

EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM
ALL SCHOOLS--BREAKFAST CARBOHYDRATE COUNTS
SY 2020-2021 (Rev. August 1, 2020)

Week 1 of the 2 Week Cycle

Menu Item	Carbohydrate Count	Grades PK-12
MONDAY		Serving Size
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O,A,FB	O-12g/A-14g/FB-14g	1/2 c
Fruit Choice (Fresh or Canned) or Dried Cranberries	5.3g - 18.5g depending on which fruit or 28g	1/2 c or 1 package=1/2 c
Whole Grain French Toast Sticks 2oz.	19g each stick or 38g for 2 sticks	2 Sticks = 2 oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.
TUESDAY		
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O,A,FB	O-12g/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 Pancakes or Waffles	30g (15g each piece)	2 each (1.2 to 1.3 oz.)=2 oz. eq. WG
Syrup Packet, 1.5 oz., Maple, 3Tbsp	31g	1 Packet
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.
WEDNESDAY		
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O,A,FB	O-12g/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	26g	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.
THURSDAY		
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O,A,FB	O-12g/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)	28g	1 each = 2 oz. eq. G
Whole Grain Breaded Chicken Pattie	7g	1 each 1.5 oz. = 1 M/MA and 0.25. eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.
FRIDAY		
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O,A,FB	O-12g/A-14g/FB-14g	1/2 c
Fresh Orange Wedges	15.5g	1/2 c = 6 wedges
Dry, Whole Grain Cereal Choice (Bowl Pack)	24g	1 each =1cup=1 oz. eq. WG
Yogurt, (Strawberry or Strawberry Banana)	Strawberry 16g/Strawberry Banana 16g	1 each = 1/2 c = 1 M/MA oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19 g/s-19g	8 fl. oz.

All calculations were researched and prepared by Cecile Grisby, SFS Special Diets Mgr., AAS, BS, using manufacturers' product information and the Exchange Lists for Diabetes by The Academy of Nutrition and Dietetics, 2007

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Week 2 of the 2 Week Cycle

Menu Item	Carbohydrate Count	Grades PK-12
MONDAY		
		Serving Size
100% Fruit Juice Choice (O,A,FB)	O-12g/A-14 g/FB-14g	1/2 c
Fruit Choice (Fresh or Canned)	5.3g - 18.5g depending of which fruit	1/2 c
Whole Grain Cinnamon Bun 2.8 oz./each)	42g	1 Bun=2 oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.
TUESDAY		
100% Fruit Juice Choice (O,A,FB)	O-12g/A-14 g/FB-14g	1/2 c
Fruit Choice (Fresh or Canned)	5.3g - 18.5g depending of which fruit	1/2 c
Fresh Baked Biscuit (frozen, ready to bake)	28g	1 each = 2 oz. eq. G
Turkey Sausage Pattie	1g	1 each = 1 oz. = 1 MMA/oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.
WEDNESDAY		
100 % Fruit Juice Choice (O,A,FB)	O-12g/A-14g/FB-14g	1/2 c
Fruit Choice (Fresh or Canned)	5.3g - 18.5g depending of which fruit	1/2 c
Whole Grain Breakfast Pizza w/Turkey Sausage	26g	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.
THURSDAY		
100% Fruit Juice Choice	O-12g/A-14g/FB-14g	1/2 c
Fruit Choice (Fresh or Canned)	5.3g - 18.5g depending of which fruit	1/2 c
Whole Corn, Buttered Grits	17.0g (grades K-8)	1/2 c (grades K-8) 1 oz. eq. WG
	22.6g (grades 9-12)	2/3 c (grades 9-12) 1 1/4 oz. eq. WG
Whole Grain Toast, Buttered	12g	1 oz. slice = 1 oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.
FRIDAY		
100% Fruit Juice Choice (O,A,FB)	O-12g/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 42g/Apple 43g	1 each = 2 oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.

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