EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM

MIDDLE & HIGH BREAKFAST NET CARBOHYDRATE COUNTS

SY 2023-2024 (Rev. August 1, 2023)

4/26/2023

Week 1 of the 3 Week Cycle

4/20/2023	vveek 1 of the 3 vveek Cycl		
Menu Item	Carbohydrate Count	Grades 6 - 8	Grades 9 - 12
MONDAY		Serving Size	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	1/2 c
Assorted Fruit Choice (Fresh, Whole, or Canned)			
The service is the service (i. 100m, 11more, or cumous)			
	5.3g - 18.5g depending on which fruit	1/2 c	1/2 c
Whole Grain Pop Tart		1 each = 1 oz. eq. WG or	1 each = 1 oz. eq. WG or 1
B-Blueberry, C-Cinnamon, F-Fudge, S-Strawberry	B-33g/C-34g/F- 33g/S-33g	1 each = 1.25 oz. WG	each = 1.25 oz. WG
		1 each = 1/2 c = 1 M/MA oz.	1 each = 1/2 c = 1 M/MA oz. eq.
Yogurt Cup, Flavored	12g	eq. WG	WG
Milk Chains (white shapelets strowberry)	w 12g/o 10g/o 10g	8 fl. oz.	8 fl. oz.
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	0 II. UZ.	0 II. UZ.
Menu Choice #2	24 44	41 1 0 110	41 1 2 142
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG	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	1/2 c
Assorted Fruit Choice (Fresh, Whole, or Canned)			
	5.3g - 18.5g depending on which fruit	1/2 c	1/2 c
Whale Cosis Cosis and with Cosses For and			
Whole Grain Croissant with Sausage, Egg, and	0.7	1 each 2 oz. eq. WG	1 each 2 oz. eq. WG
Cheese	27g	2 1/2 MMA/oz. WG	2 1/2 MMA/oz. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19 g/s-19g	8 fl. oz.	8 fl. oz.
Menu Choice #2			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG	1 bowl = 2 oz eq. WG
Menu Choice #3			
Fresh Fruit & Yogurt Parfait Cup	31g	1/2 c	1/2 c
Whole Grain Granola	18g	1 each 1 oz. eq. WG	1 each 1 oz. eq. WG
WEDNESDAY	Ü	· ·	· ·
Menu Choice #1			
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)	O TOGIT THIST IN	172 0	1/2 0
Assorted Fight Choice (Flesh, Whole, or Calified)	5.3g - 18.5g depending on which fruit	1/2 c	1/2 c
	5.5g - 16.5g depending on which had		
Whole Grain Breakfast Pizza		1 each = 1 3/4 oz. eq. WG	1 each = 1 3/4 oz. eq. WG
w/Turkey Sausage	28g	1 MMA/oz. eq. WG	1 MMA/oz. eq. WG
, ,	V	•	•
Milk Choice (white, chocolate, strawberry)	w-12g/c-19 g/s-19g	8 fl. oz.	8 fl. oz.
Menu Choice #2	04 44	41 1 0 140	41 1 0 140
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG	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	1/2 c
Assorted Fruit Choice (Fresh, Whole, or Canned)	5 .5g//g// 2g	.,_ 0	., 0
7 toothea i fait choice (i resii, whole, or carmea)	5.3g - 18.5g depending on which fruit	1/2 c	1/2 c
	0.0g 10.0g doponding on which hak		
	00	•	
Whole Grain Croissant with Ham & Cheese	28g	1/2 MMA/oz eq. WG	1 1/2 MMA/oz eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19 g/s-19g	8 fl. oz.	8 fl. oz.
Menu Choice #2			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG	1 bowl = 2 oz eq. WG
Menu Choice #3			
Fresh Fruit & Yogurt Parfait Cup	31g	1/2 c	1/2 c
Whole Grain Granola	18g	1 each 1 oz. eq. WG	1 each 1 oz. eq. WG
FRIDAY		1 00011 1 02. 04. ***0	1 545.1 1 52. 54. ***5
100% Fruit Juice Choice	O 150/A 140/FD 140	1/0 -	1/0 -
(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 depending on which fruit	1/2 c	1/2 c
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG	1 bowl = 2 oz eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19 g/s-19g	8 fl. oz.	8 fl. oz.
All Calculations were researched, and prepared by Fatrice Willi	ams RDN LDN Purchasing Specialist: Using the		

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

SY 2023-2024 (Rev. August 1, 2023)

4/8/2023

Week 2 of the 3 Week Cycle

Menu Item			
MONDAY	Carbohydrate Count	Grade 6 - 8	Grades 9 - 12
Menu Choice #1	-	Serving Size	Serving Size
100 % Fruit Juice Choice (O,A,FB)			
(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 depending of which fruit	1/2 c	1/2 c
Whole Grain Pancake & Turkey Sausage Breakfast Stick	140	1 each = 1 oz eq. WG	1 each = 1 oz eq. WG 1 MMA/oz. eq. WG
Milk Choice (white, chocolate, strawberry)	14g w-12g/c-19g/s-19g	1 MMA/oz. eq. WG 8 fl. oz.	8 fl. oz.
Menu Choice #2	W-12g/c-19g/s-19g	0 II. 02.	8 II. 02.
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG	1 bowl = 2 oz eq. WG
TUESDAY	219 449	1 50W1 2 02 0q. W C	1 50W1 2 02 0q. W 0
100 % Fruit Juice Choice (O,A,FB) (Orange, Apple, or Fruit Blend) - O,A ,FB	O-15g/A-14g/FB-14g	1/2 c	1/2 c
Asserted Fruit Chains (Fresh Whele or Conned)	E 2 10 En depending of which fruit	4/0 a	1/0 -
Assorted Fruit Choice (Fresh, Whole, or Canned)	5.3g - 18.5g depending of which fruit	1/2 c	1/2 c
Whole Grain Grits	Grade 6-8 =17g; Grade 9-12 = 26g	1/2 c 1 oz. eq. WG	2/3 c = 1 1/4 c oz. eq. WG
Scrambled Eggs	1g	1/4 c	1/4 c
Whole Grain Toast	14g	1 slice = 1 oz. eq. WG	1 slice = 1 oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.	8 fl. oz.
Menu Choice #2			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG	1 bowl = 2 oz eq. WG
Menu Choice #3			
Fresh Fruit & Yogurt Parfait Cup	31g	1/2 c	1/2 c
Whole Grain Granola	18g	1 each = 1 oz. eq. WG	1 each = 1 oz. eq. WG
WEDNESDAY	- 3	,	1 -
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	1/2 c
Assorted Fruit Choice (Fresh, Whole, or Canned)	5.3g - 18.5g depending of which fruit	1/2 c	1/2 c
Whole Grain Breakfast Pizza		1 each = 1 3/4 oz. eq. WG &	1 each= 1 3/4 oz. eq. WG &
made w/Turkey Sausage	28g	1 MMA/oz. eq. WG	1 MMA/oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.	8 fl. oz.
Menu Choice #2			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG	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	1/2 c
Assorted Fruit Choice (Fresh, Whole, or Canned)	5.3g - 18.5g depending of which fruit	1/2 c	1/2 c
Whole Grain Honey Biscuit, Sliced	24q	1 each = 2 oz. eq. WG	1 each = 2 oz. eq. WG
Times Grain Herrey Bleeding Greech	2.19	1 each = 1 MMA/oz. eq. WG	1 each = 1 MMA/oz. eq. WG .25
Whole Crain Breeded Chicken Bettie	70	.25 oz. eg. WG	oz. eg. WG
Whole Grain Breaded Chicken Pattie	7g		
Honey Packet Milk Choice (white, chocolate, strawberry)	12g w-15g/c-19g/s-19g	1 each 8 fl. oz.	1 each 8 fl. oz.
	w-15g/c-19g/s-19g	6 II. UZ.	0 II. UZ.
Menu Choice #2	04 - 44 -	4 5	4 h
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG	1 bowl = 2 oz eq. WG
Menu Choice #3			
Fresh Fruit & Yogurt Parfait Cup	31g	1/2 c	1/2 c
Whole Grain Granola	18g	1 each = 1 oz. eq. WG	1 each = 1 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	1/2 c
Assorted Fruit Choice (Fresh, Whole, or Canned)	5.3g - 18.5g depending of which fruit	1/2 c	1/2 c
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG	1 bowl = 2 oz eq. WG
Milk Choice (white, chocolate, strawberry) All Calculations were researched and prepared by Fatrice Willia	w-12g/c-19g/s-19g	8 fl. oz.	8 fl. oz.

EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM

MIDDLE & HIGH-BREAKFAST NET CARBOHYDRATE COUNTS

SY 2023-2024 (Rev. August 1, 2023)

Week 3 of the 3 Week Cycle

4/8/2023

Menu Item	Carbohydrate Count	Grades 6 - 8	Grades 9 - 12
MONDAY	Carbonyarate Count	Serving Size	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	1/2 c
Assorted Fruit Choice (Fresh, Whole, or	5.3g - 18.5g depending of		
Canned)	which fruit	1/2 c	1/2 c
Whole Grain Oatmeal	1/2 c = 31 g; 1 c = 62 g	1/2 c = 1 oz. eq. WG	1 c = 2 oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.	8 fl. oz.
Menu Choice #2	0 0		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG	1 bowl = 2 oz eq. WG
TUESDAY	•	·	•
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	1/2 c
Assorted Fruit Choice (Fresh, Whole, or	5.3g - 18.5g depending of	172 0	172 0
Canned)	which fruit	1/2 c	1/2 c
Carried)	Willeli Itali	1 each = 1 oz. eq. WG	1 each = 1 oz. eq. WG
Whole Grain Breakfast Burrito	15g	2 1/2 MMA/oz. eq. WG	2 1/2 MMA/oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.	8 fl. oz.
Menu Choice #2	12g/c 10g/c 10g	0 II. 92.	0 II. 02.
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG	1 bowl = 2 oz eq. WG
Menu Choice #3	219 - 449	1 bowi – 2 62 cq. ****	1 bowl – 2 02 cq. WO
Fresh Fruit & Yogurt Parfait Cup	31g	1/2 c	1/2 c
Whole Grain Granola	18 g	1 each = 1 oz. eq. WG	1 each = 1 oz. eq. WG
WEDNESDAY	10 9	1 64611 1 62. 64. ***	1 00011 1 02. 04. 110
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	1/2 c
Assorted Fruit Choice (Fresh, Whole, or	<u> </u>	1/2 0	1/2 0
Canned)	5.3g - 18.5g depending of	4/0 -	4/0 -
Whole Grain Breakfast Pizza	which fruit	1/2 c 1 each = 1 3/4 oz. eq. WG &	1/2 c 1 each = 1 3/4 oz. eq. WG &
	200		
made w/Turkey Sausage Milk Choice (white, chocolate, strawberry)	28g w-12g/c-19g/s-19g	1 MMA/oz. eq. WG 8 fl. oz.	1 MMA/oz. eq. WG 8 fl. oz.
Menu Choice #2	w-12g/c-19g/s-19g	0 II. 0Z.	0 II. UZ.
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG	1 bowl = 2 oz eq. WG
THURSDAY	219 - 449	1 Bowl = 2 02 eq. WO	1 bowl = 2 02 eq. WO
		+	
Menu Choice #1		<u> </u>	
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	5.3g - 18.5g depending of		
Canned)	which fruit	1/2 c	1/2 c
Whole Grain Toast	28g	2 slices = 2 oz. eq. WG.	2 slices = 2 oz. eq. WG
Avocado Spread	2g	1/4 c	1/4 c
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.	8 fl. oz.
Menu Choice #2			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG	1 bowl = 2 oz eq. WG
Menu Choice #3			
Fresh Fruit & Yogurt Parfait Cup	31g	1/2 c	1/2 c
Whole Grain Granola	18 g	1 each = 1 oz. eq. WG	1 each = 1 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	1/2 c
Assorted Fruit Choice (Fresh, Whole, or	5.3g - 18.5g depending of		
Canned)	which fruit	1/2 c	1/2 c
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG	1 bowl = 2 oz eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.	8 fl. oz.
All Calculations wore researched, and prepared by Fat	Williams DDM I DM Dl.	C	