

EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM**ALL SCHOOLS LUNCH SY 2018-2019 - DATED & HOLIDAY MENUS****CARBOHYDRATE COUNTS**

Menu Item	Grades PK-5	Carb Count	Grades 6-8	Carb Count	Grades 9-12	Carb Count
September 6, 2018	Serving Size		Serving Size		Serving Size	
Oven Baked Chicken	1 Drumstick 2 oz.	0g	1 Thigh 3.25 oz.	0g	1 Thigh 3.25 oz.	0g
Rice Dressing, (Brown Rice)	1/2 cup	20g	1/2 cup	20g	1/2 cup	20g
Steamed Broccoli	1/2 cup	4g	1/2 cup	4g	1/2 cup	4g
Fresh Steamed Cabbage	1/2 cup	4g	1/2 cup	4g	1/2 cup	4g
Fresh Orange Wedges OR Fresh Watermelon	1/2 cup	15.5g or 6.2g	1/2 cup	15.5g or 6.2g	1 cup	31g or 12.4g
Whole Wheat Soft Roll	1 oz. each	12g	1 oz. each	12g	1 oz. each	12g
Milk Choice	8 fl. oz.	w-12g/c-19 g/s-19 g	8 fl. oz.	w-12g/c-19 g/s-19 g	8 fl. oz.	w-12g/c-19 g/s-19 g
September 7, 2018	Serving Size		Serving Size		Serving Size	
Ham & Cheese or Turkey & Cheese	1oz ham/.5oz cheese	1.0g	1oz ham/1oz cheese	1.5g	1oz ham/1oz cheese	1.5g
Whole Grain Hamburger Bun	1 each	26g	1 each	26g	1 each	26g
Sandwich Salad Cup	1 cup	1.5g	1 cup	1.5g	1 cup	1.5g
Baked Beans	1/2 cup	23g	1/2 cup	23g	1/2 cup	23g
Fresh Sliced Cucumbers	1/2 cup	2g	1/2 cup	2g	1/2 cup	2g
Chilled Mixed Fruit, Canned	1/2 cup	15g	1/2 cup	15g	1 cup	30g
Multi Grain Chip Mix	1 pkg.	15g	1 pkg.	15g	1 pkg.	15g
Indiv. Mayo./Mustard	1 each	3g/0g	1 each	3g/0g	1 each	3g/0g
Milk Choice	8 fl. oz.	w-12g/c-19 g/s-19 g	8 fl. oz.	w-12g/c-19 g/s-19 g	8 fl. oz.	w-12g/c-19 g/s-19 g
October 4, 2018	Serving Size		Serving Size		Serving Size	
Hamburger Pattie	1 each (2oz. MMA)	3g	1 each (2oz. MMA)	3g	1 each (2oz. MMA)	3g
Sliced Cheese	1/2 oz.	1g	1/2 oz.	1g	1/2 oz.	1g
Whole Grain Hamburger Bun	1 each	26g	1 each	26g	1 each	26g
Oven Baked - 8 French Fries OR 8 Tot's OR 7 Wedges	1/2 cup	13.5g/13.5g/24g	1/2 cup	13.5g/13.5g/24g	1 cup	27g/27g/48g
Sandwich Salad Cup	1 cup	1.5g	1 cup	1.5g	1 cup	1.5g
Fresh Red Grapes OR Fresh Strawberries	1/2 cup	15g or 5.3g	1/2 cup	15g or 5.3g	1 cup	30g or 10.6g
Fresh Baby Carrots	1/2 cup	6g	1/2 cup	6g	1/2 cup	6g
Indiv. Mayo./Mustard/Catsup	1 each	3g/0g/3g	1 each	3g/0g/3g	1 each	3g/0g/3g
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
October 11, 2018	Serving Size		Serving Size		Serving Size	
Turkey/Sausage Jambalaya	2/3 cup	23g	2/3 cup	23g	1 cup	34.5g
Dark Green Salad with Fruit	1 cup	4.5g	1 cup	4.5g	1 cup	4.5g
Vinaigrette Dressing	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	26.5g	1/2 cup	26.5g	1 cup	53.0g
Fresh Grapes & Apples	1/2 cup	12.3g	1/2 cup	12.3g	1 cup	24.6g
Whole Wheat Soft Roll	1 each	12g	1 each	12g	1 each	12g
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

EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM

ALL SCHOOLS LUNCH SY 2018-2019 - DATED & HOLIDAY MENUS

CARBOHYDRATE COUNTS

Menu Item	Grades PK-5	Carb Count	Grades 6-8	Carb Count	Grades 9-12	Carb Count
Nov. 15, 2018	Serving Size		Serving Size		Serving Size	
Thanksgiving Dinner						
Roasted Turkey w/Gravy-2T	Meat (1 1/2 oz.)	0/2g	Meat (2 oz.)	0/2g	Meat (2 oz.)	0/2g
Whole Grain 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 w/Fruit	1 cup	4.5g	1cup	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	26.5g	1/2 cup	26.5g	1 cup	53g
Mixed Fruit Salad, Fresh	1/2 cup	16g	1/2 cup	16g	1 cup	32g
Whole Wheat Soft Roll	1 each	12g	1 each	12g	1 each	12g
Milk Choice	8 fl. oz.	w-12g/c-19 g/s-19 g	8 fl. oz.	w-12g/c-19 g/s-19 g	8 fl. oz.	w-12g/c-19 g/s-19 g
Nov. 28, 2018 - Gumbo	Serving Size		Serving Size		Serving Size	
Turkey/Sausage Gumbo	6 oz. Ladle	10.5g	8 oz. Ladle	14g	8oz. Ladle	14g
Steamed Brown Rice	1/2 cup	22g	1/2 cup	22g	1/2 cup	22g
Dark Green Salad w/Fruit	1 cup	4.5g	1 cup	4.5g	1 cup	4.5g
Vinaigrette Dressing	1/2 oz.=1T=1/16 c	3g	1/2 oz.=1T=1/16 c	3g	1/2 oz.=1T=1/16 c	3g
Fresh Whole Baked Sweet Potato	1/2 cup	23.6g	1/2 cup	23.6g	1/2 cup	23.6g
Fresh Grapes (1/4 c) & Apples (1/4 c)	1/2 cup	12.3g	1/2 cup	12.3g	1 cup	24.6g
Whole Wheat Roll or Saltine Crackers	1each or 4 packs (8 pcs.)	15g or 16g	1each or 4 packs (8 pcs.)	15g or 16g	1each or 4 packs (8 pcs.)	15g or 16g
Milk Choice	8 fl. oz.	w-12g/c-19 g/s-19 g	8 fl. oz.	w-12g/c-19 g/s-19 g	8 fl. oz.	w-12g/c-19 g/s-19 g
December 6, 2018	Serving Size		Serving Size		Serving Size	
Christmas Dinner						
Oven Baked Turkey Roast w/ Gravy 2T	Meat (1 1/2 oz.)	0/2g	Meat (2 oz.)	0/2g	Meat (2 oz.)	0/2g
Rice Dressing, Brown Rice OR Cornbread Dressing, Whole Grain	1/2 cup	20g or 20g	1/2 cup	20g or 20g	1/2 cup	20g or 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.=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	26.5g	1/2 cup	26.5g	1/2 cup	26.5g
Mixed Fruit Salad, Fresh	1/2 cup	16g	1/2 cup	16g	1 cup	32g
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 10, 2018	Serving Size		Serving Size		Serving Size	
White Beans with Ham	1/2 cup	White-22.7g / Red-20.4g	1/2 cup	White-22.7g /Red-20.4g	2/3 cup	White-30g / Red-27g
Steamed Brown Rice	1/2 cup	22g	1/2 cup	22g	1/2 cup	22g
Seasoned Turnip Greens	1/2 cup	3g	1/2 cup	3g	1/2 cup	3g
Sweet Potatoes, Canned, Glazed	1/2 cup	26.5g	1/2 cup	26.5g	1 cup	53.0g
Steamed Vegetable Blend	1/2 cup	5g	1/2 cup	5g	1/2 cup	5g
Chilled Peach Slices	1/2 cup	13g	1/2 cup	13g	1 cup	26g
Whole Grain Cornbread	1 oz.	18g	1 oz.	18g	1 oz.	18g
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

EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM

ALL SCHOOLS LUNCH SY 2018-2019 - DATED, GUMBO, & HOLIDAY MENUS

CARBOHYDRATE COUNTS

Menu Item	Grades PK-5	Carb Count	Grades 6-8	Carb Count	Grades 9-12	Carb Count
December 13, 2018	Serving Size		Serving Size		Serving Size	
Crispy Fish Strips	2 Strips	10g	3 Strips	15g	3 Strips	15g
Whole Grain Pasta & Cheese	1/2 cup	25g	1/2 cup	25g	1/2 cup	25g
100% Romaine Green Salad	1 cup	1.5g	1 cup	1.5g	1 cup	1.5g
Salad Dressing (Ranch or Herb)	1/2 oz.=1T=1/16 c	3g	1/2 oz.=1T=1/16 c	3g	1/2 oz.=1T=1/16 c	3g
Fresh Baby Carrots	1/2 cup	6g	1/2 cup	6g	1/2 cup	6g
Fresh Apple Wedges	1/2 cup=3 wedges	7.2g	1/2 cup=3 wedges	7.2g	1 cup=6 wedges	14.4g
Whole Grain Crispy Rice Square	1 each	16g	1 each	16g	1 each	16g
Milk Choice	8 fl. oz.	w-12g/c-19 g/s-19 g	8 fl. oz.	w-12g/c-19 g/s-19 g	8 fl. oz.	w-12g/c-19 g/s-19 g
December 14, 2018	Serving Size		Serving Size		Serving Size	
Beef Rib Pattie, Barbeque Seasoned	2.4 oz.=2M/MA	4g	2.4 oz.=2M/MA	4g	2.4 oz.=2M/MA	4g
Whole Grain Hot Dog Bun	1 each	26g	1 each	26g	1 each	26g
Baked Beans	1/2 cup	23g	1/2 cup	23g	2/3 cup	30.6g
Creamy Coleslaw	1/2 cup	4.6g	1/2 cup	4.6g	1/2 cup	4.6g
Chilled Peach Slices	1/2 cup	13g	1/2 cup	13g	1 cup	26g
Indiv. BBQ Sauce or Catsup	1 pkg	7g/3g	1 pkg	7g/3g	1 pkg	7g/3g
Milk Choice	8 fl. oz.	w-12g/c-19 g/s-19 g	8 fl. oz.	w-12g/c-19 g/s-19 g	8 fl. oz.	w-12g/c-19 g/s-19 g
December 17, 2018	Serving Size		Serving Size		Serving Size	
Meatsauce w/ Whole Grain Spaghetti	2/3 cup	22.4g	1 cup	34g	1 cup	34g
Steamed Corn	1/2 cup	18g	1/2 cup	18g	1/2 cup	18g
Seasoned Green Beans	1/2 cup	4g	1/2 cup	4g	1/2 cup	4g
Chilled Mixed Fruit	1/2 cup	15g	1/2 cup	15g	1 cup	30g
Whole Wheat Soft Roll	1 each	12g	1 each	12g	1 each	12g
Milk Choice	8 fl. oz.	w-12g/c-19 g/s-19 g	8 fl. oz.	w-12g/c-19 g/s-19 g	8 fl. oz.	w-12g/c-19 g/s-19 g
December 18, 2018	Serving Size		Serving Size		Serving Size	
Grilled Chicken Pattie	1 each	0g	1 each	0g	1 each	0g
OR Spicy Breaded Chicken Pattie	n/a	n/a	1 each, 3 oz.=2M/MA	15g	1 each, 3 oz.=2M/MA	15g
Whole Grain Hamburger Bun	1 each	26g	1 each	26g	1 each	26g
Steamed Broccoli	1/2 cup	4g	1/2 cup	4g	1/2 cup	4g
Baked Beans	1/2 cup	23g	1/2 cup	23g	1/2 cup	23g
Fresh Orange Wedges (6 or 12) pcs.	1/2 cup	15.5g	1/2 cup	15.5g	1 cup	31g
Whole Grain Corn Puff Chips	1 pkg.	15g	1 pkg.	15g	1 pkg.	15g
Indiv. Mayo./Mustard	1 each	3g/0g	1 each	3g/0g	1 each	3g/0g
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