

Lunch Meat/Meat Alternate: Group C (250-299 CALORIES)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
AMERICAN SUB SANDWICH	700	260	3.09	1675.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
BACON BURGER	702	252	2.84	626.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
BBQ CHICKEN	512	282	4.50	220.00	M/MA	2 1/2 OZ. EQ. MEAT/MEAT ALTERNATE
BBQ CHICKEN SANDWICH	714	265	0.72	688.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
BBQ TURKEY SANDWICH	724	295	1.55	1250.93	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
BEAN TACO	904	261	4.63	373.98	M/MA, WGR, V:R/O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/8 CUP RED/ORANGE VEGETABLE
BEEF AND BEAN BURRITO (PURCHASED)	118	279	2.23	403.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
BEEF-A-RONI (WITH BC)	114.2	282	5.33	570.00	M/MA, V:R/O, EG	2 3/4 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. ENRICHED GRAIN, 3/8 CUP RED/ORANGE VEGETABLE
BEEF RAVIOLI	102	280	4.52	663.00	M/MA, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1/4 CUP OTHER VEGETABLE
BEEF STEAK W/ GRAVY (2.5 OZ. EQ.)	146	252	8.52	752.97	M/MA	2 1/2 OZ. EQ. MEAT/MEAT ALTERNATE
BEEF TIPS OVER NOODLES (ENRICHED)	112	265	4.67	502.00	M/MA, EG, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. ENRICHED GRAIN, 1/8 CUP OTHER VEGETABLE
BONELESS BUFFALO HOT WINGS - BRIGGS	540	284	1.46	996.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE AND 1 1/4 OZ. EQ. WHOLE GRAIN
BREADSTICK WITH VEGETABLE BEEF SOUP	826	287	4.03	773.75	M/MA, WGR, V:R/O, V:S, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAIN, 1/8 CUP RED/ORANGE VEGETABLE, 1/8 CUP STARCHY VEGETABLE, 1/8 CUP OTHER VEGETABLE
BROCCOLI CHICKEN CASSEROLE	514	262	9.15	359.00	M/MA, V:O	2½ OZ. EQ. MEAT/MEAT ALTERNATE, 1/8 CUP SERVING OTHER VEGETABLE
CHEESEBURGER	728	280	4.83	667.54	M/MA, WGR	2½ OZ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
CHEESE PIZZA	310	270	3.00	800.00	M/MA, WGR, V:R/O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS, 1/8 CUP RED/ORANGE VEGETABLE

Lunch Meat/Meat Alternate: Group C (250-299 CALORIES)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
CHEF SALAD, ELEMENTARY-USDA FOODS	601.1	261	4.65	1213.00	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
CHEF SALAD-USDA FOODS	600.1	256	4.41	1157.00	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 FAJITAS-BRIGGS (PURCHASED)	528	278	6.27	855.00	M/MA, EG, V:R/O	3 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. ENRICHED GRAIN, 1/8 CUP RED/ORANGE VEGETABLE
CHICKEN FAJITAS-BRIGGS (PURCHASED) USDA FOODS	528.1	273	6.27	678.00	M/MA, EG, V:R/O	3 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. ENRICHED GRAIN, 1/8 CUP RED/ORANGE VEGETABLE
CHICKEN FAJITAS-BRIGGS- USDA FOODS	527.1	279	7.10	902.00	M/MA, EG, V:R/O	3 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. ENRICHED GRAIN, 1/8 CUP RED/ORANGE VEGETABLE
CHICKEN FAJITAS-MERCH (PURCHASED) USDA FOODS	528.1	273	5.77	708.00	M/MA, EG, V:R/O	3 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. ENRICHED GRAIN, 1/8 CUP RED/ORANGE VEGETABLE
CHICKEN FAJITA WRAP - BRIGGS	748	278	4.70	763.80	M/MA, WGR, V:R/O	3 OZ. EQ. MEAT/MEAT ALTERNATE, 1¼ OZ. EQ. WHOLE GRAINS, 1/8 CUP RED/ORANGE VEGETABLE
CHICKEN FAJITA WRAP - BRIGGS - USDA	748.1	273	4.70	586.00	M/MA, WGR, V:R/O	3 OZ. EQ. MEAT/MEAT ALTERNATE, 1¼ OZ. EQ. WHOLE GRAINS, 1/8 CUP RED/ORANGE VEGETABLE
CHICKEN FIESTA MELT	515	289	5.32	659.00	M/MA, WGR	2½ OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
CHICKEN FIESTA MELT - USDA FOODS	515.1	273	4.00	521.00	M/MA, WGR	2½ OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
CHICKEN NUGGETS (FRIED)	534	259	3.39	470.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
CHICKEN PARMESAN	536	275	3.47	698.72	M/MA	2½ OZ. EQ. MEAT/MEAT ALTERNATE
CHICKEN PARMESAN-USDA FOODS	536.1	278	3.61	645.00	M/MA	2½ OZ. EQ. MEAT/MEAT ALTERNATE
CHICKEN SALAD SALAD	612	289	2.85	782.00	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 SALAD SANDWICH (ENRICHED)	738	295	1.23	561.00	M/MA, EG	2½ OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. ENRICHED GRAINS
CHICKEN SALAD W/CRACKERS (ENRICHED)	610	277	1.81	544.00	M/MA, EG, V:O	2½ OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. ENRICHED GRAIN, 1/8 CUP OTHER VEGETABLE

Lunch Meat/Meat Alternate: Group C (250-299 CALORIES)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
CHICKEN STIR-FRY OVER RICE	544	294	1.29	321.00	M/MA, WGR, V:0	2 OZ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/2 CUP OTHER VEGETABLES
CHICKEN TENDERS (BAKED)	546	250	2.00	689.99	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
CHILI CHEESE QUESADILLA (PURCHASED)	170	260	3.00	690.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
CORN DOG NUGGETS	406	271	3.52	412.05	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
CRISPY BEEF TACO	108	284	7.09	432.00	M/MA, WGR, V:R/O, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/4 CUP OF RED/ORANGE VEGETABLE, 1/4 CUP OF OTHER VEGETABLE
CRISPY BEEF TACO - USDA FOODS	108.1	282	7.09	343.00	M/MA, WGR, V:R/O, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/4 CUP OF RED/ORANGE VEGETABLE, 1/4 CUP OF OTHER VEGETABLE
CRISPY BEEF TACO-USDA FOODS (WITH BC)	108.2	254	6.27	457.00	M/MA, WGR, V:R/O, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/4 CUP OF RED/ORANGE VEGETABLE, 1/4 CUP OF OTHER VEGETABLE
FISH NUGGETS (FRIED)	204	265	1.96	310.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1½ OZ. EQ. WHOLE GRAINS
GRILLED CHICKEN SANDWICH	764	296	1.51	838.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
HAM AND CHEESE ON A BUN	768	264	3.33	1090.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
HAM AND CHEESE ON A BUN-USDA FOODS	768.1	264	3.33	1090.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
HAM AND CHEESE WRAP-BRIGGS-USDA	772.1	277	6.80	897.00	M/MA, WGR, V:0	3 OZ. EQ. MEAT/MEAT ALTERNATE, 1¼ OZ. EQ. WHOLE GRAINS, 1/8 CUP OTHER VEGETABLE
HAMBURGER-USDA FOODS	775.1	275	3.01	616.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
HAM & CHEESE SANDWICH (ENRICHED)	770	274	3.46	1084.00	M/MA, EG	2½ OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. ENRICHED GRAINS
HAM&CHEESE SANDWICH(ENRICHED)-USDA	770.1	262	3.57	1036.00	M/MA, EG	2½ OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. ENRICHED GRAINS
HUNTINGTON CHICKEN (ENRICHED)	558.1	296	4.00	863.00	M/MA, EG	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. ENRICHED GRAIN

Lunch Meat/Meat Alternate: Group C (250-299 CALORIES)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
ITALIAN BAKED CHICKEN	502	273	4.50	272.00	M/MA	2 1/2 OZ. EQ. MEAT/MEAT ALTERNATE
LEMON PEPPER CHICKEN	504	270	4.50	179.00	M/MA	2 1/2 OZ. EQ. MEAT/MEAT ALTERNATE
MEATBALL MARINARA HOAGIE-BRIGGS	740	287	2.13	595.00	M/MA, WGR	2 ¼ OZ. EQ. OF MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAIN
NACHO BITES	906	270	4.00	440.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE AND 2 OZ. EQ. WHOLE GRAIN RICH
PEPPERONI PIZZA (WEDGE)	306	270	3.50	860.00	M/MA, WGR, V:R/O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS, 1/8 CUP OF RED/ORANGE VEGETABLES
PHILLY CHEESESTEAK SANDWICH-USDA	781.1	293	3.29	761.00	M/MA, WGR, V:O	2 1/2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS, 1/8 CUP OTHER VEGETABLE
PHILLY CHICKEN SANDWICH	707	281	2.77	639.00	M/MA, WGR, V:O	2½ OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS, ¼ CUP OTHER VEGETABLE
PIMENTO CHEESE SANDWICH	785	287	6.56	745.00	M/MA, EG	1 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. ENRICHED GRAINS
RANCH BAKED CHICKEN	506	273	4.50	261.00	M/MA	2 1/2 OZ. EQ. MEAT/MEAT ALTERNATE
RED BEANS AND RICE WITH SAUSAGE	416	298	3.56	587.24	M/MA, WGR	2 ¾ OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
ROAST BEEF HOAGIE	788	271	3.51	1082.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
SAUSAGE PIZZA	312	270	3.50	810.00	M/MA, WGR, V:R/O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS, 1/8 CUP RED/ORANGE VEGETABLE
SEASONED BAKED CHICKEN	508	271	4.50	95.00	M/MA	2 1/2 OZ. EQ. MEAT/MEAT ALTERNATE
SHEPHERD'S PIE	174	282	6.05	276.68	M/MA, V:S	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1/4 CUP STARCHY VEGETABLE
SOF BEEFTACO-BRIGGS (ENRICHED)-USDA	109.1	265	6.59	499.00	M/MA, V:O, V:R/O, EG	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. ENRICHED GRAIN, 1/4 CUP RED/ORANGE VEGETABLE, 1/4 CUP OTHER VEGETABLE
SOFT BEEF TACO-BRIGGS (ENRICHED)	109	277	7.09	672.00	M/MA, V:O, V:R/O, EG	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. ENRICHED GRAIN, 1/4 CUP RED/ORANGE VEGETABLE, 1/4 CUP OTHER VEGETABLE

Lunch Meat/Meat Alternate: Group C (250-299 CALORIES)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
SOY BUTTER AND JELLY SANDWICH	789	290	2.50	310.00	M/MA, WGR	1 OZ. EQ. MEAT/MEAT ALTERNATE, 1 1/4 OZ. EQ. WHOLE GRAINS
STEAK FINGERS	180	290	5.00	480.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
SWISS STEAK WITH TOMATO GRAVY	183	250	4.43	441.61	M/MA, V:R/O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1/8 CUP RED/ORANGE VEGETABLE
TACO SOUP	812	273	4.06	454.23	M/MA, V:B/P, V:R/O, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1/4 CUP BEANS/PEAS VEGETABLES, 1/4 CUP RED/ORANGE VEGETABLES, 1/8 CUP OTHER VEGETABLES
TACO SOUP-USDA FOODS	812.1	258	4.43	419.00	M/MA, V:B/P, V:R/O, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1/4 CUP BEANS/PEAS VEGETABLES, 1/4 CUP RED/ORANGE VEGETABLES, 1/8 CUP OTHER VEGETABLES
TACO SOUP-USDA FOODS (WITH BC)	812.2	251	4.28	678.00	M/MA, V:B/P, V:R/O, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1/4 CUP BEANS/PEAS VEGETABLES, 1/4 CUP RED/ORANGE VEGETABLES, 1/8 CUP OTHER VEGETABLES
TAMALE PIE	169	258	4.50	369.22	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
TUNA SALAD WITH CRACKERS (ENRICHED)	636	276	1.13	837.00	M/MA, EG, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. ENRICHED GRAIN, 1/8 CUP OTHER VEGETABLE
TURKEY AND CHEESE HOAGIE	793	288	5.66	1083.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
TURKEY AND CHEESE ON A BUN	796	277	5.66	1103.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
TURKEY AND CHEESE WRAP - BRIGGS	798	291	7.84	1139.00	M/MA, WGR, V:R/O, V:O	3 OZ. EQ. MEAT/MEAT ALTERNATE, 1 1/4 OZ. EQ. WHOLE GRAINS, 1/8 CUP RED/ORANGE VEGETABLE, 1/8 CUP OTHER VEGETABLE
TURKEY AND DRESSING	568	299	3.50	1357.00	M/MA, EG	2 OZ. EQ. MEAT/MEAT ALTERNATE AND 1 OZ. EQ. ENRICHED GRAIN.
TURKEY & CHEESE HOAGIE - USDA FOODS	793.1	297	4.11	984.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
TURKEY & CHEESE WRAP-BRIGGS-USDA	798.1	296	5.73	896.00	M/MA, WGR, V:R/O, V:O	3 OZ. EQ. MEAT/MEAT ALTERNATE, 1 1/4 OZ. EQ. WHOLE GRAINS, 1/8 CUP RED/ORANGE VEGETABLE, 1/8 CUP OTHER VEGETABLE
VEGETABLE LASAGNA	914	296	2.98	928.16	M/MA, WGR, V:DG, V:R/O, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/4 CUP DARK GREEN VEGETABLE, 1/2 CUP RED/ORANGE VEGETABLE, 1/8 CUP OTHER VEGETABLE
VEGETABLE QUESADILLA - BRIGGS	920	269	6.24	451.44	M/MA, WGR, V:O	1 1/4 OZ. EQ. MEAT/MEAT ALTERNATE, 1 1/4 OZ. EQ. WHOLE GRAINS, 1/8 CUP OTHER VEGETABLE



RECIPE LIST

Lunch Meat/Meat Alternate: Group C (250-299 CALORIES)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
VEGETABLE QUESADILLA - MERCH	920	299	5.74	606.44	M/MA, WGR, V:0	1¼ OZ EQ. MEAT/MEAT ALTERNATE, 1¼ OZ. EQ. WHOLE GRAINS, 1/8 CUP OTHER VEGETABLE