

Breakfast Grains: Group C (150-199 CALORIES)

| RECIPE NAME | MRS # | CALORIES | SATURATED FAT | SODIUM | CREDIT | MENU CONTRIBUTION |
|---------------------------------|-------|----------|---------------|--------|-----------|---|
| ASSORTED MUFFIN LOAVES | 1635 | 175 | 1.25 | 175.00 | WGR | 1 OZ. EQ. WHOLE GRAIN |
| BANANA MUFFIN | 1632 | 180 | 1.00 | 125.00 | WGR | 1 OZ. EQ. WHOLE GRAIN |
| BISCUIT (2 OZ. EQ.) (WGR) | 1602 | 190 | 4.00 | 430.00 | WGR | 2 OZ. EQ. WHOLE GRAINS |
| BLUEBERRY MUFFIN LOAF | 1630 | 150 | 0.50 | 105.00 | WGR | 1 OZ. EQ. WHOLE GRAIN |
| BREAKFAST BAGEL | 1695 | 169 | 1.90 | 335.00 | M/MA, WGR | 1 OZ. EQ. MEAT/MEAT ALTERNATE, 1 ¼ OZ. EQ. WHOLE GRAINS |
| BREAKFAST BURRITO (PURCHASED) | 1683 | 155 | 3.01 | 209.54 | M/MA, WGR | 1 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAINS |
| BREAKFAST SLIDERS | 1696 | 160 | 1.50 | 280.00 | M/MA, WGR | ¾ OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS |
| CHOCOLATE CHIP CRISPS | 1608 | 150 | 1.00 | 135.00 | WGR | 1 OZ. EQ. WHOLE GRAIN |
| CHOCOLATE CHIP MUFFIN LOAF | 1633 | 160 | 1.00 | 105.00 | WGR | 1 OZ. EQ. WHOLE GRAIN |
| CHOCOLATE TOASTER PASTRY | 1643 | 180 | 1.00 | 190.00 | WGR | 1 1/4 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 |
| SAUSAGE & BISCUIT (1 OZ.) (WGR) | 1687 | 160 | 4.00 | 333.00 | M/MA, WGR | ¼ OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN |
| SOUTHERN BISCUIT (ENRICHED) | 1625 | 190 | 4.00 | 430.00 | EG | 2 OZ. EQ. ENRICHED GRAIN |



RECIPE LIST

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|---------------------------|-------|----------|---------------|--------|--------|------------------------|
| STRAWBERRY CEREAL BAR | 1607 | 160 | 0.50 | 150.00 | WGR | 1 OZ. EQ. WHOLE GRAIN |
| STRAWBERRY TOASTER PASTRY | 1641 | 180 | 1.00 | 180.00 | WGR | 1 OZ. EQ. WHOLE GRAINS |
| TOASTED BAGEL | 1600 | 163 | 0.06 | 172.00 | WGR | 2 OZ. EQ. WHOLE GRAINS |