



RECIPE LIST

Breakfast Grains: Group E (300+ CALORIES)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
BACON,EGG&CHEESE BISCUIT (WGR)-USDA	1682.1	319	6.03	775.00	M/MA, WGR	1 ½ OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
BREAKFAST SMOOTHIE	1694	322	0.56	193.98	M/MA, F, M	1 OZ. EQ. MEAT/MEAT ALTERNATE, ½ CUP FRUIT JUICE, 1 CUP OF MILK
CHICKEN PATTY AND BISCUIT (WGR)	1685	300	4.00	540.00	M/MA, WGR	1 OZ. EQ. MEAT/MEAT ALTERNATE, 2 1/4 OZ. EQ. WHOLE GRAINS
FRENCH TOAST STICKS W/ YOGURT&FRUIT	1692	360	1.23	259.00	M/MA, WGR, F	1 OZ. EQ. MEAT/MEAT ALTERNATE, 1 1/2 OZ. EQ. WHOLE GRAIN, 1/2 CUP FRUIT
LUCKY CHARMS	1621	82110	0.00	180.00	WGR	1 OZ. EQ. WHOLE GRAIN
SAUSAGE & BISCUIT (2 OZ) (ENRICHED)	1689	309	6.97	816.00	M/MA, EG	½ OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. ENRICHED GRAINS