

Dessert

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
ASSORTED PUDDING CUPS	1462	85	0.00	140.00		
BANANA PUDDING	1466	171	1.55	166.53	F	1/8 CUP FRUIT
BROWNIES (ENRICHED)	1400	140	1.00	130.00	EG	¼ OZ. EQ. ENRICHED GRAIN BASED DESSERT
CHOCOLATE CHIP COOKIE	1428	120	3.00	95.00	EG	½ OZ. EQ. ENRICHED GRAIN BASED DESSERT
CHOCOLATE PUDDING	1474	111	0.96	158.76		
CREAMSICLE DESSERT	1478	157	8.32	67.34		
FRUIT CRISP	1412	273	4.15	156.60	WGR, F	½ OZ. EQ. WHOLE GRAIN BASED DESSERT, ½ CUP FRUIT
GELATIN WITHOUT WHIPPED TOPPING	1454	75	0.00	62.54		
GELATIN WITH WHIPPED TOPPING	1450	89	1.12	62.54		
GRAHAM CRACKERS	1408	90	0.50	95.00	WGR	1 OZ. EQ. WHOLE GRAIN
ICE CREAM VARIETY	1418	67	0.50	45.00		
OATMEAL RAISIN COOKIE	1432	120	2.00	110.00	EG	½ OZ. EQ. ENRICHED GRAIN BASED DESSERT
PEANUT BUTTER PARFAIT	1482	209	6.00	135.84		
POMPEII FRUIT BARS	1440	178	2.77	146.81	WGR	¾ OZ. EQ. WHOLE GRAIN BASED DESSERT
RICE KRISPIE BARS (MADE)	1406	121	1.52	97.00		
SOUTHERN MUD	1416	237	3.58	172.25	WGR	1 OZ. EQ. WHOLE GRAIN BASED DESSERT



RECIPE LIST

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STRAWBERRY GELATIN (PC CUP)	1458	70	0.00	60.00		
SUGAR COOKIE	1436	120	2.00	100.00	EG	½ OZ. EQ. ENRICHED GRAIN BASED DESSERT
VANILLA PUDDING	1486	128	1.01	192.53		
YELLOW CAKE	1402	132	0.60	223.00		