

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 - MERCH	540	237	1.88	488.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
BUFFALO HOT WINGS	538	240	3.75	615.00	M/MA	2 OZ. EQ. MEAT/MEAT ALTERNATE
CHEF SALAD	600	244	4.87	1256.00	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
CHEF SALAD, ELEMENTARY	601	237	4.87	1244.00	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, ½ CUP OTHER VEGETABLE
CHICKEN AND DUMPLINGS - BRIGGS	522	246	4.15	522.00	M/MA, EG	2 OZ. EQ. MEAT/MEAT ALTERNATE; 1 OZ. EQ. ENRICHED GRAIN
CHICKEN AND DUMPLINGS - MERCH	522	246	3.65	552.00	M/MA, EG	2 OZ. EQ. MEAT/MEAT ALTERNATE; 1 OZ. EQ. ENRICHED GRAIN
CHICKEN & NOODLE CASSEROLE (ENRICHED) TITLE IS LONGERRR	524	225	1.83	268.00	M/MA, EG	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. ENRICHED GRAIN
CHICKEN NUGGETS (BAKED)	532	216	2.36	450.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
CHICKEN QUESADILLA - BRIGGS	541	238	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 - BRIGGS - USDA	541.1	230	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 IN A TOMATO	608	209	1.85	290.00	M/MA, V:R/O, V:O	2½ OZ. EQ. MEAT/MEAT ALTERNATE, ½ CUP RED/ORANGE VEGETABLE, 1/8 CUP OF 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	240	1.72	615.00	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

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RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
COUNTRY FRIED STEAK (MADE)	136	210	4.62	232.84	M/MA	2 OZ. EQ. MEAT/MEAT ALTERNATE
FISH NUGGETS (BAKED)	202	220	1.50	310.00	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
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
ROAST BEEF ON BUN	786	236	2.01	1042.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
SALISBURY STEAK WITH GRAVY	172	239	5.16	292.16	M/MA	2¼ OZ. EQ. MEAT/MEAT ALTERNATE
TAMALE PIE - USDA FOODS	169.1	238	4.89	189.00	M/MA, WGR, V:R/O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1¼ 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 ¼ OZ. EQ. WHOLE GRAINS, 1/8 CUP RED/ORANGE VEGETABLE
TUNA SALAD IN A TOMATO	632	212	1.17	583.82	M/MA, V:R/O, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, ½ CUP RED/ORANGE VEGETABLE, 1/8 CUP OTHER VEGETABLE
VEGETABLE CHILI	916	239	4.13	475.64	M/MA, V:R/O	2¾ OZ. EQ. MEAT/MEAT ALTERNATE, ¼ CUP RED/ORANGE VEGETABLE