



RECIPE LIST

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

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
HAM SLICE	1670	40	0.50	390.00	M/MA	1 OZ. EQ. MEAT/MEAT ALTERNATE
RASPBERRY YOGURT	1667	80	0.00	65.00	M/MA	1 OZ. EQ. OF MEAT/MEAT ALTERNATE
SAUSAGE PATTY (SMALL)	1664	60	1.50	160.00	M/MA	¼ 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 ¼ OZ. EQ. MEAT/MEAT ALTERNATE
STRAWBERRY YOGURT	1668	80	0.00	65.00	M/MA	1 OZ. EQ. OF MEAT/MEAT ALTERNATE