

EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM
MIDDLE & HIGH-- LUNCH NET CARBOHYDRATE COUNTS
SY 2024-2025 August 1, 2024
WEEK 2 OF 4 WEEKS

Menu Item	Grades 6-12	Carbohydrate Count
MONDAY-CHOICE #1		
	Serving Size	
Turkey Frank	1 each	2g
Hot Dog Bun	1 each	28g
Chili, for Hot Dog	1 oz.	1g
White Nacho Chips Or Multi-Grain Chips	1 bag	19g 17g
MONDAY- CHOICE #2		
	Serving Size	Carbohydrate Count
Mozzarella Cheese Stick	5 sticks	29g
Marinara Sauce	1/4 c	3g
VEG./FRUITS/MILK		
	Serving Size	Carbohydrate Count
Baked Beans	1/2 c	20g
Steamed Corn	1/2 c	25g
Assorted Fruits	(6th-8th grade) 1/2 c-1 c (9th-12th grade) 1 c	(6th-8th grade) 5.3g-22.0g or (9th-12th grade) 10.6g-44g
Milk Choice	8 fl. oz.	w-12g/c-19 g/s-18g
LUNCH ON THE GEAUX		
MONDAY-CHOICE #3		
	Grades 6-12	Carbohydrate Count
Chicken Pasta Salad	Gr. Chicken 2 oz.	44g
	Pasta 2 oz.	
	Broccoli Florets 1/4 c	
	Baby Carrots 1/4 c	
100% Vegetables & Fruit Juice	1/2 c	13g
Dried Cranberries	1 packet	25g
Roasted Chickpeas	1 packet	8g
Assorted Fruit	(6th-8th grade) 1/2 c-1 c (9th-12th grade) 1 c	(6th-8th grade) 5.3g-37.0g or (9th-12th grade) 10.6g-44g
Milk Choice	8 fl. oz.	w-12g/c-19 g/s-18g

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TUESDAY- CHOICE #1	Serving Size	Carbohydrate Count
Chicken Strips	3 strips	9g
Buttered Toast	1 each	13g
Cajun Sauce	2 2/3 T	1.4g
TUESDAY-CHOICE #2	Serving Size	Carbohydrate Count
Salad w/ Ham Slices	Ham 2 oz.	9g
	Sh. Cheese 1 oz.	
	Romaine Lettuce 1/2 c	
	Sh. lettuce 1/2 c	
	Baby Carrots 1/4 c	
Salad Dressing	Ranch 2 2/3 T	3g
	Herb 2 2/3 T	
1. Saltine Crackers or	8 saltine crackers or	20g
2. Cheese Crackers or	1 cheese cracker packet	13g
1. Shortbread Crackers or	1 packet	19g
2. Cinnamon Graham Crackers or		
VEG./FRUITS/MILK	Serving Size	Carbohydrate Count
Oven Baked French Fries	1/2 c	13.5 g
Creamy Coleslaw	1/2 c	2.4g
Assorted Fruit	(6th-8th grade) 1/2 c-1 c (9 th -12 th grade) 1 c	(6 th -8 th grade) 5.3g-22.0g or (9 th -12 th grade)10.6g-44g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18 g
LUNCH ON THE GEAUX		
TUESDAY-CHOICE # 3	Grades 6-12	Carbohydrate Count
Greek Yogurt	8 oz	8g
Whole Grain Granola	1 packet	18g
Fresh Fruit Salad	1/2 c	26g
100% Fruit Juice	4 oz.	O-14g/A-14g/FB-14g
Baby Carrots	1/2 c	6g
Fresh Sliced Cucumbers	1/2 c	2.2g
Cinnamon Graham Crackers	1 packet	19g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18 g

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WEDNESDAY-WEEK 2		
WEDNESDAY-CHOICE #1	Grades 6-12	Carbohydrate Count
Salisbury Steak	1 each	5g
Brown Gravy	2 T	2g
Soft Roll	1 each	12g
WEDNESDAY-CHOICE #2	Grades 6-12	Carbohydrate Count
Greek Yogurt	8 oz	8g
Whole Grain Granola- High School Only	1 packet	18g
Fresh Fruit Salad	1/2 c	26g
Shortbread Crackers	1 packet	20g
VEG./FRUITS/MILK	Serving Size	Carbohydrate Count
Steamed Brown Rice	1/2 c	21g
Fresh Broccoli Salad	2/3 c	8.5g
Steamed Mixed Vegetables	1/2 c	14g
Assorted Fruits	1/2 c-1 c	(6th-8th grade) 5.3g-37.0g or (9th-12th grade) 10.6g-44g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18 g
LUNCH ON THE GEAUX		
WEDNESDAY-CHOICE #3	Serving Size	Carbohydrate Count
Black Bean & Corn Salsa	1/2 c	13g
Tortilla Chips	6th-8th grade) 15 chips (9th-12th grade) 20 chips	(6th-8th grade) 24g or (9th-12th grade) 32g
100% Fruit Juice	1/2 c	O-14g/A-14g/FB-14g
Assorted Fruits	1/2 c -1 c	(6th-8th grade) 5.3g-37.0g or (9th-12th grade) 10.6g-44g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18g
THURSDAY- WEEK 2		
THURSDAY -CHOICE #1	Serving Size	Carbohydrate Count
Oven Fried Chicken	2 oz.- 3.25 oz	7.1g
Waffles	2 each	26g

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Syrup Pack	1 packet	22g
THURSDAY- WEEK 2		
THURSDAY MENU CHOICE # 2	Serving Size	Carbohydrate Count
Spicy Chicken Patty	1 each	17g
Hamburger Bun	1 each	28g
Ketchup/Mayonnaise Pack	1 each	3g/3g
VEG./FRUITS/MILK	Serving Size	Carbohydrate Count
Sandwich Salad Cup	1/2 c	1g
Oven Baked Tater Tots	1/2 c	21g
Fresh Baby Carrots	1/2 c	6g
Assorted Fruits	1/2 c -1 c	(6th-8th grade) 5.3g-37.0g or (9th-12th grade) 10.6g-44g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18g
LUNCH ON THE GEAUX		
THURSDAY-CHOICE #3	Serving Size	Carbohydrate Count
Chicken Strips	3 strips	9g
Tortilla Wraps	2 each	26g
Lettuce & Diced Tomatoes	1 c	2g
Ranch Dressing, Low-Fat	2 2/3T	3g
Fresh Broccoli Salad	2/3 c	8.5g
Roasted Chickpeas	1 packet	8g
100% Fruit Juice	1 each	O-14g/A-14g/FB-14g
Assorted Fruits	1/2 c-1 c	(6th-8th grade) 5.3g-37.0g or (9th-12th grade) 10.6g-44g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-182 g

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FRIDAY-WEEK 2		
FRIDAY-MENU CHOICE #1	Grades 6-12	Carbohydrate Count
Grilled Cheese	4 slices	1g
Sandwich Sliced Bread	2 slices	26g
Fresh Baked Cookie	1 each-sugar cookie 1 each-chocolate chip	17g
FRIDAY-MENU CHOICE #2	Serving Size	Carbohydrate Count
Hamburger Patty	1 each = 2 oz	1g
Sliced Cheese	1 each = 1 oz.	1g
Hamburger Bun	1 each	28g
Ketchup/Mayonnaise/Mustard Pack	1 each`	3g/3g/0g
VEG./FRUITS/MILK	Serving Size	Carbohydrate Count
Sandwich Salad Cup	1/2 c	1g
Sweet Potato Fries	1/2 c	13g
Cucumber & Tomato Salad	1/2 c	1.5g
Assorted Fruits	1/2 c - 1 c	(6th-8th grade) 5.3g-37.0g or (9th-12th grade) 10.6g-44g
Milk Choice	8 oz. fl	w-12 g/c-19 g/s-18g
LUNCH ON THE GEAUX		
FRIDAY-MENU CHOICE #3	Serving Size	Carbohydrate Count
Ham Roll	1 slice-2 oz	4g
Cheese Stick	1 each -1 oz	1g
White Nacho Chips or Multi-Grain Chips	1 bag	19g 17g
Tomatoes, Cherry	1 c	4g
Dried Cranberries	1 packet	25g
Cheese Crackers	1 packet	13g
Milk Choice	8 oz. fl	w-12 g/c-19 g/s-18 g