

EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM
BREAKFAST IN THE CLASSROOM (BIC) & GRAB-N-GO
 SY 2018-2019 (Rev. August 1, 2018)

Week 1 of the 2 Week Cycle
BIC

Menu Item	Carbohydrate Count	Grades PK-12
BIC - 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 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 Pancakes, Whole Grain	40g total (each mini pancake=5g)	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
Whole Grain Biscuit (frozen, ready to bake)	28g	1 each = 2 WG
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 MMA/oz. eq. WG
Milk Choice (white, chocolate, strawberry)	w- 12 g/c-19 g/s-19 g	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.

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

**EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM
BREAKFAST IN THE CLASSROOM (BIC) & GRAB-N-GO
SY 2018-2019 (Rev. August 1, 2018)**

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

Menu Item	Carbohydrate Count	Grades PK-12
BIC - MONDAY		
		Serving Size
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	42g	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
Whole Grain Biscuit (frozen, ready to bake)	28g	1 each = 2 oz. eq. WG
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
Dry, Whole Grain POUCH Cereal	24g	1 pouch (1oz.)=1WG
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)2 oz.	Blueberry 42g/Apple 43g	1 each = 2 oz. eq. WG
Milk Choice	w- 12 g/c-19 g/s-19 g	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.

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