

**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**

4/8/2023

Menu Item	Carbohydrate Count	Grades PK-5 Serving Size
<b>MONDAY</b>		
<b>Menu Choice #1</b>		
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 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.
<b>Menu Choice #2</b>		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG
<b>TUESDAY</b>		
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 Grits	16g	1/2c
Scrambled Eggs	0g	1/4 c
Whole Grain Toast	14g	1 Slice = 1 oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.
<b>Menu Choice #2</b>		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG
<b>WEDNESDAY</b>		
<b>Menu Choice #1</b>		
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 Breakfast Pizza made w/Turkey Sausage	28g	1 each = 1 3/4 oz. eq. WG & 1 MMA/oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.
<b>Menu Choice #2</b>		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG
<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 (Fresh, Whole, or Canned)	5.3g - 18.5g depending of which fruit	1/2 c
WG Croissant with Ham & Cheese	27g	1 each = 2 oz. eq. WG 1 1/2 MMA/oz. eq WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.
<b>Menu Choice #2</b>		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG
<b>FRIDAY</b>		
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.

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
<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 (Fresh, Whole, or Canned)	5.3g - 18.5g depending on which fruit	1/2 c
Whole Grain Pancake & Turkey Sausage Breakfast Stick	14g	1 each = 1 oz eq. WG; 1 MMA/oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.
<b>Menu Choice #2</b>		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG
<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 (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.
<b>Menu Choice #2</b>		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG
<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 (Fresh, Whole, or Canned)	5.3g - 18.5g depending on which fruit	1/2 c
Whole Grain Breakfast Pizza w/Turkey Sausage	28g	1 each = 1 3/4 oz. eq. WG & 1 MMA/oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.
<b>Menu Choice #2</b>		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG
<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 (Fresh, Whole, or Canned)	5.3g - 18.5g depending on which fruit	1/2 c
Whole Grain Honey Biscuit, Sliced	24g	1 each = 2 oz. eq. WG
Whole Grain Breaded Chicken Pattie	7g	1 each 1.5 oz. = 1 M/MA and 0.25 oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.
Honey Packet	12g	1 packet
<b>Menu Choice #2</b>		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG
<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 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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**Week 2 of the 3 Week Cycle**

4/8/2023

Menu Item	Carbohydrate Count	Grades PK-5
<b>MONDAY</b>		
<b>Serving Size</b>		
<b>Menu Choice #1</b>		
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, S-Strawberry	B-33g/C-34g/F- 33g/S-33g	1 ea. = 1 oz. eq. WG or 1 each = 1.25 oz. WG
Yogurt Cup, Flavored	12g	2 oz. M/MA
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.
<b>Menu Choice #2</b>		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG
<b>TUESDAY</b>		
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 Honey Biscuit, Sliced with Sausage, Egg, and Cheese	24g	1 each = 2 oz. eq. WG 2 1/2 oz eq. MMA/oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.
<b>Menu Choice #2</b>		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG
<b>WEDNESDAY</b>		
<b>Menu Choice #1</b>		
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 Breakfast Pizza w/Turkey Sausage	28g	1 Piece = 1 3/4 oz. eq. WG & 1 MMA/oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.
<b>Menu Choice #2</b>		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG
<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 (Fresh, Whole, or Canned)	5.3g - 18.5g depending of which fruit	1/2 c
Fresh Fruit & Yogurt Parfait Cup	26g	1/2 c
WG Cinnamon Graham Crackers	19g	1 pkg of 3 = 1 oz. eq WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.
<b>Menu Choice #2</b>		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG
<b>FRIDAY</b>		
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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