

EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM
ALL SCHOOLS--BREAKFAST CARBOHYDRATE COUNTS
SY 2021-2022 (Rev. August 1, 2021)

04-26-21

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	28g (14g 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)	22g	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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ALL SCHOOLS--BREAKFAST CARBOHYDRATE COUNTS
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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 2.7 oz./each	38g	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)	22g	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	15g	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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**EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM
BREAKFAST IN THE CLASSROOM (BIC) & GRAB-N-GO
SY 2021-2022 (Rev. August 1, 2021)**

04-26-21

Week 1 of the 2 Week Cycle

BIC

Menu Item	Carbohydrate Count	Grades PK-12
BIC - MONDAY		
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 2 oz. each	19g each 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.
BIC - 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
Mini Pancake, Whole Grain	Blueberry 36g, Strawberry 39g Each mini pancake= approx. 4.68g)	1 package=8 minis, 2 oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.
BIC - 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.
BIC - 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)	22g	1 each = 2 oz. eq. G
Whole Grain Breaded Chicken Pattie 1.5 oz.	7g	1 each =1 MMA oz. eq. & 0.25 oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.
BIC - 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 POUCH Cereal	24g	1 pouch (1oz.), 1 oz. eq. WG
Yogurt, (Strawberry or Strawberry Banana)	16g each type	1 each (4 oz.)/1/2 c=1 M/MMA/oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w- 12 g/c-19 g/s-19 g	8 fl. oz.

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BREAKFAST IN THE CLASSROOM (BIC) & GRAB-N-GO

**EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM
BREAKFAST IN THE CLASSROOM (BIC) & GRAB-N-GO
SY 2021-2022 (Rev. August 1, 2021)**

**Week 2 of the 2 Week Cycle
BIC**

Menu Item	Carbohydrate Count	Grades PK-12
BIC - MONDAY		
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 on which fruit	1/2 c
Whole Grain Cinnamon Bun 2.8 oz./each	38g	1 Bun=2 oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-19g	8 fl. oz.
BIC - TUESDAY		
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 on which fruit	1/2 c
Fresh Baked Biscuit (frozen, ready to bake)	22g	1 each = 2 oz. eq. G
Turkey Sausage Pattie	1g	1 each =1 MMA= 1 oz. eq. WG
Milk Choice	w-12g/c-19g/s-19g	8 fl. oz.
BIC - 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 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	w-12g/c-19g/s-19g	8 fl. oz.
BIC - THURSDAY		
100% Fruit Juice Choice	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
Yogurt, (Strawberry or Strawberry Banana)	16g each type	1 each(4 oz.)1/2 c=1 M/MA/oz. eq. WG
Boiled Egg, Halves	0 g	2 halves = 1 1/2 M/MA oz. eq. WG
Whole Grain Cinnamon Graham Crackers	20g	1 pkg of 3=1 oz. eq. WG
Milk Choice	w-12g/c-19g/s-19g	8 fl. oz.
BIC - 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	w- 12 g/c-19 g/s-19 g	8 fl. oz.

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