

### Dessert

| RECIPE NAME                     | MRS # | CALORIES | SAT. FAT | SODIUM | CREDIT | MENU CONTRIBUTION                                |
|---------------------------------|-------|----------|----------|--------|--------|--|
| ASSORTED PUDDING CUPS           | 1462  | 85       | 0.00     | 140.00 |        |  |
| BANANA PUDDING                  | 1466  | 171      | 1.55     | 166.53 | F      | 1/8 CUP FRUIT                                    |
| BROWNIES                        | 1400  | 140      | 1.00     | 130.00 | EG     | ¼ OZ. EQ. ENRICHED DESSERT                       |
| CHOCOLATE CHIP COOKIE           | 1428  | 120      | 3.00     | 95.00  | EG     | ½ OZ. EQ. ENRICHED GRAIN BASED DESSERT           |
| CHOCOLATE PUDDING               | 1474  | 111      | 0.96     | 158.76 |        |  |
| CREAMSICLE DESSERT              | 1478  | 157      | 8.32     | 67.34  |        |  |
| FRUIT CRISP                     | 1412  | 273      | 4.15     | 156.60 | WGR, F | ½ OZ. EQ. WHOLE GRAIN BASED DESSERT, ½ CUP FRUIT |
| GELATIN WITHOUT WHIPPED TOPPING | 1454  | 75       | 0.00     | 62.54  |        |  |
| GELATIN WITH WHIPPED TOPPING    | 1450  | 89       | 1.12     | 62.54  |        |  |
| GRAHAM CRACKERS                 | 1408  | 90       | 0.50     | 95.00  | WGR    | 1 OZ. EQ. WHOLE GRAIN                            |
| ICE CREAM VARIETY               | 1418  | 67       | 0.50     | 45.00  |        |  |
| OATMEAL RAISIN COOKIE           | 1432  | 120      | 2.00     | 110.00 | EG     | ½ OZ. EQ. ENRICHED GRAIN BASED DESSERT           |
| PEANUT BUTTER PARFAIT           | 1482  | 209      | 6.00     | 135.84 |        |  |
| POMPEII FRUIT BARS              | 1440  | 178      | 2.77     | 146.81 | WGR    | ¾ OZ. EQ. WHOLE GRAIN BASED DESSERT              |
| RICE KRISPIE BARS (MADE)        | 1406  | 121      | 1.52     | 97.00  |        |  |
| SOUTHERN MUD                    | 1416  | 237      | 3.58     | 172.25 | WGR    | 1 OZ. EQ. WHOLE GRAIN BASED DESSERT              |



## RECIPE LIST

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|-----------------------------|-------|----------|----------|--------|--------|--|
| STRAWBERRY GELATIN (PC CUP) | 1458  | 70       | 0.00     | 60.00  |        |  |
| SUGAR COOKIE                | 1436  | 120      | 2.00     | 100.00 | EG     | ½ OZ. EQ. ENRICHED GRAIN BASED DESSERT |
| VANILLA PUDDING             | 1486  | 128      | 1.01     | 192.53 |        |  |
| YELLOW CAKE                 | 1402  | 132      | 0.60     | 223.00 |        |  |