



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 |
| ASSORTED BREAKFAST BREADS | 1646 | 273 | 2.00 | 220.00 | WGR | 2 OZ. EQ. WHOLE GRAIN |
| BAGEL AND CHOICE OF YOGURT | 1681 | 243 | 0.06 | 237.00 | M/MA, WGR | 1 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS |
| BANANA BREAKFAST BREAD | 1634 | 280 | 2.00 | 220.00 | WGR | 2 OZ. EQ. WHOLE GRAIN |
| BISCUIT AND BACON (2 OZ. EQ.) (WGR) | 1603 | 263 | 6.17 | 539.88 | WGR | 2 OZ. EQ. WHOLE GRAINS |
| BREAKFAST BOATS | 1697 | 200 | 2.50 | 330.00 | M/MA, WGR | 1 OZ. EQ. MEAT/MEAT ALTERNATE, 1½ OZ. EQ. WHOLE GRAINS |
| BREAKFAST SAUSAGE PIZZA | 1684 | 210 | 2.00 | 480.00 | M/MA, WGR | 1 OZ. EQ. MEAT/MEAT ALTERNATE, 1½ OZ. EQ. WHOLE GRAINS |
| CHERRY FRUDEL | 1628 | 210 | 1.50 | 280.00 | WGR | 2 OZ. EQ. WHOLE GRAINS |
| FRENCH TOAST STICKS | 1626 | 270 | 1.00 | 290.00 | WGR | 2 1/4 OZ. EQ. WHOLE GRAINS |
| FRENCH TOAST STICKS - MERCH | 1626 | 270 | 2.00 | 280.00 | 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 | 100.00 | WGR | 2 OZ. EQ. WHOLE GRAINS |
| SAUSAGE AND PANCAKE ON A STICK | 1690 | 210 | 3.00 | 310.00 | M/MA, WGR | 1 OZ. EQ. MEAT/MEAT ALTERNATE, 1¼ OZ. EQ. WHOLE GRAINS |
| SAUSAGE & BISCUIT (2 OZ.) (WGR) | 1688 | 299 | 4.97 | 716.00 | M/MA, WGR | 1 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS |



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| 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, ½ CUP FRUIT |
| YOGURT PARFAIT - CRUMBLY | 1691 | 288 | 0.81 | 79.91 | M/MA, WGR, F | 1 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, ½ CUP OF FRUIT |
| YOGURTS AND MUFFINS | 1686 | 255 | 1.25 | 240.00 | M/MA, WGR | 1 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN |
| Z BREAKFAST BREAD | 1631 | 270 | 2.00 | 220.00 | WGR | 2 OZ. EQ. WHOLE GRAINS |