

Breakfast Grains: Group C (150-199 CALORIES)

RECIPE NAME	MRS #	CALORIES	SATURATED FAT	SODIUM	CREDIT	MENU CONTRIBUTION
APPLE FRUDEL	8500	210	1.50	280.00	WGR,	2 OZ. EQ. WHOLE GRAINS
ASSORTED BREAKFAST BREADS-NOT SMART SNACK	8640	255	1.50	245.00	WGR,	2 OZ. EQ. WHOLE GRAIN
ASSORTED COLD CEREALS-1 OZ. EQ.	8665	111	0.12	173.00	WGR,	1 OZ. EQ. WHOLE GRAIN
ASSORTED COLD CEREALS (WGR)-2 OZ. EQ.	8670	200	0.00	298.00	WGR,	2 OZ. EQ. WHOLE GRAIN
ASSORTED MUFFIN LOAVES	8610	155	0.75	105.00	WGR,	1 OZ. EQ. WHOLE GRAIN
ASSORTMENT OF YOGURTS AND MUFFINS	9230	225	0.75	165.00	M/MA, WGR,	1 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
BACON, EGG AND CHEESE BISCUIT (WGR)-BRIGGS	9150	305	6.49	717.00	M/MA, WGR,	1½ OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
BACON, EGG AND CHEESE BISCUIT (WGR)-MERCH	9150	290	6.16	735.00	M/MA, WGR,	1½ OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
BACON, EGG&CHEESE BISCUIT(WGR)-USDA-BRIGGS	9150.1	292	5.17	653.00	M/MA, WGR,	1 ½ OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
BACON, EGG&CHEESE BISCUIT(WGR)-USDA-MERCH	9150.1	277	4.83	672.00	M/MA, WGR,	1 ½ OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
BAGEL AND CHOICE OF YOGURT	9125	210	0.00	240.00	M/MA, WGR,	1 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
BAGEL WITH CREAM CHEESE	8585	230	5.00	255.00	WGR,	2 OZ. EQ. WHOLE GRAINS
BAGEL WITH SAUSAGE AND GRAVY	9115	181	3.47	335.00	M/MA, WGR,	1 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAINS
BANANA BREAKFAST BREAD-NOT SMART SNACK	8645	280	2.00	220.00	WGR,	2 OZ. EQ. WHOLE GRAIN
BANANA MUFFIN (WGR)-BRIGGS	8615	160	0.50	105.00	WGR,	1 OZ. EQ. WHOLE GRAIN
BANANA MUFFIN (WGR)-MERCH	8615	160	0.50	100.00	WGR,	1 OZ. EQ. WHOLE GRAIN

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BELGIUM WAFFLES-VARIETY (WGR)	8850	240	2.50	210.00	WGR,	2 OZ. EQ. WHOLE GRAINS
BISCUIT (1 OZ. EQ.) (WGR)	8525	110	2.00	170.00	WGR,	1 OZ. EQ. WHOLE GRAIN
BISCUIT (2 OZ. EQ.) (WGR)	8530	180	2.00	330.00	WGR,	2 OZ. EQ. WHOLE GRAINS
BISCUIT AND BACON (2 OZ. EQ.) (WGR)-BRIGGS	8535	233	3.33	497.00	WGR,	2 OZ. EQ. WHOLE GRAINS
BISCUIT AND BACON (2 OZ. EQ.) (WGR)-MERCH	8535	233	3.67	543.00	WGR,	2 OZ. EQ. WHOLE GRAINS
BLUEBERRY BREAKFAST BREAD	8650	270	1.50	250.00	WGR,	2 OZ. EQ. WHOLE GRAINS
BLUEBERRY MUFFIN LOAF	8620	150	0.50	105.00	WGR,	1 OZ. EQ. WHOLE GRAIN
BLUEBERRY TOASTER PASTRY	8865	170	1.00	180.00	WGR,	1 OZ. EQ. WHOLE GRAIN
BLUEBERRY VANILLA COOKIE BITES	8785	130	0.50	70.00	WGR,	1 OZ. EQ. WHOLE GRAINS
BREAKFAST BURRITO (WGR) (PURCHASED)	9290	161	2.93	251.00	M/MA, WGR,	1 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAINS
BREAKFAST SAUSAGE PIZZA (WGR)	9275	180	3.50	450.00	M/MA, WGR,	1 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAINS
BREAKFAST SMOOTHIE	9240	348	1.78	192.00	M/MA, F, M,	1 OZ. EQ. MEAT/MEAT ALTERNATE, ½ CUP FRUIT JUICE, 1 CUP OF MILK
BREAKFAST-TACO-BRIGGS (ENRICHED)	9295	223	5.67	478.00	M/MA, EG, V:R/O,	1¼ OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. ENRICHED GRAIN, AND 1/8 CUP RED/ORANGE VEGETABLE.
BREAKFAST-TACO-MERCH (ENRICHED)	9295	208	5.33	496.00	M/MA, EG, V:R/O,	1¼ OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. ENRICHED GRAIN, AND 1/8 CUP RED/ORANGE VEGETABLE.
CHERRY FRUDEL	8505	210	1.50	280.00	WGR,	2 OZ. EQ. WHOLE GRAINS
CHICKEN PATTY AND BISCUIT (WGR)	9140	310	3.50	570.00	M/MA, WGR,	1 OZ. EQ. MEAT/MEAT ALTERNATE, 2¼ OZ. EQ. WHOLE GRAINS



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CHOCOLATE CHIP CRISPS	8790	150	1.00	135.00	WGR,	1 OZ. EQ. WHOLE GRAIN
CHOCOLATE CHIP MUFFIN LOAF	8625	160	1.00	105.00	WGR,	1 OZ. EQ. WHOLE GRAIN
CHOCOLATE DONUTS (WGR)-BRIGGS-NOT SMART SNACK	8595	330	11.00	240.00	WGR,	2 OZ. EQ. WHOLE GRAINS, WHEN MENUED AT LUNCH, DONUTS ARE CREDITED AS A WHOLE GRAIN RICH BASED DESSERT.
CHOCOLATE DONUTS (WGR)-MERCH-NOT SMART SNACK	8595	320	7.00	270.00	WGR,	2 OZ. EQ. WHOLE GRAINS, WHEN MENUED AT LUNCH, DONUTS ARE CREDITED AS A WHOLE GRAIN RICH BASED DESSERT.
CHOCOLATE TOASTER PASTRY	8870	170	1.00	190.00	WGR,	1¼ OZ. EQ. WHOLE GRAIN
CINNAMON BUNS -BRIGGS	8562	240	3.00	280.00	WGR,	2 OZ. EQ. WHOLE GRAIN
CINNAMON CHEX CEREAL	8675	120	0.00	170.00	WGR,	1 OZ. EQ. WHOLE GRAIN
CINNAMON CRUNCH FILLED PASTRY	8510	300	4.00	310.00	WGR,	2 OZ EQ. WHOLE GRAINS
CINNAMON CRUNCH FILLED PASTRY	8885	264	2.53	294.00	WGR,	2 OZ. EQ. WHOLE GRAINS
CINNAMON ROLLS	8555	170	1.00	160.00	WGR,	2 OZ. EQ. WHOLE GRAINS
CINNAMON TOAST CEREAL	8680	120	0.00	160.00	WGR,	1 OZ. EQ. WHOLE GRAIN
CINNAMON TOASTER PASTRY	8875	182	0.96	192.00	WGR,	1¼ OZ. EQ. WHOLE GRAINS
COCOA RICE TREAT BAR	8750	140	0.50	110.00	WGR,	1 OZ. EQ. WHOLE GRAIN
CRISPY TOAST (WGR)	8550	70	0.00	150.00	WGR,	1 OZ. EQ. WHOLE GRAIN
CROISSANT-1½ OZ. EQ.	8570	120	1.50	160.00	WGR,	1 1/2 OZ. EQ. WHOLE GRAIN
CROISSANT-2 OZ. EQ.	8565	190	3.50	270.00	WGR,	2 OZ. EQ. WHOLE GRAIN

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DUTCH WAFFLES	8860	309	3.00	350.00	WGR,	2 OZ. EQ. WHOLE GRAIN
FRENCH TOAST STICKS	8575	270	1.00	290.00	WGR,	2¼ OZ. EQ. WHOLE GRAINS
FRENCH TOAST STICKS W/ YOGURT&FRUIT	9210	361	0.95	270.00	M/MA, WGR, F,	1 OZ. EQ. MEAT/MEAT ALTERNATE, 1½ OZ. EQ. WHOLE GRAIN, ½ CUP FRUIT
FROOT LOOPS CEREAL	8685	110	0.50	170.00	WGR,	2 OZ. EQ. WHOLE GRAIN
FROSTED FLAKES CEREAL	8690	100	0.00	170.00	WGR,	1 OZ. EQ. WHOLE GRAIN
FRUIT FLAVORED CEREAL BAR	8755	150	0.50	110.00	WGR,	1 OZ. EQ. WHOLE GRAIN
HONEY NUT CHEERIOS CEREAL	8695	110	0.00	160.00	WGR,	1 OZ. EQ. WHOLE GRAIN
HONEY NUT SCOOTERS CEREAL	8700	190	0.00	410.00	WGR,	2 OZ. EQ. WHOLE GRAINS
HOT GRITS (ENRICHED)	8735	63	0.06	287.25	EG,	1 OZ. EQ. ENRICHED GRAINS
HOT OATMEAL	8740	71	0.22	78.00	WGR,	1 OZ. EQ. WHOLE GRAIN
LEMON BREAKFAST BREAD-NOT SMART SNACK	8630	240	1.50	250.00	WGR,	2 OZ. EQ. WHOLE GRAINS
LUCKY CHARMS CEREAL	8705	110	0.00	180.00	WGR,	1 OZ. EQ. WHOLE GRAIN
MARSHMALLOW MATEYS CEREAL	8710	220	0.00	30.00	WGR,	2 OZ. EQ. WHOLE GRAINS
MINI CINNAMON BUNS	8560	240	2.00	300.00	WGR,	2 OZ. EQ. WHOLE GRAINS
MINI SPOONERS CEREAL	8715	200	0.00	10.00	WGR,	2 OZ. EQ. WHOLE GRAINS
OAT CEREAL BAR (WGR)-BRIGGS	8760	140	1.00	75.00	WGR,	1 OZ. EQ. WHOLE GRAIN



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OAT CEREAL BAR (WGR)-CRUMBLY	8760	160	0.00	105.00	WGR,	1 OZ. EQ. WHOLE GRAIN
PANCAKE (1 OZ. EQ.)	8820	90	0.00	110.00	WGR,	1 OZ. EQ. WHOLE GRAIN
PANCAKE BITES (WGR)	8815	250	1.00	290.00	WGR,	2 OZ. EQ. WHOLE GRAINS
PANCAKES (2 OZ. EQ.)	8825	180	0.00	220.00	WGR,	2 OZ. EQ. WHOLE GRAINS
POWDERED DONUTS(WGR)-NOT SMART SNACK COMPLIAN	8600	270	3.00	230.00	WGR,	2 OZ. EQ. WHOLE GRAINS, WHEN MENUED AT LUNCH, DONUTS ARE CREDITED AS A WHOLE GRAIN RICH BASED DESSERT
PUMPKIN BREAKFAST BREAD-NOT SMART SNACK	8635	260	1.50	240.00	WGR,	2 OZ. EQ. WHOLE GRAINS
REESE'S PUFFS CEREAL	8720	120	0.50	160.00	WGR,	1 OZ. EQ. WHOLE GRAIN
RICE CHEX CEREAL	8725	100	0.00	250.00	WGR,	1 OZ. EQ. WHOLE GRAIN
RICE TREAT BAR	8765	160	1.00	120.00	WGR,	1 OZ. EQ. WHOLE GRAIN
SAUSAGE AND BISCUIT (2 OZ.) (WGR)	9175	299	4.97	716.00	M/MA, WGR,	1 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
SAUSAGE AND PANCAKE ON A STICK	9255	200	2.50	310.00	M/MA, WGR,	1 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAINS
SAUSAGE & BISCUIT (1 OZ.) (WGR)	9170	170	4.50	450.00	M/MA, WGR,	¼ OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
SAUSAGE & BISCUIT (2 OZ) (ENRICHED)	9165	329	7.47	805.68	M/MA, EG,	1 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. ENRICHED GRAINS
SOUTHERN BISCUIT (ENRICHED)	8520	210	4.50	420.00	EG,	2 OZ. EQ. ENRICHED GRAIN
STRAWBERRY CEREAL BAR	8770	160	0.50	150.00	WGR,	1 OZ. EQ. WHOLE GRAIN
STRAWBERRY TOASTER PASTRY	8880	170	1.00	180.00	WGR,	1 OZ. EQ. WHOLE GRAINS

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STRAWBERRY YOGURT SNACK MIX	8795	120	1.00	55.00	WGR,	1 OZ. EQ. WHOLE GRAIN
VARIETY OF CEREAL BARS	8775	260	2.00	135.00	WGR,	2 OZ SERVING WHOLE GRAINS
WAFFLE (1 OZ. EQ.)	8835	70	0.00	95.00	WGR,	1 OZ. EQ. WHOLE GRAINS
WAFFLE (2 OZ. EQ.)	8845	140	0.00	190.00	WGR,	2 OZ. EQ. WHOLE GRAINS
WARMED BAGEL	8580	140	0.00	180.00	WGR,	2 OZ. EQ. WHOLE GRAINS
YOGURT PARFAIT - BRIGGS	9220	305	0.78	167.00	M/MA, WGR, F,	1 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, ½ CUP FRUIT
YOGURT PARFAIT - CRUMB	9220	289	0.53	92.00	M/MA, WGR, F,	1 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, ½ CUP OF FRUIT