

EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM

ALL SCHOOLS LUNCH SY 2023-24 GUMBO & HOLIDAY MENUS

CARBOHYDRATE COUNTS

Menu Item	Grades PK-5	Carb Count	Grades 6-8	Carb Count	Grades 9-12	Carb Count
October 25, 2023						
Gumbo	Serving Size		Serving Size		Serving Size	
Turkey/Sausage Gumbo			8 oz. Ladle	14g	8oz. Ladle	14g
Steamed Brown Rice			1/2 cup	22g	1/2 cup	22g
Whole Baked Sweet Potato			1/2 cup	24g	1/2 cup	24g
Seasoned Lima Beans			1/2 cup	19g	1/2 cup	19g
Assorted Fruit			1/2 cup	5.3g-27g	1 cup	10.6g-54g
WG Saltine Crackers			4 packs (8 pcs.)	18g	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
November 01, 2023 Gumbo	Serving Size		Serving Size		Serving Size	
Turkey/Sausage Gumbo	6 oz. Ladle	10.5g				
Steamed Brown Rice	1/2 cup	22g				
Mashed Potato Salad	1/2 cup	25g				
Steamed Vegetable Blend	1/2 cup	5g				
Assorted Fruit	1/2 cup	27g				
WG Saltine Crackers or WG Roll	1 each or 4 packs (8 pcs.)	15g or 18g				
Milk Choice	8 fl. oz.	w-12g/c-19 g/s-19 g				
November 15, 2023						
Thanksgiving Dinner	Serving Size		Serving Size		Serving Size	
Baked Turkey Roast w/Gravy-2T	Meat (1 1/2 oz.)	1g/2g	Meat (2 oz.)	1g/2g	Meat (2 oz.)	1g/2g
Cornbread Dressing OR Rice Dressing	1/2 cup	20g	1/2 cup	20g	1/2 cup	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	27g	1/2 cup	27g	1/2 cup	27g
Assorted Fruit	1/2 cup	5.3g-27g	1/2 cup	5.3g-27g	1 cup	10.6g-54g
WG 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
November 29, 2023 Gumbo	Serving Size		Serving Size		Serving Size	
Turkey/Sausage Gumbo	6 oz. Ladle	10.5g				
Steamed Brown Rice	1/2 cup	22g				
Mashed Potato Salad	1/2 cup	25g				
Steamed Vegetable Blend	1/2 cup	5g				
Assorted Fruit	1/2 cup	5.3g-27g				
WG Roll or WG Saltine Crackers	1 each or 4 packs (8 pcs.)	15g or 18g				
Milk Choice	8 fl. oz.	w-12g/c-19 g/s-19 g				

ALL SCHOOLS LUNCH SY 2023-24 GUMBO & HOLIDAY CARBOHYDRATE COUNTS

Menu Item	Grades PK-5	Carb Count	Grades 6-8	Carb Count	Grades 9-12	Carb Count
December 7, 2023 Christmas Dinner	Serving Size		Serving Size		Serving Size	
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 OR Cornbread Dressing	1/2 cup	20g	1/2 cup	20g	1/2 cup	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	27g	1/2 cup	27g	1/2 cup	27g
Assorted Fruit	1/2 cup	5.3g-27g	1/2 cup	5.3g-27g	1 cup	10.6g-54g
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
December 13, 2023 Gumbo	Serving Size		Serving Size		Serving Size	
Turkey/Sausage Gumbo			8 oz. Ladle	14g	8oz. Ladle	14g
Steamed Brown Rice			1/2 cup	22g	1/2 cup	22g
Whole Baked Sweet Potato			1/2 cup	24g	1/2 cup	24g
Seasoned Lima Beans			1/2 cup	19g	1/2 cup	19g
Assorted Fruit			1/2 cup	5.3g-27g	1 cup	10.6g-54g
WG Saltine Crackers			4 packs (8 pcs.)	18g	4 packs (8 pcs.)	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

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