

CARBOHYDRATE COUNT**MIDDLE & HIGH SCHOOL CHOICE MENU****EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM**

Rev. Aug. 1, 2018 for SY 2018-2019

Menu Item	Grades 6 - 12	Carb Count
MONDAY- PIZZA		
	Serving Size	
Pizza W W Crust, Cheese OR Pepperoni	1 wedge	33.5g OR 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 OR 15g OR 17g
	TOTAL CARB GRAMS	min. 50.4g - 57g max.
Add any additional carbs for other vegetable, fruit, or milk selected by the student		
TUESDAY- PARFAIT		
	Serving Size	
Yogurt, Flavored, Parfait Style	1/2 cup = 8 oz.= 2-#8 scoops	39.0g
Slice Peaches, Canned	1/2 cup	13g
Fresh Strawberry Garnish	1 berry	0g
Granola and Cereal Pouch	1 each	20.0g AND 24.0g
	TOTAL CARB GRAMS	96g
Add any additional carbs for other vegetable, fruit, or milk selected by the student		
WEDNESDAY - SALAD		
	Serving Size	
Salad w/Ham Slices, cut in cubes OR Salad w/Grilled Chicken Pattie	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	9g
Whole Grain Saltine Crackers	4 pks. = 8 crackers	16g
Whole Grain Graham Cookies, Bites or Squares	1 ind. package	22g OR 19g OR 21g
	TOTAL CARB GRAMS	55g or 52g or 54g
Add any additional carbs for other vegetable, fruit, or milk selected by the student		
THURSDAY - PARFAIT		
	Serving Size	
Yogurt, Flavored, Parfait Style	1/2 cup = 8 oz.= 2-#8 scoops	39.0g
Mandarin Oranges, Canned	1/2 cup	16g
Fresh Strawberry Garnish	1 berry	0g
Granola OR Whole Grain Snack Cookies	1 each	20g and 22g
	TOTAL CARB GRAMS	97g
Add any additional carbs for other vegetable, fruit, or milk selected by the student		
FRIDAY - HAMBURGER		
	Serving Size	
Hamburger Pattie	1 each (2oz MMA)	3g
Whole Wheat Hamburger Bun	1 each	24g
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
	TOTAL CARB GRAMS	35.5g
Add any additional carbs for other vegetable, fruit, or milk selected by the student		

All calculations were researched and prepared by Cecile Grisby, SFS Special Diets, Mgr., BS using manufacturers' product information and the Exchange Lists for Diabetes by The Academy of Nutrition and Dietetics, 2007