6 th -8 th grade) 1/2 cup-1cup (9 th -12 th grade) 1 cup	(6 th -8 th grade) 5.3g-37.0g or (9 th -12 th grade) 10.6g-44g
Milk Choice	8 fl. Oz.	w-12g/c-19 g/s-19 g
THURSDAY- CHOICE #1	Serving Size	Carb Count
Creamy Chicken Pasta Alfredo	1 cup	32g
WG Garlic & Herb Roll	1 each	14g
THURSDAY- CHOICE #2	Serving Size	Carb Count
Salad w/ Mandarin Oranges & Grilled Chicken	1 each = 2 oz. eq. M/MA	21g
WG Saltine Crackers Or WG Cheese Crackers Or Whole Wheat Crackers	2 packs 1 each 1 each	18g 13g 13g
Salad Dressing- Fruit Vinaigrette	2 2/3T = 1 1/2 oz (# 24 scoop)	3g
WG Graham Square Or WG Snack Mix Or WG Cinnamon Graham Crackers	1 each	18g 20g 20g
VEG./FRUITS/MILK	Serving Size	Carb Count
Seasoned Green Beans	1/2 cup	4g
Fresh Whole Baked Sweet Potato	1/2 cup	26g
Assorted Fruit (Canned, Whole)	(6 th -8 th grade) 1/2 cup-1 cup (9 th -12 th grade) 1 cup	(6 th -8 th grade) 5.3g-37.0g or (9 th -12 th grade) 10.6g-44g
Milk Choice	8 fl. Oz.	w-12 g/c-19 g/s-19 g

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Menu Item	Grades 6-12	Carb Count
FRIDAY- CHOICE #1	Serving Size	
Crispy Fish & Cheese Patty	1 each- 2 oz. eq. M/MA 1.25 oz. eq. WG	10.5g
WG Hamburger Bun	1 each	28g
Tartar Sauce, Homemade	2 2/3T = 1 1/2 oz. (# 24 scoop)	5g
FRIDAY- CHOICE #2	Serving Size	Carb Count
Homemade Hamburger	1 each- 2 oz. eq. M/MA	1g
Sliced Cheese	1 slice	1g
WG Hamburger Bun	1 each	28g
Indiv. Ketchup/Mayonnaise/Mustard	1 each	3g/0g/3g
VEG./FRUITS/MILK	Serving Size	Carb Count
Sandwich Salad Cup	1 cup	1.5g
Oven Baked Sweet Potato Fries	1/2 cup	4g
Assorted Fruit (Canned, Whole)	(6 th -8 th grade) 1/2 cup-1cup (9 th -12 th grade) 1 cup	(6 th -8 th grade) 5.3g-37.0g or (9 th -12 th grade) 10.6g-44g
Milk Choice	8 fl. Oz.	w-12g/c-19 g/s-19 g

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WEEK 2 OF THE 3 WEEK CYCLE MENU

Menu Item	Grades 6-12	Carb Count
MONDAY- CHOICE # 1	Serving Size	
Cajun Cheesesteak	3 oz. M/MA	5g
Whole Grain Hot Dog Bun	1 each	28g
Reduced Fat Nacho Chips	1 pkg.	20g
MONDAY- CHOICE # 2	Serving Size	Carb Count
Pepperoni OR Cheese Pizza Wedge with Whole Wheat Crust	1 wedge = 2 oz. eq. M/MA	36g or 33.5
VEG./FRUITS/MILK	Serving Size	Carb Count
Seasoned Green Beans	1/2 cup	4g
Fired Roasted Corn on the Cob	1 each -1/4 cup	12g
Assorted Fruits (Canned, Whole)	(6th-8th grade) 1/2 cup-1 cup (9 th -12 th grade) 1 cup	(6th-8th grade) 5.3g-37.0g or (9 th -12 th grade) 10.6g-44g
Milk Choice	8 fl. Oz.	w-12g /c-19 g/s-19 g
TUESDAY- CHOICE # 1	Serving Size	Carb Count
Fajitas- Beef or Chicken	1 each – 2 oz. eq. M/MA	0g
Whole Grain Soft Shell	2 each	14g
TUESDAY- CHOICE # 2	Serving Size	Carb Count
Turkey Franks	1 each- 2 oz. eq. M/MA	2g
Whole Grain Hot Dog Bun	1 each	28g
Indiv. Mayonnaise/Mustard/Ketchup	1 each	3g/0g/3g
VEG./FRUITS/MILK	Serving Size	Carb Count
Taco Salad Cup-Lettuce, Tomato, & Cheese	1 cup	1.7
Sautéed Onions & Peppers	1/2 cup	3.9g
Diced Avocado	1/4 cup	1g
Salsa Cup	1/4 cup	4g
Assorted Fruits (Canned, Whole)	(6th-8th grade) 1/2 cup-1 cup (9 th -12 th grade) 1 cup	(6th-8th grade) 5.3g-37.0g or (9 th -12 th grade) 10.6g-44g
Milk Choice	8 fl. oz.	w-12g /c-19 g/s-19 g

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WEEK 2 OF THE 3 WEEK CYCLE MENU

Menu Item	Grades 6-12	Carb Count
WEDNESDAY- CHOICE # 1		
	Serving Size	
Spicy Chicken Patty	1 each	17g
Whole Grain Hamburger Bun	1 each	28g
WEDNESDAY- CHOICE # 2		
	Serving Size	Carb Count
Yogurt, Flavored, Parfait Style -Fresh Fruit	8 oz 1/2 cup	47g
Whole Grain Granola	HS Only -1 each	18g
Whole Grain Cereal, Bowl Pack MS & HS Multi-Grain Rounds Or Whole Grain Squares	1 each	21g or 22g
VEG./FRUITS/MILK		
	Serving Size	Carb Count
Sandwich Salad Cup	1 cup	13.5g
Oven Baked French Fries	1/2 cup	15g
Assorted Fruits (Canned, Whole)	(6th-8th grade) 1/2 cup-1 cup (9th-12th grade) 1 cup	(6th-8th grade) 5.3g-37.0g or (9th-12th grade) 10.6g-44g
Indiv. Mayonnaise/Mustard/Ketchup	1 each	3g/0g/3g
Milk Choice	8 fl. oz.	w-12g /c-19 g/s-19 g
THURSDAY- CHOICE # 1		
	Serving Size	Carb Count
Oven Fried Chicken	3.25 oz. eq. M/MA or 2 oz. eq. M/MA	7.9g
Whole Grain Waffles	2 each	22g
Whole Grain Animal Crackers	1 each	24g
Ind. Syrup Pack	1 each	7.2g
THURSDAY- CHOICE # 2		
	Serving Size	Carb Count
Salad w/ Grilled Chicken Patty	3 oz – 2 oz. grilled chicken, 1 oz. Shredded Cheese, 1/2 cup Romaine Lettuce, 1/2 cup Shredded Lettuce Baby Carrots 1/4 cup	6.9g
WG Saltine Crackers or WG Cheese Crackers or Whole Wheat Crackers	2 pack 1 each 1 each	18g 20g 20g
Salad Dressing- Ranch or Herb	2- 2/3T = 1 1/2 oz (# 24 scoop)	2.5g or 0.1g
WG Graham Squares Or WG Snack Mix Or WG Cinnamon Graham Crackers	1 each	18g 20g 20g
VEG./FRUITS/MILK		
	Serving Size	Carb Count
Oven Baked Tater Tots	1/2 cup	15g
Fresh Baby Carrots	1/2 cup	6g
Assorted Fruits (Canned, Whole)	(6th-8th grade) 1/2 cup-1 cup (9th-12th grade) 1 cup	(6th-8th grade) 5.3g-37.0g or (9th-12th grade) 10.6g-44g
Milk Choice	8 fl. oz.	w-12g /c-19 g/s-19 g

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Menu Item	Grades 6-12		Carb Count
FRIDAY- CHOICE #1	Serving Size		
Chicken Strips w/ WG Breading	3 Strips		16g
WG Brown Rice Pilaf	1/2 cup		22g
Whole Wheat Roll-Soft	1 each		15g
FRIDAY- CHOICE #2	Serving Size		Carb Count
Homemade Hamburger	1 each- 2 oz. eq. M/MA		1g
Sliced Cheese	1 slice		1g
WG Hamburger Bun	1 each		28g
Indiv. Ketchup/Mayonnaise/Mustard	1 each		3g/0g/3g
VEG./FRUITS/MILK	Serving Size		Carb Count
Sandwich Salad Cup	1 cup		1.5g
Sweet Potato	1/2 cup		27g
Fresh Broccoli Salad	2/3 cup		8.5g
Seasoned Pinto Beans	1/2 cup		14.6g
Assorted Fruit (Canned, Whole)	(6th-8th grade) 1/2 cup-1 cup	(9th-12th grade) 1 cup	(6th-8th grade) 5.3g-37.0g or (9th-12th grade) 10.6g-44g
Milk Choice	8 fl. oz.		w-12g/c-19 g/s-19 g

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WEEK 3 OF THE 3 WEEK CYCLE MENU

Menu Item	Grades 6-12	Carb Count
MONDAY- CHOICE # 1	Serving Size	
Chicken Scampi w/ Whole Grain Spaghetti Pasta	1 cup	26g
Whole Grain Garlic & Herb Roll	1 each	14g
MONDAY – CHOICE # 2	Serving Size	Carb Count
Pepperoni Or Cheese Pizza Wedge w/ Whole Wheat Crust	1 wedge = 2 oz. eq. M/MA	36g or 33.5g
VEG./FRUITS/MILK	Serving Size	Carb Count
Steamed Broccoli	1/2 cup	4g
Bean and Corn Salad	1/2 cup	27g
Assorted Fruit (Canned, Whole)	(6 th -8 th grade) 1/2 cup- 1 cup (9 th -12 th grade) 1 cup	(6 th -8 th grade) 5.3g-37.0g or (9 th -12 th grade) 10.6g-44g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-19 g
TUESDAY-CHOICE # 1	Serving Size	Carb Count
WG Chili Mac n Cheese	1 cup	28g
Whole Grain Animal Cracker	1 each	24g
TUESDAY-CHOICE # 2	Serving Size	Carb Count
Turkey Franks	1 each = 2 oz. eq. M/MA	2g
Whole Grain Hot Dog Bun	1/2 cup	28g
Ind. Mayonnaise/Mustard/Ketchup	1 each	3g/0g/3g
VEG./FRUITS/MILK	Serving Size	Carb Count
Fresh Cucumber and Tomato Salad	1/2 cup	2.2g
Steamed Mixed Vegetables- Country Mix	1/2 cup	14g
Assorted Fruit (Canned, Whole)	(6 th -8 th grade) 1/2 cup-1 cup (9 th -12 th grade) 1 cup	(6 th -8 th grade) 5.3g-37.0g or (9 th -12 th grade) 10.6g-44g
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Menu Item	Grades 6-12		Carb Count
WEDNESDAY- CHOICE # 1	Serving Size		Carb Count
Glazed BBQ Chicken	3.25 oz eq. M/MA or 2 oz. eq. M/MA		4.3g
Whole Wheat Soft Roll	1 each		15g
WG Snack Crackers	1 each		20g
WEDNESDAY- CHOICE # 2	Serving Size		Carb Count
Yogurt, Flavored, Parfait Style -Fresh Fruit	8 oz. 1/2 cup		47g
Whole Grain Granola	HS Only -1 each		18g
Whole Grain Cereal, Bowl Pack Multi Grain Rounds or Whole Grain Squares	1 each		21g or 22g
VEG./FRUITS/MILK	Serving Size		Carb Count
Oven Baked Tater Tots	1/2 cup		15g
Creamy Coleslaw	1/2 cup		4.6g
Assorted Fruit (Canned, Whole)	(6th-8th grade) 1/2 cup-1 cup	(9th-12th grade) 1 cup	(6th-8th grade) 5.3g-37.0g or (9th-12th grade) 10.6g-44g
Milk Choice	8 fl. oz.		w-12 g/c-19 g/s-19 g

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Menu Item	Grades 6-12	Carb Count
THURSDAY- CHOICE # 1	Serving Size	
Oven Baked Turkey Roast	2 oz. eq. M/MA	1g
Brown Gravy	1 oz. = 1/8 cup	2g
Steamed Brown Rice	1/2 cup	21g
WG Cornbread Muffin	1 each	19.6g
THURSDAY- CHOICE # 2	Serving Size	Carb Count
Salad w/ Ham Slices	3 oz – 2 oz. Ham, 1 oz. Shredded Cheese, 1/2 cup Romaine Lettuce, 1/2 cup Shredded Lettuce Baby Carrots 1/4 cup	11g
WG Saltine Crackers Or WG Cheese Crackers Or Whole Wheat Crackers	2 packs 1 each 1 each	18g 13g 13g
Salad Dressing-Ranch Herb	2- 2/3T = # 24 Scoop	2.5g or 0.1g
WG Graham Square Or WG Snack Mix Or WG Cinnamon Graham Cracker	1 each	18g 20g 20g
VEG./FRUITS/MILK	Serving Size	Carb Count
Fresh Whole Baked Sweet Potato	1/2 cup	26g
Seasoned Lima Beans	1/2 cup	19g
Assorted Fruits (Canned, Whole)	(6th-8th grade) 1/2 cup-1 cup (9th-12th grade) 1 cup	(6th-8th grade) 5.3g-37.0g or (9th-12th grade) 10.6g-44g
Milk Choice	8 fl. oz.	w-12g/c-19 g/s-19 g

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WEEK 3 OF THE 3 WEEK CYCLE MENU

Menu Item	Grades 6-12	Carb Count
FRIDAY- CHOICE # 1	Serving Size	
Pepperoni OR Cheese Pizza Wedge with Whole Wheat Crust	1 wedge = 2 oz. eq. M/MA	36g or 33.5
FRIDAY- CHOICE # 2	Serving Size	Carb Count
Homemade Hamburger	1 each- 2 oz. eq. M/MA	1g
Sliced Cheese	1 slice	1g
WG Hamburger Bun	1 each	28g
Indiv. Ketchup/Mayonnaise/Mustard	1 each	3g/0g/3g
VEG./FRUITS/MILK	Serving Size	Carb Count
Sandwich Salad Cup	1 cup	1.5g
Dark Green Salad w/Fruit & Vinaigrette Dressing	1 cup	7.5g
Fresh Baby Carrots	1/2 cup	6g
Assorted Fruits (Canned, Whole)	(6th-8th grade) 1/2 cup-1 cup (9th-12th grade) 1 cup	(6th-8th grade) 5.3g-37.0g or (9th-12th grade) 10.6g-44g
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