

EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM

MIDDLE & HIGH-- LUNCH NET CARBOHYDRATE COUNTS

SY 2024-2025 August 1, 2024

WEEK 3 OF WEEK 4

MONDAY WEEK 3		
Menu Item	Grades 6-12	Carbohydrate Count
MONDAY-CHOICE #1	Serving Size	
Dumpling, Chicken & Vegetable	6 each	30g
Vegetable Rice	2/3 c	27g
Orange Sauce	1/4 c	16g
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
Steamed Broccoli	1/2 c	4g
Cinnamon Glazed Carrots	1/2 c	13g
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. 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-37.0g or (9th-12th grade) 10.6g-44g
Milk Choice	8 fl. oz.	w-12g/c-19 g/s-18 g

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TUESDAY WEEK 3		
TUESDAY- CHOICE #1	Grade 6-12th	Carbohydrate Count
Spaghetti w/Meatsauce	1 c	22g
Garlic & Herb Breadstick	1 each	18.2g
TUESDAY-CHOICE #2	Serving Size	Carbohydrate Count
Salad w/ Grilled Chicken Patty	Gr. Chicken 2 oz. Sh. Cheese 1 oz. Romaine Lettuce 1/2 c Sh. lettuce 1/2 c Baby Carrots 1/4 c	7g
	Salad Dressing Ranch 2 2/3 T Herb 2 2/3 T	3g
1. Saltine Crackers or 2. Cheese Crackers	4 packets or 1 packet	13g
1. Shortbread Crackers or 2. Cinnamon Graham Crackers	1 packet 1 packet	20g 19g
VEG./FRUITS/MILK	Serving Size	Carbohydrate Count
Steamed Corn	1/2 c	25 g
Steamed Vegetable Blend	1/2 c	8.1g
Assorted Fruit	(6th-8th grade) (9 th -12 th grade) 1/2 c-1 c 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	22g
100% Fruit Juice	1 each = 1/2 c	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 3		
WEDNESDAY-CHOICE #1	Grades 6-12	Carbohydrate Count
Oven Baked Turkey Roast	1 slice 2 oz.	1g
Brown Gravy	1 oz.= 2T	2g
Steamed Brown Rice	1/2 c	21g
Shortbread Crackers	1 packet	20g
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
Animal Crackers	1 packet	20g
VEG./FRUITS/MILK	Serving Size	Carbohydrate Count
Whole Baked Sweet Potato	1/2 c	26g
Seasoned Lima Beans	1/2 c	19g
Assorted Fruits	(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 GEAX		
WEDNESDAY-CHOICE #3	Serving Size	Carbohydrate Count
Black Bean & Corn Salsa	2 c	51.4g
Tortilla Chips	(6th-8th grade) (9th-12th grade) 15 chips 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	(6th-8th grade) (9 th -12 th grade) 1/2 c-1 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
THURSDAY- WEEK 3		
THURSDAY -CHOICE #1	Serving Size	Carbohydrate Count
Jerk Chicken	2 oz.- 3.25 oz	1.8g
Rice Pilaf	1/2 c	22g
Roll	1 each	12g

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THURSDAY - WEEK 3		
THURSDAY MENU CHOICE # 2	Serving Size	Carbohydrate Count
Sloppy Joe Or Pulled Pork, BBQ	2 oz	Sloppy Joe, 9g Pulled Pork, 8.6g
Hamburger Bun	1 each	28g
VEG./FRUITS/MILK	Serving Size	Carbohydrate Count
Oven Roasted Plantains	1/4 c	25g
Corn on the Cob	1/4 c	15g
Fresh Steamed Cabbage	1/2 c	3.2g
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		
THURSDAY-CHOICE #3	Serving Size	Carbohydrate Count
Chicken Strips	3 strips	9g
Tortilla Wraps	2 each	26g
Lettuce & Diced Tomatoes	1 cup	2g
Ranch Dressing, Low-Fat		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

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FRIDAY-WEEK 3		
FRIDAY-MENU CHOICE #1	Grades 6-12	Carbohydrate Count
Pepperoni or Cheese Pizza	1 each	28g
Fresh Baked Cookie	1 each-sugar cookie 1 each-chocolate chip	17g
FRIDAY-MENU CHOICE #2	Grades 6-12	Carbohydrate Count
Hamburger Patty	1 each = 2 oz.	1g
Sliced Cheese	1 slice = 1 oz.	1g
Hamburger Bun	1 each	28g
Ketchup/Mayonnaise/Mustard Pack	1 each`	3g/3g/0g
VEG./FRUITS/MILK	Grades 6-12	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 GEAX		
FRIDAY-MENU CHOICE #3	Grades 6-12	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