

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 (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
ROLLS (1 OZ. EQ.) (PURCHASED)	1356	75	0.00	125.00	WGR	1 OZ. EQ. WHOLE GRAIN



RECIPE LIST

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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
TOASTED CROUTONS (MADE)	1317	70	0.00	150.00	EG	1 OZ. EQ. ENRICHED GRAIN
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