

EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM
ELEMENTARY BREAKFAST NET CARBOHYDRATE COUNTS
 SY 2024-2025 REV. 05/24/2024

Week 1 of the 3 Week Cycle

Menu Item	Carbohydrate Count	Grades PK-5
MONDAY		
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
Assorted Fruit Choice	5.3g - 18.5g	1/2 c
Whole Grain Pancake & Turkey Sausage Breakfast Stick	14g	1 each
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.
Menu Choice #2		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.
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
Assorted Fruit Choice	5.3g - 18.5g	1/2 c
Whole Grain Oatmeal	31g	1/2 c
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.
Menu Choice #2		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz
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
Assorted Fruit Choice	5.3g - 18.5g	1/2 c
Whole Grain Breakfast Pizza w/Turkey Sausage	28g	1 each
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.
Menu Choice #2		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.
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
Assorted Fruit Choice	5.3g - 18.5g	1/2 c
Whole Grain Honey Biscuit, Sliced	24g	1 each
Whole Grain Breaded Chicken Pattie	12g	1 each
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.
Honey Packet	12g	1 packet
Menu Choice #2		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 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.

FRIDAY		
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O, A, FB	O-15g/A-14g/FB-14g	1/2 c
Assorted Fruit Choice	5.3g - 18.5g	1/2 c
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.

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Week 2 of the 3 Week Cycle

Menu Item	Carbohydrate Count	Grades PK-5
MONDAY		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
Assorted Fruit Choice	5.3g - 18.5g	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
Yogurt Cup	11g	1 cup = 4 oz.
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.
Menu Choice #2		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.
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
Assorted Fruit Choice	5.3g - 18.5g	1/2 c
Sausage, Egg, and Cheese Biscuit	1 each	26g S- 0g , E-0g , C-1g ,B-25g
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.
Menu Choice #2		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.
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
Assorted Fruit Choice	5.3g - 18.5g	1/2 c
Whole Grain Breakfast Pizza w/Turkey Sausage	28g	1 each
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.
Menu Choice #2		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.
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
Assorted Fruit Choice	5.3g - 18.5g	1/2 c
Mixed Berry Parfait	31g	1 each = 4 oz.
Graham Cracker	19g	1 packet
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.
Menu Choice #2		

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Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.
FRIDAY		
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	1/2 c
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.

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Week 3 of the 3 Week Cycle

Menu Item	Carbohydrate Count	Grades PK-5 Serving Size
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
Assorted Fruit Choice	5.3g - 18.5g	1/2 c
Muffin Banana, Blueberry	Banana-21g /Blueberry-20g	1 each
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.
Menu Choice #2		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.
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
Assorted Fruit Choice	5.3g - 18.5g	1/2 c
Grits	16g	1/2c
Scrambled Egg	0g	1/4c
Toast	14g	1 Slice
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.
Menu Choice #2		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.
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
Assorted Fruit Choice	5.3g - 18.5g	1/2 c
Whole Grain Breakfast Pizza w/Turkey Sausage	28g	1 each
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.
Menu Choice #2		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.
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
Assorted Fruit Choice	5.3g - 18.5g	1/2 c
Ham and Cheese Croissant	27g	1 each
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.

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Menu Choice #2		
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.
FRIDAY		
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O, A, FB	O-15g/A-14g/FB-14g	1/2 c
Assorted Fruit Choice	5.3g - 18.5g	1/2 c
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.