

### Dessert

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
ASSORTED PUDDING CUPS	7635	110	0.50	122.00		
BANANA PUDDING	7610	179	1.55	170.00	F,	1/8 CUP FRUIT
BROWNIES (ENRICHED)-BRIGGS	7510	169	2.24	80.00		
BROWNIES (ENRICHED)-CRUMBLY	7510	150	2.00	150.00	EG,	¼ OZ. EQ. OF ENRICHED GRAIN BASED DESSERT
CHOCOLATE CHIP COOKIE	7540	160	1.50	160.00	WGR,	1 OZ. EQ. WHOLE GRAIN RICH BASED DESSERT
CHOCOLATE CHIP COOKIE	7545	120	3.00	95.00	EG,	½ OZ. EQ. ENRICHED GRAIN BASED DESSERT
CHOCOLATE PUDDING	7640	133	1.13	189.00		
CREAMSICLE DESSERT	7615	135	5.67	87.00		
FRUIT CRISP	7520	232	3.75	153.60	WGR, F,	½ OZ. EQ. WHOLE GRAIN BASED DESSERT, ½ CUP FRUIT
GELATIN WITHOUT WHIPPED TOPPING	7585	75	0.00	63.00		
GELATIN WITH WHIPPED TOPPING	7580	89	1.12	62.54		
GRAHAM CRACKERS	7550	90	0.50	95.00	WGR,	1 OZ. EQ. WHOLE GRAIN
ICE CREAM (HERSHEY'S) VARIETY	7600	70	0.50	60.00		
ICE CREAM (PRAIRIE FARMS) VARIETY	7600	67	0.50	45.00		
OATMEAL RAISIN COOKIE	7555	120	2.00	110.00	EG,	½ OZ. EQ. ENRICHED GRAIN BASED DESSERT
PEANUT BUTTER PARFAIT	7570	210	6.44	131.17		



## RECIPE LIST

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RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
RICE KRISPIE BARS (MADE)	7500	121	1.52	97.00	EG,	½ OZ. EQ. ENRICHED GRAIN BASED DESSERT
SNACK COOKIES	7565	120	2.00	65.00	WGR,	½ OZ. EQ. WHOLE GRAIN BASED DESSERT
SOUTHERN MUD	7620	244	3.12	184.00	WGR,	½ OZ. EQ. WHOLE GRAIN BASED DESSERT
STRAWBERRY GELATIN (PC CUP)	7590	70	0.00	60.00		
SUGAR COOKIE	7560	120	2.00	100.00	EG,	½ OZ. EQ. ENRICHED GRAIN BASED DESSERT
TART LEMON SQUARE	7625	137	3.98	123.00		
VANILLA PUDDING	7645	136	1.14	208.00		
YELLOW CAKE - BRIGGS	7535	181	1.82	241.00		
YELLOW CAKE - CRUMBLY	7535	151	0.66	224.00		