



EAST BATON ROUGE
PARISH SCHOOL SYSTEM

Fatrice Williams, RDN, LDN

Child Nutrition Program
3000 N. Sherwood Forest Dr.
Baton Rouge, LA 70814

USDA MILK SUBSTITUTION RULE & MODIFIED DIETS

TO: Child Nutrition Program Managers and Parents
FROM: Fatrice Williams, RDN, LDN/Purchasing Specialist
DATE: August 1, 2023
SUBJECT: USDA Milk Substitution Rule and Modified Diets

1. We **cannot** provide juice as a substitute for milk. Soy milk may be provided to students who are allergic to cow's milk and have a documented disability. Parents may send an acceptable beverage from home for breakfast and/or lunch. Milk is an Offer vs. Serve component of meal reimbursement therefore, students do not have to take the milk for the meal to be considered reimbursable. **School districts are not required to comply with medical excuses unless the student has a disability requiring that milk is omitted from the diet.**
Severe food allergies that can cause life-threatening reactions fall under the category of "Disability" and any substitution prescribed by a licensed physician must be made. See the attached statements from USDA concerning dietary substitutions for disabilities.
2. For those students who are Lactose Intolerant, the Child Nutrition Program (CNP) will offer Lactose-Free milk that CNP Managers will order from the current milk vendor in 64 oz cartons (8/8 oz. servings per carton). The 8 oz. serving will be served in a 10 oz. cup with lid. Managers are to request a signed note from the parent/legal guardian stating they would like their child to receive Lactose-Free milk so that managers can order appropriately. Managers may send parents the attached Lactose-Free Milk Request Form to complete, sign, and return. Make copies of the form as needed.
3. If CNP Managers have any questions about menu substitutions or requests for substitutions, call me at **225-226-3624**. **CNP Managers may need to contact parents to ask them to send you an updated, signed medical statement each school year, especially if a disabling food allergy is present.**
4. Any special diet requests must be made by a recognized medical authority, such as a doctor, nurse practitioner, or physician's assistant. CNP Managers are to fax the signed medical statement to Mrs. Williams at **225-275-2298** and a modified menu for the student will be sent to the CNP Manager by email or fax. Prior year medical statements should be used for menu modifications until the new medical statement is received. The manager is responsible for ensuring that the meal is served to the student as planned. School managers are to keep all documentation on file.

5. Guidelines for offering Milk Substitutes to students with medical or special dietary needs, **other than a disability**.
- Any milk substitute to be offered must contain the same nutrients as fluid milk **unless otherwise ordered by a doctor, nurse practitioner, or physician's assistant**.
 - Juice or water can be offered to students who cannot consume cow's milk, but not as a substitute for milk because the nutritive value is not equal to fluid milk.
 - Lactose-Free milk will be available for students with lactose intolerance. A written, signed note for the lactose-free milk from the parent/legal guardian, to the cafeteria manager, is required. A request from a recognized medical authority is acceptable but is not required. The signed, written request must state the medical or dietary need that prevents the student from being able to drink fluid cow's milk. All requests will be kept on file in the cafeteria manager's office and at the CNP Office.
 - Students with milk allergies do not have to choose the milk offered as part of their meal because our school system follows Offer vs. Serve meal service. These students are advised to bring a nutritionally acceptable beverage from home to drink with their meals.
 - **Soy milk will be provided only to students with disabilities documented in their IEP, as requested by a licensed medical professional**. Students with disabilities are exempt from the USDA ruling.

Questions or parent inquiries may be directed to:

Fatrice Williams at 225-226-3624

fwilliams7@ebrschools.org

225-275-2298 FAX



EAST BATON ROUGE
PARISH SCHOOL SYSTEM

Fatrice Williams, RDN, LDN

Child Nutrition Program
3000 N. Sherwood Forest Dr. Bldg. A
Baton Rouge, LA 70814

TO: Parents of Students Currently Receiving Milk Substitutions

FROM: Fatrice Williams, RDN, LDN
CNP-Special Diets Manager/Purchasing Specialist

DATE: August 1, 2023

SUBJECT: Milk Substitution for Modified Dietary Needs

Our department received a ruling from the U.S. Department of Agriculture (USDA) concerning the substitution of nondairy milk substitutes for students with medical or modified dietary needs, other than a disability. The East Baton Rouge Parish Child Nutrition Program is committed to meeting the dietary needs of all students who participate in school meal programs. To comply with the new USDA rule, changes to our system of offering milk substitutes were implemented on February 1, 2010. Please review the following changes that may affect your child and the availability of appropriate milk substitutes in our cafeteria:

- Any milk substitute to be offered must contain the same nutrients as fluid milk unless otherwise ordered by a doctor, nurse practitioner, or physician's assistant.
- Juice or water can be offered to students who cannot consume cow's milk, but not as a substitute for milk because the nutritive value is not equal to fluid milk.
- Lactose-Free milk will be available for students with lactose intolerance. A signed, written request for lactose-free milk from the parent, to the cafeteria manager, is required. A request from a recognized medical authority is acceptable but is not required. The signed, written request must state the medical or dietary need that prevents the student from being able to drink fluid milk. All requests will be kept on file in the cafeteria manager's office.
- Students with milk allergies do not have to choose the milk offered as part of their meal because our school system follows Offer v. Serve meal service. These students are advised to bring a nutritionally acceptable beverage from home to drink with their meals.
- **Soy milk will be provided only to students with disabilities documented in their IEP, as requested by a licensed medical professional.** Students with disabilities are exempt from the USDA ruling.

If you have any questions with regard to milk substitutes please call Fatrice Williams, RDN in the CNP Office at 225-226-3624.


APPROVED: Cecile Grisby,
Purchasing Coordinator

Child Nutrition Program Procedure for Requesting Menu Modifications

The East Baton Rouge Parish Child Nutrition Program is committed to meeting the dietary needs of all students who participate in school meal programs. Any diet prescription or diet request to modify menus due to Food Allergies, Food Intolerances, Texture Modifications, Diabetes and Sodium Restrictions, etc., must be made by a recognized medical authority, such as a doctor, nurse practitioner, or physician's assistant.

When a diet prescription or diet modification is necessary for any student, the following procedure is to be used:

- 1.) The East Baton Rouge Parish School System (Child Nutrition Program) “**Diet Prescription for Meals at School Form**” must be completed and signed by a medical authority. (a sample form is attached).
- 2.) Check off all specific menu modifications that apply and specify the food groups to omit. List any specific foods that should be omitted and specific foods to substitute.
- 3.) The signed prescription order is to be emailed or faxed to Fatrice Williams, RDN, LDN, Purchasing Specialist in the Child Nutrition Program Office. Her email address is fwilliams7@ebrschools.org and her fax number is (225) 275-2298. You may contact **Mrs. Williams at (225)-226-3624 or Mrs. Cecile Grisby at (225)-226-3612.**
- 4.) The CNP Registered Dietitian will change the menus according to the signed order. The Modified Diets Manager will forward the menus to the Cafeteria Manager and discuss modifications with the Cafeteria Manager. The Cafeteria Manager is to discuss the menu changes with the school cafeteria staff to make sure that menu changes are implemented as discussed with CNP Registered Dietitian.

Attached: Diet Prescription for Meals at School Form

CHILD NUTRITION PROGRAM

3000 North Sherwood Forest Drive, Bldg. A
Baton Rouge, Louisiana 70814
PHONE (225) 226-3624 **FAX (225) 275-2298**

**EAST BATON ROUGE PARISH SCHOOL SYSTEM
CHILD NUTRITION PROGRAM
DIET PRESCRIPTION FOR MEALS AT SCHOOL**

Student's Name _____ Age _____ Date of Birth _____

School _____ Grade/Classroom _____

Parent's Name _____ Telephone cell () _____

Address _____ Telephone home () _____
Street or P. O. Box Telephone work () _____

City _____ State _____ Zip Code _____

School Nurse _____ Office #: _____ Fax # _____

Does the student have a disability that requires a special diet? Yes _____ No _____
If yes, describe the major life activities affected by the disability.
(See back of form for further information.)

If the student is not disabled, list the medical condition that requires special nutritional or feeding needs.

Prescription (Check all that apply):

- | | |
|--|------------------------------------|
| () Diabetic - Up to _____ Carbs. Per Meal | () Increased Calorie _____ #kcal |
| () Food Allergy () Severe | () Reduced Calorie _____ #kcal |
| () Hypoglycemic | () Texture Modification |
| () PKU | Chopped _____ Ground _____ |
| () Other _____ | Pureed _____ Liquified _____ |
| | () Tube Feeding |
| | 7iquified Meal _____ Formula _____ |

Foods Omitted and Substitutions

(Please check food groups to be omitted. Identify specific foods to omit and list foods to be substituted. If necessary, attach additional information or instructions regarding the diet or feeding.)

Food Groups to Omit

() Bread and Cereal Products () Fruits and Vegetables () Meat and Meat Alternatives () Milk and Milk Products

Specific Foods to Omit (must be completed)

Specific Foods to Substitute (must be completed)

I certify that the above-named student needs special school meals prepared as described above because of the student's disability or chronic medical condition.

Office Address _____

Office Telephone # _____

¹Licensed Physician/Recognized Medical Authority Signature

Date

¹Signature of Licensed Physician required if the student is disabled.

Definition of Disability

Definitions

As used in this part, the term or phrase:

(l) *Student with disabilities* means any person who has a physical or mental impairment which substantially limits one or more major life activities, has a record of such an impairment, or is regarded as having such an impairment.

(j) *Physical or mental impairment* means (1) any physiological disorder or condition, cosmetic disfigurement, or anatomical loss affecting one or more of the following body systems:

Neurological; musculoskeletal; special sense organs; respiratory, including speech organs; cardiovascular; reproductive; digestive; genitourinary; hemic and lymphatic; skin; and endocrine; or (2) any mental or psychological disorder, such as mental retardation, organic brain syndrome, emotional or mental illness, and specific learning disabilities. The term *physical or mental impairment* includes, but is not limited to, such diseases and conditions as orthopedic, visual, speech, and hearing impairments; cerebral palsy; epilepsy; muscular dystrophy; multiple sclerosis; cancer; heart disease; diabetes; mental retardation; emotional illness; and drug addiction and alcoholism.

(k) *Major life activities* mean functions such as caring for one's self, performing manual tasks, walking, seeing, hearing, speaking, breathing, learning and working.

Non-discrimination Statement: In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.



Fatrice Williams, RDN, LDN

Child Nutrition Program
3000 N. Sherwood Forest Drive, Bldg. A
Baton Rouge, LA 70814

LACTOSE-FREE MILK REQUEST

DATE: _____

SCHOOL: _____

STUDENT: _____

Dear Parent or Guardian,

Our cafeteria currently has a medical excuse on file for your child that states he/she is lactose intolerant and cannot drink regular fluid milk. We have lactose-free milk available as a substitute for regular milk. We cannot provide juice, soy milk or rice milk as a substitute. If you would like your child to drink lactose-free milk at school please fill out the request below and return it to the cafeteria manager.

**Please return this completed form to the cafeteria manager or
fax form to 225-275-2298**

I am requesting that my child, _____, who
attends, _____ school, drink lactose-free milk
instead of regular milk as part of his/her school breakfast and lunch.

Parent or Guardian Signature: _____
Date _____



Child Nutrition Program
3000 North Sherwood Forest Drive Bldg. A
Baton Rouge, La. 70814
PHONE: (225) 226-3624

Child Nutrition Program Procedure for Requesting Diet Modifications for Religious Reasons

When menu changes are requested due to religious reasons, the following procedure is to be used:

- 1.) The Parent or guardian is to send a signed written note to the Cafeteria Manager or complete the "Religious Reasons Diet Request" form states that due to religious reasons the child cannot eat particular items, listing the items that the child cannot eat. Each request is dealt with on an individual basis.
- 2.) The day that the signed written note or completed form is received by the Cafeteria Manager, the Manager is to send or fax a copy to the CNP Purchasing Office for the CNP Staff Dietitian or Special Diets Manager to review. The original request must be kept on file in the school cafeteria office.
- 3.) The day that the written, signed note for menu changes, due to religious reasons, is received by the Cafeteria Manager, the manager is to call their Area Supervisor, the CNP Staff Dietitian, or the Special Diets Manager to work through what substitutions or changes can be made to the menus. EBR menus and products that are purchased on current CNP Award Sheets are used to determine substitutions. Special foods cannot be purchased for menu changes due to religious requests.
- 4.) The CNP Staff Dietitian or Special Diets Manager is to call and speak with the parent or guardian to discuss the substitutions that will be made due to religious reasons. The modified 3-week cycle menu should be e-mailed, faxed, or sent home to the parent or guardian even though verbal contact was made.
- 5.) The CNP Staff Dietitian or Special Diets Manager will fax the modified menus to the Cafeteria Manager. The Cafeteria Manager is to discuss the menu changes with school cafeteria staff to make sure that menu changes are implemented as discussed with the Area Supervisor, CNP Staff Dietitian, or the Special Diets Manager.

Additional Notes:

- In working with religious requests, in many cases, pork has been the item that the child cannot eat. In this case, we generally substitute another meat item for any pork item that is served; however, currently, we do not purchase many items containing pork. The few items we serve that contain pork are ham for ham & cheese sandwiches, breakfast ham slices, ham used in red beans, and lunch pepperoni pizza. Also, the link sausage used for jambalaya, Pastalaya, and gumbo is made with beef and pork. In any of these cases, another meat item would be substituted or in the case of the red beans, jambalaya, and pastalaya the school can make a small amount of these items without the pork and include enough beans or chicken to meet the full meat requirement for the meal. Some items that are generally made with pork are made with all turkey, such as the turkey sausage patty that we serve at breakfast is made with all turkey meat. Generally, there have not been problems in dealing with "no pork" requests, but a signed written note from the parent to the cafeteria manager is required.

- We have learned that most parents are very eager to teach their children what items they can and cannot eat. As children grow and become older, in about 2nd or 3rd grade, many children are very aware of what they can and cannot eat, which is helpful, because they do not choose items they should not eat as they go through the serving line.



Fatrice Williams, RDN, LDN

Child Nutrition Program
3000 N. Sherwood Forest Dr. Bldg. A
Baton Rouge, LA 70814

RELIGIOUS REASONS DIET REQUEST

School: _____ Date: _____

Student's Name: _____ DOB: _____
Please Print

Parent's Name: _____ Parent's Cell: _____
Please Print

Work: _____

Home: _____

SPECIAL DIET REQUESTED FOR RELIGIOUS REASONS:

(Please state the particular menu items your child cannot eat due to religious reasons.)

My Child Cannot Eat:

1. _____
2. _____
3. _____

Parent/Guardian Signature

Date

Please fax this request to 225-275-2298

Fatrice Williams, RDN, LDN,
Purchasing Specialist
Child Nutrition Program Office
Office: 225-226-3624
Email: fwilliams7@ebrschools.org

2023-24 Food Allergy Fact Sheet General Overview 2023-24

A food allergy is when the body mistakenly reacts to a certain food or ingredient as if it were harmful. The food that causes the reaction is called an allergen.

Symptoms of a food allergy reaction

Symptoms can happen within a few minutes or up to a few hours of the allergen being eaten.

Symptoms can be mild to fatal.

- Skin rash or eczema
- Itching in the mouth and throat, cramps, nausea, diarrhea, and/or vomiting
- Swelling of the face, eyes, lips, tongue, or throat and difficulty breathing
- Drop in blood pressure, dizziness, or loss of consciousness
- Death

What is anaphylaxis?

Anaphylaxis is a serious reaction that happens quickly. Anaphylaxis can involve many different parts of the body. The most severe symptoms can restrict breathing and blood circulation and may cause death.

9 most common foods that cause allergic reactions:



How are food allergies diagnosed?

A doctor can diagnose food allergies by using a variety of tests.

How can an allergic reaction be avoided?

The best way to avoid a reaction is to avoid the food that causes the allergy, including airborne and cross-contamination. Cross-contamination happens when food containing the **allergen** comes in contact with a food or surface that does not contain the **allergen**.

RECOGNIZING A FOOD ALLERGY

Symptoms of Food Allergy Communicated by Children

- It feels like something is poking my tongue.
- My tongue (or mouth) is tingling (or burning).
- My tongue feels like there is hair on it.
- My mouth feels funny.
- There's a frog in my throat, there's something stuck in my throat.
- My skin feels itchy all over.

- My tongue feels full (or heavy).
- My tongue (or mouth) itches.
- My lips feel tight.
- It feels like there are bugs in there (to describe itchy ears).
- It (my throat) feels thick.
- It feels like a bump is on the back of my tongue (throat).

The symptoms and severity of allergic reactions to food can be different between individuals, and can also be different for one person over time. Anaphylaxis is a serious, sudden, and severe allergic reaction that may cause death. Not all allergic reactions will develop into anaphylaxis.

If a student in the cafeteria ever complains of one or more of the above symptoms...take that student to the school nurse or principal's office IMMEDIATELY!

EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM
ELEMENTARY BREAKFAST NET CARBOHYDRATE COUNTS
SY 2023-2024 (Rev. August 1, 2023)

Week 1 of the 3 Week Cycle

4/8/2023

Menu Item	Carbohydrate Count	Grades PK-5
MONDAY		Serving Size
Menu Choice #1		
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O,A,FB	O-15g/A-14g/FB-14g	1/2 c
Assorted Fruit Choice (Fresh, Whole, or Canned)	5.3g - 18.5g depending on which fruit	1/2 c
Whole Grain Pancake & Turkey Sausage Breakfast Stick	14g	1 each = 1 oz eq. WG; 1 MMA/oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.
Menu Choice #2		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG
TUESDAY		
Menu Choice #1		
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O,A,FB	O-15g/A-14g/FB-14g	1/2 c
Assorted Fruit Choice (Fresh, Whole, or Canned)	5.3g - 18.5g depending on which fruit	1/2 c
Whole Grain Oatmeal	31g	1/2 c
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.
Menu Choice #2		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG
WEDNESDAY		
Menu Choice #1		
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O,A,FB	O-15g/A-14g/FB-14g	1/2 c
Assorted Fruit Choice (Fresh, Whole, or Canned)	5.3g - 18.5g depending on which fruit	1/2 c
Whole Grain Breakfast Pizza w/Turkey Sausage	28g	1 each = 1 3/4 oz. eq. WG & 1 MMA/oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.
Menu Choice #2		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG
THURSDAY		
Menu Choice #1		
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O,A,FB	O-15g/A-14g/FB-14g	1/2 c
Assorted Fruit Choice (Fresh, Whole, or Canned)	5.3g - 18.5g depending on which fruit	1/2 c
Whole Grain Honey Biscuit, Sliced	24g	1 each = 2 oz. eq. WG
Whole Grain Breaded Chicken Pattie	7g	1 each 1.5 oz. = 1 M/MA and 0.25 oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.
Honey Packet	12g	1 packet
Menu Choice #2		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG
FRIDAY		
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O,A,FB	O-15g/A-14g/FB-14g	1/2 c
Assorted Fruit Choice (Fresh, Whole, or Canned)	5.3g - 18.5g depending on which fruit	1/2 c
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19 g/s-19g	8 fl. oz.

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

EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM
ELEMENTARY-BREAKFAST CARBOHYDRATE COUNTS
SY 2023-2024 (Rev. August 1, 2023)

Week 2 of the 3 Week Cycle

4/8/2023

Menu Item	Carbohydrate Count	Grades PK-5
MONDAY		Serving Size
Menu Choice #1		
100% Fruit Juice Choice (O,A,FB) (Orange, Apple, or Fruit Blend) - O,A, FB	O-15g/A-14 g/FB-14g	1/2 c
Assorted Fruit Choice (Fresh, Whole, or Canned)	5.3g - 18.5g depending of which fruit	1/2 c
Whole Grain Pop Tart B-Blueberry, C- Cinnamon, F-Fudge, S-Strawberry	B-33g/C-34g/F- 33g/S-33g	1 ea. = 1 oz. eq. WG or 1 each = 1.25 oz. WG
Yogurt Cup, Flavored	12g	2 oz. M/MA
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.
Menu Choice #2		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG
TUESDAY		
100% Fruit Juice Choice (O,A,FB) (Orange, Apple, or Fruit Blend) - O,A, FB	O-15g/A-14 g/FB-14g	1/2 c
Assorted Fruit Choice (Fresh, Whole, or Canned)	5.3g - 18.5g depending of which fruit	1/2 c
Whole Grain Honey Biscuit, Sliced with Sausage, Egg, and Cheese	24g	1 each = 2 oz. eq. WG 2 1/2 oz eq. MMA/ oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.
Menu Choice #2		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG
WEDNESDAY		
Menu Choice #1		
100 % Fruit Juice Choice (O,A,FB) (Orange, Apple, or Fruit Blend) - O,A, FB	O-15g/A-14g/FB-14g	1/2 c
Assorted Fruit Choice (Fresh, Whole, or Canned)	5.3g - 18.5g depending of which fruit	1/2 c
Whole Grain Breakfast Pizza w/Turkey Sausage	28g	1 Piece = 1 3/4 oz. eq. WG & 1 MMA/oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.
Menu Choice #2		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG
THURSDAY		
Menu Choice #1		
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O,A, FB	O-15g/A-14g/FB-14g	1/2 c
Assorted Fruit Choice (Fresh, Whole, or Canned)	5.3g - 18.5g depending of which fruit	1/2 c
Fresh Fruit & Yogurt Parfait Cup	26g	1/2 c
WG Cinnamon Graham Crackers	19g	1 pkg of 3 = 1 oz. eq WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.
Menu Choice #2		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG
FRIDAY		
100% Fruit Juice Choice (O,A,FB) (Orange, Apple, or Fruit Blend) - O,A, FB	O-15g/A-14g/FB-14g	1/2 c
Assorted Fruit Choice (Fresh, Whole, or Canned)	5.3g - 18.5g depending of which fruit	1/2 c
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.

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

EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM
ELEMENTARY-BREAKFAST CARBOHYDRATE COUNTS
SY 2023-2024 (Rev. August 1, 2023)

Week 3 of the 3 Week Cycle

4/8/2023

Menu Item	Carbohydrate Count	Grades PK-5 Serving Size
MONDAY		
Menu Choice #1		
100% Fruit Juice Choice (O,A,FB) (Orange, Apple, or Fruit Blend) - O,A,FB	O-15g/A-14 g/FB-14g	1/2 c
Assorted Fruit Choice (Fresh, Whole, or Canned)	5.3g - 18.5g depending of which fruit	1/2 c
Whole Grain Muffin	Banana 21g / Blueberry = 20g	1 each = 1 oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.
Menu Choice #2		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG
TUESDAY		
100% Fruit Juice Choice (O,A,FB) (Orange, Apple, or Fruit Blend) - O,A,FB	O-15g/A-14 g/FB-14g	1/2 c
Assorted Fruit Choice (Fresh, Whole, or Canned)	5.3g - 18.5g depending of which fruit	1/2 c
Whole Grain Grits	16g	1/2c
Scrambled Eggs	0g	1/4 c
Whole Grain Toast	14g	1 Slice = 1 oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.
Menu Choice #2		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG
WEDNESDAY		
Menu Choice #1		
100 % Fruit Juice Choice (O,A,FB) (Orange, Apple, or Fruit Blend) - O,A,FB	O-15g/A-14g/FB-14g	1/2 c
Assorted Fruit Choice (Fresh, Whole, or Canned)	5.3g - 18.5g depending of which fruit	1/2 c
Whole Grain Breakfast Pizza made w/Turkey Sausage	28g	1 each = 1 3/4 oz. eq. WG & 1 MMA/oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.
Menu Choice #2		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG
THURSDAY		
Menu Choice #1		
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O,A,FB	O-15g/A-14g/FB-14g	1/2 c
Assorted Fruit Choice (Fresh, Whole, or Canned)	5.3g - 18.5g depending of which fruit	1/2 c
WG Croissant with Ham & Cheese	27g	1 each = 2 oz. eq. WG 1 1/2 MMA/oz. eq WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.
Menu Choice #2		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG
FRIDAY		
100% Fruit Juice Choice (O,A,FB) (Orange, Apple, or Fruit Blend) - O,A,FB	O-15g/A-14g/FB-14g	1/2 c
Assorted Fruit Choice (Fresh, Whole, or Canned)	5.3g - 18.5g depending of which fruit	1/2 c
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.

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

EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM

MIDDLE & HIGH BREAKFAST NET CARBOHYDRATE COUNTS

SY 2023-2024 (Rev. August 1, 2023)

4/26/2023

Week 1 of the 3 Week Cycle

Menu Item	Carbohydrate Count	Grades 6 - 8	Grades 9 - 12
MONDAY		Serving Size	Serving Size
Menu Choice #1			
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O,A,FB	O-15g/A-14g/FB-14g	1/2 c	1/2 c
Assorted Fruit Choice (Fresh, Whole, or Canned)	5.3g - 18.5g depending on which fruit	1/2 c	1/2 c
Whole Grain Pop Tart B-Blueberry, C-Cinnamon, F-Fudge, S-Strawberry	B-33g/C-34g/F- 33g/S-33g	1 each = 1 oz. eq. WG or 1 each = 1.25 oz. WG	1 each = 1 oz. eq. WG or 1 each = 1.25 oz. WG
Yogurt Cup, Flavored	12g	1 each = 1/2 c = 1 M/MMA oz. eq. WG	1 each = 1/2 c = 1 M/MMA oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.	8 fl. oz.
Menu Choice #2			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG	1 bowl = 2 oz eq. WG
TUESDAY			
Menu Choice #1			
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O,A,FB	O-15g/A-14g/FB-14g	1/2 c	1/2 c
Assorted Fruit Choice (Fresh, Whole, or Canned)	5.3g - 18.5g depending on which fruit	1/2 c	1/2 c
Whole Grain Croissant with Sausage, Egg, and Cheese	27g	1 each 2 oz. eq. WG 2 1/2 MMA/oz. WG	1 each 2 oz. eq. WG 2 1/2 MMA/oz. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19 g/s-19g	8 fl. oz.	8 fl. oz.
Menu Choice #2			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG	1 bowl = 2 oz eq. WG
Menu Choice #3			
Fresh Fruit & Yogurt Parfait Cup	31g	1/2 c	1/2 c
Whole Grain Granola	18g	1 each 1 oz. eq. WG	1 each 1 oz. eq. WG
WEDNESDAY			
Menu Choice #1			
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O,A,FB	O-15g/A-14g/FB-14g	1/2 c	1/2 c
Assorted Fruit Choice (Fresh, Whole, or Canned)	5.3g - 18.5g depending on which fruit	1/2 c	1/2 c
Whole Grain Breakfast Pizza w/Turkey Sausage	28g	1 each = 1 3/4 oz. eq. WG 1 MMA/oz. eq. WG	1 each = 1 3/4 oz. eq. WG 1 MMA/oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19 g/s-19g	8 fl. oz.	8 fl. oz.
Menu Choice #2			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG	1 bowl = 2 oz eq. WG
THURSDAY			
Menu Choice #1			
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O,A,FB	O-15g/A-14g/FB-14g	1/2 c	1/2 c
Assorted Fruit Choice (Fresh, Whole, or Canned)	5.3g - 18.5g depending on which fruit	1/2 c	1/2 c
Whole Grain Croissant with Ham & Cheese	28g	1 each = 2 oz. eq. WG 1/2 MMA/oz eq. WG	1 each = 2 oz. eq. WG 1 1/2 MMA/oz eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19 g/s-19g	8 fl. oz.	8 fl. oz.
Menu Choice #2			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG	1 bowl = 2 oz eq. WG
Menu Choice #3			
Fresh Fruit & Yogurt Parfait Cup	31g	1/2 c	1/2 c
Whole Grain Granola	18g	1 each 1 oz. eq. WG	1 each 1 oz. eq. WG
FRIDAY			
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O,A,FB	O-15g/A-14g/FB-14g	1/2 c	1/2 c
Assorted Fruit Choice (Fresh, Whole, or Canned)	5.3g - 18.5g depending on which fruit	1/2 c	1/2 c
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG	1 bowl = 2 oz eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19 g/s-19g	8 fl. oz.	8 fl. oz.

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

EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM

MIDDLE & HIGH-BREAKFAST NET CARBOHYDRATE COUNTS

SY 2023-2024 (Rev. August 1, 2023)

4/8/2023

Week 2 of the 3 Week Cycle

Menu Item	Carbohydrate Count	Grade 6 - 8 Serving Size	Grades 9 - 12 Serving Size
MONDAY			
Menu Choice #1			
100 % Fruit Juice Choice (O,A,FB) (Orange, Apple, or Fruit Blend) - O,A ,FB	O-15g/A-14g/FB-14g	1/2 c	1/2 c
Assorted Fruit Choice (Fresh, Whole, or Canned)	5.3g - 18.5g depending of which fruit	1/2 c	1/2 c
Whole Grain Pancake & Turkey Sausage Breakfast Stick	14g	1 each = 1 oz eq. WG 1 MMA/oz. eq. WG	1 each = 1 oz eq. WG 1 MMA/oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.	8 fl. oz.
Menu Choice #2			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG	1 bowl = 2 oz eq. WG
TUESDAY			
100 % Fruit Juice Choice (O,A,FB) (Orange, Apple, or Fruit Blend) - O,A ,FB	O-15g/A-14g/FB-14g	1/2 c	1/2 c
Assorted Fruit Choice (Fresh, Whole, or Canned)	5.3g - 18.5g depending of which fruit	1/2 c	1/2 c
Whole Grain Grits	Grade 6-8 =17g; Grade 9-12 = 26g	1/2 c 1 oz. eq. WG	2/3 c = 1 1/4 c oz. eq. WG
Scrambled Eggs	1g	1/4 c	1/4 c
Whole Grain Toast	14g	1 slice = 1 oz. eq. WG	1 slice = 1 oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.	8 fl. oz.
Menu Choice #2			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG	1 bowl = 2 oz eq. WG
Menu Choice #3			
Fresh Fruit & Yogurt Parfait Cup	31g	1/2 c	1/2 c
Whole Grain Granola	18g	1 each = 1 oz. eq. WG	1 each = 1 oz. eq. WG
WEDNESDAY			
Menu Choice #1			
100 % Fruit Juice Choice (O,A,FB) (Orange, Apple, or Fruit Blend) - O,A ,FB	O-15g/A-14g/FB-14g	1/2 c	1/2 c
Assorted Fruit Choice (Fresh, Whole, or Canned)	5.3g - 18.5g depending of which fruit	1/2 c	1/2 c
Whole Grain Breakfast Pizza made w/Turkey Sausage	28g	1 each = 1 3/4 oz. eq. WG & 1 MMA/oz. eq. WG	1 each = 1 3/4 oz. eq. WG & 1 MMA/oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.	8 fl. oz.
Menu Choice #2			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG	1 bowl = 2 oz eq. WG
THURSDAY			
Menu Choice #1			
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O,A ,FB	O-15g/A-14g/FB-14g	1/2 c	1/2 c
Assorted Fruit Choice (Fresh, Whole, or Canned)	5.3g - 18.5g depending of which fruit	1/2 c	1/2 c
Whole Grain Honey Biscuit, Sliced	24g	1 each = 2 oz. eq. WG	1 each = 2 oz. eq. WG
Whole Grain Breaded Chicken Pattie	7g	1 each = 1 MMA/oz. eq. WG .25 oz. eq. WG	1 each = 1 MMA/oz. eq. WG .25 oz. eq. WG
Honey Packet	12g	1 each	1 each
Milk Choice (white, chocolate, strawberry)	w-15g/c-19g/s-19g	8 fl. oz.	8 fl. oz.
Menu Choice #2			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG	1 bowl = 2 oz eq. WG
Menu Choice #3			
Fresh Fruit & Yogurt Parfait Cup	31g	1/2 c	1/2 c
Whole Grain Granola	18g	1 each = 1 oz. eq. WG	1 each = 1 oz. eq. WG
FRIDAY			
100% Fruit Juice Choice (O,A,FB) (Orange, Apple, or Fruit Blend) - O,A ,FB	O-15g/A-14g/FB-14g	1/2 c	1/2 c
Assorted Fruit Choice (Fresh, Whole, or Canned)	5.3g - 18.5g depending of which fruit	1/2 c	1/2 c
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG	1 bowl = 2 oz eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.	8 fl. oz.

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

EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM

MIDDLE & HIGH-BREAKFAST NET CARBOHYDRATE COUNTS

SY 2023-2024 (Rev. August 1, 2023)

Week 3 of the 3 Week Cycle

4/8/2023

Menu Item	Carbohydrate Count	Grades 6 - 8	Grades 9 - 12
MONDAY		Serving Size	Serving Size
Menu Choice #1			
100% Fruit Juice Choice (O,A,FB) (Orange, Apple, or Fruit Blend) - O,A ,FB	O-15g/A-14 g/FB-14g	1/2 c	1/2 c
Assorted Fruit Choice (Fresh, Whole, or Canned)	5.3g - 18.5g depending of which fruit	1/2 c	1/2 c
Whole Grain Oatmeal	1/2 c = 31 g; 1 c = 62 g	1/2 c = 1 oz. eq. WG	1 c = 2 oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.	8 fl. oz.
Menu Choice #2			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG	1 bowl = 2 oz eq. WG
TUESDAY			
100% Fruit Juice Choice (O,A,FB) (Orange, Apple, or Fruit Blend) - O,A ,FB	O-15g/A-14 g/FB-14g	1/2 c	1/2 c
Assorted Fruit Choice (Fresh, Whole, or Canned)	5.3g - 18.5g depending of which fruit	1/2 c	1/2 c
Whole Grain Breakfast Burrito	15g	1 each = 1 oz. eq. WG 2 1/2 MMA/oz. eq. WG	1 each = 1 oz. eq. WG 2 1/2 MMA/oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.	8 fl. oz.
Menu Choice #2			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG	1 bowl = 2 oz eq. WG
Menu Choice #3			
Fresh Fruit & Yogurt Parfait Cup	31g	1/2 c	1/2 c
Whole Grain Granola	18 g	1 each = 1 oz. eq. WG	1 each = 1 oz. eq. WG
WEDNESDAY			
Menu Choice #1			
100 % Fruit Juice Choice (O,A,FB) (Orange, Apple, or Fruit Blend) - O,A ,FB	O-15g/A-14g/FB-14g	1/2 c	1/2 c
Assorted Fruit Choice (Fresh, Whole, or Canned)	5.3g - 18.5g depending of which fruit	1/2 c	1/2 c
Whole Grain Breakfast Pizza made w/Turkey Sausage	28g	1 each = 1 3/4 oz. eq. WG & 1 MMA/oz. eq. WG	1 each = 1 3/4 oz. eq. WG & 1 MMA/oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.	8 fl. oz.
Menu Choice #2			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG	1 bowl = 2 oz eq. WG
THURSDAY			
Menu Choice #1			
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O,A ,FB	O-15g/A-14g/FB-14g	1/2 c	1/2 c
Assorted Fruit Choice (Fresh, Whole, or Canned)	5.3g - 18.5g depending of which fruit	1/2 c	1/2 c
Whole Grain Toast	28g	2 slices = 2 oz. eq. WG.	2 slices = 2 oz. eq. WG
Avocado Spread	2g	1/4 c	1/4 c
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.	8 fl. oz.
Menu Choice #2			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG	1 bowl = 2 oz eq. WG
Menu Choice #3			
Fresh Fruit & Yogurt Parfait Cup	31g	1/2 c	1/2 c
Whole Grain Granola	18 g	1 each = 1 oz. eq. WG	1 each = 1 oz. eq. WG
FRIDAY			
100% Fruit Juice Choice (O,A,FB) (Orange, Apple, or Fruit Blend) - O,A ,FB	O-15g/A-14g/FB-14g	1/2 c	1/2 c
Assorted Fruit Choice (Fresh, Whole, or Canned)	5.3g - 18.5g depending of which fruit	1/2 c	1/2 c
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG	1 bowl = 2 oz eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.	8 fl. oz.

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

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.

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
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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EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM**ELEMENTARY-- LUNCH NET CARBOHYDRATE COUNTS****SY 2023-2024 August 1, 2023****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 Tots	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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EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM

ELEMENTARY-- LUNCH NET CARBOHYDRATE COUNTS

SY 2023-2024 August 1, 2023

WEEK 2 OF THE 3 WEEK CYCLE MENU

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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EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM

ELEMENTARY-- LUNCH NET CARBOHYDRATE COUNTS

SY 2023-2024 August 1, 2023

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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EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM**ELEMENTARY-- LUNCH NET CARBOHYDRATE COUNTS****SY 2023-2024 August 1, 2023****WEEK 3 OF THE 3 WEEK CYCLE MENU**

Menu Item	Grades PK-5	Carb Count
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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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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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
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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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
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)	(6th-8th grade) 1/2 cup-1cup	(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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EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM**MIDDLE & HIGH-- LUNCH NET CARBOHYDRATE COUNTS****SY 2023-2024 August 1, 2023****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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EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM

MIDDLE & HIGH-- LUNCH NET CARBOHYDRATE COUNTS

SY 2023-2024 August 1, 2023

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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EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM**MIDDLE & HIGH-- LUNCH NET CARBOHYDRATE COUNTS****SY 2023-2024 August 1, 2023****WEEK 2 OF THE 3 WEEK CYCLE MENU**

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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EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM**MIDDLE & HIGH-- LUNCH NET CARBOHYDRATE COUNTS****SY 2023-2024 August 1, 2023****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
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-19 g

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EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM

MIDDLE & HIGH-- LUNCH NET CARBOHYDRATE COUNTS

SY 2023-2024 August 1, 2023

WEEK 3 OF THE 3 WEEK CYCLE MENU

Menu Item	Grades 6-12		Carb Count
WEDNESDAY- CHOICE # 1	Serving Size		
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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EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM**MIDDLE & HIGH-- LUNCH NET CARBOHYDRATE COUNTS****SY 2023-2024 August 1, 2023****WEEK 3 OF THE 3 WEEK CYCLE MENU**

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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EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM

MIDDLE & HIGH-- LUNCH NET CARBOHYDRATE COUNTS

SY 2023-2024 August 1, 2023

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
Milk Choice	8 fl. oz.		w-12g/c-19 g/s-19 g

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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

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EBRP NET CARBOHYDRATE COUNTS FOR FRUITS, VEGETABLES, AND HOLIDAY SEASON FOODS

FRUIT TYPE	SERVING SIZE / NET CARB COUNT		SERVING SIZE / NET CARB COUNT	
Apple, fresh with peel	1/4 cup (2 wedges)	3.6 g	1/2 cup (3 wedges)	7.2 g
Apple, canned	1/4 cup	4.5 g	1/2 cup	9.0 g
Applesauce, canned (no added sugar)	1/4 cup	6.0 g	1/2 cup	12.0 g
Banana fresh, whole	< 3 inches	9.25 g	< 6 inches	18.5 g
Cantaloupe, melon, fresh	1/4 cup	3.35 g	1/2 cup	6.7 g
Fruit Mixed Cocktail) canned	1/4 cup	7.5 g	1/2 cup	15.0 g
Fruit, Salad. Mixed, fresh	1/4 cup	8.0 g	1/2 cup	16.0 g
Grapes, fresh (large)	1/4 cup (7 grapes)	7.5 g	1/2 cup (14 grapes)	15.0 g
Grapes 1/4 c (7 large) & Apples 1/4 c (2wedges)	1/4 cup	5.6 g (3.75 - 1.8g)	1/2 cup	11.1 g (7.5g – 3.6g)
Orange, fresh	1/4 cup (3 wedges)	7.75 g	1/2 cup (6 wedges)	15.5 g
Orange Mandarin, canned	1/4 cup	8.0 g	1/2 cup	16.0 g
Peaches, canned	1/4 cup	6.5 g	1/2 cup	13.0 g
Pears, canned	1/4 cup	9.0 g	1/2 cup	18.0 g
Pineapple Tidbits canned	1/4 cup	8.5 g	1/2 cup	17.0 g
Strawberries fresh or Diced Frozen Cup	1/4 cup	2.65 g / 11.0 g	1/2 cup	5.3 g / 22.00 g
Watermelon fresh	1/4 cup	3.10 g	1/2 cup	6.2 g

Fruits: All the canned fruit served in EBRP schools is packed in light syrup, with the exception of pineapple, which is in natural juice. For our diabetic students, I suggest draining the fruit first, and then rinsing the fruit of any remaining juice.

Applesauce has no added sugar.

VEGETABLE TYPE	SERVING SIZE/ NET CARB COUNT		SERVING SIZE/ NET CARB COUNT	
Avocado, Frozen	1/4 cup	1.0g	1/2 cup	2.0g
Beans, Green canned	1/4 cup	2.0 g	1/2 cup	4.0 g
Beans, Baked, canned	1/4 cup	11.5 g	1/2 cup	23.0 g
Beans Lima, frozen	1/4 cup	9.5 g	1/2 cup	19.0 g
Black Beans, canned	1/4 cup	7.5g	1/2 cup	15.0g
Broccoli, Florets fresh Steamed	1/4 cup	2.0 g	1/2 cup	4.0 g
Carrots Baby fresh, raw	1/4 cup	3.0 g	1/2 cup	6.0 g
Carrots, Shredded or Matchstick, fresh, raw	1/4 cup	3.0 g	1/2 cup	6.0 g
Carrots, Sliced canned, low sodium	1/4 cup	3.0 g	1/2 cup	6.0 g
Coleslaw Mix (Cabbage Salad, w/dressing Herb	1/4 cup	1.8 g (0.8 g +1.0 g)	1/2 cup	3.6 g (1.6 g + 2.0 g)
Coleslaw Mix (Coleslaw), w/dressing, Lite-Mayo	1/4 cup	2.3 g (0.8 g + 1.5 g)	1/2 cup	4.6 g (1.6 g + 3.0 g)
Corn, canned steamed	1/4 cup	7.2g	1/2 cup	14.3g
Corn, Cob roasted	1/4 cup	12.0g	1/2 cup	24.0g
Cucumber Fresh Sliced, with peel	1/4 cup	2.0 g	1/2 cup	4.0 g
Greens, Turnips canned no salt added	1/4 cup	2.5 g	1/2 cup	5.0 g
Greens, Turnips, frozen	1/4 cup	1.5 g	1/2 cup	3.0 g
Lettuce, Iceberg	1/2 cup	0.6 g	1 full cup	1.2 g
Lettuce 100% Romaine, Dark Green Salad	1/2 cup	0.75 g	1 full cup	1.5 g
Okra, Frozen cooked (used in Gumbo)	1/8 cup	1.0 g	1/4 cup	2.0 g
Onion & Pepper Blend, Roasted	1/4 cup	3.9g	1/2 cup	7.8g
Peas, Black Eyed	1/4 cup	8.0 g	1/2 cup	16.0g
Plantain, Frozen	1/4 cup	25.0g	1/2 cup	50.0g
Potatoes,				
Frozen, oven baked crinkle fries (~ 7-9 pcs.)	1/4 cup	6.75 g	1/2 cup	13.8 g
Frozen, oven baked rounds or tots (~8 pcs.)	1/4 cup	6.75 g	1/2 cup	15.0 g
Frozen, oven baked wedges w/skin (~ 5-7- pcs.)	1/4 cup	6.75 g	1/2 cup	13.8 g
Potatoes, Mashed flakes	1/4 cup	8.0 g	1/2 cup	16.0 g
Salsa, Tomato (1/8 cup = 2Tbsp =1 oz.)	1/8 cup	2.0 g		
(1/4 cup = 4Tbsp = 2 oz.)	1/4 cup	4.0 g	1/2 cup	8.0 g
Salsa Blend Cup, ¼ c salsa ¼ C spaghetti sauce)	1/4 cup	4.45 g (2.0 g + 2.45 g)	1/2 cup	8.9 g (4.0 g + 4.9 g)
Spaghetti Sauce	1/4 cup	4.9 g	1/2 cup	9.8 g
Sweet Potatoes, Canned, light syrup	1/4 cup	13.25 g	1/2 cup	27g
Sweet Potatoes, Fresh, Whole - 2-inch diameter	<2.5 inches long	11.8 g	<5 inches long	23.6g
Sweet Potato Fries Frozen, Oven Baked	1/4 cup	9.5 g	1/2 cup	19.0 g
Sweet Potato, Whole Baked Cinnamon	1/4 cup	11.8 g	1/2 cup	23.6 g
& Brown Sugar	1/2 tsp	2.25 g	1/2 tsp	2.4 g
Tomato, Raw 1 slice, medium (1/4" thick)	1/8 cup -sliced	0.9 g	1/8 cup-diced	0.9 g
Vegetable Blend, frozen (carrots, broccoli, and cauliflower)- California Blend	1/4 cup	4.1 g	1/2 cup	8.1g
Vegetable Mixed, frozen (carrots, corn, & green beans)- Country Mix	1/4 cup	7.0 g	1/2 cup	14.0g

SEASONAL FOODS - Any new items are shaded for quick identification.

1. Bean and Corn Salad-----1/2 cup = 27 grams Carbohydrate
2. Chili, Beef & Turkey-----2.0 oz. serving = 6 grams Carbohydrate
3. Cornbread, Whole Grain Dressing-----1/2 cup = 20 grams Carbohydrate
4. Cranberry Sauce -----1/8 cup = 14.0 grams Carbohydrate
5. Chicken Scampi w/ WG Spaghetti Pasta----- (6-12) 1 cup = 26 grams Carbohydrate
6. Chicken/Sausage Jambalaya----- (PK-8) - 2/3 cup = 18 grams Carbohydrate
7. Chili Mac n Cheese----- (PK-5)- 2/3 cup 18.0 grams Carbohydrate
(6-12)- 1 cup = 28 grams Carbohydrate
8. Creamy Chicken Pasta Alfredo----- (PK-5) 2/3 cup = 27 grams Carbohydrate
(6-12) 1 cup = 32 grams Carbohydrate
9. Fish Strips, Whole Grain----- (PK-5) 3 strips = 12 grams Carbohydrate
10. Fish, Catfish-Breaded Fillet Strips-----2 strips (approx. 4oz. = 11.0 grams Carbohydrate
Commodity
11. Grilled Cheese Sandwich -----1 sandwich = 34.0 grams Carbohydrate
Bread (2 slices), 2oz. cheese (4 slices)
12. Jollof Rice----- (6-12) 1/2 cup = 24 grams Carbohydrate
13. Rice Dressing-----1/2 cup = 20 grams Carbohydrate
14. Rice Pilaf-----1/2 cup = 22 grams Carbohydrate
15. Salad, [Meat (Grilled Chicken), Lettuce, Cheese, & Dressing]- (6-12) Choice ----- --22.5 grams
16. Salad, [Meat (Diced Ham), Lettuce, Cheese, & Dressing]- (6-12) Choice ----- --13.5 grams
17. Salad, [Meat (Grilled Chicken), Lettuce, Cheese, Dressing, Mandarin Oranges & Strawberries]
(6-12) Choice -----21.0 grams
18. Sweet Potatoes (Canned)-----1/2 cup = 26 grams Carbohydrate
19. Tuna Salad-----1/2 cup = 5.5 grams Carbohydrate
20. Turkey/Sausage Gumbo----- (PK-5)- 3/4 cup = 10.5 grams Carbohydrate
With 1/2 cup Brown Rice (22g) (6-12) – 1 cup = 14 grams Carbohydrate
21. Turkey/Sausage Jambalaya----- (PK-5) 2/3 cup 20g Carbohydrate
22. Whole Grain Saltine Crackers----- --2 packs (4 saltines) = 9 grams Carbohydrate
4 packs (8 saltines) = 18 grams Carbohydrate
23. Whole Grain Pasta w/----- (PK-5) - 2/3 cup = 22.6 grams Carbohydrate
Bolognese Sauce
24. Vegetable Rice-----2/3 cup = 27 grams Carbohydrate