

EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM

ALL SCHOOLS LUNCH SY 2020-21 GUMBO & HOLIDAY MENUS

CARBOHYDRATE COUNTS

Menu Item	Grades PK-5	Carb Count	Grades 6-8	Carb Count	Grades 9-12	Carb Count
November 5, 2020	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
Sweet Potatoes, Canned, Glazed	1/2 cup	26.5g	1/2 cup	26.5g	1/2 cup	26.5g
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 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
November 19, 2020	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-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, 2020	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