

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

WEEK 3 OF THE 4 WEEK CYCLE MENU

Menu Item	Grades PK-5	Carb Count
MONDAY		
	Serving Size	Serving Size
Jambalaya	2/3 c	Chicken & Sausage-18g Turkey & Sausage-20g
Seasoned Green Beans	1/2 c	4g
Steamed Vegetables Blend	1/2 c	8.5g
Assorted Fruit (canned, whole)	1/2 c - 1 c	3.5g-37g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18 g
TUESDAY		
	Serving Size	Serving Size
Tacos Beef or Chicken	1 1/2 oz. meat	0g
Shells- Soft or Hard	1 each	Soft- 13g Hard- 6g
Taco Salad Cup	1/2 c	14.3g
Black Beans	1/2 c	14.6g
Salsa	1/4 c	4.4g
Animal Crackers	1 packet	24g
Assorted Fruit (canned, whole)	1/2 c - 1 c	3.5g-37g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18 g
WEDNESDAY		
Menu Choice #1	Serving Size	Serving Size
Hamburger Patty	1 each = 2 oz.	1g
Cheese Slice	1 slice = 2 oz.	1g
Hamburger Bun	1 each	28g
Sandwich Salad Cup	1 c	2g
French Fries	1/2 c	13.5g
Assorted Fruit (canned, whole)	1/2 c - 1 c	3.5g-37g
Ketchup/Mayonnaise/Mustard	1 each	3g/3g/0g
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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WEDNESDAY		
Menu Choice #2	Serving Size	Serving Size
Fresh Mixed Salad	1/2 c	26g
Yogurt Cup	1 each	12g
Cheese Stick	1 each = 1 oz.	1 g
Choose one 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 Cucumbers Sticks	1/2 c	4g
THURSDAY	Serving Size	Serving Size
Oven Fried Chicken	2 oz -3.25g	7.1g
Waffle	1 each	13g
Crispy Tater Tots	1 each	13g
Steamed Mixed Vegetables	1/2 c	14g
Assorted Fruit (Canned, Whole)	1/2 c - 1 c	3.5g-37g
Syrup	1 packet	22g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18 g

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FRIDAY	Serving Size	Serving Size
Menu Choice #1		
Mozzarella Sticks	5 Sticks	29g
Marinara Sauce	1/4 c	3g
Green Salad w/Dressing	1 c salad; 2 2/3 T dressing	7g
Fresh Baby Carrot	1/2 c	6g
Assorted Fruit (canned, whole)	1/2 c -1 c	3.5g-37g
Fresh Baked Cookies	1 each	17g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18g
FRIDAY		
Menu Choice #2		
Breaded Chicken Patty	1 each	9g
Hamburger Bun	1 each	28g
Green Salad w/Dressing	1 c salad; 2 2/3 T dressing	7g
Assorted Fruit (canned, whole)	1/2 c - 1 c	3.5g-37g
Baby Carrots	1/2 c	6g
Ketchup/Mayonnaise/Mustard	1 packet	3g/3g/0g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18 g