

# USDA MILK SUBSTITUTION RULE & MODIFIED DIETS

**TO:** Child Nutrition Program Managers and Parents  
**FROM:** Fatrice Williams, RDN, LDN/Purchasing Specialist  
**DATE:** August 1, 2024  
**SUBJECT:** USDA Milk Substitution Rule and Modified Diets

- 1. We cannot provide juice as a substitute for milk. Soy milk may be provided to students who are allergic to cow's milk and have a documented disability. Parents may send an acceptable beverage from home for breakfast and/or lunch. Milk is an Offer vs. Serve component of meal reimbursement therefore, students do not have to take the milk for the meal to be considered reimbursable. School districts are not required to comply with medical excuses unless the student has a disability requiring that milk be omitted from the diet.**

**Severe food allergies that can cause life-threatening reactions fall under the category of "Disability" and any substitution prescribed by a licensed physician must be made. See the attached statements from USDA concerning dietary substitutions for disabilities.**
- 2. For those students who are Lactose Intolerant, the Child Nutrition Program (CNP) will offer Lactose-Free milk that CNP Managers will order from the current milk vendor in 64 oz cartons (8/8 oz. servings per carton). The 8 oz. serving will be served in a 10 oz. cup with a lid. Managers are to request a signed note from the parent/legal guardian stating they would like their child to receive Lactose-Free milk so that managers can order appropriately. Managers may send parents the attached Lactose-Free Milk Request Form to complete, sign, and return. Make copies of the form as needed.**
- 3. If CNP Managers have any questions about menu substitutions or requests for substitutions, call me at **225-226-3624**. CNP Managers may need to contact parents to ask them to send you an updated, signed medical statement each school year, especially if a disabling food allergy is present.**
- 4. Any special diet requests must be made by a recognized medical authority, such as a doctor, nurse practitioner, or physician's assistant. CNP Managers are to fax the signed medical statement to Mrs. Williams at **225-275-2298** and a modified menu for the student will be sent to the CNP Manager by email or fax. Prior year medical statements should be used for menu modifications until the new medical statement is received. The manager is responsible for ensuring that the meal is served to the student as planned. School managers are to keep all documentation on file.**



5. Guidelines for offering Milk Substitutes to students with medical or special dietary needs, **other than a disability**.
- Any milk substitute to be offered must contain the same nutrients as fluid milk **unless otherwise ordered by a doctor, nurse practitioner, or physician's assistant**.
  - Juice or water can be offered to students who cannot consume cow's milk, but not as a substitute for milk because the nutritive value is not equal to fluid milk.
  - Lactose-free milk will be available for students with lactose intolerance. A written, signed note for the lactose-free milk from the parent/legal guardian, to the cafeteria manager, is required. A request from a recognized medical authority is acceptable but is not required. The signed, written request must state the medical or dietary need that prevents the student from being able to drink fluid cow's milk. All requests will be kept on file in the cafeteria manager's office and at the CNP Office.
  - Students with milk allergies do not have to choose the milk offered as part of their meal because our school system follows Offer vs. Serve meal service. These students are advised to bring a nutritionally acceptable beverage from home to drink with their meals.
  - **Soy milk will be provided only to students with disabilities documented in their IEP, as requested by a licensed medical professional.** Students with disabilities are exempt from the USDA ruling.

Questions or parent inquiries may be directed to:  
**Fatrice Williams, RDN, LDN at 225-226-3624**  
**[fwilliams7@ebrschools.org](mailto:fwilliams7@ebrschools.org)**  
**225-275-2298 FAX**





East Baton Rouge  
Parish School System

Fatrice Williams, RDN, LDN

Child Nutrition Program  
3000 N. Sherwood Forest Dr. Bldg. A  
Baton Rouge, LA 70814

**TO:** Parents of Students Currently Receiving Milk Substitutions

**FROM:** Fatrice Williams, RDN, LDN  
Purchasing Specialist

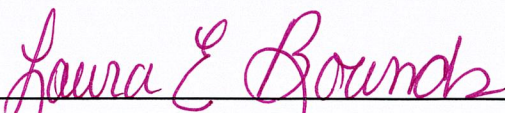
**DATE:** August 1, 2024

**SUBJECT:** Milk Substitution for Special Dietary Needs

Our department received a ruling from the U.S. Department of Agriculture (USDA) concerning the substitution of nondairy milk substitutes to students with medical or special dietary needs, other than a disability. The East Baton Rouge Parish Child Nutrition Program is committed to meeting the dietary needs of all students who participate in school meal programs. To comply with the new USDA rule, changes to our system of offering milk substitutes were implemented February 1, 2010. Please review the following changes that may affect your child and the availability of appropriate milk substitutes in our cafeteria:

- Any milk substitute to be offered must contain the same nutrients as fluid milk, unless otherwise ordered by a doctor, nurse practitioner, or a physician's assistant.
- Juice or water can be offered to students who cannot consume cow's milk, but not as a substitute for milk because the nutritive value is not equal to fluid milk.
- Lactose-Free milk will be available for students with lactose intolerance. A signed, written request for the lactose-free milk from the parent, to the cafeteria manager, is required. A request from a recognized medical authority is acceptable, but is not required. The signed, written request must state the medical or dietary need that prevents the student from being able to drink fluid milk. All requests will be kept on file in the cafeteria manager's office.
- Students with milk allergies do not have to choose the milk offered as part of their meal because our school system follows Offer vs. Serve meal service. These students are advised to bring a nutritionally acceptable beverage from home to drink with their meals.
- Soy milk will be provided to students with disabilities documented in their IEP, as requested by a licensed medical professional. Students with disabilities are exempt from the USDA ruling.

If you have any questions concerning milk substitutes please call Fatrice Williams in the CNP Office at 225-226-3624.

  
APPROVED: Laura Bounds  
Assistant Director



## Child Nutrition Program Procedure for Requesting Menu Modifications

The East Baton Rouge Parish Child Nutrition Program is committed to meeting the dietary needs of all students who participate in school meal programs. Any diet prescription or diet request to modify menus due to Food Allergies, Food Intolerances, Texture Modifications, Diabetes, and Caloric Restrictions, Sodium Restrictions, etc., must be made by a recognized medical authority, such as a doctor, nurse practitioner, or physician's assistant.

When a diet prescription or diet modification is necessary for any student, the following procedure is to be used:

- 1.) The East Baton Rouge Parish School System (Child Nutrition Program) "[Diet Prescription for Meals at School Form](#)" must be completed and signed by a medical authority. **(a sample form is attached).**
- 2.) Check off all specific menu modifications that apply and specify the food groups to omit. List any specific foods that should be omitted and specific foods to substitute.
- 3.) The signed prescription order is to be emailed or faxed to Fatrice Williams, RDN, LDN, Purchasing Specialist in the Child Nutrition Program Office. The email address is [fwilliams7@ebrschools.org](mailto:fwilliams7@ebrschools.org) and the fax number is **(225) 275-2298**.
- 4.) The CNP Registered Dietitian will change the menus according to the signed order. The menus will be emailed to the Cafeteria Manager and modifications discussed with the Cafeteria Manager. The Cafeteria Manager is to discuss the menu changes with the school cafeteria staff to make sure that menu changes are implemented as discussed with CNP Registered Dietitian.

**Attached: Diet Prescription for Meals at School Form**





CHILD NUTRITION PROGRAM

3000 North Sherwood Forest Drive, Bldg. A
Baton Rouge, Louisiana 70814
PHONE (225) 226-3624

EAST BATON ROUGE PARISH SCHOOL SYSTEM
CHILD NUTRITION PROGRAM
DIET PRESCRIPTION FOR MEALS AT SCHOOL

Student's Name \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

School \_\_\_\_\_ Grade/Classroom \_\_\_\_\_

Parent's Name \_\_\_\_\_ Telephone cell (\_\_\_\_) \_\_\_\_\_

Address \_\_\_\_\_ Telephone home (\_\_\_\_) \_\_\_\_\_
(Street or P. O. Box) Telephone work (\_\_\_\_) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

School Nurse \_\_\_\_\_ Office#: \_\_\_\_\_ Fax # \_\_\_\_\_

Does the student have a disability that requires a special diet? Yes \_\_\_\_\_ No \_\_\_\_\_

If yes, describe the major life activities affected by the disability.

If the student is not disabled, list the medical condition that requires special nutritional or feeding needs.

Prescription (Check all that apply):

( ) Diabetic - Up to \_\_\_\_\_ Carbs. Per Meal ( ) Increased Calorie \_\_\_\_\_ #kcal

( ) Food Allergy ( ) Reduced Calorie \_\_\_\_\_ #kcal

Severe: My child can not (check all that apply)

Smell \_\_\_\_\_ Touch \_\_\_\_\_

( ) Hypoglycemic

( ) Texture Modification

Chopped \_\_\_\_\_ Ground \_\_\_\_\_

Pureed \_\_\_\_\_ Liquified \_\_\_\_\_

( ) PKU

( ) Tube Feeding

Liquified Meal \_\_\_\_\_ Formula \_\_\_\_\_

( ) Other \_\_\_\_\_

( ) Religious Reason: \_\_\_\_\_

Foods Omitted and Substitutions

Please check the food groups to be omitted. Identify specific foods to omit and list foods to be substituted. Attach additional information or instructions regarding the diet or feeding.

Food Intolerance: digestive system response

Eliminate intolerable food only

( ) Bread and Cereal (Wheat) Products

( ) Fruits and Vegetables

( ) Eggs-straight or boiled

( ) Milk (fluid form only)- cheese allowed

( ) Milk and Milk Products (cooked products allowed)

( ) Other: \_\_\_\_\_

Specific Foods to Omit (must be completed)

Food Allergy; immune system response

Eliminate products with food allergens

( ) Bread and Cereal (Wheat) Products

( ) Fruit and Vegetables

( ) Eggs and Egg products

( ) Milk and Milk Products

( ) Seafood (fish or shellfish)

( ) Soy

( ) Other: \_\_\_\_\_

Specific Foods to Substitute (must be completed)

I certify that the student named above needs special school meals prepared as described above because of the student's disability or chronic medical condition.

Office Address \_\_\_\_\_

Office Telephone # \_\_\_\_\_

1 Licensed Physician/Recognized Medical Authority Signature
Signature of Licensed Physician required if the student is disabled.

Date



## Definition of Disability

### Definitions

As used in this part, the term or phrase:

**(i) *Student with disabilities*** means any person who has a physical or mental impairment which substantially limits one or more major life activities, has a record of such an impairment, or is regarded as having such an impairment.

**(j) *Physical or mental impairment*** means (1) any physiological disorder or condition, cosmetic disfigurement, or anatomical loss affecting one or more of the following body systems:

Neurological; musculoskeletal; special sense organs; respiratory, including speech organs; cardiovascular; reproductive; digestive; genitourinary; hemic and lymphatic; skin; and endocrine; or (2) any mental or psychological disorder, such as mental retardation, organic brain syndrome, emotional or mental illness, and specific learning disabilities. The term *physical or mental impairment* includes but is not limited to, such diseases and conditions as orthopedic, visual, speech, and hearing impairments; cerebral palsy; epilepsy; muscular dystrophy; multiple sclerosis; cancer; heart disease; diabetes; mental retardation; emotional illness; and drug addiction and alcoholism.

**(k) *Major life activities*** mean functions such as caring for one's self, performing manual tasks, walking, seeing, hearing, speaking, breathing, learning and working

**Non-discrimination Statement:** In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at:

[http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.





Patrice Williams, RDN, LDN  
Child Nutrition Program  
3000 N. Sherwood Forest Dr. Bldg. A  
Baton Rouge, LA 70814

## LACTOSE-FREE MILK REQUEST

DATE: \_\_\_\_\_

SCHOOL: \_\_\_\_\_

STUDENT: \_\_\_\_\_

Dear Parent or Guardian,

Child Nutrition offers lactose-free milk to students who are lactose intolerant as a substitute for regular milk. We cannot provide juice, soy milk, or rice milk as a milk substitute. If you want your child to drink lactose-free milk at school, please complete the request below and return it to the cafeteria manager or fax the form to **225-275-2298**.

I am requesting that my child, \_\_\_\_\_, who attends, \_\_\_\_\_ school, drink lactose-free milk instead of regular milk as part of his/her school breakfast and lunch.

Parent or Guardian Signature: \_\_\_\_\_

*Date*



## **Child Nutrition Program Procedure for Requesting Diet Modifications for Religious Reasons**

When menu changes are requested due to religious reasons, the following procedure is to be used:

- 1.) The Parent or guardian is to send a signed written note to the Cafeteria Manager or complete the "[Religious Reasons Diet Request](#)" form which states that "due to religious reasons the child cannot eat particular items," and listing the items that the child cannot eat. Each request is dealt with on an individual basis.
  
- 2.) The day that the signed written note or completed form is received by the Cafeteria Manager, the manager is to send or fax a copy to the CNP Purchasing Office for the CNP Staff Dietitian or Special Diets Manager to review. The original request must be kept on file in the school cafeteria office.
  
- 3.) The Cafeteria Manager, is to call their Regional Supervisor, the CNP Staff Dietitian, or the Special Diets Manager to work through what substitutions or changes can be made to the menus.
  
- 4.) EBR menus and products purchased on current CNP Award Sheets are used to determine substitutions.
  
- 5.) The CNP Staff Dietitian or Special Diets Manager will fax the modified menus to the Cafeteria Manager. The Cafeteria Manager is to discuss the menu changes with school cafeteria staff to make sure that menu changes are implemented as discussed with the Regional Supervisor, CNP Staff Dietitian, or the Special Diets Manager.
  
- 6.) The CNP Staff Dietitian or Special Diets Manager is to call and speak with the parent or guardian to discuss the substitutions that will be made due to religious reasons. The modified 4-week cycle menu should be e-mailed, faxed, or sent home to the parent or guardian even though verbal contact was made.



**Additional Notes:**

- In working with religious requests, in many cases, pork has been the item that the child cannot eat. In this case, we generally substitute another meat item for any pork item that is served; however, currently, we do not purchase many items containing pork. The few items we serve that contain pork are ham for ham & cheese sandwiches, breakfast ham slices, ham used in red beans, and lunch pepperoni pizza. Also, the link sausage used for jambalaya, Pastalaya, and gumbo is made with beef and pork. In any of these cases, another meat item would be substituted or in the case of the red beans, jambalaya, and pastalaya the school can make a small amount of these items without the pork and include enough beans or chicken to meet the full meat requirement for the meal. Some items that are generally made with pork are made with all turkey, such as the turkey sausage patty that we serve at breakfast is made with all turkey meat. Generally, there have not been problems in dealing with "no pork" requests, but a signed written note from the parent to the cafeteria manager is required.

- We have learned that most parents are very eager to teach their children what items they can and cannot eat. As children grow and become older, in about 2nd or 3rd grade, many children are very aware of what they can and cannot eat, which is helpful, because they do not choose items they should not eat as they go through the serving line.





Fatrice Williams, RDN, LDN  
Child Nutrition Program  
3000 N. Sherwood Forest Dr. Bldg. A  
Baton Rouge, LA 70814

## RELIGIOUS REASONS DIET REQUEST

School: \_\_\_\_\_ Date: \_\_\_\_\_

Student's Name: \_\_\_\_\_ DOB: \_\_\_\_\_  
*Please Print*

Parent's Name: \_\_\_\_\_ Parent's Cell: \_\_\_\_\_

Work Number: \_\_\_\_\_ Home Number: \_\_\_\_\_

### **SPECIAL DIET REQUESTED FOR RELIGIOUS REASONS:**

*Please state the particular menu items your child cannot eat due to religious reasons*

#### **My Child Cannot Eat:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Parent/Guardian Signature

Date

**Please fax this request to 225-275-2298**

Fatrice Williams, RDN, LDN,  
Purchasing Specialist  
Child Nutrition Program Office  
Office: 225-226-3624  
Email: [fwilliams7@ebrschools.org](mailto:fwilliams7@ebrschools.org)





## Food Allergy Fact Sheet General Overview SY 2024-25

A food allergy is when the body mistakenly reacts to a certain food or ingredient as if it were harmful. The food that causes the reaction is called an allergen.

### Symptoms of a food allergy reaction

Symptoms can happen within a few minutes or up to a few hours of the allergen being eaten. Symptoms can be mild to fatal.

- Skin rash or eczema
- Itching in the mouth and throat, cramps, nausea, diarrhea, and/or vomiting
- Swelling of the face, eyes, lips, tongue, or throat and difficulty breathing
- Drop in blood pressure, dizziness, or loss of consciousness
- Death

### What is anaphylaxis?

Anaphylaxis is a serious reaction that happens quickly. Anaphylaxis can involve many different parts of the body. The most severe symptoms can restrict breathing and blood circulation and may cause death.

### 9 most common foods that cause allergic reactions:



### How are food allergies diagnosed?

A doctor can diagnose food allergies by using a variety of tests.

### How can an allergic reaction be avoided?

The best way to avoid a reaction is to avoid the food that causes the allergy, including airborne and cross-contamination. Cross-contamination happens when food containing the **allergen** comes in contact with a food or surface that does not contain the **allergen**.

## RECOGNIZING A FOOD ALLERGY

### Symptoms of Food Allergy Communicated by Children

- It feels like something is poking my tongue.
- My tongue (or mouth) is tingling (or burning).
- My tongue feels like there is hair on it.
- My mouth feels funny.
- There's a frog in my throat, there's something stuck in my throat.
- My skin feels itchy all over.

- My tongue feels full (or heavy).
- My tongue (or mouth) itches.
- My lips feel tight.
- It feels like there are bugs in there (to describe itchy ears).
- It (my throat) feels thick.
- It feels like a bump is on the back of my tongue (throat).

The symptoms and severity of allergic reactions to food can be different between individuals, and can also be different for one person over time. Anaphylaxis is a serious, sudden, and severe allergic reaction that may cause death. Not all allergic reactions will develop into anaphylaxis.

**If a student in the cafeteria ever complains of one or more of the above symptoms...take that student to the school nurse or principal's office IMMEDIATELY!**



**EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM**

**ELEMENTARY BREAKFAST NET CARBOHYDRATE COUNTS**

SY 2024-2025 REV. 05/24/2024

**Week 1 of the 3 Week Cycle**

<b>Menu Item</b>	<b>Carbohydrate Count</b>	<b>Grades PK-5</b>
<b>MONDAY</b>		<b>Serving Size</b>
<b>Menu Choice #1</b>		
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend)-O,A,FB	O-15g/A-14g/FB-14g	1/2 c
Assorted Fruit Choice	5.3g - 18.5g	1/2 c
Whole Grain Pancake & Turkey Sausage Breakfast Stick	14g	1 each
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.
<b>Menu Choice #2</b>		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.
<b>TUESDAY</b>		
<b>Menu Choice #1</b>		
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O, A,FB	O-15g/A-14g/FB-14g	1/2 c
Assorted Fruit Choice	5.3g - 18.5g	1/2 c
Whole Grain Oatmeal	31g	1/2 c
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.
<b>Menu Choice #2</b>		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz
<b>WEDNESDAY</b>		
<b>Menu Choice #1</b>		
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O, A ,FB	O-15g/A-14g/FB-14g	1/2 c
Assorted Fruit Choice	5.3g - 18.5g	1/2 c
Whole Grain Breakfast Pizza w/Turkey Sausage	28g	1 each
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.
<b>Menu Choice #2</b>		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.
<b>THURSDAY</b>		
<b>Menu Choice #1</b>		
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O, A, FB	O-15g/A-14g/FB-14g	1/2 c
Assorted Fruit Choice	5.3g - 18.5g	1/2 c
Whole Grain Honey Biscuit, Sliced	24g	1 each
Whole Grain Breaded Chicken Pattie	12g	1 each
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.
Honey Packet	12g	1 packet
<b>Menu Choice #2</b>		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.

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



FRIDAY		
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O, A, FB	O-15g/A-14g/FB-14g	1/2 c
Assorted Fruit Choice	5.3g - 18.5g	1/2 c
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.



**EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM**  
**ELEMENTARY BREAKFAST NET CARBOHYDRATE COUNTS**  
 SY 2024-2025 REV. 05/24/2024  
**Week 2 of the 3 Week Cycle**

Menu Item	Carbohydrate Count	Grades PK-5
<b>MONDAY</b>		
<b>Serving Size</b>		
<b>Menu Choice #1</b>		
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend)-O,A,FB	O-15g/A-14g/FB-14g	1/2 c
Assorted Fruit Choice	5.3g - 18.5g	1/2 c
Whole Grain Pop Tart B-Blueberry, C- Cinnamon, F-Fudge, S-Strawberry	B-33g/C-34g/F- 33g/S-33g	1 each
Yogurt Cup	11g	1 cup = 4 oz.
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.
<b>Menu Choice #2</b>		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.
<b>TUESDAY</b>		
<b>Menu Choice #1</b>		
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O, A,FB	O-15g/A-14g/FB-14g	1/2 c
Assorted Fruit Choice	5.3g - 18.5g	1/2 c
Sausage, Egg, and Cheese Biscuit	1 each	26g S- 0g , E-0g , C-1g ,B-25g
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.
<b>Menu Choice #2</b>		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.
<b>WEDNESDAY</b>		
<b>Menu Choice #1</b>		
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O, A ,FB	O-15g/A-14g/FB-14g	1/2 c
Assorted Fruit Choice	5.3g - 18.5g	1/2 c
Whole Grain Breakfast Pizza w/Turkey Sausage	28g	1 each
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.
<b>Menu Choice #2</b>		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.
<b>THURSDAY</b>		
<b>Menu Choice #1</b>		
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O, A, FB	O-15g/A-14g/FB-14g	1/2 c
Assorted Fruit Choice	5.3g - 18.5g	1/2 c
Mixed Berry Parfait	31g	1 each = 4 oz.
Graham Cracker	19g	1 packet
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.
<b>Menu Choice #2</b>		

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



Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.
<b>FRIDAY</b>		
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O, A, FB	O-15g/A-14g/FB-14g	1/2 c
Assorted Fruit Choice (Fresh, Whole, or Canned)	5.3g - 18.5g	1/2 c
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.



**EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM  
ELEMENTARY BREAKFAST NET CARBOHYDRATE COUNTS**

SY 2024-2025 REV. 05/24/2024

**Week 3 of the 3 Week Cycle**

<b>Menu Item</b>	<b>Carbohydrate Count</b>	<b>Grades PK-5 Serving Size</b>
<b>MONDAY</b>		
<b>Menu Choice #1</b>		
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend)-O,A,FB	O-15g/A-14g/FB-14g	1/2 c
Assorted Fruit Choice	5.3g - 18.5g	1/2 c
Muffin Banana, Blueberry	Banana-21g /Blueberry-20g	1 each
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.
<b>Menu Choice #2</b>		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.
<b>TUESDAY</b>		
<b>Menu Choice #1</b>		
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O, A,FB	O-15g/A-14g/FB-14g	1/2 c
Assorted Fruit Choice	5.3g - 18.5g	1/2 c
Grits	16g	1/2c
Scrambled Egg	0g	1/4c
Toast	14g	1 Slice
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.
<b>Menu Choice #2</b>		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.
<b>WEDNESDAY</b>		
<b>Menu Choice #1</b>		
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O, A ,FB	O-15g/A-14g/FB-14g	1/2 c
Assorted Fruit Choice	5.3g - 18.5g	1/2 c
Whole Grain Breakfast Pizza w/Turkey Sausage	28g	1 each
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.
<b>Menu Choice #2</b>		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.
<b>THURSDAY</b>		
<b>Menu Choice #1</b>		
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O, A, FB	O-15g/A-14g/FB-14g	1/2 c
Assorted Fruit Choice	5.3g - 18.5g	1/2 c
Ham and Cheese Croissant	27g	1 each
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.

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<b>Menu Choice #2</b>		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.
<b>FRIDAY</b>		
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O, A, FB	O-15g/A-14g/FB-14g	1/2 c
Assorted Fruit Choice	5.3g - 18.5g	1/2 c
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.



**EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM**  
**ELEMENTARY-- LUNCH NET CARBOHYDRATE COUNTS**  
**SY 2024-2025**

**WEEK 1 OF THE 4 WEEK CYCLE MENU**

<b>Menu Item</b>	<b>Grades PK-5</b>	<b>Carb Count</b>
<b>MONDAY</b>	<b>Serving Size</b>	<b>Serving Size</b>
Red Beans	1/2 c	17.5g
Steamed Rice	1/2 c	21g
Seasoned Turnip Greens	1/2 c	5g
Steamed Vegetable Blend	1/2 c	8.1g
Cornbread Muffin	1 each	13g
Milk	8 fl. oz.	w-12 g/c-19 g/s-18 g
<b>TUESDAY</b>	<b>Serving Size</b>	<b>Serving Size</b>
Beefy Nachos	2 oz. meat/10 chips	0g/17g
Steamed Corn	1/2 c	14.3g
Seasoned Pinto Beans	1/2 c	15g
Lettuce & Diced Tomatoes	1/2 c	1g
Assorted Fresh Fruit	1/2 c -1 c	3.5g-37g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18 g
<b>WEDNESDAY</b>	<b>Serving Size</b>	<b>Serving Size</b>
<b>Menu Choice #1</b>	<b>Serving Size</b>	<b>Serving Size</b>
Turkey Roast	1 slice	1 g
Gravy	2 T	2g
Steamed Rice	1/2 c	21g
Whole Baked Sweet Potato	1/2 c	26g
Steamed Cabbage	1/2 c	3.2g
Assorted Fresh Fruit	1/2 c -1 c	3.5g-37g
Soft Roll	1 each	13g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18 g



**EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM**  
**ELEMENTARY-- LUNCH NET CARBOHYDRATE COUNTS**  
**SY 2024-2025**

<b>WEEK 1 OF THE 4 WEEK CYCLE MENU</b>		
<b>WEDNESDAY</b>		
<b>Menu Choice #2</b>	<b>Serving Size</b>	<b>Serving Size</b>
Fresh Mixed Fruit Salad	1/2 c	26g
Yogurt Cup	1 each	12g
Cheese Stick	1 each	1 g
<b>Choose one</b> Cinnamon Graham Cracker or, Cheese Cracker or, Animal Cracker or, Shortbread Crackers	1 packet	Cinnamon Crackers 19g Cheese Crackers 13g Animal Crackers 24g Shortbread Crackers 20g
Assorted Fruit (Canned, Whole)	1/2 c-1 c	3.5g-37g
Fresh Sliced Cucumber	1/2 c	4g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18 g
<b>THURSDAY</b>	<b>Serving Size</b>	<b>Serving Size</b>
Creamy Chicken Alfredo	2/3 c	27g
Steamed Broccoli	1/2 c	4g
Fresh Baby Carrots	1/2 c	6g
Assorted Fruit (Canned, Whole)	1/2 c-1 c	3.5g-37g
Garlic & Herb Breadstick	1 each	19g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18 g
<b>FRIDAY</b>	<b>Serving Size</b>	<b>Serving Size</b>
<b>Menu Choice #1</b>		
Crispy Fish Strips	3 strips	12g
French Fries	1/2 c	13.5g
Cucumber & Tomato Salad	1/2 c	1.5g
Assorted Fresh Fruit	1/2 c-1 c	3.5g-37g
Milk Choice	8 fl. oz.	w-12 /c-19g/s-18g

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**EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM**  
**ELEMENTARY-- LUNCH NET CARBOHYDRATE COUNTS**  
**SY 2024-2025**

WEEK 1 OF 4 WEEK CYCLE MENU		
FRIDAY	Serving Size	Serving Size
Menu Choice #2		
Or Ham & Cheese	Ham Slice-1 oz. Cheese- 0.5 oz	3g
Sandwich Bread	2 slices	28g
Assorted Fresh Fruit	1/2 c-1 c	3.5g-37g
French Fries	1/2 c	13.8g
Ketchup/Mayonnaise/Mustard	1 each	3g/3g/0g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18 g



**EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM**  
**ELEMENTARY-- LUNCH NET CARBOHYDRATE COUNTS**  
**SY 2024-2025**

<b>WEEK 2 OF THE 4 WEEK CYCLE MENU</b>		
<b>Menu Item</b>	<b>Grades PK-5</b>	<b>Carb Count</b>
<b>MONDAY</b>	<b>Serving Size</b>	<b>Serving Size</b>
Spaghetti w/Meatsauce	2/3 c	29g
Steamed Vegetable Blend	1/2 c	5g
Steamed Corn	1/2 c	14.3g
Assorted Fresh Fruit	1/2 c -1 c	5.3g-27g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18 g
<b>TUESDAY</b>	<b>Serving Size</b>	<b>Serving Size</b>
Chicken Bites	10 pieces	9g
Crispy Tater Tots	1/2 c	3.5g
Fresh Sliced Cucumbers	1/2 c	14.3g
Assorted Fresh Fruit	1/2 c -1 c	5.3g-27g
Animal Crackers	1 each	24g
Cajun Sauce	2 2/3 T	1.4g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18g
<b>WEDNESDAY</b>	<b>Serving Size</b>	<b>Serving Size</b>
<b>Menu Choice #1</b>	<b>Serving Size</b>	<b>Serving Size</b>
Salisbury Steak	1 each	5g
Gravy	2 T	2g
Creamy Mashed Potatoes	1/2 c	16g
Fresh Broccoli Salad	2/3 c	8.5g
Assorted (Canned ,Whole)	1/2 c -1 c	5.3g-27g
Soft Roll	1 each	12g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18 g

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**EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM**  
**ELEMENTARY-- LUNCH NET CARBOHYDRATE COUNTS**  
**SY 2024-2025**

WEEK 2 OF THE 4 WEEK CYCLE MENU		
WEDNESDAY		
Menu Choice #2	Serving Size	Serving Size
Chef Salad	Gr. Chicken 2 oz. Sh. Cheese 1 oz. Romaine Lettuce 1/2 c Shredded Lettuce 1/2 c Baby Carrots 1/4 c	7g
Salad Dressing	Ranch 2 2/3T Herb 2 2/3T	3g
Choose one: Saltine Crackers or, Cheese Crackers or, Cinnamon Crackers or, Shortbread Crackers	8 crackers 1 packet 1 packet 1 packet	Saltine Crackers 20g Cheese Crackers 13g Cinnamon Crackers 19g Shortbread Crackers 20g
Assorted Fruit (Canned, Whole)	1/2 c -1 c	5.3g-27g
Fresh Broccoli Salad	2/3 c	8.5g
Creamy Mashed Potatoes	1/2 c	16g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18 g
THURSDAY	Serving Size	Serving Size
Glazed BBQ Chicken	2 oz. - 3.25 oz	4.3g
Mac -n- Cheese	1/2 c	26g
Baked Beans	1/2 c	20g
Sweet Potatoes	1/2 c	27g
Garlic & Herb Roll	1 each	15g
Assorted Fruit (Canned, Whole)	1/2 c -1 c	5.3g-27g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18 g

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**EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM  
ELEMENTARY-- LUNCH NET CARBOHYDRATE COUNTS  
SY 2024-2025**

WEEK 2 OF THE 4 WEEK CYCLE MENU		
FRIDAY	Serving Size	Serving Size
Menu Choice #1		
Pepperoni or Cheese Pizza	1 each	28g
Dark Green Salad w/fruit	1 c	4.5g
Fruit Vinaigrette Dressing	2 2/3T	3g
Fresh Baby Carrot	1/2 c	6g
Assorted Fruit (Canned, Whole)	1/2 c -1 c	5.3g-27g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18 g
FRIDAY		
Menu Choice #2		
Or Hamburger Patty	1 each = 2 oz.	1 g
Sliced Cheese	1 each = 0.5 oz	1 g
Hamburger Bun	1 each	28 g
Lettuce & Diced Tomatoes	1/2 c	1g
Assorted Fruit (Canned, Whole)	1/2 c -1 c	5.3g-27 g
Baby Carrots	1/2 c	6g
ketchup/Mayonnaise/Mustard Pack	1 each	3g/3g/0g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18 g

**EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM**  
**ELEMENTARY-- LUNCH NET CARBOHYDRATE COUNTS**  
**SY 2024-2025**

**WEEK 3 OF THE 4 WEEK CYCLE MENU**

<b>Menu Item</b>	<b>Grades PK-5</b>	<b>Carb Count</b>
<b>MONDAY</b>	<b>Serving Size</b>	<b>Serving Size</b>
Jambalaya	2/3 c	Chicken & Sausage-18g
Seasoned Green Beans	1/2 c	Turkey & Sausage-20g
Steamed Vegetables Blend	1/2 c	4g
Assorted Fruit (canned, whole)	1/2 c - 1 c	8.5g
Milk Choice	8 fl. oz.	3.5g-37g
<b>TUESDAY</b>	<b>Serving Size</b>	<b>Serving Size</b>
Tacos Beef or Chicken	1 1/2 oz. meat	0g
Shells- Soft or Hard	1 each	Soft- 13g
Taco Salad Cup	1/2 c	Hard- 6g
Black Beans	1/2 c	14.3g
Salsa	1/4 c	14.6g
Animal Crackers	1 packet	4.4g
Assorted Fruit (canned, whole)	1/2 c - 1 c	24g
Milk Choice	8 fl. oz.	3.5g-37g
<b>WEDNESDAY</b>		w-12 g/c-19 g/s-18 g
<b>Menu Choice #1</b>	<b>Serving Size</b>	<b>Serving Size</b>
Hamburger Patty	1 each = 2 oz.	1g
Cheese Slice	1 slice = 2 oz.	1g
Hamburger Bun	1 each	28g
Sandwich Salad Cup	1 c	2g
French Fries	1/2 c	13.5g
Assorted Fruit (canned, whole)	1/2 c - 1 c	3.5g-37g
Ketchup/Mayonnaise/Mustard	1 each	3g/3g/0g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18 g

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**EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM  
ELEMENTARY-- LUNCH NET CARBOHYDRATE COUNTS  
SY 2024-2025**

WEEK 3 OF THE 4 WEEK CYCLE MENU		
WEDNESDAY	Menu Choice #2	Serving Size
	Fresh Mixed Salad	1/2 c 26g
	Yogurt Cup	1 each 12g
	Cheese Stick	1 each = 1 oz. 1 g
	Choose one Cinnamon Graham Cracker or, Cheese Cracker or, Animal Cracker or, Shortbread Crackers	1 packet Cinnamon Crackers 19g Cheese Crackers 13g Animal Crackers 24g Shortbread Crackers 20g
	Assorted Fruit (Canned, Whole)	1/2 c - 1 c 3.5g-37g
	Fresh Sliced Cucumbers Sticks	1/2 c 4g
THURSDAY	Menu Choice #2	Serving Size
	Oven Fried Chicken	2 oz -3.25g 7.1g
	Waffle	1 each 13g
	Crispy Tater Tots	1 each 13g
	Steamed Mixed Vegetables	1/2 c 14g
	Assorted Fruit (Canned, Whole)	1/2 c - 1 c 3.5g-37g
	Syrup	1 packet 22g
	Milk Choice	8 fl. oz. w-12 g/c-19 g/s-18 g

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**EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM  
ELEMENTARY-- LUNCH NET CARBOHYDRATE COUNTS  
SY 2024-2025**

<b>WEEK 3 OF 4 WEEK CYCLE MENU</b>		
<b>FRIDAY</b>	<b>Serving Size</b>	<b>Serving Size</b>
<b>Menu Choice #1</b>		
Mozzarella Sticks	5 Sticks	29g
Marinara Sauce	1/4 c	3g
Green Salad w/Dressing	1 c salad; 2 2/3 T dressing	7g
Fresh Baby Carrot	1/2 c	6g
Assorted Fruit (canned, whole)	1/2 c - 1 c	3.5g-37g
Fresh Baked Cookies	1 each	17g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18g
<b>FRIDAY</b>		
<b>Menu Choice #2</b>		
Breaded Chicken Patty	1 each	9g
Hamburger Bun	1 each	28g
Green Salad w/Dressing	1 c salad; 2 2/3 T dressing	7g
Assorted Fruit (canned, whole)	1/2 c - 1 c	3.5g-37g
Baby Carrots	1/2 c	6g
Ketchup/Mayonnaise/Mustard	1 packet	3g/3g/0g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18 g



**EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM  
ELEMENTARY-- LUNCH NET CARBOHYDRATE COUNTS  
SY 2024-2025**

**WEEK 4 OF THE 4 WEEK CYCLE MENU**

Menu Item	Grades PK-5 Serving Size	Carb Count Serving Size
<b>MONDAY</b>		
Potstickers	6 each	29g
Orange Sauce	1/4 c	16g
Vegetable Fried Rice	2/3 c	27g
Steamed Broccoli	1/2 c	4g
Assorted Fresh Fruit	1/2 c - 1c	3.5g-37g
Milk	8 fl. oz.	w-12 g/c-19 g/s-18 g
<b>TUESDAY</b>		
Chicken Patty	1 each	9g
Hamburger Bun	1 each	28g
Crispy Tater Tots	1/2 c	13g
Sandwich Salad Cup	1/2 c	1g
Baked Beans	1/2 c	20g
Assorted Fresh Fruit	1/2 c-1 c	3.5g-37g
Ketchup/Mayonnaise	1 packet	3g/3g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18 g
<b>WEDNESDAY</b>		
<b>Menu Choice #1</b>		
Meatloaf	2 oz	3.7g
Creamy Mashed Potatoes	1/2 c	16g
Fresh Baby Carrots	1/2 c	6g
Seasoned Green Beans	1/2 c	4g
Assorted Fresh Fruit	1/2 c- 1c	3.5g-37g
Soft Roll	1 each	12g
Ketchup/Mayonnaise/Mustard	1 packet	3g/3g/0g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18g

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**EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM  
ELEMENTARY-- LUNCH NET CARBOHYDRATE COUNTS  
SY 2024-2025**

WEEK 4 OF THE 4 WEEK CYCLE MENU		
WEDNESDAY	Serving Size	Serving Size
Menu Choice #2	Serving Size	Serving Size
Chef Salad	Ham-2oz Sh. cheese-1 oz Romaine lettuce 1/2 c Sh, Lettuce- 1/2 c Baby Carrots 1/4 c	7g
Salad Dressing (Ranch or Herb)	2 2/3 T	3g
Assorted Fruit (Canned, Whole)	1/2 c- 1c	3.5g-37g
Choose one: Saltine Crackers or, Cheese Crackers or, Cinnamon Crackers or, Shortbread Crackers	8 crackers 1 packet 1 packet 1 packet	Saltine Crackers 20g Cheese Crackers 13g Cinnamon Crackers 19g Shortbread Crackers 20g
Fresh Baby Carrots	1/2 c	6g
Seasoned Green Beans	1/2 c	4g
Creamy Mashed Potatoes	1/2 c	16g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18 g
THURSDAY	Serving Size	Serving Size
Chicken Strips	3 strips	9g
French Fries	1/2 c	13.5g
Creamy Coleslaw	1/2 c	4.6g
Buttered Toast	1 slice	13g
Assorted Fruit (Canned, Whole)	1/2 c- 1c	3.5g-37g
Cajun Sauce	2 2/3 T	1.4g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18 g

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**EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM  
ELEMENTARY-- LUNCH NET CARBOHYDRATE COUNTS  
SY 2024-2025**

<b>WEEK 4 OF THE 4 WEEK CYCLE MENU</b>		
<b>FRIDAY</b>	<b>Serving Size</b>	<b>Serving Size</b>
<b>Menu Choice #1</b>		
Grilled Cheese Sandwich	2 oz cheese 2 sliced bread	28g
Sweet Potato Fries	1/2 c	13g
Cucumber & Tomato Salad	1/2 c	1.5g
Assorted Fresh Fruit	1/2 c- 1c	3.5g-37g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18 g
<b>FRIDAY</b>		
<b>Menu Choice #2</b>		
Or Tuna Salad	2 oz. tuna salad 1 -croissant	30g
Assorted Fresh Fruit	1/2 c- 1c	3.5g-37g
Sweet Potato Fries	1/2 c	13g
Cucumber & Tomato Salad	1/2 c	1.5g
Milk Choice	8 fl. oz.	w-12 g/c-19 g/s-18 g

# EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM

## MIDDLE & HIGH BREAKFAST NET CARBOHYDRATE COUNTS

SY 2024-2025 Rev. May 24, 2024

### Week 1 of the 3 Week Cycle

Menu Item	Carbohydrate Count	Grades 6 - 8	Grades 9 - 12
<b>MONDAY</b>			
<b>Menu Choice #1</b>			
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O, A, FB	O-15g/A-14g/FB-14g	1/2 c	1/2 c
Assorted Fruit Choice	5.3g - 18.5g	1/2 c	1/2 c
Whole Grain Pop Tart B-Blueberry, C-Cinnamon, F-Fudge, S-Strawberry	B-33g/C-34g/F- 33g/S-33g	1 each	1 each
Yogurt Cup, Flavored	11g	1 each = 4 oz.	1 each = 4 oz.
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.	8 fl. oz.
<b>Menu Choice #2</b>			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.	1 bowl = 2 oz.
<b>TUESDAY</b>			
<b>Menu Choice #1</b>			
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O, A, FB	O-15g/A-14g/FB-14g	1/2 c	1/2 c
Assorted Fruit Choice	5.3g - 18.5g	1/2 c	1/2 c
Whole Grain Croissant with Sausage, Egg, and Cheese	27g	1 each	1 each
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.	8 fl. oz.
<b>Menu Choice #2</b>			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz .	1 bowl = 2 oz.
<b>Menu Choice #3</b>			
Fresh Fruit & Yogurt Parfait Cup	31g	1/2 c	1/2 c
Whole Grain Granola	18g	1 packet	1 packet
<b>WEDNESDAY</b>			
<b>Menu Choice #1</b>			
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O, A, FB	O-15g/A-14g/FB-14g	1/2 c	1/2 c
Assorted Fruit Choice	5.3g - 18.5g	1/2 c	1/2 c
Whole Grain Breakfast Pizza w/Turkey Sausage	28g	1 each	1 each
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.	8 fl. oz.
<b>Menu Choice #2</b>			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.	1 bowl = 2 oz.
<b>THURSDAY</b>			
<b>Menu Choice #1</b>			
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O, A, FB	O-15g/A-14g/FB-14g	1/2 c	1/2 c
Assorted Fruit Choice	5.3g - 18.5g	1/2 c	1/2 c
Whole Grain Croissant with Ham & Cheese	28g	1 each	1 each

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Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.	8 fl. oz.
<b>Menu Choice #2</b>			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.	1 bowl = 2 oz.
<b>Menu Choice #3</b>			
Fresh Fruit & Yogurt Parfait Cup	31g	1/2 c	1/2 c
Whole Grain Granola	18g	1 packet	1 packet
<b>FRIDAY</b>			
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O, A, FB	O-15g/A-14g/FB-14g	1/2 c	1/2 c
Assorted Fruit Choice	5.3g - 18.5g	1/2 c	1/2 c
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.	1 bowl = 2 oz.
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.	8 fl. oz.



**EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM**  
**MIDDLE & HIGH-BREAKFAST NET CARBOHYDRATE COUNTS**  
 SY 2024-2025 Rev. May 24, 2024  
 Week 2 of the 3 Week Cycle

Menu Item	Carbohydrate Count	Grade 6 - 8	Grades 9 - 12
<b>MONDAY</b>			
<b>Menu Choice #1</b>			
100 % Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O, A, FB	O-15g/A-14g/FB-14g	1/2 c	1/2 c
Assorted Fruit Choice	5.3g - 18.5g	1/2 c	1/2 c
Whole Grain Pancake & Turkey Sausage Breakfast Stick	14g	1 each	1 each
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.	8 fl. oz.
Coffee Latte- <i>High School Only</i>	14g	-----	10 fl. oz
<b>Menu Choice #2</b>			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz	1 bowl = 2 oz.
<b>TUESDAY</b>			
100 % Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O, A, FB	O-15g/A-14g/FB-14g	1/2 c	1/2 c
Assorted Fruit Choice	5.3g - 18.5g	1/2 c	1/2 c
Whole Grain Grits	Grade 6-8 =17g; Grade 9-12 = 26g	1/2 c 1 oz.	2/3 c = 1 1/4 c oz.
Scrambled Eggs	1g	1/4 c	1/4 c
Whole Grain Toast	14g	1 slice	1 slice
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.	8 fl. oz.
<b>Menu Choice #2</b>			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.	1 bowl = 2 oz.
<b>Menu Choice #3</b>			
Fresh Fruit & Yogurt Parfait Cup	31g	1/2 c	1/2 c
Whole Grain Granola	18g	1 packet	1 packet
<b>WEDNESDAY</b>			
<b>Menu Choice #1</b>			
100 % Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O, A, FB	O-15g/A-14g/FB-14g	1/2 c	1/2 c
Assorted Fruit Choice	5.3g - 18.5g	1/2 c	1/2 c
Whole Grain Breakfast Pizza w/Turkey Sausage	28g	1 each	1 each
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.	8 fl. oz.
<b>Menu Choice #2</b>			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.	1 bowl = 2 oz.
<b>THURSDAY</b>			
<b>Menu Choice #1</b>			
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O, A, FB	O-15g/A-14g/FB-14g	1/2 c	1/2 c
Assorted Fruit Choice	5.3g - 18.5g	1/2 c	1/2 c
Whole Grain Honey Biscuit, Sliced	24g	1 each	1 each
Whole Grain Breaded Chicken Pattie	12g	1 each	1 each

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

Honey Packet	12g	1 each	1 each
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.	8 fl. oz.
<b>Menu Choice #2</b>			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.	1 bowl = 2 oz eq. WG
<b>Menu Choice #3</b>			
Fresh Fruit & Yogurt Parfait Cup	31g	1/2 c	1/2 c
Whole Grain Granola	18g	1 packet	1 packet
<b>FRIDAY</b>			
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O, A, FB	O-15g/A-14g/FB-14g	1/2 c	1/2 c
Assorted Fruit Choice	5.3g - 18.5g	1/2 c	1/2 c
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.	1 bowl = 2 oz.
Milk Choice	w-12g/c-19g/s-18g	8 fl. oz.	8 fl. oz.
Coffee Latte- High School Only	14g	-----	10 fl. oz.

# EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM

## MIDDLE & HIGH-BREAKFAST NET CARBOHYDRATE COUNTS

SY 2024-2025 Rev. May 24, 2024

Week 3 of the 3 Week Cycle

Menu Item	Carbohydrate Count	Grades 6 - 8	Grades 9 - 12
<b>MONDAY</b>			
<b>Serving Size</b>			
<b>Menu Choice #1</b>			
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O, A, FB	O-15g/A-14 g/FB-14g	1/2 c	1/2 c
Assorted Fruit Choice	5.3g - 18.5g	1/2 c	1/2 c
Whole Grain Oatmeal	1/2 c = 31 g; 1 c = 62 g	1/2 c	1 c
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.	8 fl. oz.
Coffee Latte-High School Only	14g	-----	10 fl. oz.
<b>Menu Choice #2</b>			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.	1 bowl = 2 oz.
<b>TUESDAY</b>			
<b>Serving Size</b>			
<b>Menu Choice #1</b>			
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O, A, FB	O-15g/A-14 g/FB-14g	1/2 c	1/2 c
Assorted Fruit Choice	5.3g - 18.5g	1/2 c	1/2 c
Whole Grain Breakfast Burrito	15g	1 each	1 each
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.	8 fl. oz.
<b>Menu Choice #2</b>			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.	1 bowl = 2 oz.
<b>Menu Choice #3</b>			
Fresh Fruit & Yogurt Parfait Cup	31g	1/2 c	1/2 c
Whole Grain Granola	18 g	1 packet	1 packet
<b>WEDNESDAY</b>			
<b>Serving Size</b>			
<b>Menu Choice #1</b>			
100 % Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O, A, FB	O-15g/A-14g/FB-14g	1/2 c	1/2 c
Assorted Fruit Choice	5.3g - 18g	1/2 c	1/2 c
Whole Grain Breakfast Pizza made w/Turkey Sausage	28g	1 each	1 each
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.	8 fl. oz.
<b>Menu Choice #2</b>			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.	1 bowl = 2 oz.
<b>THURSDAY</b>			
<b>Serving Size</b>			
<b>Menu Choice #1</b>			
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O, A, FB	O-15g/A-14g/FB-14g	1/2 c	1/2 c
Assorted Fruit Choice	5.3g - 18.5g	1/2 c	1/2 c
Whole Grain Toast	28g	2 slices	2 slices
Avocado Spread	2g	1/4 c	1/4 c

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Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.	8 fl. oz.
<b>Menu Choice #2</b>			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.	1 bowl = 2 oz.
<b>Menu Choice #3</b>			
Fresh Fruit & Yogurt Parfait Cup	31 g	1/2 c	1/2 c
Whole Grain Granola	18 g	1 packet	1 packet
<b>FRIDAY</b>			
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O, A, FB	O-15g/A-14g/FB-14g	1/2 c	1/2 c
Assorted Fruit Choice (Fresh, Whole, or Canned)	5.3g - 18.5g	1/2 c	1/2 c
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.	1 bowl = 2 oz.
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.	8 fl. oz.
Coffee Latte-High School Only	14g	-----	10 fl. oz.

**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>		
Creamy Chicken Pasta Alfredo	Serving Size 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>		
Mozzarella Cheese Stick	Serving Size 5 sticks	29g
Marinara Sauce	1/4 c	3g
<b>VEG./FRUITS/MILK</b>		
Steamed Vegetable Blend	Serving Size 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 GAUX</b>		
<b>MONDAY-CHOICE #3</b>		
Chicken Pasta Salad	Serving Size 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

**EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM**  
**MIDDLE & HIGH-- LUNCH NET CARBOHYDRATE COUNTS**

**SY 2024-2025**  
**WEEK 1 OF 4 WEEKS**

<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		23g
	Mandarin Oranges	1/4 c		
Fruit Vinaigrette Dressing	2 2/3T			3g
Chow Mein Noodles	1/2 c			31g
1. Shortbread Crackers or	1 packet			
2. Cinnamon Graham Crackers or	1 packet			
3. Cheese Crackers	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	(6th-8th 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 GO/EAUX</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



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

<b>WEEK 1 OF 4</b>		
<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, High School Only	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
<b>LUNCH ON THE GEAUX</b>		
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 or 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

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

<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	(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

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

<b>VEG./FRUITS/MILK</b>	<b>Serving Size</b>	<b>Carbohydrate Count</b>
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
<b>LUNCH ON THE GAUX</b>		
<b>FRIDAY-MENU CHOICE #3</b>	<b>Grades 6-12</b>	<b>Carbohydrate Count</b>
Ham Roll	1 slice-2 oz	4g
Cheese Stick	1 each	1g
White Nacho Chips Or Multi-Grain Chips	1 bag	19g 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



# EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM

ALL SCHOOLS LUNCH SY 2024-25 GUMBO & HOLIDAY MENUS

## CARBOHYDRATE COUNTS

Rev. 08-1-24

Menu Item	Grades PK-5	Carb Count	Grades 6-8	Carb Count	Grades 9-12	Carb Count
<b>October 17, 2024</b> <b>Gumbo</b>			Serving Size		Serving Size	
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</b> <b>Gumbo</b>			Serving Size		Serving Size	
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 Fatrice 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

Item	Serving Size	Carbohydrate	Serving Size	Carbohydrate	Serving Size	Carbohydrate
<b>November 13, 2024 Gumbo</b>						
Turkey/Sausage Gumbo	8 oz. Ladle	14g	8 oz. Ladle	14g	8 oz. Ladle	14g
Steamed Brown Rice	1/2 c	22g	1/2 c	22g	1/2 c	22g
Mashed Potato Salad	1/2 c	24g	1/2 c	24g	1/2 c	24g
Steamed Vegetable Blend	1/2 c	19g	1/2 c	19g	1/2 c	19g
Assorted Fruit	1/2 c	5.3g-22g	1/2 c	5.3g-22g	1 c	10.6g-44g
Shortbread Crackers	1 packet	19g	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	8 fl. oz.	w-12g/c-19 g/s-18 g
<b>November 21, 2024 Thanksgiving Dinner</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
Cornbread Dressing OR Rice Dressing	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>Serving Size</b>		<b>Serving Size</b>		<b>Serving Size</b>	
<b>December 12, 2024 Christmas Dinner</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
Rice Dressing OR Cornbread Dressing	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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**SEASONAL FOODS**

1. Bean and Corn Salad-----1/2 cup = 27 grams Carbohydrate
2. Broccoli Cheddar Soup----- (6-12) 2/3 cup = 12 grams Carbohydrate  
2 oz Cheese & 1/2 cup Broccoli
3. Chili, Beef & Turkey-----2.0 oz. serving = 6 grams Carbohydrate
4. Cornbread, Whole Grain Dressing-----1/2 cup = 20 grams Carbohydrate
5. Chicken Scampi w/ WG Spaghetti Pasta----- (6-12) 1 cup = 26 grams Carbohydrate
6. Chicken/Sausage Jambalaya----- (PK-8) - 2/3 cup = 18 grams Carbohydrate
7. Creamy Chicken Pasta Alfredo----- (PK-5) 2/3 cup = 27 grams Carbohydrate  
(6-12) 1 cup = 30 grams Carbohydrate
8. Fish Strips, Whole Grain----- (PK-5) 3 strips = 12 grams Carbohydrate
9. Fish, Catfish-Breaded Fillet Strips-----2 strips (approx. 4 oz = 11.0 grams Carbohydrate  
**Commodity**
10. Grilled Cheese Sandwich -----1 sandwich = 34.0 grams Carbohydrate  
Bread (2 slices), 2oz. cheese (4 slices)
11. Jollof Rice----- (6-12) 1/2 cup = 24 grams Carbohydrate
12. Red Beans with Sausage 2 oz----- (PK-5) 1/2 cup = 17.5 grams Carbohydrate  
(6-12) 2/3 cup = 21g grams Carbohydrate
13. Rice Dressing-----1/2 cup = 20 grams Carbohydrate
14. Rice Pilaf-----1/2 cup = 22 grams Carbohydrate
15. Salad, [Meat (Grilled Chicken), Lettuce, Cheese, & Dressing]- Choice -----22.5 grams Carbohydrate
16. Salad, [Meat (Diced Ham), Lettuce, Cheese, & Dressing]- Choice -----13.5 grams Carbohydrate
17. Salad, [Meat (Grilled Chicken), Lettuce, Cheese, Dressing, Mandarin Oranges & Strawberries]  
-----21.0 grams Carbohydrate
18. Salad, Chicken Pasta [Grilled Chicken, Pasta, Broccoli Florets, Baby Carrots-----44 grams Carbohydrate
19. Sweet Potatoes (Canned)-----1/2 cup = 26 grams Carbohydrate
20. Tuna Salad-----1/2 cup = 5.5 grams Carbohydrate
21. Turkey/Sausage Gumbo----- (PK-5)- 3/4 cup = 10.5 grams Carbohydrate  
With 1/2 cup Brown Rice (22g) (6-12) - 1 cup = 14 grams Carbohydrate
22. Turkey/Sausage Jambalaya----- (PK-5) 2/3 cup 20 grams Carbohydrate



Rev. 8/1/2024 EBRP NET CARBOHYDRATE COUNTS FOR FRUITS, VEGETABLES, AND HOLIDAY SEASON FOODS

FRUIT TYPE	SERVING SIZE / NET CARB COUNT		SERVING SIZE / NET CARB COUNT	
Apple, fresh with peel	1/4 cup (2 wedges)	3.6 g	1/2 cup (3 wedges)	7.2 g
Apple, canned	1/4 cup	4.5 g	1/2 cup	9.0 g
Applesauce, canned (no added sugar)	1/4 cup	6.0 g	1/2 cup	12.0 g
Banana fresh, whole	< 3 inches	9.25 g	< 6 inches	18.5 g
Cantaloupe, melon, fresh	1/4 cup	3.35 g	1/2 cup	6.7 g
Fruit Mixed Cocktail) canned	1/4 cup	7.5 g	1/2 cup	15.0 g
Fruit, Salad. Mixed, fresh	1/4 cup	8.0 g	1/2 cup	16.0 g
Grapes, fresh (large)	1/4 cup (7 grapes)	7.5 g	1/2 cup (14 grapes)	15.0 g
Grapes 1/4 c (7 large) & Apples 1/4 c (2 wedges)	1/4 cup	5.6 g (3.75 - 1.8g)	1/2 cup	11.1 g (7.5g – 3.6g)
Orange, fresh	1/4 cup (3 wedges)	7.75 g	1/2 cup (6 wedges)	15.5 g
Orange Mandarin, canned	1/4 cup	8.0 g	1/2 cup	16.0 g
Peaches, canned	1/4 cup	6.5 g	1/2 cup	13.0 g
Pears, canned	1/4 cup	9.0 g	1/2 cup	18.0 g
Pineapple Tidbits canned	1/4 cup	8.5 g	1/2 cup	17.0 g
Strawberries fresh or Diced Frozen Cup	1/4 cup	2.65 g / 11.0 g	1/2 cup	5.3 g / 22.00 g
Watermelon fresh	1/4 cup	3.10 g	1/2 cup	6.2 g

**Fruits:** All the canned fruit served in EBRP schools is packed in light syrup, with the exception of pineapple, which is in natural juice. For our diabetic students, I suggest draining the fruit first, and then rinsing the fruit of any remaining juice. Applesauce has no added sugar.

VEGETABLE TYPE	SERVING SIZE/ NET CARB COUNT		SERVING SIZE/ NET CARB COUNT	
Avocado, Frozen	1/4 cup	1.0g	1/2 cup	2.0 g
Beans, Green canned	1/4 cup	2.0 g	1/2 cup	4.0 g
Beans, Baked, canned	1/4 cup	11.5 g	1/2 cup	23.0 g
Beans Lima, frozen	1/4 cup	9.5 g	1/2 cup	19.0 g
Black Beans, canned	1/4 cup	7.5g	1/2 cup	15.0g
Broccoli, Florets fresh Steamed	1/4 cup	2.0 g	1/2 cup	4.0 g
Cabbage, Fresh Steamed	1/4 cup	1.6 g	1/2 cup	3.2 g
Carrots Baby fresh, raw	1/4 cup	3.0 g	1/2 cup	6.0 g
Carrots, Shredded or Matchstick, fresh, raw	1/4 cup	3.0 g	1/2 cup	6.0 g
Carrots, Sliced canned, low sodium	1/4 cup	3.0 g	1/2 cup	6.0 g
Coleslaw Mix (Cabbage Salad, w/dressing Herb	1/4 cup	1.8 g (0.8 g +1.0 g)	1/2 cup	3.6 g (1.6 g + 2.0 g)
Coleslaw Mix (Coleslaw), w/dressing, Lite-Mayo	1/4 cup	2.3 g (0.8 g + 1.5 g)	1/2 cup	4.6 g (1.6 g + 3.0 g)
Corn, canned steamed	1/4 cup	7.2g	1/2 cup	14.3 g
Corn, Cob	1/4 cup	15.0g	1/2 cup	30.0 g
Cucumber Fresh Sliced, with peel	1/4 cup	2.0 g	1/2 cup	4.0 g
Cucumber & Tomato Salad	1/4 cup	0.75g	1/2 cup	1.5 g
Greens, Turnips canned no salt added	1/4 cup	2.5 g	1/2 cup	5.0 g
Greens, Turnips, frozen	1/4 cup	1.5 g	1/2 cup	3.0 g
Lettuce, Iceberg	1/2 cup	0.6 g	1 full cup	1.2 g
Lettuce 100% Romaine, Dark Green Salad	1/2 cup	0.75 g	1 full cup	1.5 g
Okra, Frozen cooked (used in Gumbo)	1/8 cup	1.0 g	1/4 cup	2.0 g

Rev. 8/1/2024 EBRP NET CARBOHYDRATE COUNTS FOR FRUITS, VEGETABLES, AND HOLIDAY SEASON FOODS

Onion & Pepper Blend, Roasted	1/4 cup	3.9g	1/2 cup	7.8g
Peas, Black Eyed	1/4 cup	8.0 g	1/2 cup	16.0g
Peas, Green	1/4 cup	8.0g	1/2 cup	16.0g
Plantain, Frozen	1/4 cup	25.0g	1/2 cup	50.0g
Potatoes, Frozen, oven baked crinkle fries (~ 7-9 pcs.) Frozen, oven baked rounds or tots (~8 pcs.) Frozen, oven baked wedges w/skin (~ 5-7- pcs.)	1/4 cup 1/4 cup 1/4 cup	6.7g 6.7g 6.75 g	1/2 cup 1/2 cup 1/2 cup	13.8 g 15.0 g 13.8 g
Potatoes, Mashed flakes	1/4 cup	8.0 g	1/2 cup	16.0 g
Salsa, Tomato (1/8 cup = 2 Tbsp =1 oz.) (1/4 cup = 4 Tbsp = 2 oz.)	1/8 cup 1/4 cup	2.0 g 4.0 g	1/2 cup	8.0 g
Salsa Blend Cup, 1/4 c salsa 1/4 c spaghetti sauce)	1/4 cup	4.45 g (2.0 g + 2.45 g)	1/2 cup	8.9 g (4.0 g + 4.9 g)
Spaghetti Sauce	1/4 cup	4.9 g	1/2 cup	9.8 g
Sweet Potatoes, Canned, light syrup	1/4 cup	13.25 g	1/2 cup	27g
Sweet Potatoes, Fresh, Whole - 2-inch diameter	<2.5 inches long	11.8 g	<5 inches long	23.6g
Sweet Potato Fries Frozen, Oven Baked	1/4 cup	6.5 g	1/2 cup	13.0 g
Sweet Potato, Whole Baked Cinnamon & Brown Sugar	1/4 cup 1/2 tsp	11.8 g 2.25 g	1/2 cup 1/2 tsp	23.6 g 2.4 g
Tomato, Raw 1 slice, medium (1/4" thick)	1/8 cup -sliced	0.9 g	1/8 cup-dice d	0.9 g
Vegetable Blend, frozen (carrots, broccoli, and cauliflower)- <b>California Blend</b>	1/4 cup	4.1 g	1/2 cup	8.1g
Vegetable Mixed, frozen (carrots, corn, & green beans)- <b>Country Mix</b>	1/4 cup	7.0 g	1/2 cup	14.0g