



## RECIPE LIST

### Breakfast Grains: Group D (200-299 CALORIES)

RECIPE NAME	MRS #	CALORIES	SATURATED FAT	SODIUM	CREDIT	MENU CONTRIBUTION
APPLE FRUDEL	1627	210	1.50	280.00	WGR	2 OZ. EQ. WHOLE GRAINS
ASSORTED BREAKFAST BREADS	1646	273	2.00	220.00	WGR	2 OZ. EQ. WHOLE GRAIN
BAGEL AND CHOICE OF YOGURT	1681	243	0.06	237.00	M/MA, WGR	1 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
BANANA BREAKFAST BREAD	1634	280	2.00	220.00	WGR	2 OZ. EQ. WHOLE GRAIN
BISCUIT AND BACON (2 OZ. EQ.) (WGR)	1603	263	6.17	539.88	WGR	2 OZ. EQ. WHOLE GRAINS
BREAKFAST BOATS	1697	200	2.50	330.00	M/MA, WGR	1 OZ. EQ. MEAT/MEAT ALTERNATE, 1½ OZ. EQ. WHOLE GRAINS
BREAKFAST SAUSAGE PIZZA	1684	210	2.00	480.00	M/MA, WGR	1 OZ. EQ. MEAT/MEAT ALTERNATE, 1½ OZ. EQ. WHOLE GRAINS
CHERRY FRUDEL	1628	210	1.50	280.00	WGR	2 OZ. EQ. WHOLE GRAINS
FRENCH TOAST STICKS	1626	270	1.00	290.00	WGR	2 1/4 OZ. EQ. WHOLE GRAINS
FRENCH TOAST STICKS - MERCH	1626	270	2.00	280.00	WGR	2 OZ. EQ. WHOLE GRAINS
MARSHMALLOW MATEYS CEREAL	1618	220	0.00	280.00	WGR	2 OZ. EQ. WHOLE GRAINS
MINI CINNIS	1605	240	2.00	300.00	WGR	2 OZ. EQ. WHOLE GRAINS
MINI PANCAKES IN A BAG	1637	200	1.00	300.00	WGR	2 OZ. EQ. WHOLE GRAINS
MINI SPOONERS CEREAL	1617	200	0.00	100.00	WGR	2 OZ. EQ. WHOLE GRAINS
SAUSAGE AND PANCAKE ON A STICK	1690	210	3.00	310.00	M/MA, WGR	1 OZ. EQ. MEAT/MEAT ALTERNATE, 1¼ OZ. EQ. WHOLE GRAINS
SAUSAGE & BISCUIT (2 OZ.) (WGR)	1688	299	4.97	716.00	M/MA, WGR	1 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS



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WAFFLES IN A BAG	1645	200	1.50	220.00	WGR	2 OZ. EQ. WHOLE GRAINS
YOGURT PARFAIT - BRIGGS	1691	288	1.05	106.80	M/MA, WGR, F	1 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, ½ CUP FRUIT
YOGURT PARFAIT - CRUMBLY	1691	288	0.81	79.91	M/MA, WGR, F	1 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, ½ CUP OF FRUIT
YOGURTS AND MUFFINS	1686	255	1.25	240.00	M/MA, WGR	1 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
Z BREAKFAST BREAD	1631	270	2.00	220.00	WGR	2 OZ. EQ. WHOLE GRAINS