

**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

Menu Item	Carbohydrate Count	Grades 6 - 8	Grades 9 - 12
MONDAY			
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
Whole Grain Pop Tart B-Blueberry, C-Cinnamon, F-Fudge, S-Strawberry	B-33g/C-34g/F- 33g/S-33g	1 each = 1 oz. eq. WG or 1 each = 1.25 oz. WG	1 each = 1 oz. eq. WG or 1 each = 1.25 oz. WG
Yogurt Cup, Flavored	12g	1 each = 1/2 c = 1 M/MMA oz. eq. WG	1 each = 1/2 c = 1 M/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
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
Whole Grain Croissant with Sausage, Egg, and Cheese	27g	1 each 2 oz. eq. WG 2 1/2 MMA/oz. WG	1 each 2 oz. eq. 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			
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
Whole Grain Breakfast Pizza w/Turkey Sausage	28g	1 each = 1 3/4 oz. eq. WG 1 MMA/oz. eq. WG	1 each = 1 3/4 oz. eq. WG 1 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
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 on which fruit	1/2 c	1/2 c
Whole Grain Croissant with Ham & Cheese	28g	1 each = 2 oz. eq. WG 1/2 MMA/oz eq. WG	1 each = 2 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			
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
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 Williams, RDN, LDN, Purchasing Specialist; Using the Nutrition Fact Sheets and Edison's Nutrient Analysis Program

**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

<b>Menu Item</b>	<b>Carbohydrate Count</b>	<b>Grade 6 - 8 Serving Size</b>	<b>Grades 9 - 12 Serving Size</b>
<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-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	14g	1 each = 1 oz eq. WG 1 MMA/oz. eq. WG	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.	8 fl. oz.
<b>Menu Choice #2</b>			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG	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-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 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.
<b>Menu Choice #2</b>			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG	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 each = 1 oz. eq. WG	1 each = 1 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	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 made w/Turkey Sausage	28g	1 each = 1 3/4 oz. eq. WG & 1 MMA/oz. eq. WG	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.	8 fl. oz.
<b>Menu Choice #2</b>			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG	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	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	24g	1 each = 2 oz. eq. WG	1 each = 2 oz. eq. WG
Whole Grain Breaded Chicken Pattie	7g	1 each = 1 MMA/oz. eq. WG .25 oz. eq. WG	1 each = 1 MMA/oz. eq. WG .25 oz. eq. WG
Honey Packet	12g	1 each	1 each
Milk Choice (white, chocolate, strawberry)	w-15g/c-19g/s-19g	8 fl. oz.	8 fl. oz.
<b>Menu Choice #2</b>			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG	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 each = 1 oz. eq. WG	1 each = 1 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	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)	w-12g/c-19g/s-19g	8 fl. oz.	8 fl. oz.

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# 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
<b>MONDAY</b>		Serving Size	Serving Size
<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	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 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.
<b>Menu Choice #2</b>			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG	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	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 Burrito	15g	1 each = 1 oz. eq. WG 2 1/2 MMA/oz. eq. WG	1 each = 1 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.
<b>Menu Choice #2</b>			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG	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	18 g	1 each = 1 oz. eq. WG	1 each = 1 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	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 made w/Turkey Sausage	28g	1 each = 1 3/4 oz. eq. WG & 1 MMA/oz. eq. WG	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.	8 fl. oz.
<b>Menu Choice #2</b>			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG	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	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 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.
<b>Menu Choice #2</b>			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz eq. WG	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	18 g	1 each = 1 oz. eq. WG	1 each = 1 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	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)	w-12g/c-19g/s-19g	8 fl. oz.	8 fl. oz.

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