

CARBOHYDRATE COUNT

MIDDLE & HIGH SCHOOL ENTRÉE CHOICE MENU

EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM

Rev. Aug. 1, 2019 for SY 2019-2020

Menu Item	Grades 6 - 12	Carb Count
MONDAY- PIZZA		
	Serving Size	
Pizza W W Crust, Pepperoni OR Cheese	1 wedge	36.0g OR 33.5g
Vegetable Choice (Vegetable Blend, Green Beans, Broccoli, Turnip Greens)	1/2 cup	4g
Fresh Fruit Choice (Mixed Fruit-15g, Pineapple & Orange Cup-16.5g , Sliced Peaches13g)	1/2 cup Mixed Fruit	15g
ADD THE CARBS FOR OTHER SELECTED ITEMS AND TOTAL THE CARB GRAMS		
TUESDAY- PARFAIT		
	Serving Size	
Yogurt, Flavored, Parfait Style	8 oz.= 2-#8 scoops	39.0g
Orange Wedges15.5g , Apple Wedges7.2g , Banana 18.5g, Mandarin Oranges 16g, Pineapple Tidbits 17g	1/2 cup Apple Wedges	7.2g
Fresh Strawberry Garnish	1 berry	0g
Whole Grain Granola	1 each	20.0g
WG Cereal Pouch or Bowl	1 each	20.0g
ADD THE CARBS FOR OTHER SELECTED ITEMS AND TOTAL THE CARB GRAMS		
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
Salad Dressing (Ranch, Herb, OR Fruit Vinaigrette)	2 2/3 T = 1 1/2 oz.= #24 scoop	3g
1-Cracker Choice (Saltine OR Cheese OR WW Crackers)	4 pks.=8 saltine crackers or 1 pkg.	16g
1-Grain Choice (Cinnamon Crackers OR Graham Squares OR WG Snack Mix)	Graham Square	21g
ADD THE CARBS FOR OTHER SELECTED ITEMS AND TOTAL THE CARB GRAMS		
THURSDAY - CHICKEN STRIPS		
	Serving Size	
Whole Grain Breaded Chicken Strips	3 pieces	14g
Whole Grain Tortilla Wrap	1 each	14g
Mayo./Catsup	1 each	3g/3g
Vegetable Choice (Vegetable Blend, Green Beans, Broccoli, Turnip Greens)	1/2 cup	4g
Fresh Fruit Choice (Mixed Fruit, Pineapple & Orange Cup, Sliced Peaches)	1/2 cup Sliced Peaches	13g
ADD THE CARBS FOR OTHER SELECTED ITEMS AND TOTAL THE CARB GRAMS		
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	1g
Ind. Mayo./Mustard/Catsup	1 each	3g/3g/3g
Whole Wheat Reduced Fat Baked Cookie	1 each	17.5g
Fresh Fruit Choice (Mixed Fruit, Pineapple & Orange Cup, Sliced Peaches)	1/2 cup Pineapple & Orange Cup	16.5g
ADD THE CARBS FOR OTHER SELECTED ITEMS AND TOTAL THE CARB GRAMS		

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