

**EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM****ALL SCHOOLS LUNCH SY 2024-25 GUMBO & HOLIDAY MENUS****CARBOHYDRATE COUNTS**

<b>Menu Item</b>	<b>Grades PK-5</b>	<b>Carb Count</b>	<b>Grades 6-8</b>	<b>Carb Count</b>	<b>Grades 9-12</b>	<b>Carb Count</b>
<b>October 17, 2024 Gumbo</b>			<b>Serving Size</b>		<b>Serving Size</b>	
Turkey/Sausage Gumbo			8 oz. Ladle	14g	8 oz. Ladle	14g
Steamed Brown Rice			1/2 c	22g	1/2 c	22g
Whole Baked Sweet Potato			1/2 c	24g	1/2 c	24g
Seasoned Lima Beans			1/2 c	19g	1/2 c	19g
Assorted Fruit			1/2 c	5.3g-22g	1 c	10.6g-44g
Shortbread Crackers			1 packet	20g	1 each	20g
Milk			8 fl. oz.	w-12g/c-19 g/s-18 g	8 fl. oz.	w-12g/c-19 g/s-18 g
<b>October 30, 2024 Gumbo</b>	<b>Serving Size</b>		<b>Serving Size</b>		<b>Serving Size</b>	
Turkey/Sausage Gumbo	6 oz. Ladle	10.5g				
Steamed Brown Rice	1/2 c	22g				
Whole Baked Sweet Potato	1/2 c	24g				
Steamed Cabbage	1/2 c	3.2g				
Assorted Fruit	1/2 c- 1c	5.3g-22g				
Whole Wheat Roll or WG Saltine Crackers	1 each or 4 packs (8 pcs.)	13g or 18g				
Milk Choice	8 fl. oz.	w-12g/c-19 g/s-18 g				

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

## EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM

### ALL SCHOOLS LUNCH SY 2024-25 GUMBO & HOLIDAY MENUS

#### CARBOHYDRATE COUNTS

<b>November 13, 2024 Gumbo</b>	<b>Serving Size</b>		<b>Serving Size</b>		<b>Serving Size</b>	
Turkey/Sausage Gumbo			8 oz. Ladle	14g	8 oz. Ladle	14g
Steamed Brown Rice			1/2 c	22g	1/2 c	22g
Mashed Potato Salad			1/2 c	24g	1/2 c	24g
Steamed Vegetable Blend			1/2 c	19g	1/2 c	19g
Assorted Fruit			1/2 c	5.3g-22g	1 c	10.6g-44g
Shortbread Crackers			1 packet	19g	1 packet	19g
Milk Choice			8 fl. oz.	w-12g/c-19 g/s-18 g	8 fl. oz.	w-12g/c-19 g/s-18 g
<b>November 21, 2024 Thanksgiving Dinner</b>	<b>Serving Size</b>		<b>Serving Size</b>		<b>Serving Size</b>	
Baked Turkey Roast w/Gravy	Meat (1 1/2 oz.) Gravy 2T	1g/2g	Meat (2 oz.) Gravy 2T	1g/2g	Meat (2 oz.) Gravy 2T	1g/2g
<b>Cornbread Dressing OR Rice Dressing</b>	1/2 c	20g	1/2 c	20g	1/2 c	20g
Dark Green Salad with Fruit	1 c	4.5g	1 c	4.5g	1 c	4.5g
Vinaigrette Dressing 1/2 oz.	1/2 oz.=1T=1/16 c	3g	1/2 oz.=1T=1/16 c	3g	1/2 oz.=1T=1/16 c	3g
Whole Baked Sweet Potato	1/2 cup	27g	1/2 c	27g	1/2 c	27g
Assorted Fruit	1/2 cup	5.3g-22g	1/2 c	5.3g-22g	1 c	10.6g-44g
WG Soft Roll	1 each	13g	1 each	13g	1 each	13g
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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**ALL SCHOOLS LUNCH SY 2023-24 GUMBO & HOLIDAY CARBOHYDRATE COUNTS**

<b>Menu Item</b>	<b>Grades PK-5</b>	<b>Carb Count</b>	<b>Grades 6-8</b>	<b>Carb Count</b>	<b>Grades 9-12</b>	<b>Carb Count</b>
<b>December 12, 2024 Christmas Dinner</b>	<b>Serving Size</b>		<b>Serving Size</b>		<b>Serving Size</b>	
Baked Turkey Roast w/ Gravy	Meat (1 1/2 oz.) Gravy 2T	1g/2g	Meat (2 oz.) Gravy 2T	1g/2g	Meat (2 oz.) Gravy 2T	1g/2g
<b>Rice Dressing OR Cornbread Dressing</b>	1/2 c	20g	1/2 c	20g	1/2 c	20g
Dark Green Salad with Fruit	1 c	4.5g	1 c	4.5g	1 c	4.5g
Vinaigrette Dressing 1/2 oz.	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 c	27g	1/2 c	27g	1/2 c	27g
Assorted Fruit	1/2 c	5.3g-27g	1/2 c	5.3g-27g	1 c	10.6g-54g
Whole Grain Breadstick	1 each	21g	1 each	21g	1 each	21g
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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