

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

WEEK 4 OF THE 4 WEEK CYCLE MENU

Menu Item	Grades PK-5	Carb Count
MONDAY	Serving Size	Serving Size
Potstickers	6 each	29g
Orange Sauce	1/4 c	16g
Vegetable Fried Rice	2/3 c	27g
Steamed Broccoli	1/2 c	4g
Assorted Fresh Fruit	1/2 c - 1c	3.5g-37g
Milk	8 fl. oz.	w-12 g/c-19 g/s-18 g
TUESDAY	Serving Size	Serving Size
Chicken Patty	1 each	9g
Hamburger Bun	1 each	28g
Crispy Tater Tots	1/2 c	13g
Sandwich Salad Cup	1/2 c	1g
Baked Beans	1/2 c	20g
Assorted Fresh Fruit	1/2 c-1 c	3.5g-37g
Ketchup/Mayonnaise	1 paket	3g/3g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18 g
WEDNESDAY		
Menu Choice #1	Serving Size	Serving Size
Meatloaf	2 oz	3.7g
Creamy Mashed Potatoes	1/2 c	16g
Fresh Baby Carrots	1/2 c	6g
Seasoned Green Beans	1/2 c	4g
Assorted Fresh Fruit	1/2 c- 1c	3.5g-37g
Soft Roll	1 each	12g
Ketchup/Mayonnaise/Mustard	1 packet	3g/3g/0g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18g

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
Chef Salad	Ham-2oz Sh. cheese-1 oz Romaine lettuce 1/2 c Sh, Lettuce- 1/2 c Baby Carrots 1/4 c	7g
Salad Dressing (Ranch or Herb)	2 2/3 T	3g
Assorted Fruit (Canned, Whole)	1/2 c- 1c	3.5g-37g
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
Fresh Baby Carrots	1/2 c	6g
Seasoned Green Beans	1/2 c	4g
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
Chicken Strips	3 strips	9g
French Fries	1/2 c	13.5g
Creamy Coleslaw	1/2 c	4.6g
Buttered Toast	1 slice	13g
Assorted Fruit (Canned, Whole)	1/2 c- 1c	3.5g-37g
Cajun Sauce	2 2/3 T	1.4g
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		
Grilled Cheese Sandwich	2 oz cheese 2 sliced bread	28g
Sweet Potato Fries	1/2 c	13g
Cucumber & Tomato Salad	1/2 c	1.5g
Assorted Fresh Fruit	1/2 c- 1c	3.5g-37g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18 g
FRIDAY		
Menu Choice #2		
Or Tuna Salad	2 oz. tuna salad 1 -croissant	30g
Assorted Fresh Fruit	1/2 c- 1c	3.5g-37g
Sweet Potato Fries	1/2 c	13g
Cucumber & Tomato Salad	1/2 c	1.5g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18 g