



RECIPE LIST

Breakfast Grains: Group A (0-99 CALORIES)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
CRISPY TOAST (ENRICHED)	1604	70	0.00	150.00	EG	1 OZ. EQ. ENRICHED GRAIN
HOT GRITS (ENRICHED)	1629	63	0.06	287.25	EG	1 OZ. EQ. ENRICHED GRAINS
HOT OATMEAL	1636	71	0.22	77.60	WGR	1 OZ. EQ. WHOLE GRAIN
PANCAKE (1 OZ. EQ.)	1638	70	0.00	135.00	WGR	1 OZ. EQ. WHOLE GRAIN
WAFFLE (1 OZ. EQ.)	1644	80	0.00	130.00	WGR	1 OZ. EQ. WHOLE GRAINS