

Breakfast Grains: Group C (150-199 CALORIES)

RECIPE NAME	MRS #	CALORIES	SATURATED FAT	SODIUM	CREDIT	MENU CONTRIBUTION
ASSORTED MUFFIN LOAVES	1635	175	1.25	175.00	WGR	1 OZ. EQ. WHOLE GRAIN
BANANA MUFFIN	1632	180	1.00	125.00	WGR	1 OZ. EQ. WHOLE GRAIN
BISCUIT (2 OZ. EQ.) (WGR)	1602	190	4.00	430.00	WGR	2 OZ. EQ. WHOLE GRAINS
BLUEBERRY MUFFIN LOAF	1630	150	0.50	105.00	WGR	1 OZ. EQ. WHOLE GRAIN
BREAKFAST BAGEL	1695	169	1.90	335.00	M/MA, WGR	1 OZ. EQ. MEAT/MEAT ALTERNATE, 1 ¼ OZ. EQ. WHOLE GRAINS
BREAKFAST BURRITO (PURCHASED)	1683	155	3.01	209.54	M/MA, WGR	1 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAINS
BREAKFAST SLIDERS	1696	160	1.50	280.00	M/MA, WGR	¾ OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
CHOCOLATE CHIP CRISPS	1608	150	1.00	135.00	WGR	1 OZ. EQ. WHOLE GRAIN
CHOCOLATE CHIP MUFFIN LOAF	1633	160	1.00	105.00	WGR	1 OZ. EQ. WHOLE GRAIN
CHOCOLATE TOASTER PASTRY	1643	180	1.00	190.00	WGR	1 1/4 OZ. EQ. WHOLE GRAIN
CINNAMON ROLLS	1623	170	1.00	160.00	WGR	2 OZ. EQ. WHOLE GRAINS
FRUIT FLAVORED CEREAL BAR	1606	150	0.50	110.00	WGR	1 OZ. EQ. WHOLE GRAIN
HONEY NUT SCOOTERS	1616	190	0.00	410.00	WGR	2 OZ. EQ. WHOLE GRAINS
OAT CEREAL BAR	1609	150	0.50	90.00	WGR	1 OZ. EQ. WHOLE GRAIN
SAUSAGE & BISCUIT (1 OZ.) (WGR)	1687	160	4.00	333.00	M/MA, WGR	¼ OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
SOUTHERN BISCUIT (ENRICHED)	1625	190	4.00	430.00	EG	2 OZ. EQ. ENRICHED GRAIN



RECIPE LIST

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STRAWBERRY CEREAL BAR	1607	160	0.50	150.00	WGR	1 OZ. EQ. WHOLE GRAIN
STRAWBERRY TOASTER PASTRY	1641	180	1.00	180.00	WGR	1 OZ. EQ. WHOLE GRAINS
TOASTED BAGEL	1600	163	0.06	172.00	WGR	2 OZ. EQ. WHOLE GRAINS