

**EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM  
BREAKFAST CYCLE MENU  
SY 2022-2023 (Rev. August 1, 2022)**

04-26-22

**Week 1 of the 2 Week Cycle**

Menu Item	Net Carbohydrate Count	Grades PK-12
<b>MONDAY</b>		
		<b>Serving Size</b>
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O,A,FB	O-15g/A-14g/FB-14g	1/2 c
Fruit Choice (Fresh or Canned) <b>OR</b> Dried Cranberries	5.3g - 18.5g depending on which fruit <b>OR</b> 25g	1/2 c <b>OR</b> 1 package=1/2 c
Whole Grain French Toast Sticks 2 oz. each	18.5g each or 37g for 2 sticks	2 sticks = 2 oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. 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
Fruit Choice (Fresh or Canned)	5.3g - 18.5g depending on which fruit	1/2 c
Mini Pancake, Whole Grain	Blueberry 36g, Strawberry 39g Each mini pancake= approx. 4.68g)	1 package=8 minis, 2 oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.
<b>WEDNESDAY</b>		
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O,A,FB	O-15g/A-14g/FB-14g	1/2 c
Fruit Choice (Fresh or Canned)	5.3g - 18.5g depending on which fruit	1/2 c
Whole Grain Breakfast Pizza w/Turkey Sausage	24g	1 Piece=1 1/2 oz. eq. WG 1 MMA/oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.
<b>THURSDAY</b>		
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O,A,FB	O-15g/A-14g/FB-14g	1/2 c
Fruit Choice (Fresh or Canned)	5.3g - 18.5g depending on which fruit	1/2 c
Fresh Baked Biscuit (frozen, ready to bake)	25g	1 each = 2 oz. eq. G
Whole Grain Breaded Chicken Pattie 1.5 oz.	6g	1 each =1 MMA oz. eq. & 0.25 oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. 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
Fresh Orange Wedges	15.5g	1/2 c = 6 wedges
Dry, Whole Grain <b>POUCH</b> Cereal	22g	1 pouch (1oz.), 1 oz. eq. WG
Yogurt, (Strawberry or Strawberry Banana)	16g each type	1 each (4 oz.)/1/2 c=1 MMA/oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w- 12 g/c-19 g/s-19 g	8 fl. oz.

All calculations were researched and prepared by Patrice Williams, RDN, LDN, SFS Special Diets, Mgr.,  
using the Exchange List for Diabetes by The Academy of Nutrition and Dietetics, 2007

**BREAKFAST CYCLE MENU**

**EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM  
BREAKFAST CYCLE MENU  
SY 2022-2023 (Rev. August 1, 2022)**

04-26-22

Week 2 of the 2 Week Cycle

Menu Item	Net Carbohydrate Count	Grades PK-12
<b>MONDAY</b>		
		<b>Serving Size</b>
100% Fruit Juice Choice (O,A,FB)	O-15g/A-14g/FB-14g	1/2 c
Fruit Choice (Fresh or Canned)	5.3g - 18.5g depending on which fruit	1/2 c
Whole Grain Cinnamon Bun 2.8 oz./each)	39g	1 Bun=2 oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.
<b>TUESDAY</b>		
100% Fruit Juice Choice (O,A,FB)	O-15g/A-14g/FB-14g	1/2 c
Fruit Choice (Fresh or Canned)	5.3g - 18.5g depending on which fruit	1/2 c
Fresh Baked Biscuit (frozen, ready to bake)	25g	1 each = 2 oz. eq. G
Turkey Sausage Pattie	1g	1 each =1 MMA= 1 oz. eq. WG
Milk Choice	w-12g/c-19g/s-19g	8 fl. oz.
<b>WEDNESDAY</b>		
100 % Fruit Juice Choice (O,A,FB)	O-15g/A-14g/FB-14g	1/2 c
Fruit Choice (Fresh or Canned)	5.3g - 18.5g depending on which fruit	1/2 c
Whole Grain Breakfast Pizza w/Turkey Sausage	24g	1 Piece=1 1/2 oz. eq. WG 1 MMA/oz. eq. WG
Milk Choice	w-12g/c-19g/s-19g	8 fl. oz.
<b>THURSDAY</b>		
100% Fruit Juice Choice	O-15g/A-14g/FB-14g	1/2 c
Fruit Choice (Fresh or Canned)	5.3g - 18.5g depending on which fruit	1/2 c
Yogurt, (Strawberry or Strawberry Banana)	16g each type	1 each(4 oz.)1/2 c=1 M/MA/oz. eq. WG
Boiled Egg, Halves	0 g	2 halves = 1 1/2 M/MA oz. eq. WG
Whole Grain Cinnamon Graham Crackers	20g	1 pkg of 3=1 oz. eq. WG
Milk Choice	w-12g/c-19g/s-19g	8 fl. oz.
<b>FRIDAY</b>		
100% Fruit Juice Choice (O,A,FB)	O-15g/A-14g/FB-14g	1/2 c
Fresh Orange Wedges	15.5g	1/2 c = 6 wedges
Whole Grain Muffin Top (Blueberry or Apple) 2oz	Blueberry 41g/Apple 42g	1 each = 2 oz. eq. WG
Whole Grain Graham Squares	18g	1 pkg of 2 = 1 oz. eq. WG
Milk Choice	w- 12 g/c-19 g/s-19 g	8 fl. oz.

All calculations were researched and prepared by Patrice Williams, RDN, LDN, SFS Special Diets, Mgr.,  
using the Exchange List for Diabetes by The Academy of Nutrition and Dietetics, 2007

Page 2 of 2

**BREAKFAST CYCLE MENU**