



RECIPE LIST

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

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
BREAKFAST CHICKEN PATTY	1660	120	2.00	210.00	M/MA, WGR	1 OZ. EQ. MEAT/MEAT ALTERNATE, ¼ OZ. EQ. WHOLE GRAIN
CHEESE OMELET	1662	136	3.40	283.50	M/MA	2 OZ. EQ. MEAT/MEAT ALTERNATE
SAUSAGE PATTY (LARGE)	1665	119	2.97	386.00	M/MA	1 OZ. EQ. MEAT/MEAT ALTERNATE