



RECIPE LIST

Breakfast Grains: Group B (100-149 CALORIES)

RECIPE NAME	MRS #	CALORIES	SATURATED FAT	SODIUM	CREDIT	MENU CONTRIBUTION
ASSORTED COLD CEREALS	1622	108	0.17	181.67	WGR	1 OZ. EQ. WHOLE GRAIN
BISCUIT (1 OZ. EQ.) (WGR)	1601	100	2.50	170.00	WGR	1 OZ. EQ. WHOLE GRAIN
CINNAMON CHEX CEREAL	1615	110	0.00	170.00	WGR	1 OZ. EQ. WHOLE GRAIN
CINNAMON TOAST CEREAL	1612	110	0.50	160.00	WGR	1 OZ. EQ. WHOLE GRAIN
COCOA CEREAL SQUARES	1611	140	0.50	110.00	WGR	1 OZ. EQ. WHOLE GRAIN
CROISSANT	1624	110	2.00	160.00	WGR	1 OZ. EQ. WHOLE GRAIN
FROOT LOOPS CEREAL	1648	110	0.50	170.00	WGR	1 OZ. EQ. WHOLE GRAIN
FROSTED FLAKES CEREAL	1613	100	0.00	190.00	WGR	1 OZ. EQ. WHOLE GRAIN
HONEY NUT CHEERIOS CEREAL	1614	110	0.00	160.00	WGR	1 OZ. EQ. WHOLE GRAIN
KRAVE SMORES CEREAL	1647	110	0.50	95.00	WGR	1 OZ. EQ. WHOLE GRAIN
PANCAKES (2 OZ. EQ.)	1639	140	0.00	270.00	WGR	2 OZ. EQ. WHOLE GRAINS
REESE'S PUFFS CEREAL	1619	100	0.50	135.00	WGR	1 OZ. EQ. WHOLE GRAIN
RICE CHEX CEREAL	1620	100	0.00	250.00	WGR	1 OZ. EQ. WHOLE GRAIN
RICE TREAT BAR	1610	140	1.00	120.00	WGR	1 OZ. EQ. WHOLE GRAIN
STRAWBERRY YOGURT SNACK MIX	1640	140	1.00	65.00	WGR	1 OZ. EQ. WHOLE GRAIN