

Lunch Grains

| RECIPE NAME | MRS # | CALORIES | SAT. FAT | SODIUM | CREDIT | MENU CONTRIBUTION |
|-------------------------------------|--------|----------|----------|--------|----------------|-------------------------------------------------------------------------------|
| CORNBREAD (1 OZ. EQ.) | 1300 | 102 | 0.91 | 292.86 | WGR | 1 OZ. EQ. WHOLE GRAIN |
| CORNBREAD (2 OZ. EQ.) | 1301 | 205 | 1.82 | 585.72 | WGR | 2 OZ. EQ. WHOLE GRAINS |
| CROUTONS (MADE) | 1317 | 70 | 0.00 | 150.00 | EG | 1 OZ. EQ. ENRICHED GRAIN |
| CROUTONS (PURCHASED) | 1318 | 60 | 0.00 | 150.00 | WGR | ½ OZ. EQ. WHOLE GRAIN |
| FIESTA RICE | 1345 | 128 | 0.23 | 502.98 | WGR, V:O | 1 OZ. EQ. WHOLE GRAIN, 1/8 CUP OTHER VEGETABLE |
| FRIED RICE | 1347 | 145 | 0.56 | 340.01 | M/MA, WGR, V:O | ¼ OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/8 CUP OTHER VEGETABLE |
| GARLIC TOAST | 1351 | 100 | 0.50 | 170.00 | WGR | 1 OZ. EQ. WHOLE GRAIN |
| GRANOLA - BRIGGS | 1310 | 82 | 0.37 | 31.88 | WGR | 1 OZ. EQ. WHOLE GRAIN |
| GRANOLA - CRUMBLY | 1310 | 83 | 0.19 | 11.00 | WGR | 1 OZ. EQ. WHOLE GRAINS |
| HUSHPUPIES | 1332 | 105 | 0.72 | 198.58 | WGR | 1 OZ. EQ. WHOLE GRAIN |
| MACARONI AND CHEESE (CHEESE SAUCE) | 1338 | 121 | 0.98 | 109.00 | EG | 1 OZ. EQ. ENRICHED GRAIN |
| MEXICAN CORNBREAD | 1307 | 180 | 1.60 | 373.76 | WGR | 1½ OZ. EQ. WHOLE GRAINS |
| MINI SALTINE CRACKERS (WGR) | 1367 | 100 | 0.00 | 120.00 | WGR | 1 OZ. EQ. WHOLE GRAIN |
| PASTA WITH ITALIAN RED SAUCE | 1340 | 131 | 0.00 | 270.00 | EG, V:R/O | 1 OZ. EQ. ENRICHED GRAIN, ¼ CUP RED/ORANGE VEGETABLE |
| PASTA WITH ITALIAN RED SAUCE - USDA | 1340.1 | 110 | 0.16 | 23.00 | EG, V:R/O | 1 OZ. EQ. ENRICHED GRAIN, ¼ CUP RED/ORANGE VEGETABLE |
| RICE | 1341 | 99 | 0.11 | 98.47 | WGR | 1 OZ. EQ. WHOLE GRAIN |



RECIPE LIST

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|--------------------------------------|--------|----------|----------|---------|--------|---------------------------|
| ROLLS (1 OZ. EQ.) (PURCHASED) | 1356 | 75 | 0.00 | 125.00 | WGR | 1 OZ. EQ. WHOLE GRAIN |
| ROLLS (2 OZ. EQ.) (PURCHASED) | 1355 | 150 | 0.00 | 230.00 | WGR | 2 OZ. EQ. WHOLE GRAINS |
| ROLLS (MADE) (ENRICHED) | 1352 | 177 | 0.63 | 291.00 | EG | 2 OZ. EQ. ENRICHED GRAINS |
| ROLLS (MADE) (WGR) | 1353 | 181 | 0.40 | 285.88 | WGR | 2 OZ. EQ. WHOLE GRAINS |
| SALTINE CRACKERS - BRIGGS (ENRICHED) | 1369 | 90 | 0.00 | 260.00 | EG | 1 OZ. EQ. ENRICHED GRAIN |
| SALTINE CRACKERS - MERCH (ENRICHED) | 1369 | 100 | 0.00 | 320.00 | EG | 1 OZ. EQ. ENRICHED GRAIN |
| SPANISH RICE | 1343 | 112 | 0.18 | 59.00 | WGR | 1 OZ. EQ. WHOLE GRAIN |
| SPANISH RICE - USDA FOODS | 1343.1 | 111 | 0.18 | 43.00 | WGR | 1 OZ. EQ. WHOLE GRAIN |
| STIR FRIED RICE | 1348 | 119 | 0.11 | 324.13 | WGR | 1 OZ. EQ. WHOLE GRAIN |
| SWEET POTATO MUFFINS | 1370 | 163 | 0.32 | 248.36 | WGR | 1 ¼ OZ. EQ. WHOLE GRAINS |
| WHOLE WHEAT BREAD CRUMBS | 1303 | 980 | 0.00 | 2100.00 | WGR | 14 OZ. EQ. WHOLE GRAINS |
| YEAST ROLLS (ENRICHED) | 1358 | 160 | 0.50 | 125.00 | EG | 2 OZ. EQ. ENRICHED GRAINS |