

**EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM**  
**ELEMENTARY-- LUNCH NET CARBOHYDRATE COUNTS**  
**SY 2024-2025**

**WEEK 1 OF THE 4 WEEK CYCLE MENU**

<b>Menu Item</b>	<b>Grades PK-5</b>	<b>Carb Count</b>
<b>MONDAY</b>		
	<b>Serving Size</b>	<b>Serving Size</b>
Red Beans	1/2 c	17.5g
Steamed Rice	1/2 c	21g
Seasoned Turnip Greens	1/2 c	5g
Steamed Vegetable Blend	1/2 c	8.1g
Cornbread Muffin	1 each	13g
Milk	8 fl. oz.	w-12 g/c-19 g/s-18 g
<b>TUESDAY</b>		
	<b>Serving Size</b>	<b>Serving Size</b>
Beefy Nachos	2 oz. meat/10 chips	0g/17g
Steamed Corn	1/2 c	14.3g
Seasoned Pinto Beans	1/2 c	15g
Lettuce & Diced Tomatoes	1/2 c	1g
Assorted Fresh Fruit	1/2 c –1 c	3.5g-37g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18 g
<b>WEDNESDAY</b>		
<b>Menu Choice #1</b>	<b>Serving Size</b>	<b>Serving Size</b>
Turkey Roast	1 slice	1 g
Gravy	2 T	2g
Steamed Rice	1/2 c	21g
Whole Baked Sweet Potato	1/2 c	26g
Steamed Cabbage	1/2 c	3.2g
Assorted Fresh Fruit	1/2 c –1 c	3.5g-37g
Soft Roll	1 each	13g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18 g

All Calculations were researched and prepared by Fatrice Williams, RDN, LDN, Purchasing Specialist; Using the Nutrition Fact Sheets and Edison's Nutrient Analysis Program.

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<b>WEDNESDAY</b>		
<b>Menu Choice #2</b>	<b>Serving Size</b>	<b>Serving Size</b>
Fresh Mixed Fruit Salad	1/2 c	26g
Yogurt Cup	1 each	12g
Cheese Stick	1 each	1 g
<b>Choose one</b> Cinnamon Graham Cracker or, Cheese Cracker or, Animal Cracker or, Shortbread Crackers	1 packet	Cinnamon Crackers 19g Cheese Crackers 13g Animal Crackers 24g Shortbread Crackers 20g
Assorted Fruit (Canned, Whole)	1/2 c-1 c	3.5g-37g
Fresh Sliced Cucumber	1/2 c	4g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18 g
<b>THURSDAY</b>		
<b>Menu Choice #1</b>	<b>Serving Size</b>	<b>Serving Size</b>
Creamy Chicken Alfredo	2/3 c	27g
Steamed Broccoli	1/2 c	4g
Fresh Baby Carrots	1/2 c	6g
Assorted Fruit (Canned, Whole)	1/2 c -1 c	3.5g-37g
Garlic & Herb Breadstick	1 each	19g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18 g
<b>FRIDAY</b>		
<b>Menu Choice #1</b>	<b>Serving Size</b>	<b>Serving Size</b>
Crispy Fish Strips	3 strips	12g
French Fries	1/2 c	13.5g
Cucumber & Tomato Salad	1/2 c	1.5g
Assorted Fresh Fruit	1/2 c -1 c	3.5g-37g
Milk Choice	8 fl. oz.	w-12 /c-19g/s-18g

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<b>FRIDAY</b>	<b>Serving Size</b>	<b>Serving Size</b>
<b>Menu Choice #2</b>		
Or Ham & Cheese	Ham Slice-1 oz. Cheese- 0.5 oz	3g
Sandwich Bread	2 slices	28g
Assorted Fresh Fruit	1/2 c-1 c	3.5g-37g
French Fries	1/2 c	13.8g
Ketchup/Mayonnaise/Mustard	1 each	3g/3g/0g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18 g

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