EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM ELEMENTARY-BREAKFAST CARBOHYDRATE COUNTS SY 2023-2024 (Rev. August 1, 2023)

Week 3 of the 3 Week Cycle

Menu Item Carbohydrate Count Grades PK-5 MONDAY Serving Size Menu Choice #1 100% Fruit Juice Choice (O,A,FB) 1/2 c Oarage, Apple, or Fruit Blend) - O,A,FB 0-15g/A-14 g/FB-14g 1/2 c Assorted Fruit Choice (Fresh, Whole, or Canned) 5.3g - 18.5g depending of which fruit 1/2 c Whole Grain Muffin Banana 21g / Blueberry = 20g 1 each = 1 oz. eq. WG Milk Choice (white, chocolate, strawberry) w-12g/c-19g/s-19g 8 fl. oz. Menu Thoice #2 0 1/2 c Whole Grain Cereal Choice 21g - 44g 1 bowl = 2 oz eq. WG TUESDAY 1/2 c 1/2 c Mohole Grain Critis 0-15g/A-14 g/FB-14g 1/2 c Whole Grain Grits 0/3 1/2 c 1/2 c Gramed) 5.3g - 18.5g depending of which fruit 1/2 c Whole Grain Grits 1/4 q 1 Slice = 1 oz. eq. WG Milk Choice (white, chocolate, strawberry) w-12g/c-19g/s-19g 8 fl. oz. Mohole Grain Careal Choice 21g - 44g 1 bowl = 2 oz eq. WG Milk Choice (white, chocolate, strawberry) w-12g/c-19g/s-19g 8 f	4/8/2023				
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WG Croissant with Hann & Cheese 27g 1 1/2 MMA/oz. eq WG Milk Choice (white, chocolate, strawberry) w-12g/c-19g/s-19g 8 fl. oz. Menu Choice #2 Whole Grain Cereal Choice 21g - 44g 1 bowl = 2 oz eq. WG Whole Grain Cereal Choice (O,A,FB) 0-15g/A-14g/FB-14g 1/2 c 100% Fruit Juice Choice (O,A,FB) 0-15g/A-14g/FB-14g 1/2 c (Orange, Apple, or Fruit Blend) - O,A,FB 0-15g/A-14g/FB-14g 1/2 c Assorted Fruit Choice (Fresh, Whole, or Canned) 5.3g - 18.5g depending of which fruit 1/2 c Whole Grain Cereal Choice 21g - 44g 1 bowl = 2 oz eq. WG Milk Choice (white, chocolate, strawberry) w-12g/c-19g/s-19g 8 fl. oz.	· · · · · · · · · · · · · · · · · · ·		1 each = 2 oz. eq. WG		
Menu Choice #2 Whole Grain Cereal Choice 21g - 44g 1 bowl = 2 oz eq. WG FRIDAY 100% Fruit Juice Choice (O,A,FB) 1/2 c (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 depending of which fruit 1/2 c Whole Grain Cereal Choice 21g - 44g 1 bowl = 2 oz eq. WG Milk Choice (white, chocolate, strawberry) w-12g/c-19g/s-19g 8 fl. oz.		27g			
Whole Grain Cereal Choice21g - 44g1 bowl = 2 oz eq. WGFRIDAY0100% Fruit Juice Choice (O,A,FB) (Orange, Apple, or Fruit Blend) - O,A,FB0-15g/A-14g/FB-14g1/2 cAssorted Fruit Choice (Fresh, Whole, or Canned)5.3g - 18.5g depending of which fruit1/2 cWhole Grain Cereal Choice21g - 44g1 bowl = 2 oz eq. WGMilk Choice (white, chocolate, strawberry)w-12g/c-19g/s-19g8 fl. oz.		w-12g/c-19g/s-19g	8 fl. oz.		
FRIDAY100% Fruit Juice Choice (O,A,FB) (Orange, Apple, or Fruit Blend) - O,A,FBO-15g/A-14g/FB-14g1/2 cAssorted Fruit Choice (Fresh, Whole, or Canned)5.3g - 18.5g depending of which fruit1/2 cWhole Grain Cereal Choice21g - 44gMilk Choice (white, chocolate, strawberry)w-12g/c-19g/s-19g8 fl. oz.					
100% Fruit Juice Choice (O,A,FB) (Orange, Apple, or Fruit Blend) - O,A,FBO-15g/A-14g/FB-14g1/2 cAssorted Fruit Choice (Fresh, Whole, or Canned)5.3g - 18.5g depending of which fruit1/2 cWhole Grain Cereal Choice21g - 44g1 bowl = 2 oz eq. WGMilk Choice (white, chocolate, strawberry)w-12g/c-19g/s-19g8 fl. oz.		21g - 44g	1 bowl = 2 oz eq. WG		
(Orange, Apple, or Fruit Blend) - Ó,A,FBO-15g/A-14g/FB-14g1/2 cAssorted Fruit Choice (Fresh, Whole, or Canned)5.3g - 18.5g depending of which fruit1/2 cWhole Grain Cereal Choice21g - 44g1 bowl = 2 oz eq. WGMilk Choice (white, chocolate, strawberry)w-12g/c-19g/s-19g8 fl. oz.					
Assorted Fruit Choice (Fresh, Whole, or Canned)5.3g - 18.5g depending of which fruit1/2 cWhole Grain Cereal Choice21g - 44g1 bowl = 2 oz eq. WGMilk Choice (white, chocolate, strawberry)w-12g/c-19g/s-19g8 fl. oz.					
Canned)5.3g - 18.5g depending of which fruit1/2 cWhole Grain Cereal Choice21g - 44g1 bowl = 2 oz eq. WGMilk Choice (white, chocolate, strawberry)w-12g/c-19g/s-19g8 fl. oz.		O-15g/A-14g/FB-14g	1/2 c		
Whole Grain Cereal Choice21g - 44g1 bowl = 2 oz eq. WGMilk Choice (white, chocolate, strawberry)w-12g/c-19g/s-19g8 fl. oz.	· · · · ·				
Milk Choice (white, chocolate, strawberry) w-12g/c-19g/s-19g 8 fl. oz.	· · · · · · · · · · · · · · · · · · ·	5.3g - 18.5g depending of which fruit			

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 ELEMENTARY BREAKFAST NET CARBOHYDRATE COUNTS SY 2023-2024 (Rev. August 1, 2023)

Week 1 of the 3 Week Cycle

4/8/2023		
Menu Item	Carbohydrate Count	Grades PK-5
MONDAY		Serving Size
Menu Choice #1		
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	5.3g - 18.5g depending on which fruit	1/2 c
Canned)		
Whole Grain Pancake & Turkey Sausage		1 each = 1 oz eq. WG; 1 MMA/oz. eq.
Breakfast Stick	14g w-12g/c-19g/s-19g	WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.
Menu Choice #2		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG
TUESDAY		
Menu Choice #1		
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 depending on which fruit	1/2 c
Whole Grain Oatmeal	31g	1/2 c
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.
Menu Choice #2		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG
WEDNESDAY		
Menu Choice #1		
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 depending on which fruit	1/2 c
Whole Grain Breakfast Pizza		1 each = 1 3/4 oz. eq. WG &
w/Turkey Sausage	28g	1 MMA/oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.
Menu Choice #2		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG
THURSDAY		
Menu Choice #1		
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) Whole Grain Honey Biscuit, Sliced	5.3g - 18.5g depending on which fruit	1/2 c
Whole Grain Honey Biscuit, Sliced	24g	1 each = 2 oz. eq. WG
	_	1 each 1.5 oz. = 1 M/MA and 0.25 oz.
Whole Grain Breaded Chicken Pattie	7g	eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.
Honey Packet	12g	1 packet
Menu Choice #2	21a 44a	1 how = 2 and MC
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG
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 (Fresh, Whole, or		
Canned)	5.3g - 18.5g depending on which fruit	1/2 c
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19 g/s-19g	8 fl. oz.

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EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM ELEMENTARY-BREAKFAST CARBOHYDRATE COUNTS SY 2023-2024 (Rev. August 1, 2023)

Week 2 of the 3 Week Cycle

4/8/2023	,	
Menu Item	Carbohydrate Count	Grades PK-5
MONDAY		Serving Size
Menu Choice #1		
100% Fruit Juice Choice (O,A,FB)		
(Orange, Apple, or Fruit Blend) - O,A, FB	O-15g/A-14 g/FB-14g	1/2 c
Assorted Fruit Choice (Fresh, Whole, or		
Canned)	5.3g - 18.5g depending of which fruit	1/2 c
Whole Grain Pop Tart		
B-Blueberry, C- Cinnamon, F-Fudge,		1 ea. = 1 oz. eq. WG
S-Strawberry	B-33g/C-34g/F- 33g/S-33g	or 1 each = 1.25 oz. WG
Yogurt Cup, Flavored Milk Choice (white, chocolate, strawberry)	12g w-12g/c-19g/s-19g	2 oz. M/MA 8 fl. oz.
	w-12g/c-19g/s-19g	8 II. 02.
Menu Choice #2 Whole Grain Cereal Choice	21a 44a	1 bowl = 2 oz eq. WG
	21g - 44g	1 bowi – 2 oz eq. wG
100% Fruit Juice Choice (O,A,FB)		1/2 c
(Orange, Apple, or Fruit Blend) - O,A, FB Assorted Fruit Choice (Fresh, Whole, or	O-15g/A-14 g/FB-14g	1/2 U
Canned)	5.3g - 18.5g depending of which fruit	1/2 c
Whole Grain Honey Biscuit, Sliced with		1/2 c 1 each = 2 oz. eq. WG
Sausage, Egg, and Cheese	24g	2 1/2 oz eq. MMA/ oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.
	w 129/8 189/8 189	0 11. 02.
Menu Choice #2 Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG
WEDNESDAY	2 19 - 449	1 bowi – 2 oz eq. WG
Menu Choice #1 100 % Fruit Juice Choice (O,A,FB)		
(Orange, Apple, or Fruit Blend) - O,A, FB	O-15g/A-14g/FB-14g	1/2 c
Assorted Fruit Choice (Fresh, Whole, or	0 109// 119/1 2 119	112 0
Canned)	5.3g - 18.5g depending of which fruit	1/2 c
Whole Śrain Breakfast Pizza	28g	1 Piece = 1 3/4 oz. eq. WG &
w/Turkey Sausage		1 MMA/oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.
Menu Choice #2 Whole Grain Cereal Choice	21a 44a	1 hourly = 2 or or WC
THURSDAY	21g - 44g	1 bowl = 2 oz eq. WG
Menu Choice #1		
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	5.0m 10.5m demonstrate function for the	1/0 -
Canned) Eroch Fruit & Vogurt Porfait Cup	5.3g - 18.5g depending of which fruit	1/2 c
Fresh Fruit & Yogurt Parfait Cup	26g	1/2 c
WG Cinnamon Graham Crackers Milk Choice (white, chocolate, strawberry)	<u>19g</u> w-12g/c-19g/s-19g	1 pkg of 3 = 1 oz. eq WG 8 fl. oz.
	₩-129/0-199/5-199	0 11. 02.
Menu Choice #2	<i>at 11</i>	
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG
FRIDAY		
100% Fruit Juice Choice (O,A,FB)		
(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 depending of which fruit	1/2 c
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.

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