

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

WEEK 2 OF THE 4 WEEK CYCLE MENU		
Menu Item	Grades PK-5	Carb Count
MONDAY	Serving Size	Serving Size
Spaghetti w/Meatsauce	2/3 c	29g
Steamed Vegetable Blend	1/2 c	5g
Steamed Corn	1/2 c	14.3g
Assorted Fresh Fruit	1/2 c -1 c	5.3g-27g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18 g
TUESDAY	Serving Size	Serving Size
Chicken Bites	10 pieces	9g
Crispy Tater Tots	1/2 c	3.5g
Fresh Sliced Cucumbers	1/2 c	14.3g
Assorted Fresh Fruit	1/2 c -1 c	5.3g-27g
Animal Crackers	1 each	24g
Cajun Sauce	2 2/3 T	1.4g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18g
WEDNESDAY		
Menu Choice #1	Serving Size	Serving Size
Salisbury Steak	1 each	5g
Gravy	2 T	2g
Creamy Mashed Potatoes	1/2 c	16g
Fresh Broccoli Salad	2/3 c	8.5g
Assorted (Canned ,Whole)	1/2 c -1 c	5.3g-27g
Soft Roll	1 each	12g
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.

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

WEEK 2 OF THE 4 WEEK CYCLE MENU		
WEDNESDAY		
Menu Choice #2	Serving Size	Serving Size
Chef Salad	Gr. Chicken 2 oz. Sh. Cheese 1 oz. Romaine Lettuce 1/2 c Shredded Lettuce 1/2 c Baby Carrots 1/4 c	7g
Salad Dressing	Ranch 2 2/3T Herb 2 2/3T	3g
Choose one: Saltine Crackers or, Cheese Crackers or, Cinnamon Crackers or, Shortbread Crackers	8 crackers 1 packet 1 packet 1 packet	Saltine Crackers 20g Cheese Crackers 13g Cinnamon Crackers 19g Shortbread Crackers 20g
Assorted Fruit (Canned, Whole)	1/2 c -1 c	5.3g-27g
Fresh Broccoli Salad	2/3 c	8.5g
Creamy Mashed Potatoes	1/2 c	16g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18 g
THURSDAY	Serving Size	Serving Size
Glazed BBQ Chicken	2 oz. - 3.25 oz	4.3g
Mac -n- Cheese	1/2 c	26g
Baked Beans	1/2 c	20g
Sweet Potatoes	1/2 c	27g
Garlic & Herb Roll	1 each	15g
Assorted Fruit (Canned, Whole)	1/2 c -1 c	5.3g-27g
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.

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

WEEK 2 OF THE 4 WEEK CYCLE MENU		
FRIDAY	Serving Size	Serving Size
Menu Choice #1		
Pepperoni or Cheese Pizza	1 each	28g
Dark Green Salad w/fruit	1 c	4.5g
Fruit Vinaigrette Dressing	2 2/3T	3g
Fresh Baby Carrot	1/2 c	6g
Assorted Fruit (Canned, Whole)	1/2 c -1 c	5.3g-27g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18 g
FRIDAY		
Menu Choice #2		
Or Hamburger Patty	1 each = 2 oz.	1 g
Sliced Cheese	1 each = 0.5 oz	1 g
Hamburger Bun	1 each	28 g
Lettuce & Diced Tomatoes	1/2 c	1g
Assorted Fruit (Canned, Whole)	1/2 c -1 c	5.3g-27 g
Baby Carrots	1/2 c	6g
ketchup/Mayonnaise/Mustard Pack	1 each	3g/3g/0g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18 g