

### Lunch Meat/Meat Alternate: Group B (200-249 CALORIES)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
BBQ PORK SANDWICH	716	236	0.50	627.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
BBQ PULLED PORK BURGER	718	236	0.50	626.95	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
BONELESS BUFFALO HOT WINGS	540	237	1.88	488.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE AND 1 OZ. EQ. WHOLE GRAIN
CHEF SALAD, ELEMENTARY-USDA FOODS	601.1	216	3.67	1178.00	M/MA, V:DG, V:R/O, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, ½ CUP DARK GREEN VEGETABLE, ¼ CUP RED/ORANGE VEGETABLE, ½ CUP OTHER VEGETABLE
CHEF SALAD-USDA FOODS	600.1	211	3.43	1122.00	M/MA, V:DG, V:R/O, V:O	2½ OZ. EQ. MEAT/MEAT ALTERNATE, ½ CUP DARK GREEN VEGETABLE, ¼ CUP RED/ORANGE VEGETABLE, 5/8 CUP OTHER VEGETABLE
CHICKEN AND NOODLE CASSEROLE (ENRICHED)	524	226	1.83	303.00	M/MA, EG	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. ENRICHED GRAIN
CHICKEN NUGGETS (BAKED)	532	211	2.86	470.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
CHICKEN QUESADILLA	541	232	3.36	582.00	M/MA, WGR, V:R/O	2OZ. EQ. MEAT/MEAT ALTERNATE, 1½ OZ. EQ. WHOLE GRAINS, 1/8 CUP RED/ORANGE VEGETABLE
CHICKEN QUESADILLA -USDA FOODS	541.1	224	3.36	286.00	M/MA, WGR, V:R/O	2OZ. EQ. MEAT/MEAT ALTERNATE, 1½ OZ. EQ. WHOLE GRAINS, 1/8 CUP RED/ORANGE VEGETABLE
CHICKEN SALAD SALAD	612	219	1.30	727.00	M/MA, F, V:DG, V:R/O, V:O	2¾ OZ. EQ. MEAT/MEAT ALTERNATE, ¼ CUP FRUIT, ½ CUP DARK GREEN VEGETABLE, ¼ CUP RED/ORANGE VEGETABLE, 5/8 CUP OTHER VEGETABLE
CHICKEN W/ALFREDO SAUCE (ENRICHED)	556	247	4.22	667.00	M/MA, EG	2 OZ. EQ. OF MEAT/MEAT ALTERNATE AND 1/2 OZ. EQ. ENICHED GRAIN
CHILI BLANCO	566	243	1.72	879.00	M/MA, V:B/P	1 1/2 OZ. EQ. MEAT/MEAT ALTERNATE, ½ CUP BEAN/PEA VEGETABLES
CORN DOG	744	247	2.47	668.30	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
FISH NUGGETS (BAKED)	202	210	1.50	360.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE PORTION, 1½ OZ. EQ. WHOLE GRAINS
FISH SQUARE (FRIED)	214	221	1.91	250.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
FISH STICKS	222	210	2.00	400.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAIN

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RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
FRIED CATFISH (MADE)	206	204	1.07	479.00	M/MA	2 OZ. EQ. MEAT/MEAT ALTERNATE
GRILLED CHEESE SANDWICH(1OZ.EQ.)ENRICHED	762	247	5.65	727.00	M/MA, EG	1 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. ENRICHED GRAINS
GRILLED CHEESE SANDWICH(1OZ.EQ)-ENRICHED	762.1	220	3.00	600.00	M/MA, EG	1 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. ENRICHED GRAINS
HAMBURGER	775	225	2.01	526.08	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
MANDARIN CHICKEN	570	232	1.22	464.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1/2 OZ. EQ. GRAIN
MEAT BALLS (MADE)	161	207	4.06	109.22	M/MA, WGR, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1/2 OZ. EQ. WHOLE GRAIN, 1/8 CUP SERVING OTHER VEGETABLE
MEATLOAF	160	231	4.62	373.95	M/MA	2 OZ. EQ. MEAT/MEAT ALTERNATE
SALISBURY STEAK WITH GRAVY	172	239	5.16	292.16	M/MA	2 1/4 OZ. EQ. MEAT/MEAT ALTERNATE
SWISS STEAK WITH TOMATO GRAVY	183	237	4.82	430.00	M/MA, V:R/O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1/8 CUP RED/ORANGE VEGETABLE
TAMALE PIE - USDA FOODS	169.1	238	4.89	189.00	M/MA, WGR, V:R/O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 1/4 OZ. EQ. WHOLE GRAINS, 1/8 CUP RED/ORANGE VEGETABLE
TAMALE PIE-USDA FOODS (WITH BC)	169.2	233	4.61	545.00	M/MA, WGR, V:R/O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 1/4 OZ. EQ. WHOLE GRAINS, 1/8 CUP RED/ORANGE VEGETABLE
VEGETABLE CHILI	916	239	4.13	475.64	M/MA, V:R/O	2 3/4 OZ. EQ. MEAT/MEAT ALTERNATE, 1/4 CUP RED/ORANGE VEGETABLE