

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

Menu Item	Grades 6-12	Carbohydrate Count
<b>MONDAY-CHOICE #1</b>		
	<b>Serving Size</b>	
Creamy Chicken Pasta Alfredo	1 c	30g
Fresh Baked Cookie	1 each-sugar cookie 1 each-chocolate chip	17g
Soft Roll	1 each	12g
<b>MONDAY- CHOICE #2</b>		
	<b>Serving Size</b>	<b>Carbohydrate Count</b>
Mozzarella Cheese Stick	5 sticks	29g
Marinara Sauce	1/4 c	3g
<b>VEG./FRUITS/MILK</b>		
	<b>Serving Size</b>	<b>Carbohydrate Count</b>
Steamed Vegetable Blend	1/2 c	5g
Green Peas	1/2 c	16g
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-18 g
<b>LUNCH ON THE GEAUX</b>		
<b>MONDAY-CHOICE #3</b>		
	<b>Serving Size</b>	<b>Carbohydrate Count</b>
Chicken Pasta Salad	Gr. Chicken 2 oz. Pasta 2 oz. Broccoli Florets 1/4 c Baby Carrots 1/4 c	44g
100% Vegetables & Fruit Juice	1 each - 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-22.0g or (9th-12th grade) 10.6g-44g
Milk Choice	8 fl. oz.	w-12g/c-19 g/s-18 g

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<b>TUESDAY- CHOICE #1</b>	<b>Serving Size</b>		<b>Carbohydrate Count</b>
Tortilla Chips with Beef	2 oz. meat/oz. 15 chips 6th-8th grade	2 oz. meat/oz. 20 chips 9th-12th grade	(6 <sup>th</sup> -8 <sup>th</sup> grade) 0g/25.5g or (9 <sup>th</sup> -12 <sup>th</sup> grade) 0g/34g
Cheese Sauce	2 oz. (#24 scoop)		7g
<b>TUESDAY-CHOICE #2</b>	<b>Serving Size</b>		<b>Carbohydrate Count</b>
<b>Asian Slaw Salad</b> -Chicken Patty -Mandarin Oranges	Gr. Chicken 2 oz. Cabbage Slaw Mix 1 ½ c Shredded Carrots 1/2 c Mandarin Oranges 1/4 c		23g
Fruit Vinaigrette Dressing	2 2/3T		3g
Chow Mein Noodles	1/2 c		31g
1. Shortbread Crackers <b>or</b> 2. Cinnamon Graham Crackers <b>or</b> 3. Cheese Crackers	1 packet 1 packet 1 packet		13g
<b>VEG./FRUITS/MILK</b>	<b>Serving Size</b>		<b>Carbohydrate Count</b>
Corn on the Cob	1 each = 1/4 c		15g
Lettuce & Diced Tomato Cup	1/2 c		1g
Black Beans	1/2 c		15g
Diced Avocado	1/4c		1g
Salsa Cup	1/4 c		4g
Sour Cream Pack	1 packet		1g
Assorted Fruit	(6 <sup>th</sup> -8 <sup>th</sup> grade) 1/2 c-1 c	(9 <sup>th</sup> -12 <sup>th</sup> grade) 1 c	(6 <sup>th</sup> -8 <sup>th</sup> grade) 5.3g-22.0g or (9 <sup>th</sup> -12 <sup>th</sup> grade)10.6g-44g
Milk Choice	8 fl. oz.		w-12g/c-19 g/s-18 g
<b>LUNCH ON THE GEAX</b>			
<b>TUESDAY-CHOICE # 3</b>	<b>Grades 6-12</b>		<b>Carbohydrate Count</b>
Greek Yogurt	1 c		8g
Whole Grain Granola	1 packet		18g
Fresh Fruit Salad	1/2 c		26g
100% Fruit Juice	1 each= 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-12g/c-19 g/s-18 g

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<b>WEDNESDAY-CHOICE #1</b>	<b>Grades 6-12</b>	<b>Carbohydrate Count</b>
Chicken Wings	4 pieces = 2 oz.	2.1g
Vegetable Rice	2/3 c	27g
Animal Crackers	1 packet	24g
<b>WEDNESDAY-CHOICE #2</b>	<b>Serving Size</b>	<b>Carbohydrate Count</b>
Greek Yogurt	1 c	8g
Fresh Fruit Salad	1/2 c	26g
Granola, <b>High School Only</b>	1 packet	18g
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
Animal Cracker	1 packet	24g
<b>VEG./FRUITS/MILK</b>	<b>Grades 6-12</b>	<b>Carbohydrate Count</b>
Steamed Broccoli	1/2 c	4g
Fresh Sliced Cucumbers	1/2 c	4g
Assorted Fruit	(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-18 g
LUNCH ON THE GEAX		
Black Bean & Corn Salsa	1/2 c	22g
Tortilla Chips	1/2 c	2.4g
100% Fruit Juice	1 each	O-14g/A-14g/FB-14g
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-18 g
<b>THURSDAY MENU CHOICE #1</b>	<b>Grades 6-12</b>	<b>Carbohydrate Count</b>
Turkey/Sausage Jambalaya	(6th-8th grade) 2/3 c      (9th-12th grade) 1 c	(6th-8th grade) 17g      (9th-12th grade) 21g
Soft Roll	1 each	12g
<b>THURSDAY MENU CHOICE # 2</b>	<b>Serving Size</b>	<b>Carbohydrate Count</b>
Ham & Cheese <b>or</b> Turkey & Cheese	Ham 1 oz.; Cheese-1 oz. Turkey- 1 oz.; Cheese- 1 oz.	4g 5g
Sandwich Bread, 2 Slices	2 each	24g
Mayonnaise Pack	1 each	3g

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<b>THURSDAY MENU CHOICE # 2</b>		
<b>VEG./FRUITS/MILK</b>	<b>Grades 6-12</b>	
Glazed Sweet Potatoes	1/2 c	27g
Seasoned Baby Lima Beans	1/2 c	19g
Assorted Fruits	(6th-8th grade) 1/2 c-1 c (9th-12th grade) 1 c	(6 <sup>th</sup> -8 <sup>th</sup> grade) 5.3g-22.0g or (9 <sup>th</sup> -12 <sup>th</sup> grade)10.6g-44g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18 g
<b>LUNCH ON THE GEAUX</b>		
<b>THURSDAY-CHOICE #3</b>	<b>Grades 6-12</b>	<b>Carbohydrate Count</b>
Chicken Strips	3 strips	9g
Tortilla Wraps	2 each	26g
Lettuce & Diced Tomatoes	1 c	2g
Ranch Dressing, Low-Fat	1 1/2 oz.	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-18 g
<b>FRIDAY-MENU CHOICE #1</b>	<b>Serving Size</b>	<b>Carbohydrate Count</b>
Fish & Cheese Patty	1 each	10.5g
Hamburger Bun	1 each	28g
Tartar Sauce	1 oz	5g
<b>FRIDAY-MENU CHOICE #2</b>	<b>Serving Size</b>	<b>Carbohydrate Count</b>
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

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VEG./FRUITS/MILK		
VEG./FRUITS/MILK	Serving Size	Carbohydrate Count
Sandwich Salad Cup	1/2 c	1g
Sweet Potato Fries	1/2 c	13g
Creamy Coleslaw	1/2 c	4.6g
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-18 g
LUNCH ON THE GEAUX		
FRIDAY-MENU CHOICE #3	Grades 6-12	Carbohydrate Count
Ham Roll	1 slice-2 oz	4g
Cheese Stick	1 each	1g
White Nacho Chips Or		19g
Multi-Grain Chips	1 bag	17g
Tomatoes, Cherry	1 c	4g
Diced Cranberries	1 packet	25g
Assorted Fruits	1/2 c - 1 c	(6th-8th grade) 5.3g-37.0g or (9th-12th grade) 10.6g-44g
Cheese Crackers	1 packet	13g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18 g