

EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM
BREAKFAST IN THE CLASSROOM (BIC) & GRAB-N-GO
 SY 2019-2020 (Rev. August 1, 2019)

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 |
| Fresh Baked Biscuit (frozen, ready to bake) | 28g | 1 each = 2 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 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.

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**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 |
| Fresh Baked Biscuit (frozen, ready to bake) | 28g | 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 |
| 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 Oatmeal Square | 39g | 1-2.6 oz. each = 2 oz. eq. WG |
| Milk Choice | w- 12 g/c-19 g/s-19 g | 8 fl. oz. |

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