

Lunch Meat/Meat Alternate: Group F (400+ CALORIES)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
BACON BEEF STEAK BURGER	704	411	9.04	1044.00	M/MA, WGR	2½ OZ. EQ. OF MEAT/MEAT ALTERNATE, 2 OZ. EQ. OF WHOLE GRAINS
BBQ PORK SANDWICH-USDA	719	415	4.00	1282.84	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
BEEF STEAK CHEESEBURGER	730	438	11.03	1160.00	M/MA, WGR	3 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS.
BEEF STEAK CHEESEBURGER -USDA FOODS	730.1	425	9.71	1020.00	M/MA, WGR	3 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS.
CHEESEBURGER PIE WITH BISCUITS(WGR)	120	502	11.61	809.00	M/MA, WGR, V:R/O, V:O	3 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAIN, ¼ CUP RED/ORANGE VEGETABLE, 1/8 CUP OTHER VEGETABLE
CHEESY BURGER BAKE WITH TOTS	126	447	7.79	906.64	M/MA, V:R/O, V:S	2 1/2 OZ. EQ. MEAT/MEAT ALTERNATE, 1/2 CUP SERVING RED/ORANGE VEGETABLE, 1/2 CUP SERVING STARCHY VEGETABLE
CHEESY MACARONI (MADE)	908	452	16.15	1123.00	M/MA, EG	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. ENRICHED GRAIN
CHICKEN NOODLE SOUP AND SANDWICH	820	417	5.23	665.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2½ OZ. EQ. WHOLE GRAINS
CHICKEN PATTY SANDWICH (FRIED)	734	478	3.54	768.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 3 OZ. EQ. WHOLE GRAINS
CHILI CHEESE CORN CHIPS	128	423	10.93	616.56	M/MA, WGR, V:R/O, V:O	3 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/8 CUP RED/ORANGE VEGETABLE, 1/8 CUP OTHER VEGETABLE
CHILI DOG	742	411	8.06	1020.87	M/MA, WGR	2½ OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
COUNTRY FRIED STEAK SANDWICH	746	476	9.11	790.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 3 OZ. EQ. WHOLE GRAINS
FRUIT AND YOGURT PLATE	618	453	6.77	637.49	M/MA, WGR, F, V:DG	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/2 CUP FRUIT, 1/8 CUP DARK GREEN VEGETABLE
FRUIT AND YOGURT PLATE - USDA FOODS	618.1	425	4.12	510.00	M/MA, WGR, F, V:DG	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/2 CUP FRUIT, 1/8 CUP DARK GREEN VEGETABLE
GRILLED CHICKEN SALAD	620	432	6.94	1356.47	M/MA, WGR, V:DG, V:R/O, V:O	3 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 5/8 CUP DARK GREEN VEGETABLE, 1/8 CUP RED/ORANGE VEGETABLE, 1/2 CUP OTHER VEGETABLE
GRILLED FAJITA SALAD (PURCHASED)	604	401	8.63	1065.23	M/MA, WGR, V:DG, V:R/O, V:O	3 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, ½ CUP DARK GREEN VEGETABLE, 1/8 CUP RED/ORANGE VEGETABLE, ½ CUP OTHER VEGETABLE

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HAMBURGER PIE	176	425	8.82	784.25	M/MA, V:S	2 OZ. EQ. MEAT/MEAT ALTERNATE, ½ CUP STARCHY VEGETABLE
MACARONI & CHEESE WITH A HAM SLICE	412	412	11.10	964.00	M/MA, EG	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. ENRICHED GRAIN
RANCH CHICKEN SALAD	602	473	6.25	1207.30	M/MA, WGR, V:DG, V:R/O, V:O	2½ OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, ½ CUP DARK GREEN VEGETABLE, ¼ CUP RED/ORANGE VEGETABLE, ½ CUP OTHER VEGETABLE
SEAFOOD BASKET	210	479	3.45	766.25	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 3 1/2 OZ. EQ. WHOLE GRAINS
STOMBOLI SUPREME (ENRICHED)	418	416	6.98	1248.00	M/MA, EG	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 1/2 OZ. EQ. ENRICHED GRAINS
STOMBOLI SUPREME (ENRICHED)-USDA	418.1	416	6.98	1248.00	M/MA, EG	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 1/2 OZ. EQ. ENRICHED GRAINS
SWEET CHILI MEATBALL HOAGIE-BRIGGS	726	401	2.63	1159.00	M/MA, WGR	2 ¼ OZ. EQ. OF MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAIN
SWEET CHILI MEATBALL HOAGIE-MERCH	726	477	6.50	1255.00	M/MA, WGR	2 ¼ OZ. EQ. OF MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAIN
TUNA SALAD SALAD	634	434	4.19	1009.31	M/MA, F, V:DG, V:R/O, V:O	2 1/2 OZ. EQ. MEAT/MEAT ALTERNATE, 1/4 CUP FRUIT, 1/2 CUP DARK GREEN VEGETABLE, 1/4 CUP RED/ORANGE VEGETABLE, 5/8 CUP OTHER VEGETABLE
VEGETABLE BEEF SOUP AND SANDWICH	822	439	6.55	911.35	M/MA, WGR, V:B/P, V:R/O, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS, ¼ CUP BEANS/PEAS VEGETABLE, ¼ CUP RED/ORANGE VEGETABLE, 1/8 CUP OTHER VEGETABLE
VEGETABLE SOUP AND SANDWICH	942	426	4.82	1005.17	M/MA, WGR, V:R/O, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS, 1/8 CUP RED/ORANGE VEGETABLE, 1/8 CUP OTHER VEGETABLE
VEGETARIAN WRAP - BRIGGS	936	509	16.01	1203.45	M/MA, WGR, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1¼ OZ. EQ. WHOLE GRAINS, 3/8 CUP OTHER VEGETABLE
VEGETARIAN WRAP - MERCH	936	539	15.51	1358.45	M/MA, WGR, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1¼ OZ. EQ. WHOLE GRAINS, 3/8 CUP OF OTHER VEGETABLE
VEGETARIAN WRAP ON FLAT BREAD	934	519	14.51	1418.45	M/MA, WGR, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2¼ OZ. EQ. WHOLE GRAINS, 3/8 CUP OTHER VEGETABLE
YOGURT AND SANDWICH COMBO	745	453	4.40	742.96	M/MA, WGR, F, V:DG	3 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS, ½ CUP FRUIT, 1/8 CUP DARK GREEN VEGETABLE