



## RECIPE LIST

### Breakfast Grains: Group A (0-99 CALORIES)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
ASSORTED COLD CEREALS	1622	95	0.17	157.50	WGR	1 OZ. EQ. WHOLE GRAIN
HOT GRITS	1629	63	0.06	287.25		
HOT OATMEAL	1636	77	0.23	78.24	WGR	1 OZ. EQ. WHOLE GRAIN
PANCAKE (1 OZ. EQ.)	1638	80	0.00	155.00	WGR	1 OZ. EQ. WHOLE GRAIN
RICE CHEX CEREAL	1620	70	0.00	170.00	WGR	1 OZ. EQ. WHOLE GRAIN
TRIX CEREAL	1621	80	0.00	130.00	WGR	1 OZ. EQ. WHOLE GRAIN
WHOLE WHEAT TOAST	1604	50	0.00	105.00	WGR	1 OZ. EQ. WHOLE GRAIN



## RECIPE LIST

### Breakfast Grains: Group B (100-149 CALORIES)

RECIPE NAME	MRS #	CALORIES	SATURATED FAT	SODIUM	CREDIT	MENU CONTRIBUTION
APPLE CINNAMON MUFFIN	1631	117	0.50	74.00	WGR	1 OZ. EQ. WHOLE GRAIN
ASSORTED MUFFINS	1635	124	0.47	74.00	WGR	1 OZ. EQ. WHOLE GRAIN
BANANA MUFFIN	1632	140	0.50	74.00	WGR	1 OZ. EQ. WHOLE GRAIN
BERRY CEREAL SQUARES	1610	140	0.00	105.00	WGR	1 OZ. EQ. WHOLE GRAIN
BISCUIT (1 OZ. EQ.)	1601	110	3.00	250.00	WGR	1 OZ. EQ. WHOLE GRAIN
CHOCOLATE CHIP MUFFIN	1633	118	0.60	74.00	WGR	1 OZ. EQ. WHOLE GRAIN
CINNAMON TOAST CEREAL	1612	110	0.50	160.00	WGR	1 OZ. EQ. WHOLE GRAIN
COCOA CEREAL SQUARES	1611	140	0.50	110.00	WGR	1 OZ. EQ. WHOLE GRAIN
CROISSANT	1624	110	2.00	160.00	WGR	1 OZ. EQ. WHOLE GRAIN
FROSTED FLAKES CEREAL	1613	100	0.00	190.00	WGR	1 OZ. EQ. WHOLE GRAIN
HONEY NUT CHEERIOS CEREAL	1614	120	0.00	190.00	WGR	1 OZ. EQ. WHOLE GRAIN
HONEY NUT CHEX CEREAL	1615	120	0.00	190.00	WGR	1 OZ. EQ. WHOLE GRAIN
ORANGE CRANBERRY MUFFIN	1634	119	4.00	74.00	WGR	1 OZ. EQ. WHOLE GRAIN
REESE'S PUFFS CEREAL	1619	100	0.50	135.00	WGR	1 OZ. EQ. WHOLE GRAIN
STRAWBERRY YOGURT SNACK MIX	1640	140	1.00	65.00	WGR	1 OZ. EQ. WHOLE GRAIN

### Breakfast Grains: Group C (150-199 CALORIES)

RECIPE NAME	MRS #	CALORIES	SATURATED FAT	SODIUM	CREDIT	MENU CONTRIBUTION
BAGEL WITH SAUSAGE AND GRAVY	1695	169	1.90	335.00	M/MA, WGR	1 OZ. EQ. MEAT/MEAT ALTERNATE, 1 1/4 OZ. EQ. WHOLE GRAINS
BLUEBERRY MUFFIN LOAF	1630	196	0.90	78.00	WGR	1 OZ. EQ. WHOLE GRAIN
CHOCOLATE CHIP CEREAL BAR	1608	150	1.00	120.00	WGR	1 OZ. EQ. WHOLE GRAIN
CINNAMON ROLLS	1623	170	1.00	160.00	WGR	2 OZ. EQ. WHOLE GRAINS
FRUIT FLAVORED CEREAL BAR	1606	150	0.50	110.00	WGR	1 OZ. EQ. WHOLE GRAIN
HONEY NUT SCOOTERS	1616	190	0.00	410.00	WGR	2 OZ. EQ. WHOLE GRAINS
OAT CEREAL BAR	1609	150	0.50	90.00	WGR	1 OZ. EQ. WHOLE GRAIN
PANCAKES (2 OZ. EQ.)	1639	160	0.00	310.00	WGR	2 OZ. EQ. WHOLE GRAINS
SAUSAGE AND BISCUIT (1 OZ. EQ.)	1689	170	4.50	390.00	M/MA, WGR	1/4 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
STRAWBERRY CEREAL BAR	1607	160	0.50	150.00	WGR	1 OZ. EQ. WHOLE GRAIN
STRAWBERRY TOASTER PASTRY (1)	1643	180	1.00	180.00	WGR	1 OZ. EQ. WHOLE GRAIN
TOASTED BAGEL	1600	163	0.06	172.00	WGR	2 OZ. EQ. WHOLE GRAINS



## RECIPE LIST

### Breakfast Grains: Group D (200-299 CALORIES)

RECIPE NAME	MRS #	CALORIES	SATURATED FAT	SODIUM	CREDIT	MENU CONTRIBUTION
APPLE FRUDEL	1627	210	1.50	280.00	WGR	2 OZ. EQ. WHOLE GRAINS
BAGEL AND CHOICE OF YOGURT	1681	263	0.56	222.00	M/MA, WGR	1 OZ. EG. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
BISCUIT (2 OZ. EQ.)	1602	210	5.00	490.00	WGR	2 OZ. EQ. WHOLE GRAINS
BISCUIT AND BACON (2 OZ. EQ.)	1603	223	6.17	579.87	WGR	2 OZ. EQ. WHOLE GRAINS
BLUEBERRY TOASTER PASTRY	1641	200	1.50	170.00	WGR	1 1/4 OZ. EQ. WHOLE GRAINS
BREAKFAST BURRITO (PURCHASED)	1683	214	2.46	298.62	M/MA, WGR	1 OZ. EQ. MEAT/MEAT ALTERNATE, 1 3/4 OZ. EQ. WHOLE GRAINS
BREAKFAST SAUSAGE PIZZA	1684	210	2.00	480.00	M/MA, WGR	1 OZ. EQ. MEAT/MEAT ALTERNATE, 1 1/2 OZ. EQ. WHOLE GRAINS
CHERRY FRUDEL	1628	210	1.50	280.00	WGR	2 OZ. EQ. WHOLE GRAINS
CHICKEN PATTY AND BISCUIT	1685	259	5.80	605.00	M/MA, WGR	1 OZ. EQ. MEAT/MEAT ALTERNATE, 2 1/4 OZ. EQ. WHOLE GRAINS
FRENCH TOAST STICKS (BRIGGS)	1625	270	2.00	430.00	WGR	2 OZ. EQ. WHOLE GRAINS
FRENCH TOAST STICKS (MERCHANTS)	1626	250	1.50	300.00	WGR	2 OZ. EQ. WHOLE GRAINS
MARSHMALLOW MATEYS CEREAL	1618	220	0.00	280.00	WGR	2 OZ. EQ. WHOLE GRAINS
MINI CINNIS	1605	240	2.00	300.00	WGR	2 OZ. EQ. WHOLE GRAINS
MINI PANCAKES IN A BAG	1637	200	1.00	300.00	WGR	2 OZ. EQ. WHOLE GRAINS
MINI SPOONERS CEREAL	1617	200	0.00	10.00	WGR	2 OZ. EQ. WHOLE GRAINS
SAUSAGE AND BISCUIT (2 OZ. EQ.)	1687	280	9.50	740.00	M/MA, WGR	3/4 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS



## RECIPE LIST

### Breakfast Grains: Group D (200-299 CALORIES)

RECIPE NAME	MRS #	CALORIES	SATURATED FAT	SODIUM	CREDIT	MENU CONTRIBUTION
SAUSAGE & PANCAKE ON A STICK	1690	220	3.50	460.00	M/MA, WGR	1 OZ. EQ. MEAT/MEAT ALTERNATE, 1 1/4 OZ. EQ. WHOLE GRAINS
WAFFLES IN A BAG	1645	200	1.50	220.00	WGR	2 OZ. EQ. WHOLE GRAINS
YOGURT PARFAIT (BRIGGS)	1691	288	1.05	106.80	M/MA, WGR, F	1 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/2 CUP FRUIT
YOGURT PARFAIT (CRUMBLY)	1692	288	0.81	79.91	M/MA, WGR, F	1 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/2 CUP OF FRUIT
YOGURTS AND MUFFINS	1686	274	0.97	124.00	M/MA, WGR	1 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN



## RECIPE LIST

### Breakfast Grains: Group E (300+ CALORIES)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
BACON, EGG AND CHEESE BISCUIT	1682	323	9.85	888.51	M/MA, WGR	1 1/2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
BREAKFAST SMOOTHIE	1694	387	0.58	199.74	M/MA, F, M	1 OZ. EQ. MEAT/MEAT ALTERNATE, 1/2 CUP FRUIT JUICE, 1 CUP OF MILK
STRAWBERRY TOASTER PASTRY (2)	1644	360	2.00	360.00	WGR	2 OZ. EQ. WHOLE GRAINS



## RECIPE LIST

### Breakfast Meat/Meat Alternate: Group A (0-99 CALORIES)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
BREAKFAST CHICKEN PATTY	1660	89	1.30	225.00	M/MA, WGR	1 OZ. EQ. MEAT/MEAT ALTERNATE, 1/4 OZ. EQ. WHOLE GRAIN
HAM SLICE	1680	40	0.50	390.00	M/MA	1 OZ. EQ. MEAT/MEAT ALTERNATE
SAUSAGE PATTY (SMALL)	1664	60	1.50	140.00	M/MA	1/4 OZ. EQ. MEAT/MEAT ALTERNATE
SCRAMBLED EGG PATTY	1666	46	0.86	95.00	M/MA	1 OZ. EQ. MEAT/MEAT ALTERNATE
SCRAMBLED EGGS	1661	53	1.07	56.34	M/MA	1 1/4 OZ. EQ. MEAT/MEAT ALTERNATE



## RECIPE LIST

### Breakfast Meat/Meat Alternate: Group B (100+ CALORIES)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
CHEESE OMELET	1662	134	3.47	281.30	M/MA	2 OZ. EQ. MEAT/MEAT ALTERNATE
RASPBERRY YOGURT	1667	100	0.50	50.00	M/MA	1 OZ. EQ. OF MEAT/MEAT ALTERNATE
SAUSAGE PATTY (LARGE)	1665	110	5.00	360.00	M/MA	3/4 OZ. EQ. MEAT/MEAT ALTERNATE
STRAWBERRY BANANA YOGURT	1668	100	0.50	50.00	M/MA	1 OZ. EQ. OF MEAT/MEAT ALTERNATE





## RECIPE LIST

### Fruits: Group A (0-49 CALORIES)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
APPLE SLICES IN A BAG	1202	30	0.00	1.00	F	1/2 CUP FRUIT
CANTALOUPE CUBES (FRESH)	1232	27	0.04	12.54	F	1/2 CUP FRUIT
GRAPEFRUIT HALVES (FRESH)	1227	41	0.02	0.00	F	1/2 CUP FRUIT
NECTARINES (FRESH)	1266	46	0.03	0.00	F	1/2 CUP FRUIT
PEACHES (FRESH)	1272	34	0.02	0.00	F	1/2 CUP FRUIT
PLUMS (FRESH)	1288	46	0.02	0.00	F	1/2 CUP FRUIT
SLICED APPLES (CANNED)	1214	32	0.00	12.11	F	1/2 CUP FRUIT
STRAWBERRIES (FRESH)	1292	29	0.01	0.91	F	1/2 CUP FRUIT
WATERMELON CHUNKS (FRESH)	1238	45	0.02	1.50	F	1/2 CUP FRUIT



## RECIPE LIST

### Fruits: Group B (50-74 CALORIES)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
APPLE AND ORANGE WEDGES (FRESH)	1240	53	0.02	0.32	F	1/2 CUP FRUIT
APPLES (FRESH)	1206	72	0.04	1.38	F	1/2 CUP FRUIT
APPLESAUCE (CANNED)	1204	59	0.01	2.27	F	1/2 CUP FRUIT
ASSORTED FRUIT JUICES	1246	65	0.00	0.05	F	1/2 CUP FRUIT
BLUEBERRIES (FRESH)	1222	52	0.03	0.91	F	1/2 CUP FRUIT
BLUEBERRIES WITH WHIPPED TOPPING	1221	74	1.18	1.18	F	1/2 CUP FRUIT
BLUSHING CHILLED PEARS (CANNED)	1276	71	0.00	8.21	F	1/2 CUP FRUIT
CHILLED PEACH SLICES (CANNED)	1274	65	0.00	6.01	F	1/2 CUP FRUIT
CHILLED PEAR HALVES (CANNED)	1282	69	0.00	6.01	F	1/2 CUP FRUIT
CRANBERRY SAUCE	1230	50	0.00	9.62		
FRESH FRUIT CUP	1250	64	0.04	3.03	F	1/2 CUP FRUIT
FRUIT COCKTAIL (CANNED)	1248	58	0.01	5.13	F	1/2 CUP FRUIT
GRAPES (FRESH)	1226	61	0.10	1.81	F	1/2 CUP FRUIT
HONEYDEW CUBES (FRESH)	1236	67	0.07	33.48	F	1/2 CUP FRUIT
KIWIFRUIT WEDGES (FRESH)	1228	70	0.03	3.42	F	1/2 CUP FRUIT
MANDARIN FRUIT CUP (CANNED)	1254	62	0.01	5.73	F	1/2 CUP FRUIT



## RECIPE LIST

### Fruits: Group B (50-74 CALORIES)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
MELON CUBES (FRESH)	1234	57	0.07	27.62	F	1/2 CUP FRUIT
ORANGES (FRESH)	1268	61	0.03	0.00	F	1/2 CUP FRUIT
PEARS (FRESH)	1280	68	0.01	1.18	F	1/2 CUP FRUIT
PINEAPPLE CUBES (FRESH)	1293	73	0.01	1.45	F	1/2 CUP FRUIT
PINEAPPLE TIDBITS (CANNED)	1286	72	0.01	1.20	F	1/2 CUP FRUIT
ROSEY APPLESAUCE	1212	70	0.01	11.07	F	1/2 CUP FRUIT



## RECIPE LIST

### Fruits: Group C (75-99 CALORIES)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
APPLE DELICIOUS (FRESH)	1200	94	0.04	19.39	F	1/2 CUP FRUIT
APRICOTS (CANNED)	1218	81	0.00	5.14	F	1/2 CUP FRUIT
CALICO FRUIT	1225	83	0.03	3.81	F	1/2 CUP FRUIT
CHILLED DICED PEARS (CANNED)	1283	78	0.00	6.82	F	1/2 CUP FRUIT
CHILLED PEACHES (FROZEN)	1275	80	0.00	0.00	F	1/2 CUP FRUIT
FRESH FRUIT BOWL	1244	84	0.05	1.06	F	1/2 CUP FRUIT
FROZEN FRUIT JUICE CUPS	1247	95	0.01	9.18	F	1/2 CUP FRUIT
FRUITED GELATIN	1258	96	0.00	34.42	F	1/2 CUP FRUIT
ORANGE SMILES (FRESH)	1270	77	0.03	0.00	F	1/2 CUP FRUIT
PEAR AND KIWIFRUIT MEDLEY	1256	86	0.01	6.64	F	1/2 CUP FRUIT
STRAWBERRY SLICES (FROZEN PC)	1295	90	0.00	0.00	F	1/2 CUP FRUIT
STRAWBERRY SLICES (FROZEN)	1294	78	0.01	2.45	F	1/2 CUP FRUIT
WALDORF FRUIT SALAD	1262	77	0.18	41.85	F	1/2 CUP FRUIT



## RECIPE LIST

### Fruits: Group D (100+)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
APRICOTS (FROZEN)	1219	110	0.00	5.00	F	1/2 CUP FRUIT
BANANA BERRY BLEND	1224	119	0.08	2.57	F	1/2 CUP FRUIT
BANANAS (FRESH)	1220	105	0.13	1.18	F	1/2 CUP FRUIT
HOT CINNAMON APPLES (CANNED)	1208	118	1.62	189.67	F	1/2 CUP FRUIT
PEAR SALAD (CANNED)	1284	102	1.50	96.22	F	1/2 CUP FRUIT
RAISINS	1290	129	0.03	4.73	F	1/2 CUP FRUIT
TANGERINES (FRESH)	1298	120	0.09	4.54	F	1/2 CUP FRUIT
TROPICAL APPLES (CANNED)	1216	152	1.63	48.79	F	1/2 CUP FRUIT
TROPICAL FRUIT (CANNED)	1249	126	0.03	2.93	F	1/2 CUP FRUIT
WALDORF TROPICAL FRUIT CUP	1264	109	0.23	3.73	F	1/2 CUP FRUIT

### Lunch Meat/Meat Alternate: Group A (0-199 CALORIES)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
BAKED BEANS (VEGETARIAN)	918	159	0.11	160.46	M/MA	2 OZ. EQ. SERVING MEAT/MEAT ALTERNATE
BAKED HAM	402	139	1.92	1115.97	M/MA	2 OZ. EQ. MEAT/MEAT ALTERNATE
BBQ CHICKEN	512	120	1.19	150.39	M/MA	2 OZ. EQ. MEAT/MEAT ALTERNATE
BBQ CHICKEN HAWAIIAN	554	167	1.19	426.59	M/MA	2 OZ. EQ. MEAT/MEAT ALTERNATE
BEEF POT ROAST	100	192	3.81	314.60	M/MA	2 OZ. EQ. MEAT/MEAT ALTERNATE
CAJUN CATFISH	200	157	2.93	731.54	M/MA	2 OZ. EQ. MEAT/MEAT ALTERNATE
CHEESE BLOCK	930	71	2.53	394.87	M/MA	1 OZ. EQ. MEAT/MEAT ALTERNATE
CHEESY BREADSTICK (1 OZ. EQ.)	924	150	2.50	390.00	M/MA, WGR	1 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
CHEESY BREADSTICKS W/MARINARA SAUCE	932	165	2.50	530.00	M/MA, WGR, V:R/O	1 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/8 CUP RED/ORANGE VEGETABLE
CHICKEN AND SAUSAGE JAMBALAYA	526	183	3.42	432.50	M/MA, WGR, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/4 CUP OTHER VEGETABLE
CHICKEN NOODLE SOUP	806	174	1.58	558.59	M/MA, WGR	1 OZ. EQ. MEAT/MEAT ALTERNATE, 1/2 OZ. EQ. WHOLE GRAIN
CHICKEN PATTY SLIDER (BAKED)	731	178	1.13	513.40	M/MA, WGR	1 OZ. EQ. MEAT/MEAT ALTERNATE, 1 1/4 OZ. EQ. WHOLE GRAINS
CHICKEN SALAD	606	169	1.92	231.33	M/MA	2 1/2 OZ. EQ. MEAT/MEAT ALTERNATE
CHICKEN SALAD IN A TOMATO	608	197	1.97	240.00	M/MA, V:R/O, V:O	2 1/2 OZ. EQ. MEAT/MEAT ALTERNATE, 1/2 CUP RED/ORANGE VEGETABLE, 1/8 CUP OF OTHER VEGETABLE
CHILI CON CARNE WITH BEANS	130	171	3.31	275.09	M/MA, V:R/O, V:O	2 OZ. EQ. SERVING OF MEAT/MEAT ALTERNATE, 1/8 CUP RED/ORANGE VEGETABLE, 1/8 CUP OTHER VEGETABLE
CHILI CON CARNE WITHOUT BEANS	132	182	4.11	221.75	M/MA, V:R/O, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1/8 CUP RED/ORANGE VEGETABLE, 1/8 CUP OTHER VEGETABLE

## Lunch Meat/Meat Alternate: Group A (0-199 CALORIES)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
CRISPY CHICKEN	510	152	1.23	69.81	M/MA	2 OZ. EQ. MEAT/MEAT ALTERNATE
HAM AND CHEESE SLIDERS	773	190	3.47	870.93	M/MA, WGR	1 1/2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
HAMBURGER STEAK WITH GRAVY-2 OUNCE	144	143	2.82	500.31	M/MA	2 OZ. EQ. MEAT/MEAT ALTERNATE
ITALIAN BAKED CHICKEN	502	114	1.19	192.00	M/MA	2 OZ. EQ. MEAT/MEAT ALTERNATE
KIDNEY BEANS	913	96	0.06	123.76	M/MA	2 OZ. EQ. MEAT/MEAT ALTERNATE
PINTO BEANS (CANNED)	912	146	0.28	253.90	M/MA	2 OZ. EQ. MEAT/MEAL ALTERNATE
RANCH BAKED CHICKEN	506	113	1.19	183.18	M/MA	2 OZ. EQ. MEAT/MEAT ALTERNATE
SEASONED BAKED CHICKEN	508	112	1.19	50.29	M/MA	2 OZ. EQ. MEAT/MEAT ALTERNATE
SLICED TURKEY WITH GRAVY	564	152	2.23	967.01	M/MA	2 OZ. EQ. MEAT/MEAT ALTERNATE
SOUTHERN FRIED CHICKEN	552	162	1.47	262.62	M/MA	2 OZ. EQ. MEAT/MEAT ALTERNATE
TUNA SALAD	630	182	1.12	575.07	M/MA	2 OZ. EQ. MEAT/MEAT ALTERNATE
TURKEY AND CHEESE SLIDERS	799	182	3.08	754.83	M/MA, WGR	1 1/2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
VEGETABLE BEEF SOUP	816	137	2.03	403.75	M/MA, V:R/O, V:S, V:O	1 OZ. EQ. MEAT/MEAT ALTERNATE, 1/8 CUP RED/ORANGE VEGETABLE, 1/8 CUP STARCHY VEGETABLE, 1/8 CUP OTHER VEGETABLE
VEGETABLE SOUP	814	124	0.31	496.95	V:B/P, V:R/O, V:O	1/4 CUP BEANS/PEAS, 1/4 CUP RED/ORANGE VEGETABLES, 1/8 CUP OTHER VEGETABLES
YOGURT	928	100	0.00	50.00	M/MA	1 OZ. EQ. MEAT/MEAT ALTERNATE



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## Lunch Meat/Meat Alternate: Group B (200-249 CALORIES)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
AMERICAN SUB SANDWICH	700	244	3.28	1653.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
BEEF RAVIOLI	102	249	4.01	783.25	M/MA, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1/4 CUP OTHER VEGETABLE
BEEF STEAK WITH GRAVY	146	223	6.12	550.97	M/MA	2 1/4 OZ. EQ. MEAT/MEAT ALTERNATE
CHEESEBURGER (2 OZ. EQ.)	726	226	5.04	605.84	M/MA, WGR	2 1/2 OZ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
CHEF SALAD	600	235	4.46	1247.00	M/MA, V:DG, V:R/O, V:O	2 1/2 OZ. EQ. MEAT/MEAT ALTERNATE, 3/8 CUP DARK GREEN VEGETABLE, 1/4 CUP RED/ORANGE VEGETABLE, 5/8 CUP OTHER VEGETABLE
CHEF SALAD, ELEMENTARY	601	228	4.46	1235.81	M/MA, V:DG, V:R/O, V:O	2 1/2 OZ. EQ. MEAT/MEAT ALTERNATE, 3/8 CUP DARK GREEN VEGETABLE, 1/4 CUP RED/ORANGE VEGETABLE, 1/2 CUP OTHER VEGETABLE
CHICKEN AND DUMPLINGS	522	244	4.13	495.72	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE; 1 OZ. EQ. WHOLE GRAIN
CHICKEN AND NOODLE CASSEROLE	524	221	1.78	272.35	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
CHICKEN EGG ROLL	563	223	1.20	364.00	M/MA, WGR, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/4 CUP OTHER VEGETABLE
CHICKEN NUGGETS (BAKED)	532	210	1.86	410.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
CHICKEN SALAD WITH CRACKERS	610	242	1.93	353.00	M/MA, WGR, V:O	2 1/2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/8 CUP OTHER VEGETABLE
CHILI BLANCO	566	249	1.81	778.79	M/MA, V:B/P	1 1/2 OZ. EQ. MEAT/MEAT ALTERNATE, 1/2 CUP BEAN/PEA VEGETABLES
CORN DOG	744	231	2.47	377.30	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 1/2 OZ. EQ. WHOLE GRAINS
COUNTRY FRIED STEAK (MADE)	136	210	4.62	232.84	M/MA	2 OZ. EQ. MEAT/MEAT ALTERNATE
FISH NUGGETS (BAKED)	202	240	0.67	320.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE PORTION, 1 OZ. EQ. WHOLE GRAIN
FISH SQUARE (BAKED)	216	220	1.00	280.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN





## RECIPE LIST

### Lunch Meat/Meat Alternate: Group B (200-249 CALORIES)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
FRIED CATFISH	206	206	1.07	479.41	M/MA	2 OZ. EQ. MEAT/MEAT ALTERNATE
GRILLED CHEESE SANDWICH (1 OZ. EQ.)	762	208	5.71	641.54	M/MA, WGR	1 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
HAM AND CHEESE SANDWICH	770	233	4.07	1248.93	M/MA, WGR	2 1/2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
MEAT BALLS	161	209	4.08	138.07	M/MA, WGR, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1/2 OZ. EQ. WHOLE GRAIN, 1/8 CUP SERVING OTHER VEGETABLE
MEATLOAF	160	231	4.62	373.95	M/MA	2 OZ. EQ. MEAT/MEAT ALTERNATE
PHILLY CHICKEN SANDWICH	707	233	1.21	805.22	M/MA, WGR, V:O	2 1/2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS, 1/4 CUP OTHER VEGETABLE
PIMENTO CHEESE SANDWICH	785	247	6.56	655.20	M/MA, WGR	1 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
ROAST BEEF ON BUN	786	218	2.02	890.86	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
ROAST BEEF SUB SANDWICH	788	218	2.02	870.70	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
SALISBURY STEAK WITH GRAVY	172	240	5.16	306.00	M/MA	2 1/4 OZ. EQ. MEAT/MEAT ALTERNATE
SHEPHERD'S PIE	174	249	4.29	281.52	M/MA, V:S	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1/4 CUP STARCHY VEGETABLE
SWISS STEAK WITH TOMATO GRAVY	183	249	4.43	437.74	M/MA, V:R/O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1/8 CUP RED/ORANGE VEGETABLE
TUNA RANCH ON FLAT BREAD	703	212	1.18	646.68	M/MA, WGR, V:DG, V:R/O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 1/4 OZ. EQ. WHOLE GRAINS, 1/8 CUP DARK GREEN VEGETABLE, 1/8 CUP RED/ORANGE VEGETABLE
TUNA RANCH WRAP (BRIGGS)	794	212	2.18	596.68	M/MA, WGR, V:DG, V:R/O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 1/4 OZ. EQ. WHOLE GRAINS, 1/8 CUP DARK GREEN VEGETABLE, 1/8 CUP RED/ORANGE VEGETABLE
TUNA RANCH WRAP (MERCHANTS)	794	232	2.18	586.68	M/MA, WGR, V:DG, V:R/O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 3/4 OZ. EQ. WHOLE GRAINS, 1/8 CUP DARK GREEN VEGETABLE, 1/8 CUP RED/ORANGE VEGETABLE.
TUNA SALAD IN A TOMATO	632	212	1.17	583.82	M/MA, V:R/O, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1/2 CUP RED/ORANGE VEGETABLE, 1/8 CUP OTHER VEGETABLE



## RECIPE LIST

### Lunch Meat/Meat Alternate: Group B (200-249 CALORIES)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
VEGETABLE CHILI	916	240	3.74	478.64	M/MA, V:R/O	2 3/4 OZ. EQ. MEAT/MEAT ALTERNATE, 1/4 CUP RED/ORANGE VEGETABLE



# RECIPE LIST

## Lunch Meat/Meat Alternate: Group C (250-299 CALORIES)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
ASSORTED SANDWICHES	701	272	4.51	492.60	M/MA, WGR	1 OZ. EQ. MEAT/MEAT ALTERNATES, 2 OZ. EQ. WHOLE GRAINS
BACON BURGER (2 OZ. EQ.)	702	292	3.34	783.79	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
BAKED FISH SCANDIA	212	253	1.87	416.10	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
BAKED PORK CHOP	420	285	7.57	487.61	M/MA	2 OZ. EQ. MEAT/MEAT ALTERNATE
BBQ CHICKEN SANDWICH	714	269	0.67	859.74	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
BBQ PORK SANDWICH	716	274	3.27	661.12	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
BBQ TURKEY SANDWICH	724	295	1.55	1250.93	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
BEAN TACO	904	265	4.45	399.30	M/MA, WGR, V:R/O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/8 CUP RED/ORANGE VEGETABLE
BEEF AND BEAN BURRITO (PURCHASED)	118	280	2.00	470.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
BEEF TACO WITH CRISPY SHELL	108	296	6.79	442.07	M/MA, WGR, V:R/O, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/4 CUP OF RED/ORANGE VEGETABLE, 1/4 CUP OF OTHER VEGETABLE
BEEF TACO WITH SOFT TORTILLA	109	285	6.79	631.65	M/MA, WGR, V:R/O, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/4 CUP RED/ORANGE VEGETABLE, 1/4 CUP OTHER VEGETABLE
BEEF TIPS OVER NOODLES	112	273	4.68	502.69	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
BREADED STEAK WITH BROWN GRAVY	116	282	7.25	842.95	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
BREADSTICKS W/VEGETABLE BEEF SOUP	826	287	4.53	794.00	M/MA, WGR, V:R/O, V:S, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/8 CUP RED/ORANGE VEGETABLE, 1/8 CUP STARCHY VEGETABLE, 1/8 CUP OTHER VEGETABLE
BROCCOLI CHICKEN CASSEROLE	514	260	9.13	333.32	M/MA, V:O	2 1/2 OZ. EQ. MEAT/MEAT ALTERNATE, 1/8 CUP SERVING OTHER VEGETABLE
CHICKEN FAJITAS (COMMODITY)	527	285	5.50	1130.29	M/MA, WGR, V:R/O	3 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/8 CUP RED/ORANGE VEGETABLE

### Lunch Meat/Meat Alternate: Group C (250-299 CALORIES)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
CHICKEN FAJITAS(DICED)	529	284	5.08	783.24	M/MA, WGR, V:R/O	3 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/8 CUP RED/ORANGE VEGETABLE
CHICKEN FAJITAS (PURCHASED)	528	252	4.41	1019.27	M/MA, WGR, V:R/O	3 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/8 CUP RED/ORANGE VEGETABLE
CHICKEN NUGGETS (FRIED)	534	257	2.39	410.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
CHICKEN PARMESAN	536	262	3.13	662.17	M/MA	2 1/2 OZ. EQ. MEAT/MEAT ALTERNATE
CHICKEN QUESADILLA (BRIGGS)	541	266	3.00	732.77	M/MA, WGR, V:R/O	2 1/2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 1/4 OZ. EQ. WHOLE GRAINS, 1/8 CUP RED/ORANGE VEGETABLE
CHICKEN QUESADILLAS (MERCHANTS)	541	286	3.00	722.77	M/MA, WGR, V:R/O	2 1/2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 3/4 OZ. EQ. WHOLE GRAINS, 1/8 CUP RED/ORANGE VEGETABLE
CHICKEN SALAD SALAD	612	280	2.98	733.00	M/MA, F, V:DG, V:R/O, V:O	2 3/4 OZ. EQ. MEAT/MEAT ALTERNATE, 1/4 CUP FRUIT, 1/2 CUP DARK GREEN VEGETABLE, 1/4 CUP RED/ORANGE VEGETABLE, 5/8 CUP OTHER VEGETABLE
CHICKEN SALAD SANDWICH	738	269	1.92	441.33	M/MA, WGR	2 1/2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
CHICKEN TENDERS (BAKED)	546	260	2.00	679.99	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
CHILI CHEESE QUESADILLA	170	260	3.00	690.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
CORN DOG NUGGETS	406	261	1.54	645.79	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
FISH NUGGETS (FRIED)	204	285	1.12	320.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
FISH SQUARE (FRIED)	214	261	1.41	280.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
GRILLED CHICKEN SANDWICH	764	286	1.51	828.20	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
HAM AND CHEESE ON A BUN	768	281	6.30	1194.83	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
HAMBURGER (2 OZ. EQ.)	775	265	2.51	681.60	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS



## RECIPE LIST

### Lunch Meat/Meat Alternate: Group C (250-299 CALORIES)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
HOT DOG	778	290	6.00	851.14	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 1/2 OZ. EQ. WHOLE GRAINS
HUNTINGTON CHICKEN	558	281	3.83	889.31	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
LEMON PEPPER CHICKEN	504	260	6.00	169.00	M/MA	3 OZ. EQ. MEAT/MEAT ALTERNATE
PHILLY CHEESESTEAK HOAGIE	782	250	2.26	636.77	M/MA, WGR, V:O	2 1/2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS, 1/4 CUP OTHER VEGETABLE
PHILLY CHEESESTEAK SANDWICH	781	266	3.83	725.57	M/MA, WGR, V:O	2 1/2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS, 1/8 CUP OTHER VEGETABLE
RANCH PARMESAN PASTA CHICKEN	562	292	4.67	548.14	M/MA, WGR, V:DG, V:R/O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/8 CUP DARK GREEN VEGETABLE, 1/8 CUP RED/ORANGE VEGETABLE
RED BEANS AND RICE WITH SAUSAGE	416	298	3.56	587.00	M/MA, WGR	2 3/4 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
SAUSAGE PIZZA	312	290	3.50	580.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
SLOPPY JOE SLIDER	790	286	4.04	443.63	M/MA, WGR, V:R/O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/8 CUP RED/ORANGE VEGETABLE
SOY BUTTER AND JELLY SANDWICH	789	290	2.50	310.00	M/MA, WGR	1 OZ. EQ. MEAT/MEAT ALTERNATE, 1 1/4 OZ. EQ. WHOLE GRAINS
STEAK FINGERS	180	290	5.00	480.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
TACO SOUP	812	273	4.06	454.23	M/MA, V:B/P, V:R/O, V:O	2 OZ. MEAT/MEAT ALTERNATE, 1/4 CUP BEANS/PEAS VEGETABLES, 1/4 CUP RED/ORANGE VEGETABLES, 1/8 CUP OTHER VEGETABLES.
TAMALE PIE	169	258	4.50	368.44	M/MA, WGR, V:R/O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 1/4 OZ. EQ. WHOLE GRAINS, 1/8 CUP RED/ORANGE VEGETABLE
TUNA SALAD SALAD	634	283	2.19	659.30	M/MA, F, V:DG, V:R/O, V:O	2 1/2 OZ. EQ. MEAT/MEAT ALTERNATE, 1/4 CUP FRUIT, 1/2 CUP DARK GREEN VEGETABLE, 1/4 CUP RED/ORANGE VEGETABLE, 5/8 CUP OTHER VEGETABLE
TUNA SALAD SANDWICH	795	282	1.12	785.07	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
TUNA SALAD WITH CRACKERS	636	254	1.13	696.95	M/MA, WGR, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/8 CUP OTHER VEGETABLE



## RECIPE LIST

### Lunch Meat/Meat Alternate: Group C (250-299 CALORIES)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
TURKEY AND CHEESE HOAGIE	793	273	5.91	1058.50	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
TURKEY & CHEESE ON A BUN	796	273	5.91	1078.63	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
VEGETABLE LASAGNA	914	296	2.98	928.16	M/MA, WGR, V:DG, V:R/O, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/4 CUP DARK GREEN VEGETABLE, 1/2 CUP RED/ORANGE VEGETABLE, 1/8 CUP OTHER VEGETABLE
VEGETABLE QUESADILLA (BRIGGS)	920	280	5.54	617.94	M/MA, WGR, V:O	1 1/4 OZ. EQ. MEAT/MEAT ALTERNATE, 1 1/4 OZ. EQ. WHOLE GRAINS, 1/8 CUP OTHER VEGETABLE

### Lunch Meat/Meat Alternate: Group D (300-349 CALORIES)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
ARROZ CON QUESO	900	344	10.88	853.01	M/MA, WGR, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 3/4 OZ. EQ. WHOLE GRAIN, 1/4 CUP OTHER VEGETABLE
BACON CHEESEBURGER (2 1/2 OZ. EQ.)	706	346	6.16	997.43	M/MA, WGR	2 1/2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
BBQ BEEF BURGER	712	347	4.72	586.32	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
BBQ PULLED PORK BURGER	718	304	3.67	532.85	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
BEAN BURRITO	902	311	9.21	865.91	M/MA, WGR, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/4 CUP OTHER VEGETABLE
BEEF-A-RONI	114	306	4.90	401.87	M/MA, WGR, V:R/O	2 3/4 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 3/8 CUP RED/ORANGE VEGETABLE
BEEF STEAK BURGER (2 1/4 OZ. EQ.)	776	346	5.81	660.07	M/MA, WGR	2 1/4 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
BEEF STROGANOFF OVER RICE	142	349	4.88	445.28	M/MA, WGR	2 OZ. EQ. OF MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
CHEESEBURGER (2 1/2 OZ. EQ.)	728	320	5.33	823.05	M/MA, WGR	2 1/2 OZ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
CHEESE PIZZA	310	310	4.00	600.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
CHEESY BREADSTICKS (2 OZ. EQ.)	926	300	5.00	780.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
CHEESY CHICKEN FIESTA OVER RICE	517	340	6.95	527.83	M/MA, WGR	2 1/2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
CHEESY CHICKEN OVER RICE	516	336	6.95	463.83	M/MA, WGR	2 1/2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
CHICKEN A LA KING OVER RICE	518	311	7.48	272.00	M/MA, WGR, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/4 CUP OTHER VEGETABLE
CHICKEN AND HAM LOADED BAKED POTATO	559	347	6.91	430.16	M/MA, V:DG, V:S	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1/4 CUP DARK GREEN VEGETABLE, 3/4 CUP STARCHY VEGETABLE
CHICKEN AND SAUSAGE GUMBO OVER RICE	800	325	2.69	712.22	M/MA, WGR, V:R/O, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/8 CUP RED/ORANGE VEGETABLE, 3/8 CUP OTHER VEGETABLE



# RECIPE LIST

## Lunch Meat/Meat Alternate: Group D (300-349 CALORIES)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
CHICKEN FIESTA MELT	515	310	5.59	844.91	M/MA, WGR	2 1/2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
CHICKEN NACHOS	530	305	6.71	994.46	M/MA, WGR, V:R/O, V:O	3 OZ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/4 CUP RED/ORANGE VEGETABLE, 1/8 CUP OTHER VEGETABLE
CHICKEN SALAD IN A BREAD BOWL	713	329	2.42	356.33	M/MA, WGR	2 1/2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
CHICKEN SPAGHETTI	542	302	1.74	446.57	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
CHICKEN STIR-FRY OVER RICE	544	331	1.61	340.41	M/MA, WGR, V:O	2 OZ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/2 CUP OTHER VEGETABLES
CHICKEN TENDERS (FRIED)	548	311	2.52	679.99	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. OF WHOLE GRAIN
CHICKEN TENDERS SALAD	614	316	5.76	1210.31	M/MA, WGR, V:DG, V:R/O, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 5/8 CUP DARK GREEN VEGETABLE, 5/8 CUP OTHER VEGETABLE, 1/4 CUP RED/ORANGE VEGETABLE
CHICKEN TETRAZZINI	550	318	2.71	330.73	M/MA, WGR, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/4 CUP OTHER VEGETABLE
FAJITA CHICKEN LOADED BAKED POTATO	560	312	1.03	969.57	M/MA, V:S, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 3/4 CUP STARCHY VEGETABLE, 1/8 CUP OTHER VEGETABLE
GRILLED CHEESE SANDWICH (2 OZ. EQ.)	760	317	11.41	1073.08	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
HAM AND CHEESE ON FLAT BREAD	767	339	7.14	1506.12	M/MA, WGR	2 1/2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 1/4 OZ. EQ. WHOLE GRAINS
HAM AND CHEESE ON HOAGIE	766	302	6.66	1279.06	M/MA, WGR	2 1/2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
HAM AND CHEESE WRAP (BRIGGS)	772	312	8.10	1436.59	M/MA, WGR, V:O	3 OZ. EQ. MEAT/MEAT ALTERNATE, 1 1/4 OZ. EQ. WHOLE GRAINS, 1/8 CUP OTHER VEGETABLE
HAM AND CHEESE WRAP (MERCHANTS)	772	322	8.10	1426.59	M/MA, WGR, V:O	3 OZ. EQ. MEAT/MEAT ALTERNATE, 1 3/4 OZ. EQ. WHOLE GRAINS, 1/8 CUP OTHER VEGETABLE
HAM AND TURKEY ON BUN	774	311	6.55	1449.73	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
HONEY LEMON CHICKEN	500	311	6.00	276.04	M/MA	3 OZ. EQ. MEAT/MEAT ALTERNATE



## Lunch Meat/Meat Alternate: Group D (300-349 CALORIES)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
LADA BURRITO WITH BEANS	910	337	4.36	1181.60	M/MA, WGR, V:R/O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/4 CUP RED/ORANGE VEGETABLE
LASAGNA	154	334	6.54	444.00	M/MA, WGR, V:R/O, V:O	3 OZ. EQ. MEAT/MEAT ALTERNATE, 3/4 OZ. EQ. WHOLE GRAIN, 3/8 CUP RED/ORANGE VEGETABLE, 1/4 CUP OTHER VEGETABLE
PEANUT BUTTER AND JELLY SANDWICH	780	342	3.29	363.65	M/MA, WGR	1 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
PEPPERONI PIZZA, WEDGE	306	300	4.50	650.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
PIZZA IN A BREAD BOWL	717	346	5.24	1157.85	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
PORK JAMBALAYA	414	322	5.74	718.11	M/MA, WGR, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/2 CUP OTHER VEGETABLE
SLOPPY JOE ON A BUN	791	318	4.03	504.26	M/MA, WGR, V:R/O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS, 1/8 CUP RED/ORANGE VEGETABLE
SPICY CHICKEN SANDWICH	736	324	2.68	1316.77	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 3 OZ. EQ. WHOLE GRAINS
TACO OLÉ WITH CHIPS	186	327	7.70	491.97	M/MA, WGR, V:R/O, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/8 CUP RED/ORANGE VEGETABLE, 1/8 CUP OTHER VEGETABLE
TUNA SALAD IN BREAD BOWL	715	342	1.62	700.07	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
TURKEY AND CHEESE ON FLAT BREAD	711	312	6.87	1323.57	M/MA, WGR, V:O	3 OZ. EQ. MEAT/MEAT ALTERNATE, 2 1/4 OZ. EQ. WHOLE GRAINS, 1/8 CUP OTHER VEGETABLE
TURKEY AND CHEESE WRAP (BRIGGS)	798	312	7.87	1273.57	M/MA, WGR, V:R/O, V:O	3 OZ. EQ. MEAT/MEAT ALTERNATE, 1 1/4 OZ. EQ. WHOLE GRAINS, 1/8 CUP RED/ORANGE VEGETABLE, 1/8 CUP OTHER VEGETABLE
TURKEY AND CHEESE WRAP (MERCHANTS)	798	332	7.87	1263.57	M/MA, WGR, V:R/O, V:O	3 OZ. EQ. MEAT/MEAT ALTERNATE, 1 3/4 OZ. EQ. WHOLE GRAIN, 1/8 CUP RED/ORANGE VEGETABLE, AND 1/8 CUP OTHER VEGETABLE
VEGETABLE QUESADILLA (MERCHANTS)	920	300	5.54	607.94	M/MA, WGR, V:O	1 1/4 OZ. EQ. MEAT/MEAT ALTERNATE, 1 3/4 OZ. EQ. WHOLE GRAINS, 1/8 CUP OTHER VEGETABLE



# RECIPE LIST

## Lunch Meat/Meat Alternate: Group E (350-399 CALORIES)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
BACON BURGER (2 1/4 OZ. EQ.)	704	372	6.64	834.45	M/MA, WGR	2 1/4 OZ. EQ. OF MEAT/MEAT ALTERNATE, 2 OZ. EQ. OF WHOLE GRAINS
BBQ RIB SANDWICH	720	369	4.00	1464.73	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
BEEF STEAK CHEESEBURGER	730	399	8.63	948.15	M/MA, WGR	2 3/4 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS.
BEEFY NACHOS GRANDE	168	380	7.52	700.62	M/MA, WGR, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/8 CUP OTHER VEGETABLE
CHEESY BREADSTICKS WITH CHILI	122	353	6.53	1027.00	M/MA, WGR	3 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
CHICKEN FAJITA ON FLAT BREAD	705	363	3.84	1688.50	M/MA, WGR, V:R/O	3 OZ. EQ. MEAT/MEAT ALTERNATE, 2 1/4 OZ. EQ. WHOLE GRAINS, 1/8 CUP RED/ORANGE VEGETABLE
CHICKEN FAJITA WRAP (BRIGGS)	748	363	4.84	1638.50	M/MA, WGR, V:R/O	3 OZ. EQ. MEAT/MEAT ALTERNATE, 1 1/4 OZ. EQ. WHOLE GRAINS, 1/8 CUP RED/ORANGE VEGETABLE
CHICKEN FAJITA WRAP (MERCHANTS)	748	383	4.84	1628.50	M/MA, WGR, V:R/O	3 OZ. EQ. MEAT/MEAT ALTERNATE, 1 3/4 OZ. EQ. WHOLE GRAINS, 1/8 CUP RED/ORANGE VEGETABLE
CHICKEN PATTY SANDWICH (BAKED)	732	370	2.50	944.04	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 3 OZ. EQ. WHOLE GRAINS
CHILI DOG	742	391	8.01	1170.00	M/MA, WGR	2 1/2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 1/2 OZ. EQ. WHOLE GRAINS
CHILI IN A BREAD BOWL	710	399	7.73	533.95	M/MA, WGR, V:R/O, V:O	2 1/2 OZ. EQ. OF MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS, 1/8 CUP RED/ORANGE VEGETABLE, 1/8 OTHER VEGETABLE
COUNTRY FRIED STEAK SANDWICH	746	393	6.61	809.63	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 3 OZ. EQ. WHOLE GRAINS
FISH SANDWICH (BAKED)	750	350	1.00	570.17	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 3 OZ. EQ. WHOLE GRAINS
FISH SANDWICH (FRIED)	752	391	1.41	570.17	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 3 OZ. EQ. WHOLE GRAINS
FRUIT AND COTTAGE CHEESE SALAD	616	359	2.07	451.96	M/MA, WGR, F	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/2 CUP FRUIT
GRILLED FAJITA SALAD (PURCHASED)	604	378	7.87	1186.97	M/MA, WGR, V:DG, V:R/O, V:O	3 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/2 CUP DARK GREEN VEGETABLE, 1/4 CUP RED/ORANGE VEGETABLE, 1/2 CUP OTHER VEGETABLE

### Lunch Meat/Meat Alternate: Group E (350-399 CALORIES)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
ITALIAN ROTINI CASSEROLE	148	357	5.97	640.63	M/MA, WGR, V:R/O, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/2 CUP RED/ORANGE VEGETABLE, 1/4 CUP OTHER VEGETABLE
LOADED BAKED POTATO SOUP	808	391	9.48	556.04	M/MA, V:S	1/2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 CUP STARCHY VEGETABLE
MEXICAN PIZZA	302	357	5.96	774.27	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
PEPPERONI PIZZA, 16"	308	377	7.13	703.18	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
PIGS IN A BLANKET	784	356	6.40	895.88	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
SLOPPY JOE IN A BREAD BOWL	792	353	4.54	388.63	M/MA, WGR, V:R/O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS, 1/8 CUP RED/ORANGE VEGETABLE
SPAGHETTI AND MEAT SAUCE	178	356	4.11	654.28	M/MA, WGR, V:R/O, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/2 CUP RED/ORANGE VEGETABLE, 1/4 CUP OTHER VEGETABLES
STROMBOLI SUPREME	418	365	4.44	1264.49	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 1/2 OZ. EQ. WHOLE GRAINS
STUFFED CRUST PIZZA	304	390	5.00	1000.06	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
TACO PIE	184	365	9.06	1017.80	M/MA, WGR, V:R/O	2 3/4 OZ. EQ. MEAT/MEAT ALTERNATE, 3/4 OZ. EQ. WHOLE GRAIN, 1/4 CUP RED/ORANGE VEGETABLE
VEGETABLE SOUP AND SANDWICH	824	396	4.82	989.54	M/MA, WGR, V:B/P, V:R/O, V:O	1 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS, 1/4 CUP BEANS/PEAS VEGETABLE, 1/8 CUP RED/ORANGE VEGETABLE, 1/8 CUP OTHER VEGETABLE

### Lunch Meat/Meat Alternate: Group F (400+ CALORIES)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
CHEESEBURGER PIE (WITH BISCUITS)	120	401	9.82	709.75	M/MA, WGR, V:R/O, V:O	3 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/4 CUP RED/ORANGE VEGETABLE, 1/8 CUP OTHER VEGETABLE
CHEESY BURGER BAKE (WITH TOTS)	126	465	9.51	944.64	M/MA, WGR, V:R/O, V:S	3 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/2 CUP SERVING RED/ORANGE VEGETABLE, 1/2 CUP SERVING STARCHY VEGETABLE
CHEESY MACARONI (MADE)	908	449	16.06	1120.89	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
CHICKEN NOODLE SOUP AND SANDWICH	820	446	6.10	1051.19	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 1/2 OZ. EQ. WHOLE GRAINS
CHICKEN PATTY SANDWICH (FRIED)	734	426	3.18	944.04	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 3 OZ. EQ. WHOLE GRAINS
CHICKEN RANCH SALAD	602	453	6.25	1197.00	M/MA, WGR, V:DG, V:R/O, V:O	2 1/2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/2 CUP DARK GREEN VEGETABLE, 1/4 CUP RED/ORANGE VEGETABLE, 1/2 CUP OTHER VEGETABLE
CHILI CHEESE CORN CHIPS	128	424	10.54	620.00	M/MA, WGR, V:R/O, V:O	3 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/8 CUP RED/ORANGE VEGETABLE, 1/8 CUP OTHER VEGETABLE
FISH MELT	754	404	3.82	783.80	M/MA, WGR	2 1/2 OZ. EQ. MEAT/MEAT ALTERNATE, 3 OZ. EQ. WHOLE GRAINS
FRUIT AND YOGURT PLATE	618	432	6.76	570.86	M/MA, WGR, F, V:DG	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/2 CUP FRUIT, 1/8 CUP DARK GREEN VEGETABLE
FRUIT, YOGURT AND SANDWICH COMBO	745	426	4.82	615.05	M/MA, WGR, F, V:DG	3 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS, 1/2 CUP FRUIT, 1/8 CUP DARK GREEN VEGETABLE
GRILLED CHICKEN SALAD	620	412	6.94	1346.47	M/MA, WGR, V:DG, V:R/O, V:O	3 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 5/8 CUP DARK GREEN VEGETABLE, 1/8 CUP RED/ORANGE VEGETABLE, 1/2 CUP OTHER VEGETABLE
GRILLED FAJITA SALAD (COMMODITY)	605	411	8.98	1301.59	M/MA, WGR, V:DG, V:R/O, V:O	2 1/2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/2 CUP DARK GREEN VEGETABLE, 1/4 CUP RED/ORANGE VEGETABLE, 1/2 CUP OTHER VEGETABLE
JOHN WAYNE CASSEROLE	150	408	12.20	802.70	M/MA, WGR, V:O	2 1/4 OZ. EQ. MEAT/MEAT ALTERNATE, 1/2 OZ. EQ. WHOLE GRAIN, 1/8 CUP OTHER VEGETABLE
MACARONI & CHEESE WITH A HAM SLICE	412	400	11.35	1091.40	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
SEAFOOD BASKET	210	494	2.82	773.75	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 3 1/2 OZ. EQ. WHOLE GRAINS
VEGETABLE BEEF SOUP & SANDWICH	822	409	6.55	896.35	M/MA, WGR, V:B/P, V:R/O, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS, 1/4 CUP BEANS/PEAS VEGETABLE, 1/4 CUP RED/ORANGE VEGETABLE, 1/8 CUP OTHER VEGETABLE



## RECIPE LIST

### Lunch Meat/Meat Alternate: Group F (400+ CALORIES)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
VEGETARIAN WRAP (BRIGGS)	936	519	15.51	1368.45	M/MA, WGR, V:0	1 1/4 OZ. EQ. MEAT/MEAT ALTERNATE, 1 1/4 OZ. EQ. WHOLE GRAINS, 3/8 CUP OTHER VEGETABLE
VEGETARIAN WRAP (MERCHANTS)	936	539	15.51	1358.45	M/MA, WGR, V:0	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 3/4 OZ. EQ. WHOLE GRAINS, 3/8 CUP OF OTHER VEGETABLE
VEGETARIAN WRAP ON FLAT BREAD	934	519	14.51	1418.45	M/MA, WGR, V:0	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 1/4 OZ. EQ. WHOLE GRAINS, 3/8 CUP OTHER VEGETABLE

### Lunch Grains

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
CORNBREAD (1 OZ. EQ.)	1300	103	0.91	434.77	WGR	1 OZ. EQ. WHOLE GRAIN
CORNBREAD (2 OZ. EQ.)	1301	205	1.82	869.55	WGR	2 OZ. EQ. WHOLE GRAINS
CROUTONS	1317	50	0.00	105.00	WGR	1 OZ. EQ. WHOLE GRAIN
FIESTA RICE	1345	128	0.23	542.98	WGR, V:O	1 OZ. EQ. WHOLE GRAIN, 1/8 CUP OTHER VEGETABLE
FRIED RICE	1347	165	0.58	312.57	M/MA, WGR, V:O	1/4 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/8 CUP OTHER VEGETABLE
GARLIC TOAST	1351	100	0.50	170.00	WGR	1 OZ. EQ. WHOLE GRAIN
HUSHPUPIES	1332	105	0.72	198.58	WGR	1 OZ. EQ. WHOLE GRAIN
MACARONI AND CHEESE (CHEESE SAUCE)	1338	119	0.81	1115.96	WGR	1 OZ. EQ. WHOLE GRAIN
MEXICAN CORNBREAD	1307	170	1.56	281.27	WGR	1 1/2 OZ. EQ. WHOLE GRAINS
PASTA WITH ITALIAN RED SAUCE	1340	131	0.00	270.17	WGR, V:R/O	1 OZ. EQ. WHOLE GRAIN, 1/4 CUP RED/ORANGE VEGETABLE
RICE	1341	99	0.11	98.47	WGR	1 OZ. EQ. WHOLE GRAIN
ROLL, 1 OZ. EQ.(PURCHASED)	1356	90	0.50	140.00	WGR	1 OZ. EQ. WHOLE GRAIN
ROLL, 2 OZ.EQ.(PURCHASED)	1355	150	1.00	220.00	WGR	2 OZ. EQ. WHOLE GRAINS
ROLLS (MADE)	1353	176	0.40	285.88	WGR	2 OZ. EQ. WHOLE GRAINS
SALTINE CRACKERS	1369	68	0.00	120.00	WGR	1 OZ. EQ. WHOLE GRAIN
SALTINE CRACKERS (MINI)	1367	100	0.00	120.00	WGR	1 OZ. EQ. WHOLE GRAIN



## RECIPE LIST

### Lunch Grains

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
SPANISH RICE	1343	241	0.32	63.45	WGR	1 OZ. EQ. WHOLE GRAIN
SWEET POTATO MUFFINS	1370	159	0.36	248.91	WGR	1 1/4 OZ. EQ. WHOLE GRAINS
WHOLE WHEAT BREAD CRUMBS	1303	911	0.00	2031.16	WGR	14 OZ. EQ. WHOLE GRAINS



## RECIPE LIST

### Vegetables: Beans/Peas

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
BAKED BEANS (CANNED)	1000	162	0.15	180.29	V:B/P	1/2 CUP OF BEANS/PEAS VEGETABLE
BAKED BEANS W/SPICE BLEND (CANNED)	1002	131	0.10	180.26	V:B/P	1/2 CUP BEANS/PEAS VEGETABLE
BLACK-EYED PEAS (CANNED)	1006	166	0.01	196.60	V:B/P	1/2 CUP BEANS/PEAS VEGETABLE
RANCH-STYLE BLACK BEANS (CANNED)	1008	158	0.16	252.63	V:B/P	1/2 CUP BEANS/PEAS VEGETABLE
REFRIED BEANS (CANNED)	1138	142	1.47	304.90	V:B/P	1/2 CUP BEANS/PEAS VEGETABLE
SEASONED LIMA BEANS (CANNED)	1005	145	0.62	185.57	V:B/P	1/2 CUP SERVING BEANS/PEAS VEGETABLE
TEX-MEX BEANS (CANNED)	1010	126	0.15	343.35	V:B/P	1/2 CUP BEAN/PEAS VEGETABLE



## Vegetables: Dark Green

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
BROCCOLI, CHEESE & RICE CASSEROLE	1013	174	3.57	370.51	M/MA, WGR, V:DG	1/2 OZ. EQ. MEAT/MEAT ALTERNATE, 1/2 OZ. EQ. WHOLE GRAIN, 1/2 CUP DARK GREEN VEGETABLE
BROCCOLI FLORETS WITH DIP (FRESH)	1148	25	0.02	129.50	V:DG	1/2 CUP DARK GREEN VEGETABLE
BROCCOLI SALAD (FRESH)	1106	120	1.74	402.13	V:DG	1/2 CUP DARK GREEN VEGETABLE
BROCCOLI SALAD WITH GRAPES (FRESH)	1110	133	1.23	225.79	V:DG, F	1/2 CUP DARK GREEN VEGETABLE, 1/4 CUP FRUIT
CARROT, PEPPER STRIP & BROCCOLI	1019	68	0.05	431.96	V:R/O, V:DG, V:O	1/4 CUP RED/ORANGE VEGETABLE, 1/8 CUP DARK GREEN VEGETABLE, 1/8 CUP OTHER VEGETABLE
CHEESY BROCCOLI AND CAULIFLOWER	1056	38	0.22	242.50	V:DG, V:O	1/4 CUP SERVING DARK GREEN VEGETABLE, 1/4 CUP SERVING OTHER VEGETABLE
CHEESY BROCCOLI (FROZEN)	1012	52	0.34	202.35	V:DG	1/2 CUP DARK GREEN VEGETABLE
GARDEN SALAD WITH DRESSING (FRESH)	1118	25	0.20	131.00	V:DG, V:O	1/4 CUP DARK GREEN VEGETABLE, 1/8 CUP OTHER VEGETABLE
HERBED BROCCOLI AND CAULIFLOWER	1011	82	2.08	236.68	V:DG, V:O	1/4 CUP DARK GREEN VEGETABLE, 1/4 CUP OTHER VEGETABLE
RAW VEGGIES WITH DIP	1124	33	0.02	134.49	V:DG, V:R/O, V:O	1/8 CUP DARK GREEN VEGETABLE, 1/4 CUP RED/ORANGE VEGETABLE, 1/8 CUP OTHER VEGETABLE
SOUTHERN COLLARD GREENS (FROZEN)	1045	61	0.30	105.63	V:DG	1/2 CUP DARK GREEN VEGETABLE
SOUTHERN MUSTARD GREENS (FROZEN)	1047	34	0.11	52.15	V:DG	1/2 CUP SERVING OF DARK GREEN VEGETABLE
SOUTHERN TURNIP GREENS (FROZEN)	1046	57	0.24	87.84	V:DG	1/2 CUP DARK GREEN VEGETABLE
SPINACH SALAD (FRESH)	1119	88	1.81	343.59	M/MA, V:DG	1/2 OZ. EQ. MEAT/MEAT ALTERNATE, 1/2 CUP DARK GREEN VEGETABLE
STEAMED BROCCOLI FLORETS (FRESH)	1150	78	1.71	79.34	V:DG	1/2 CUP DARK GREEN VEGETABLE
STEAMED BROCCOLI SPEARS (FROZEN)	1014	39	0.82	108.15	V:DG	1/2 CUP DARK GREEN VEGETABLE



## RECIPE LIST

### Vegetables: Dark Green

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
STEAMED SPINACH (FROZEN)	1048	64	0.88	210.29	V:DG	1/2 CUP SERVING OF DARK GREEN VEGETABLE
TOSSED SALAD WITH DRESSING (FRESH)	1126	31	0.02	144.75	V:DG, V:R/O	1/4 CUP DARK GREEN VEGETABLE, 1/4 CUP RED/ORANGE VEGETABLE

## Vegetables: Other

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
BLACK BEAN SALAD (CANNED)	1104	165	1.05	310.16	V:0	1/2 CUP OTHER VEGETABLE
CALIFORNIA VEGETABLES (FROZEN)	1054	50	0.81	57.51	V:0	1/2 CUP OTHER VEGETABLE
CARROT, CELERY, CUCUMBER W/DRESSING	1021	35	0.03	154.34	V:R/O, V:0	1/4 CUP RED/ORANGE VEGETABLE, 1/4 CUP OTHER VEGETABLE
CARROT, PEPPER STRIP & BROCCOLI	1019	68	0.05	431.96	V:R/O, V:DG, V:0	1/4 CUP RED/ORANGE VEGETABLE, 1/8 CUP DARK GREEN VEGETABLE, 1/8 CUP OTHER VEGETABLE
CELERY STICKS WITH DIP (FRESH)	1120	26	0.03	174.43	V:0	1/2 CUP OTHER VEGETABLE
CHEESY BROCCOLI AND CAULIFLOWER	1056	38	0.22	242.50	V:DG, V:0	1/4 CUP SERVING DARK GREEN VEGETABLE, 1/4 CUP SERVING OTHER VEGETABLE
CHEESY CALIFORNIA VEGETABLES	1058	57	0.19	169.21	V:0	1/2 CUP OTHER VEGETABLE
CONFETTI COLESLAW (FRESH)	1114	22	0.02	98.04	V:0	1/2 CUP OTHER VEGETABLE
CREAMY COLESLAW (FRESH)	1116	69	0.31	73.29	V:0	1/2 CUP OTHER VEGETABLE
CREOLE GREEN BEANS (CANNED)	1033	42	0.85	174.78	V:0	1/2 CUP OTHER VEGETABLE
CUCUMBER STICKS WITH DIP (FRESH)	1029	24	0.04	126.91	V:0	1/2 CUP OTHER VEGETABLE
GARDEN SALAD WITH DRESSING (FRESH)	1118	25	0.20	131.00	V:DG, V:0	1/4 CUP DARK GREEN VEGETABLE, 1/8 CUP OTHER VEGETABLE
GREEN BEAN CASSEROLE (CANNED)	1034	61	0.82	244.59	V:0	1/2 CUP OTHER VEGETABLE
GREEN BEANS (CANNED)	1036	41	0.21	92.49	V:0	1/2 CUP OTHER VEGETABLE
GREEN BEANS WITH POTATOES (CANNED)	1040	53	0.86	151.18	V:S, V:0	1/8 CUP STARCHY VEGETABLE, 3/8 CUP OTHER VEGETABLE
HERBED BROCCOLI AND CAULIFLOWER	1011	82	2.08	236.68	V:DG, V:0	1/4 CUP DARK GREEN VEGETABLE, 1/4 CUP OTHER VEGETABLE



## RECIPE LIST

### Vegetables: Other

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
MIXED VEGETABLES (FROZEN)	1060	77	0.81	214.78	V:0	1/2 CUP OTHER VEGETABLE
RAW VEGGIES WITH DIP	1124	33	0.02	134.49	V:DG, V:R/O, V:0	1/8 CUP DARK GREEN VEGETABLE, 1/4 CUP RED/ORANGE VEGETABLE, 1/8 CUP OTHER VEGETABLE
SEASONED CABBAGE (FRESH)	1015	44	0.89	56.52	V:0	1/2 CUP OTHER VEGETABLE
SEASONED GREEN BEANS (CANNED)	1044	47	0.26	140.94	V:0	1/2 CUP OTHER VEGETABLE
SEASONED GREEN BEANS, CUT (FROZEN)	1042	39	0.84	18.72	V:0	1/2 CUP OTHER VEGETABLE
SEASONED GREEN BEANS, WHOLE (FROZEN)	1041	44	0.85	18.90	V:0	1/2 CUP OTHER VEGETABLE
SOUTHERN GREEN BEANS (CANNED)	1038	31	0.14	134.91	V:0	1/2 CUP OTHER VEGETABLE
STEAMED CABBAGE (FRESH)	1016	40	0.84	176.34	V:0	1/2 CUP OTHER VEGETABLE
STEAMED ZUCCHINI (FRESH)	1136	16	0.08	7.30	V:0	1/2 CUP OTHER VEGETABLE
SUMMER SQUASH (FROZEN)	1127	42	0.81	166.27	V:0	1/2 CUP OTHER VEGETABLE
TOMATO AND CUCUMBER SALAD (FRESH)	1134	44	0.03	74.79	V:R/O, V:0	1/4 CUP RED/ORANGE VEGETABLE, 1/4 CUP OTHER VEGETABLE

### Vegetables: Red/Orange

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
BABY CARROTS (FRESH)	1023	30	0.02	66.00	V:R/O	1/2 CUP RED/ORANGE VEGETABLE
BABY CARROTS WITH DRESSING (FRESH)	1017	45	0.03	170.08	V:R/O	1/2 CUP RED/ORANGE VEGETABLE
BAKED SWEET POTATOES WITH APPLES	1050	149	1.13	80.05	V:R/O, F	1/4 CUP RED/ORANGE VEGETABLE, 1/4 CUP FRUIT
BAKED SWEET POTATO WITH MARGARINE	1076	132	0.02	101.50	V:R/O	1/2 CUP RED/ORANGE VEGETABLE
CARROT, CELERY, CUCUMBER W/DRESSING	1021	35	0.03	154.34	V:R/O, V:O	1/4 CUP RED/ORANGE VEGETABLE, 1/4 CUP OTHER VEGETABLE
CARROT, PEPPER STRIP & BROCCOLI	1019	68	0.05	431.96	V:R/O, V:DG, V:O	1/4 CUP RED/ORANGE VEGETABLE, 1/8 CUP DARK GREEN VEGETABLE, 1/8 CUP OTHER VEGETABLE
CARROT RAISIN SALAD	1112	174	0.70	222.19	F, V:R/O	1/2 CUP RED/ORANGE VEGETABLE, 1/8 CUP FRUIT
CARROTS AND RED PEPPERS WITH DIP	1142	40	0.02	146.31	V:R/O	1/2 CUP RED/ORANGE VEGETABLE
CARROT SOUFFLE	1130	220	5.08	319.59	V:R/O	1/2 CUP RED/ORANGE VEGETABLE
GLAZED CARROTS (FROZEN)	1018	56	0.82	92.90	V:R/O	1/2 CUP RED/ORANGE VEGETABLE
ITALIAN SLICED CARROTS (CANNED)	1144	43	0.20	116.47	V:R/O	1/2 CUP RED/ORANGE VEGETABLE
LEMON-GLAZED CARROTS (FROZEN)	1020	49	0.90	281.42	V:R/O	1/2 CUP RED/ORANGE VEGETABLE
PEAS AND CARROTS (FROZEN)	1062	69	0.84	85.38	V:R/O, V:S	1/4 CUP RED/ORANGE VEGETABLE, 1/4 CUP STARCHY VEGETABLE
RAW VEGGIES WITH DIP	1124	33	0.02	134.49	V:DG, V:R/O, V:O	1/8 CUP DARK GREEN VEGETABLE, 1/4 CUP RED/ORANGE VEGETABLE, 1/8 CUP OTHER VEGETABLE
SALSA	1146	9	0.00	151.20	V:R/O	1/8 CUP RED/ORANGE VEGETABLE
SOUTHWEST MASHED SWEET POTATOES	1075	148	0.03	11.47	V:R/O	1/2 CUP OF RED/ORANGE VEGETABLE

### Vegetables: Red/Orange

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
STEAMED CARROTS (FROZEN)	1022	47	0.83	139.40	V:R/O	1/2 CUP RED/ORANGE VEGETABLE
SWEET POTATO CASSEROLE (CANNED)	1128	265	2.12	155.95	V:R/O	1/2 CUP RED/ORANGE VEGETABLE
SWEET POTATO CUBES (FROZEN)	1129	148	0.41	173.19	V:R/O	1/2 CUP RED/ORANGE VEGETABLE
SWEET POTATOES, MASHED (FROZEN)	1073	158	0.03	78.42	V:R/O	1/2 CUP RED/ORANGE VEGETABLE
SWEET POTATO FRIES (BAKED)	1099	111	0.43	187.73	V:R/O	1/2 CUP RED/ORANGE VEGETABLE
SWEET POTATO STICKS WITH DIP	1154	48	0.01	123.24	V:R/O	1/2 CUP RED/ORANGE VEGETABLE
TOMATO AND CUCUMBER SALAD (FRESH)	1134	44	0.03	74.79	V:R/O, V:O	1/4 CUP RED/ORANGE VEGETABLE, 1/4 CUP OTHER VEGETABLE
TOMATOES AND CARROTS WITH DIP	1131	35	0.03	144.40	V:R/O	1/2 CUP RED/ORANGE VEGETABLE
TOMATOES WITH DIP	1133	33	0.04	127.65	V:R/O	1/2 CUP RED/ORANGE VEGETABLE
TOSSED SALAD WITH DRESSING (FRESH)	1126	31	0.02	144.75	V:DG, V:R/O	1/4 CUP DARK GREEN VEGETABLE, 1/4 CUP RED/ORANGE VEGETABLE
YAM PATTIES (FROZEN)	1135	140	0.00	180.00	V:R/O	1/2 CUP RED/ORANGE VEGETABLE

### Vegetables: Starchy

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
AU GRATIN POTATOES	1072	249	4.01	474.19	M/MA, V:S	1/2 CUP STARCHY VEGETABLE, 1/2 OZ. EQ. MEAT/MEAT ALTERNATE
BAKED POTATO WITH MARGARINE	1074	148	0.06	43.80	V:S	1/2 CUP STARCHY VEGETABLE
CORN ON THE COB (3") (FROZEN)	1024	94	0.90	21.82	V:S	1/2 CUP STARCHY VEGETABLE
CORN ON THE COB (5") (FROZEN)	1025	92	0.81	28.65	V:S	1/2 CUP STARCHY VEGETABLE
CORN PUDDING (CANNED)	1026	162	1.34	364.13	V:S	1/2 CUP STARCHY VEGETABLE
CREAM-STYLE CORN (CANNED)	1028	114	0.90	403.22	V:S	1/2 CUP STARCHY VEGETABLE
CRINKLE CUT FRIES (BAKED)	1088	106	0.82	8.22	V:S	1/2 CUP STARCHY VEGETABLE
CRINKLE CUT FRIES (FRIED)	1089	136	1.10	12.45	V:S	1/2 CUP STARCHY VEGETABLE
FIELD PEAS (FROZEN)	1068	121	0.00	157.44	V:S	1/2 CUP STARCHY VEGETABLE
GREEN BEANS WITH POTATOES (CANNED)	1040	53	0.86	151.18	V:S, V:O	1/8 CUP STARCHY VEGETABLE, 3/8 CUP OTHER VEGETABLE
GREEN PEA SALAD (FROZEN)	1132	185	2.20	374.93	V:S	1/2 CUP STARCHY VEGETABLE
GREEN PEAS (CANNED)	1071	97	0.94	140.37	V:S	1/2 CUP STARCHY VEGETABLE
GREEN PEAS (FROZEN)	1070	91	0.86	171.48	V:S	1/2 CUP STARCHY VEGETABLE
HASHBROWN POTATOES	1103	260	4.26	260.00	V:S	1/2 CUP STARCHY VEGETABLE
LIMA BEANS (FROZEN)	1004	104	0.87	254.35	V:S	1/2 CUP STARCHY VEGETABLE
MASHED POTATOES	1078	99	1.24	73.98	V:S	1/2 CUP STARCHY VEGETABLE

### Vegetables: Starchy

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
MASHED POTATOES WITH CHEESE	1080	121	2.47	147.83	V:S	1/2 CUP STARCHY VEGETABLE
MEXICALI CORN	1030	145	0.88	189.58	V:S	1/2 CUP STARCHY VEGETABLE
OVEN BAKED POTATO WEDGES	1094	155	1.13	352.19	V:S	1/2 CUP STARCHY VEGETABLE
OVEN FRIES (BAKED)	1092	130	0.41	225.97	V:S	1/2 CUP STARCHY VEGETABLE
PARSLEY BUTTERED NEW POTATOES	1082	92	1.67	391.29	V:S	1/2 CUP STARCHY VEGETABLE
PEAS AND CARROTS (FROZEN)	1062	69	0.84	85.38	V:R/O, V:S	1/4 CUP RED/ORANGE VEGETABLE, 1/4 CUP STARCHY VEGETABLE
POTATO SALAD (CANNED)	1122	189	0.88	576.15	V:S	1/2 CUP STARCHY VEGETABLE
QUICK BAKED POTATO (FRESH)	1084	102	0.26	176.65	V:S	1/2 CUP STARCHY VEGETABLE
RANCH FRIES (BAKED)	1097	135	1.09	341.69	V:S	1/2 CUP STARCHY VEGETABLE
SCALLOPED POTATOES	1086	187	2.11	432.98	V:S	1/2 CUP STARCHY VEGETABLE
SEASONED POTATO WEDGES (BAKED)	1093	152	1.12	488.56	V:S	1/2 CUP STARCHY VEGETABLE
SEASONED POTATO WEDGES (FRIED)	1098	187	1.45	493.66	V:S	1/2 CUP STARCHY VEGETABLE
SPICY FRIES (BAKED)	1100	151	1.15	394.71	V:S	1/2 CUP STARCHY VEGETABLE
SPICY FRIES (FRIED)	1102	181	1.45	394.71	V:S	1/2 CUP STARCHY VEGETABLE
STRAIGHT CUT FRIES (FRIED)	1090	121	1.06	120.70	V:S	1/2 CUP STARCHY VEGETABLE
STRAIGHT FRIES (BAKED)	1091	104	0.88	11.54	V:S	1/2 CUP STARCHY VEGETABLE





## RECIPE LIST

### Vegetables: Starchy

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
TATER TOTS (BAKED)	1095	161	2.56	292.00	V:S	1/2 CUP STARCHY VEGETABLE
TATER TOTS (FRIED)	1096	210	3.17	324.44	V:S	1/2 CUP STARCHY VEGETABLE
WHOLE KERNEL CORN (CANNED)	1032	101	0.99	132.83	V:S	1/2 CUP STARCHY VEGETABLE
WHOLE KERNEL CORN (FROZEN)	1031	89	0.91	20.30	V:S	1/2 CUP STARCHY VEGETABLE



# RECIPE LIST

## Dessert

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
ASSORTED PUDDING CUPS	1462	85	0.00	140.00		
BANANA PUDDING	1466	171	1.55	166.53	F	1/8 CUP FRUIT
BROWNIES	1400	164	1.02	153.73	WGR	1/4 OZ. EQ. WHOLE GRAIN BASED DESSERT
CHOCOLATE CHIP COOKIE	1428	110	1.00	70.00	WGR	1/2 OZ. EQ. WHOLE GRAIN BASED DESSERT
CHOCOLATE PUDDING	1474	111	0.96	158.76		
CREAMSICLE DESSERT	1478	157	8.32	67.34		
FRUIT CRISP	1412	273	4.15	156.60	WGR, F	1/2 OZ. EQ. WHOLE GRAIN BASED DESSERT, 1/2 CUP FRUIT
GELATIN WITHOUT WHIPPED TOPPING	1454	75	0.00	62.54		
GELATIN WITH WHIPPED TOPPING	1450	89	1.12	62.54		
GRAHAM CRACKERS	1408	90	0.50	95.00	WGR	1 OZ. EQ. WHOLE GRAIN
OATMEAL RAISIN COOKIE	1432	110	1.00	70.00	WGR	1/2 OZ. EQ. WHOLE GRAIN BASED DESSERT
PEANUT BUTTER PARFAIT	1482	209	6.00	135.84		
POMPEII FRUIT BARS	1440	176	2.79	147.19	WGR	3/4 OZ. EQ. WHOLE GRAIN BASED DESSERT
SOUTHERN MUD	1416	237	3.58	172.25	WGR	1/2 OZ. EQ. WHOLE GRAIN BASED DESSERT
STRAWBERRY GELATIN (PC CUP)	1458	70	0.00	60.00		
SUGAR COOKIE	1436	110	1.00	80.00	WGR	1/2 OZ. EQ. WHOLE GRAIN BASED DESSERT



## RECIPE LIST

### Dessert

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
VANILLA PUDDING	1486	128	1.01	192.53		



# RECIPE LIST

## Condiments

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
ASSORTED JELLIES (PC)	1526	33	0.00	0.00	N/A	N/A
ASSORTED SALAD DRESSINGS-1.5 OUNCE	1520	37	0.01	410.49	N/A	N/A
ASSORTED SALAD DRESSINGS-12 GRAM	1518	15	0.00	120.00	N/A	N/A
BACON STRIPS	1500	53	1.67	199.88	N/A	N/A
BARBECUE SAUCE (PC)	1550	15	0.00	85.00	N/A	N/A
BROWN GRAVY (HOMEMADE)	1504	41	0.05	66.88	N/A	N/A
BROWN GRAVY (PACKAGE)	1506	26	0.65	429.95	N/A	N/A
CHEESE SAUCE (DRY MIX)	1510	59	0.59	391.58	N/A	N/A
CHEESE SAUCE (MADE)	1508	46	1.40	73.37	N/A	N/A
FRENCH DRESSING (MADE)	1522	134	1.27	151.98	N/A	N/A
HONEY DIJON SALAD DRESSING (PC)	1523	120	1.00	390.00	N/A	N/A
HONEY MUSTARD SAUCE (PC)	1524	70	1.00	220.01	N/A	N/A
HOT SAUCE (PC)	1552	0	0.00	65.00	N/A	N/A
KETCHUP (PC)	1528	10	0.00	85.00	N/A	N/A
MARGARINE (PC)	1532	20	0.00	30.00	N/A	N/A
MARINARA SAUCE (PC)	1554	15	0.00	140.00	N/A	N/A



## RECIPE LIST

### Condiments

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
MAYONNAISE (PC)	1534	40	0.50	90.00	N/A	N/A
MEXI-RANCH DRESSING (MAKE)	1536	61	1.41	241.33	N/A	N/A
MUSTARD (PC)	1538	5	0.00	85.00	N/A	N/A
PANCAKE SYRUP (PC)	1566	80	0.00	30.00	N/A	N/A
PICKLE RELISH (PC)	1540	5	0.00	49.50	N/A	N/A
PICKLE SPEARS	1542	4	0.00	368.83	N/A	N/A
RANCH DRESSING (1.5 OUNCE)	1544	150	2.00	350.00	N/A	N/A
RANCH DRESSING (MAKE)	1546	58	0.58	228.37	N/A	N/A
RANCH SALAD DRESSING (PC)	1521	150	2.00	350.00	N/A	N/A
SOUR CREAM (PC)	1564	55	3.26	22.68	N/A	N/A
STRAWBERRY CREAM CHEESE (PC)	1570	90	5.00	75.00	N/A	N/A
SWEET AND SOUR SAUCE (PC)	1556	50	0.00	75.00	N/A	N/A
TACO SAUCE (PC)	1558	5	0.00	95.00	N/A	N/A
TARTAR SAUCE (PC)	1560	25	0.00	115.00	N/A	N/A
TRIMMINGS	1530	5	0.01	106.16	N/A	N/A
VARIETY OF DIPPING SAUCE (PC)	1562	45	0.33	126.67	N/A	N/A



## RECIPE LIST

### Milk

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
MILK, FAT FREE, CHOCOLATE	1700	150	0.00	210.00	M	1 CUP MILK
MILK, FAT FREE, STRAWBERRY	1702	140	0.00	125.00	M	1 CUP MILK
MILK, FAT FREE, UNFLAVORED	1706	90	0.00	135.00	M	1 CUP MILK
MILK, FAT FREE, VANILLA	1704	130	0.00	125.00	M	1 CUP MILK
MILK, LOW FAT, UNFLAVORED	1708	102	1.54	107.36	M	1 CUP MILK