

EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM

ALL SCHOOLS-- LUNCH CARBOHYDRATE COUNTS

SY 2020-2021 Rev. August 1, 2020

WEEK 1 OF THE 3 WEEK CYCLE MENU

Menu Item	Grades PK-5	Carb Count	Grades 6-8	Carb Count	Grades 9-12	Carb Count
MONDAY						
	Serving Size		Serving Size		Serving Size	
Salisbury Steak (2.0 oz.)	1 each=2oz.	4g	1 each=2oz.	4g	1 each=2oz.	4g
Brown Gravy (1.0 oz.)	1 oz.=2T=1/8 cup	2g	1 oz.=2T=1/8 cup	2g	1 oz.=2T=1/8 cup	2g
Steamed Brown Rice	1/2 cup	22g	1/2 cup	22g	1/2 cup	22g
Steamed Broccoli	1/2 cup	4g	1/2 cup	4g	1/2 cup	4g
Seasoned Pinto Beans	1/2 cup	18g	1/2 cup	18g	1/2 cup	18g
Chilled Mixed Fruit	1/2 cup	15g	1/2 cup	15g	1 cup	30g
Whole Wheat Roll - Pistolette	1 each	15g	1 each	15g	1 each	15g
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
TUESDAY						
	Serving Size		Serving Size		Serving Size	
WG Breaded Chicken Nuggets-5pcs	2 oz.	12.5g	2 oz.	12.5g	2 oz.	12.5g
Mashed Potatoes	1/2 cup	16g	1/2 cup	16g	1/2 cup	16g
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 Sliced Cucumbers	1/2 cup	1.9g	1/2 cup	1.9g	1/2 cup	1.9g
Fresh Orange Wedge (6 or 12 wedges)	1/2 cup	15.5g	1/2 cup	15.5g	1 cup	31g
Whole Grain Animal Crackers	1 each	21g	1 each	21g	1 each	21g
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
WEDNESDAY						
	Serving Size		Serving Size		Serving Size	
Turkey/Sausage Jambalaya OR Turkey/Sausage Pastalaya	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	1/2 cup	26.5g
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 - Soft	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-12g/c-19 g/s-19 g

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

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WEEK 1 OF THE 3 WEEK CYCLE MENU

Menu Item	Grades PK-5	Carb Count	Grades 6-8	Carb Count	Grades 9-12	Carb Count
THURSDAY						
	Serving Size		Serving Size		Serving Size	
Tortilla Chips with-Beef	2 oz. meat/1 oz. chips	0g/17g (10 chips)	2 oz. meat/1.5 oz. chips	0g/25.5g (15 chips)	2 oz. meat/2.0 oz. chips	0g/34g (20 chips)
OR Beefy Chili (Cold Weather Only)	2 oz. meat/1 oz. chips	6g/17g (10 chips)	2 oz. meat/1.5 oz. chips	6g/25.5g (15 chips)	2 oz. meat/2.0 oz. chips	6g/34g (20 chips)
Shredded Cheddar Cheese Cup	1 oz.	1g	1 oz.	1g	1 oz.	1g
Lettuce & Diced Tomato Cup	1 cup	2g	1 cup	2g	1 cup	2g
Steamed Corn	1/2 cup	18g	1/2 cup	18g	1/2 cup	18g
Chilled Pears OR Fresh Cantaloupe	1/2 cup	17g or 6.7g	1/2 cup	17g or 6.7g	1 cup	34g or 13.4g
Salsa Cup	2 oz.=4T=1/4 cup	4g	2 oz.=4T=1/4 cup	4g	2 oz.=4T=1/4 cup	4g
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
FRIDAY						
	Serving Size		Serving Size		Serving Size	
Crispy Fish Strips	1 each	15g	1 each	15g	1 each	15g
Pasta & Cheese	1/2 cup	25g	1/2 cup	25g	1/2 cup	25g
Fresh Cabbage Salad	1/2 cup	3.6g	1/2 cup	3.6g	1/2 cup	3.6g
Fresh Baby Carrots	1/2 cup	6g	1/2 cup	6g	1/2 cup	6g
Chilled Peach Slices	1/2 cup	13g	1/2 cup	13g	1 cup	26g
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-12g/c-19 g/s-19 g

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ALL SCHOOLS--LUNCH CARBOHYDRATE COUNTS

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WEEK 2 OF THE 3 WEEK CYCLE MENU

Menu Item	Grades PK-5	Carb Count	Grades 6-8	Carb Count	Grades 9-12	Carb Count
MONDAY						
	Serving Size		Serving Size		Serving Size	
Meatsauce with Pasta OR Beefaroni	2/3 cup	22.4g	1 cup	34g	1 cup	34g
Steamed Broccoli	1/2 cup	4g	1/2 cup	4g	1/2 cup	4g
Seasoned Green Beans	1/2 cup	4g	1/2 cup	4g	1/2 cup	4g
Fruit Cup-Mandarin Oranges 1/4 c & Pineapple Tidbits 1/4 c	1/2 cup	16.5g	1/2 cup	16.5g	1 cup	33.0g
Whole Wheat Roll - Soft	1 each	12g	1 each	12g	1 each	12g
Milk Choice	8 fl. oz.	w-12 g/c-19g/s-19 g	8 fl. oz.	w-12 g/c-19g/s-19 g	8 fl. oz.	w-12g/c-19 g/s-19 g
TUESDAY						
	Serving Size		Serving Size		Serving Size	
Chicken Pattie w/WG Breading OR Spicy Breaded Chicken Pattie	1 each n/a	13.5g n/a	1 each	15g	1 each	15g
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
Oven Baked - 8 French Fries OR 8 Tots OR 7 Wedges	1/2 cup	13.5g/13.5g/24g	1/2 cup	13.5g/13.5g/24g	1 cup	27g/27g/48g
Apple Wedges OR Whole Banana	1/2 cup	7.2g or 18.5g	1/2 cup	7.2g or 18.5g	1 cup	14.4g or 37g
Ind. Mayo./Catsup	1 each	3g/3g	1 each	3g/3g	1 each	3g/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
WEDNESDAY						
	Serving Size		Serving Size		Serving Size	
Ham OR Turkey & Cheese Sandwich	1oz meat/.5oz cheese	1.0g	1oz meat/1oz cheese	1.5g	1oz meat/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
Matchstick (Shredded) Carrots	1/2 cup	6g	1/2 cup	6g	1/2 cup	6g
Lowfat Ranch 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
Chilled Mixed Fruit OR Fresh Watermelon	1/2 cup	15g or 6.2g	1/2 cup	15g or 6.2g	1 cup	30g or 12.4g
Multi Grain Chips OR WG Corn Puffs	1 pkg.	15g	1 pkg.	15g	1 pkg.	15g
Ind. 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-12 g/c-19 g/s-19 g

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WEEK 2 OF THE 3 WEEK CYCLE MENU

Menu Item	Grades PK-5	Carb Count	Grades 6-8	Carb Count	Grades 9-12	Carb Count
THURSDAY						
	Serving Size		Serving Size		Serving Size	
Oven Baked Turkey Roast	Meat (1 1/2 oz.)	0	Meat (2 oz.)	0	Meat (2 oz.)	0
Steamed Brown Rice	1/2 cup	22g	1/2 cup	22g	1/2 cup	22g
Brown Gravy (1 oz.)	1 oz.=2 T=1/8 cup	2g	1 oz.=2 T=1/8 cup	2g	1 oz.=2 T=1/8 cup	2g
Fresh Whole Baked Sweet Potato	1/2 cup	23.6g	1/2 cup	23.6g	1/2 cup	23.6g
Fresh Cabbage Salad	1/2 cup	3.6g	1/2 cup	3.6g	1/2 cup	3.6g
Seasoned Lima Beans	1/2 cup	19g	1/2 cup	19g	1/2 cup	19g
Fresh Orange Wedges (6 or 12) pcs.	1/2 cup	15.5g	1/2 cup	15.5g	1 cup	31g
Whole Wheat Roll - Soft	1 each	12g	1 each	12g	1 each	12g
Milk Choice	8 fl. oz.	w-12 g/c-19g /s-19 g	8 fl. oz.	w-12 g/c-19g /s-19 g	8 fl. oz.	w-12 g/c-19 g/s-19 g
FRIDAY						
	Serving Size		Serving Size		Serving Size	
Pizza W W Crust, Pepp. OR Cheese	1 wedge	36g or 33.5g	1 wedge	36g or 33.5g	1 wedge	36g or 33.5g
Steamed Corn	1/2 cup	18g	1/2 cup	18g	1/2 cup	18g
Fresh Baby Carrots	1/2 cup	6g	1/2 cup	6g	1/2 cup	6g
Fresh Broccoli Salad	2/3 cup	10g	2/3 cup	10g	2/3 cup	10g
100% Frozen Fruit Juice Cup	1 each	19g	1 each	19g	2 each	38g
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

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WEEK 3 OF THE 3 WEEK CYCLE MENU

Menu Item	Grades PK-5	Carb Count	Grades 6-8	Carb Count	Grades 9-12	Carb Count
MONDAY						
	Serving Size		Serving Size		Serving Size	
Red OR 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
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
TUESDAY						
	Serving Size		Serving Size		Serving Size	
Beef or Chicken Taco(s)	Meat (1 1/2 oz.)	0	Meat (2 oz.)	0	Meat (2 oz.)	0
Whole Grain Taco Shell -Soft (flour)	1 each - soft	14g	2 each - soft	28g	2 each - soft	28g
Hard (corn)	1 each - hard	7g	2 each - hard	14g	2 each - hard	14g
Taco Salad Cup-Lettuce,Tomato & Cheese	1 cup	2.5g	1 cup	2.5g	1 cup	2.5g
Steamed Corn	1/2 cup	18g	1/2 cup	18g	1/2 cup	18g
Mandarin Oranges OR Pineapple Tidbits	1/2 cup	16g or 17g	1/2 cup	16g or 17g	1 cup	32g or 34g
Whole Grain Breadstick	1 each	21g	1 each	21g	1 each	21g
Salsa Cup	2 oz.=4T=1/4 cup	4g	2 oz.=4T=1/4 cup	4g	2 oz.=4T=1/4 cup	4g
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
WEDNESDAY						
	Serving Size		Serving Size		Serving Size	
Hamburger Pattie	1 each (2oz MMA)	3g	1 each (2oz MMA)	3g	1 each (2oz MMA)	3g
Whole Grain Hamburger Bun	1 each	26g	1 each	26g	1 each	26g
Sliced Cheese - 1 slice	1/2 oz.	1g	1/2 oz.	1g	1/2 oz.	1g
Sandwich Salad Cup	1 cup	1.5g	1cup	1.5g	1 cup	1.5g
Oven Baked - 8 French Fries OR 8 Tots OR 7 Wedges	1/2 cup	13.5g/13.5g/24g	1/2 cup	13.5g/13.5g/24g	1 cup	27g/27g/48g
Fresh Red Grapes OR Strawberries	1/2 cup	15g or 5.3g	1/2 cup	15g or 5.3g	1 cup	30g or10.6g
Ind. 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

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Menu Item	Grades PK-5	Carb Count	Grades 6-8	Carb Count	Grades 9-12	Carb Count
THURSDAY						
	Serving Size		Serving Size		Serving Size	
Oven Baked Chicken	1 thigh 3.25 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
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 Orange Wedges(6 or 12 wedges)	1/2 cup	15.5g	1/2 cup	15.5g	1 cup	31g
Whole Wheat Roll - Pistolette	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
FRIDAY						
	Serving Size		Serving Size		Serving Size	
BBQ Seasoned Beef Rib Pattie	2.4 oz.=2M/MA	4g	2.4 oz.=2 M/MA	4g	2.4 oz.=2 M/MA	4g
Whole Grain Hot Dog Bun	1 each	26g	1 each	26g	1 each	26g
Creamy Coleslaw	1/2 cup	4.6g	1/2 cup	4.6g	1/2 cup	4.6g
Fresh Baby Carrots	1/2 cup	6g	1/2 cup	6g	1/2 cup	6g
Baked Beans	1/2 cup	23g	1/2 cup	23g	1/2 cup	23g
Fresh Apple Wedges	1/2 cup=3 wedges	7.2g	1/2 cup=3 wedges	7.2g	1 cup=6 wedges	14.4g
Low Sodium BBQ Sauce	1 pkg. each	7g	1 pkg. each	7g	1 pkg. each	7g
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-12 g/c-19 g/s-19 g

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