

EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM

MIDDLE & HIGH BREAKFAST NET CARBOHYDRATE COUNTS

SY 2024-2025 Rev. May 24, 2024

Week 1 of the 3 Week Cycle

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	5.3g - 18.5g	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 each
Yogurt Cup, Flavored	11g	1 each = 4 oz.	1 each = 4 oz.
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.	8 fl. oz.
Menu Choice #2			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.	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	1/2 c
Assorted Fruit Choice	5.3g - 18.5g	1/2 c	1/2 c
Whole Grain Croissant with Sausage, Egg, and Cheese	27g	1 each	1 each
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.	8 fl. oz.
Menu Choice #2			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz .	1 bowl = 2 oz.
Menu Choice #3			
Fresh Fruit & Yogurt Parfait Cup	31g	1/2 c	1/2 c
Whole Grain Granola	18g	1 packet	1 packet
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	5.3g - 18.5g	1/2 c	1/2 c
Whole Grain Breakfast Pizza w/Turkey Sausage	28g	1 each	1 each
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.	8 fl. oz.
Menu Choice #2			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.	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	1/2 c
Assorted Fruit Choice	5.3g - 18.5g	1/2 c	1/2 c
Whole Grain Croissant with Ham & Cheese	28g	1 each	1 each

All Calculations were researched and prepared by Fatrice Williams, RDN, LDN, Purchasing Specialist; Using the Nutrition Fact Sheets and Edison's Nutrient Analysis Program.

Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.	8 fl. oz.
Menu Choice #2			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.	1 bowl = 2 oz.
Menu Choice #3			
Fresh Fruit & Yogurt Parfait Cup	31g	1/2 c	1/2 c
Whole Grain Granola	18g	1 packet	1 packet
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	5.3g - 18.5g	1/2 c	1/2 c
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.	1 bowl = 2 oz.
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.	8 fl. oz.

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 Week 2 of the 3 Week Cycle

Menu Item	Carbohydrate Count	Grade 6 - 8	Grades 9 - 12
MONDAY			
Menu Choice #1			
		Serving Size	Serving Size
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	5.3g - 18.5g	1/2 c	1/2 c
Whole Grain Pancake & Turkey Sausage Breakfast Stick	14g	1 each	1 each
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.	8 fl. oz.
Coffee Latte- <i>High School Only</i>	14g	-----	10 fl. oz
Menu Choice #2			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz	1 bowl = 2 oz.
TUESDAY			
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	5.3g - 18.5g	1/2 c	1/2 c
Whole Grain Grits	Grade 6-8 =17g; Grade 9-12 = 26g	1/2 c 1 oz.	2/3 c = 1 1/4 c oz.
Scrambled Eggs	1g	1/4 c	1/4 c
Whole Grain Toast	14g	1 slice	1 slice
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.	8 fl. oz.
Menu Choice #2			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.	1 bowl = 2 oz.
Menu Choice #3			
Fresh Fruit & Yogurt Parfait Cup	31g	1/2 c	1/2 c
Whole Grain Granola	18g	1 packet	1 packet
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	5.3g - 18.5g	1/2 c	1/2 c
Whole Grain Breakfast Pizza w/Turkey Sausage	28g	1 each	1 each
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.	8 fl. oz.
Menu Choice #2			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.	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	1/2 c
Assorted Fruit Choice	5.3g - 18.5g	1/2 c	1/2 c
Whole Grain Honey Biscuit, Sliced	24g	1 each	1 each
Whole Grain Breaded Chicken Pattie	12g	1 each	1 each

All Calculations were researched and prepared by Patrice Williams, RDN, LDN, Purchasing Specialist; Using the Nutrition Fact Sheets and Edison's Nutrient Analysis Program.

Honey Packet	12g	1 each	1 each
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.	8 fl. oz.
Menu Choice #2			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.	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 packet	1 packet
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	5.3g - 18.5g	1/2 c	1/2 c
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.	1 bowl = 2 oz.
Milk Choice	w-12g/c-19g/s-18g	8 fl. oz.	8 fl. oz.
Coffee Latte- High School Only	14g	-----	10 fl. oz.

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Week 3 of the 3 Week Cycle

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-14 g/FB-14g	1/2 c	1/2 c
Assorted Fruit Choice	5.3g - 18.5g	1/2 c	1/2 c
Whole Grain Oatmeal	1/2 c = 31 g; 1 c = 62 g	1/2 c	1 c
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.	8 fl. oz.
Coffee Latte-High School Only	14g	-----	10 fl. oz.
Menu Choice #2			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.	1 bowl = 2 oz.
TUESDAY			
100% Fruit Juice Choice (Orange, Apple, or Fruit Blend) - O, A, FB	O-15g/A-14 g/FB-14g	1/2 c	1/2 c
Assorted Fruit Choice	5.3g - 18.5g	1/2 c	1/2 c
Whole Grain Breakfast Burrito	15g	1 each	1 each
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.	8 fl. oz.
Menu Choice #2			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.	1 bowl = 2 oz.
Menu Choice #3			
Fresh Fruit & Yogurt Parfait Cup	31g	1/2 c	1/2 c
Whole Grain Granola	18 g	1 packet	1 packet
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	5.3g - 18g	1/2 c	1/2 c
Whole Grain Breakfast Pizza made w/Turkey Sausage	28g	1 each	1 each
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.	8 fl. oz.
Menu Choice #2			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.	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	1/2 c
Assorted Fruit Choice	5.3g - 18.5g	1/2 c	1/2 c
Whole Grain Toast	28g	2 slices	2 slices
Avocado Spread	2g	1/4 c	1/4 c

Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.	8 fl. oz.
Menu Choice #2			
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.	1 bowl = 2 oz.
Menu Choice #3			
Fresh Fruit & Yogurt Parfait Cup	31 g	1/2 c	1/2 c
Whole Grain Granola	18 g	1 packet	1 packet
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	1/2 c	1/2 c
Whole Grain Cereal Choice	21g - 44g	1 bowl = 2 oz.	1 bowl = 2 oz.
Milk Choice (white, chocolate, strawberry)	w-12g/c-19g/s-18g	8 fl. oz.	8 fl. oz.
Coffee Latte- High School Only	14g	-----	10 fl. oz.