

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

MONDAY WEEK 4		
Menu Item	Grades 6-12	Carbohydrate Count
MONDAY-CHOICE #1	Serving Size	
Red Beans w/Sausage	(6th-8th grade) 1/2 c (9th-12th grade) 2/3 c	(6th-8th grade) 14g or (9th-12th grade) 17g
Steamed Brown Rice	1/2 c	21g
Cornbread Muffin	1 each	23g
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
Seasoned Turnip Greens	1/2 c	5g
Steamed Vegetable Blend	1/4 c	8.1g
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
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% Vegetable & 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-18g

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TUESDAY WEEK 4		
TUESDAY- CHOICE #1	Serving Size	Carbohydrate Count
Tacos	Taco-Meat 2 oz	0.7g
Hard Shells	2 each	12g
Fiesta Rice	1/2 c	12g
Shortbread Crackers	1 each	20g
TUESDAY-CHOICE #2	Serving Size	Carbohydrate Count
Asian Slaw Salad	Gr. Chicken- 2oz Cabbage Slaw Mix- 1 ½ c Sh. Carrots 1/2 c Mandarin Oranges 1/4 c	23g
Salad Dressing-Fruit Vinaigrette	2 2/3 T	3g
Chow Mein Noodles	1 packet	13g
1. Shortbread Crackers or 2. Cinnamon Graham Crackers or 3. Cheese Cracker	1 packet 1 packet 1 packet	20g 19g 13g
VEG./FRUITS/MILK	Serving Size	Carbohydrate Count
Steamed Corn	1/2 c	2g
Taco Salad Cup	1/2 c	1.7g
Salsa, Tomato Cup	(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
Sour Cream Pack	1 each	
Assorted Fruits	(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-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	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 4		
WEDNESDAY-CHOICE #1	Grades 6-12	Carbohydrate Count
Meatloaf	2 oz	3.7g
Fresh Baked Cookie	1 each-sugar cookie 1 each-chocolate chip	17g
Garlic & Herb Breadstick	1 each	19g
WEDNESDAY-CHOICE #2	Grades 6-12	Carbohydrate Count
Greek Yogurt	8 oz	20g
Whole Grain Granola-High School Only	1 packet	18g
Fresh Fruit Salad	1/2 c	26g
Shortbread Cracker	1 packet	20g
VEG./FRUITS/MILK	Serving Size	Carbohydrate Count
Creamy Mashed Potatoes	1/2 c	16g
Fresh Baby Carrots	1/2 c	6g
Seasoned Green Beans	1/2 c	4g
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	22g
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 each = 1/2 c	
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
THURSDAY- WEEK 4		
THURSDAY -CHOICE #1	Serving Size	Carbohydrate Count
Glazed BBQ Chicken	2 oz. - 3.25 oz	4.3g
Macaroni & Cheese	1/2 c	21.1g
Roll	1 each	13g

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THURSDAY-WEEK 4		
THURSDAY MENU CHOICE # 2	Serving Size	Carbohydrate Count
Tuna Salad	Tuna & Egg-2 oz.	4.5g
Croissant	1 each	25g
VEG./FRUITS/MILK	Serving Size	Carbohydrate Count
Baked Beans	1/2 c	20g
Creamy Coleslaw	1/2 c	2.4g
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 c	1g
Ranch Dressing, Low-Fat	2 2/3 T	3g
Fresh Broccoli Salad	2/3 c	8.5g
Roasted Chickpeas	1 packet	8g
100% Fruit Juice	1 each = 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-1 g

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FRIDAY-WEEK 4		
FRIDAY-MENU CHOICE #1	Grades 6-12	Carbohydrate Count
Crispy Fish Sticks	3 strips	15g
Roll	1 each	13g
Cajun Sauce	2 2/3T	1.4g
FRIDAY-MENU CHOICE #2	Grades 6-12	Carbohydrate Count
Homemade 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	Grades 6-12	Carbohydrate Count
Sandwich Salad Cup	1/2 c	1g
Sweet Potato Fries	1/2 c	13g
Roasted Vegetables (squash; zucchini)	1/2 c	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 oz. fl	w-12 g/c-19 g/s-18g
LUNCH ON THE GEAUX		
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