

Lunch Meat/Meat Alternate: Group A (0-199 CALORIES)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
BAKED BEANS (VEGETARIAN)	918	159	0.11	160.46	M/MA	2 OZ. EQ. SERVING MEAT/MEAT ALTERNATE
BAKED FISH SCANDIA	212	151	1.70	542.47	M/MA	2 OZ. EQ. MEAT/MEAT ALTERNATE
BAKED HAM	402	140	0.97	722.00	M/MA	2 OZ. EQ. MEAT/MEAT ALTERNATE
BAKED PORK CHOP	420	178	3.59	481.30	M/MA	2 OZ. EQ. MEAT/MEAT ALTERNATE
BEEF POT ROAST	100	192	3.81	314.60	M/MA	2 OZ. EQ. MEAT/MEAT ALTERNATE
CHEESY BREADSTICK (1 OZ. EQ.)	924	150	2.50	260.00	M/MA, WGR	1 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
CHEESY BREADSTICKS W/MARINARA SAUCE	932	165	2.00	510.00	M/MA, WGR, V:R/O	1 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/8 CUP RED/ORANGE VEGETABLE
CHICKEN AND SAUSAGE JAMBALAYA	526	181	3.40	444.00	M/MA, WGR, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, ¼ CUP OTHER VEGETABLE
CHICKEN EGG ROLL - 1 EGG ROLL	563	150	0.00	370.00	M/MA, WGR, V:O	1 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/8 CUP OTHER VEGETABLE
CHICKEN NOODLE SOUP	806	116	0.73	158.00	M/MA, WGR	1 OZ. EQ. MEAT/MEAT ALTERNATE, 1/2 OZ. EQ. WHOLE GRAIN
CHICKEN SALAD	606	181	1.80	282.00	M/MA	2½ OZ. EQ. MEAT/MEAT ALTERNATE
CHILI CON CARNE WITH BEANS	130	171	3.31	275.09	M/MA, V:R/O, V:O	2 OZ. EQ. SERVING OF MEAT/MEAT ALTERNATE, 1/8 CUP RED/ORANGE VEGETABLE, 1/8 CUP OTHER VEGETABLE
CHILI CON CARNE WITHOUT BEANS	132	167	4.49	208.00	M/MA, V:R/O, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1/8 CUP RED/ORANGE VEGETABLE, 1/8 CUP OTHER VEGETABLE
CHOICE OF YOGURT	928	80	0.00	65.00	M/MA	1 OZ. EQ. MEAT/MEAT ALTERNATE
CHOICE OF YOGURT - USDA FOODS	928.1	100	0.00	45.00	M/MA	1 OZ. EQ. MEAT/MEAT ALTERNATE
CREOLE CATFISH	200	106	0.51	678.36	M/MA	2 OZ. EQ. MEAT/MEAT ALTERNATE

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FISH SQUARE (BAKED)	216	180	1.50	250.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
FRIED CATFISH	218.1	186	2.00	350.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
FRUIT AND COTTAGE CHEESE SALAD	616	163	1.17	373.96	M/MA, WGR, F	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, ½ CUP FRUIT
HAMBURGER STEAK W/ GRAVY	144	93	2.32	334.97	M/MA	2 OZ. EQ. MEAT/MEAT ALTERNATE
HAMBURGER STEAK W/ GRAVY-USDA FOODS	144.1	143	3.32	425.00	M/MA	2 OZ. EQ. MEAT/MEAT ALTERNATE
KIDNEY BEANS (CANNED)	913	96	0.06	123.76	M/MA	2 OZ. EQ. MEAT/MEAT ALTERNATE
PEANUT BUTTER (PC CUP) - USDA FOODS	922.1	182	3.64	91.00	M/MA	1 OZ. EQ. MEAT/MEAT ALTERNATE
PINTO BEANS (CANNED)	912	146	0.28	253.90	M/MA	2 OZ. EQ. MEAT/MEAL ALTERNATE
SLICED TURKEY WITH GRAVY	564	152	2.23	967.01	M/MA	2 OZ. EQ. MEAT/MEAT ALTERNATE
STRING CHEESE	938	71	2.53	394.87	M/MA	1 OZ. EQ. MEAT/MEAT ALTERNATE
TUNA RANCH ON FLAT BREAD	703	198	1.03	589.69	M/MA, WGR, V:DG, V:R/O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2¼ OZ. EQ. WHOLE GRAINS, 1/8 CUP DARK GREEN VEGETABLE, 1/8 CUP RED/ORANGE VEGETABLE
TUNA RANCH WRAP - BRIGGS	794	198	2.03	539.68	M/MA, WGR, V:DG, V:R/O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1¼ OZ. EQ. WHOLE GRAINS, 1/8 CUP DARK GREEN VEGETABLE, 1/8 CUP RED/ORANGE VEGETABLE
TUNA RANCH WRAP - MERCH	794	180	2.53	374.68	M/MA, WGR, V:DG, V:R/O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1¾ OZ. EQ. WHOLE GRAINS, 1/8 CUP DARK GREEN VEGETABLE, 1/8 CUP RED/ORANGE VEGETABLE.
TUNA SALAD	630	182	1.12	575.07	M/MA	2 OZ. EQ. MEAT/MEAT ALTERNATE
VEGETABLE BEEF SOUP	816	137	2.03	403.75	M/MA, V:R/O, V:S, V:O	1 OZ. EQ. MEAT/MEAT ALTERNATE, 1/8 CUP RED/ORANGE VEGETABLE, 1/8 CUP STARCHY VEGETABLE, 1/8 CUP OTHER VEGETABLE
VEGETABLE BEEF SOUP - USDA FOODS	816.1	128	2.22	331.00	M/MA, V:R/O, V:S, V:O	1 OZ. EQ. MEAT/MEAT ALTERNATE, 1/8 CUP RED/ORANGE VEGETABLE, 1/8 CUP STARCHY VEGETABLE, 1/8 CUP OTHER VEGETABLE



RECIPE LIST

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VEGETABLE SOUP	940	124	0.31	497.57	M/MA, V:O, V:R/O	1 OZ. EQ. MEAT/MEAT ALTERNATE, 1/8 CUP OTHER VEGETABLES, AND 1/4 CUP RED/ORANGE VEGETABLES
VEGETABLE SOUP - USDA FOODS	940.1	124	0.31	498.00	M/MA, V:O, V:R/O	1 OZ. EQ. MEAT/MEAT ALTERNATE, 1/8 CUP OTHER VEGETABLES, AND ¼ CUP RED/ORANGE VEGETABLES