

**EAST BATON ROUGE PARISH CHILD NUTRITION PROGRAM  
BREAKFAST IN THE CLASSROOM (BIC) & GRAB-N-GO  
SY 2020-2021 (Rev. August 1, 2020)**

**Week 1 of the 2 Week Cycle  
BIC**

<b>Menu Item</b>	<b>Carbohydrate Count</b>	<b>Grades PK-12</b>
<b>BIC - MONDAY</b>		
		<b>Serving Size</b>
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) <b>OR</b> Dried Cranberries	5.3g - 18.5g depending on which fruit <b>OR</b> 28g	1/2 c <b>OR</b> 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.
<b>BIC - TUESDAY</b>		
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.
<b>BIC - WEDNESDAY</b>		
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.
<b>BIC - THURSDAY</b>		
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 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.
<b>BIC - FRIDAY</b>		
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 <b>POUCH</b> 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**

<b>Menu Item</b>	<b>Carbohydrate Count</b>	<b>Grades PK-12</b>
<b>BIC - MONDAY</b>		
		<b>Serving Size</b>
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.
<b>BIC - TUESDAY</b>		
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.
<b>BIC - WEDNESDAY</b>		
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.
<b>BIC - THURSDAY</b>		
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.
<b>BIC - FRIDAY</b>		
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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