

Lunch Meat/Meat Alternate: Group D (300-349 CALORIES)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
ARROZ CON QUESO	900	344	10.88	853.01	M/MA, WGR, V:0	2 OZ. EQ. MEAT/MEAT ALTERNATE, ¾ OZ. EQ. WHOLE GRAIN, ¼ CUP OTHER VEGETABLE
ASSORTED SANDWICHES	701	302	4.51	507.60	M/MA, WGR	1 OZ. EQ. MEAT/MEAT ALTERNATES, 2 OZ. EQ. WHOLE GRAINS
BACON BURGER - USDA FOODS	702.1	302	3.84	716.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
BACON CHEESEBURGER	706	305	5.66	840.00	M/MA, WGR	2½ OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
BACON CHEESEBURGER - USDA FOODS	706.1	342	5.34	866.00	M/MA, WGR	2½ OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
BBQ BEEF BURGER (WITH BC)	712.2	313	4.48	707.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
BBQ CHICKEN HAWAIIAN	554	324	4.50	429.00	M/MA	2 1/2 OZ. EQ. MEAT/MEAT ALTERNATE
BEAN BURRITO (MADE) - BRIGGS	902	331	9.21	771.00	M/MA, WGR, V:0	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 ½ OZ. EQ. WHOLE GRAIN, ¼ CUP OTHER VEGETABLE
BEEF-A-RONI	114	309	5.11	403.00	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
CHEESEBURGER - USDA FOODS	728.1	316	4.51	692.00	M/MA, WGR	2½ OZ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
CHEESY BREADSTICKS (2 OZ. EQ.)	926	300	5.00	520.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
CHEESY CHICKEN FIESTA OVER RICE	517	349	7.28	540.00	M/MA, WGR	2½ OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
CHEESY CHICKEN FIESTA OVERRICE-USDA	517.1	349	7.74	483.00	M/MA, WGR	2½ OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
CHEESY CHICKEN OVER RICE	516	345	7.28	476.00	M/MA, WGR	2½ OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
CHEESY FRENCH BREAD WITH MARINARA	316	345	6.00	850.00	WGR, M/MA	
CHEESY GARLIC FRENCH BREAD WITH MARINARA	316	346	6.01	842.97	M/MA, WGR	2 OZ. EQ. OF MEAT/MEAT ALTERNATE AND 2 OZ. EQ. OF WHOLE GRAINS

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RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
CHICKEN A LA KING OVER RICE	518	315	7.51	298.00	M/MA, WGR, V:0	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, ¼ CUP OTHER VEGETABLE
CHICKEN AND SAUSAGE GUMBO OVER RICE	800	313	2.59	697.00	M/MA, WGR, V:R/O, V:0	2¼ OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/8 CUP RED/ORANGE VEGETABLE, 3/8 CUP OTHER VEGETABLE
CHICKEN EGG ROLL - 2 EGG ROLLS	565	300	1.00	740.00	M/MA, WGR, V:0	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS, 1/4 CUP OTHER VEGETABLE
CHICKEN NACHOS	530	346	7.47	1086.00	M/MA, WGR, V:R/O, V:0	3 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, ¼ CUP RED/ORANGE VEGETABLE, 1/8 CUP OTHER VEGETABLE
CHICKEN NACHOS - USDA FOODS	530.1	336	7.47	731.00	M/MA, WGR, V:R/O, V:0	3 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, ¼ CUP RED/ORANGE VEGETABLE, 1/8 CUP OTHER VEGETABLE
CHICKEN PIECES IN HONEY BBQ SAUCE	572	340	2.50	880.00	M/MA	2 OZ. EQ. MEAT/MEAT ALTERNATE
CHICKEN SALAD ON CIABATTA BREAD	739	342	1.28	442.00	M/MA, WGR	2½ OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
CHICKEN SPAGHETTI	542	307	1.78	423.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
CHICKEN SPAGHETTI (ENRICHED)	542	310	1.95	426.00	M/MA, EG	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. ENRICHED GRAIN
CHICKEN TENDERS (FRIED)	548	301	2.52	689.99	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. OF WHOLE GRAIN
CHICKEN TENDERS SALAD	614	306	5.75	1216.00	M/MA, WGR, V:DG, V:R/O, V:0	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 5/8 CUP DARK GREEN VEGETABLE, 5/8 CUP OTHER VEGETABLE, 1/4 CUP RED/ORANGE VEGETABLE
CHICKEN TETRAZZINI	550	327	2.77	355.00	M/MA, WGR, V:0	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/4 CUP OTHER VEGETABLE
CHICKEN TETRAZZINI (ENRICHED)	550	330	2.94	358.00	M/MA, EG, V:0	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. ENRICHED GRAIN, 1/4 CUP OTHER VEGETABLE
CRISPY CHICKEN	510	321	4.55	119.00	M/MA	2 1/2 OZ. EQ. MEAT/MEAT ALTERNATE
FAJITA CHICKEN LOADED BAKED POTATO	560	309	0.84	917.00	M/MA, V:S, V:0	2 OZ. EQ. MEAT/MEAT ALTERNATE, ¾ CUP STARCHY VEGETABLE, 1/8 CUP OTHER VEGETABLE
FISH SANDWICH (BAKED)	750	320	1.50	550.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 3 OZ. EQ. WHOLE GRAINS

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FISH TACO (ENRICHED)	208	309	4.23	696.54	M/MA, EG, V:R/O, V:O	2 OZ. EQ. ENRICHED GRAIN, 2 OZ. EQ. ENRICHED GRAIN, 1/8 CUP OF RED/ORANGE VEGETABLE, 1/4 OF OTHER VEGETABLE
GRILLED CHEESE SANDWICH(2OZ.EQ.)ENRICHED	760.1	302	6.06	906.00	M/MA, EG	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. ENRICHED GRAINS
HAM AND CHEESE ON CIABATTA BREAD	771	332	3.90	993.38	M/MA, WGR	2½ OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. ENRICHED GRAINS
HAM AND CHEESE ON FLAT BREAD	767	311	6.35	1187.00	M/MA, WGR	2 1/2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 1/4 OZ. EQ. WHOLE GRAINS
HAM&CHEESE ON FLAT BREAD-USDA FOODS	767.1	329	7.98	1307.00	M/MA, WGR	2 1/2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 1/4 OZ. EQ. WHOLE GRAINS
HAM AND CHEESE ON HOAGIE	766	332	6.16	1114.00	M/MA, WGR	2½ OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
HAM AND CHEESE ON HOAGIE-USDA FOODS	766.1	313	5.14	1077.00	M/MA, WGR	2½ OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
HAM AND CHEESE WRAP - BRIGGS	772	303	7.98	1009.00	M/MA, WGR, V:O	3 OZ. EQ. MEAT/MEAT ALTERNATE, 1¼ OZ. EQ. WHOLE GRAINS, 1/8 CUP OTHER VEGETABLE
HAM AND CHEESE WRAP-MERCH-USDA	772.1	307	6.30	1052.00	M/MA, WGR, V:O	3 OZ. EQ. MEAT/MEAT ALTERNATE, 1¼ OZ. EQ. WHOLE GRAINS, 1/8 CUP OTHER VEGETABLE
HAM AND TURKEY ON A BUN	774	316	5.98	1343.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
HAM AND TURKEY ON A BUN-USDA FOODS	774.1	327	5.18	1251.00	M/MA, WGR	3 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
HAM AND TURKEY ON CIABATTA BREAD	773	332	3.90	933.00	M/MA, WGR	2 ½ OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
HONEY LEMON CHICKEN	500	333	4.50	334.00	M/MA	2 1/2 OZ. EQ. MEAT/MEAT ALTERNATE
HOT DOG	778	320	6.00	910.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
LADA BURRITO WITH BEANS-BRIGGS-USDA	910.1	347	5.34	711.00	M/MA, WGR, V:R/O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1½ OZ. EQ. WHOLE GRAIN, ¼ CUP RED/ORANGE VEGETABLE
LASAGNA	154	334	6.54	444.00	M/MA, WGR, V:R/O, V:O	3 OZ. EQ. MEAT/MEAT ALTERNATE, 3/4 OZ. EQ. WHOLE GRAIN, 3/8 CUP RED/ORANGE VEGETABLE, 1/4 CUP OTHER VEGETABLE

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RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
LASAGNA (WITH BC)	154.2	305	6.52	618.00	M/MA, EG, V:R/O, V:O	3 OZ. EQ. MEAT/MEAT ALTERNATE, 3/4 OZ. EQ. GRAIN, 3/8 CUP RED/ORANGE VEGETABLE, 1/4 CUP OTHER VEGETABLE
MEXICAN BURRITO	166	348	5.00	854.80	M/MA, WGR, V:R/O	2 1/2 OZ. EQ. OF MEAT/MEAT ALTERNATE, 2 OZ. EQ. OF WHOLE GRAINS, 1/8 CUP OF RED/ORANGE VEGETABLE
MEXICAN BURRITO - USDA FOODS	166.1	342	5.23	610.00	M/MA, WGR, V:R/O	2 1/2 OZ. EQ. OF MEAT/MEAT ALTERNATE, 2 OZ. EQ. OF WHOLE GRAINS, 1/8 CUP OF RED/ORANGE VEGETABLE
MEXICAN PIZZA	302	320	7.00	540.00	M/MA, WGR, V:R/O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS, 1/8 CUP RED/ORANGE VEGETABLE
MINI HOT DOG	777	300	6.00	620.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
PERSONAL PAN PIZZA	314	310	4.50	530.00	M/MA, WGR, V:R/O	2 OZ. EQ. OF MEAT/MEAT ALTERNATE, 2 OZ. EQ. OF WHOLE GRAINS, AND 1/8 CUP RED/ORANGE VEGETABLE
PHILLY CHEESESTEAK HOAGIE	782	304	3.29	741.00	M/MA, WGR, V:O	2½ OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS, ¼ CUP OTHER VEGETABLE
PHILLY CHEESESTEAK SANDWICH	781	306	4.61	825.00	M/MA, WGR, V:O	2 1/2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS, 1/8 CUP OTHER VEGETABLE
PIGS IN A BLANKET	784	330	6.00	840.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
PIZZA IN A BREAD BOWL	717	309	4.44	973.14	M/MA, WGR	2¼ OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
PIZZA IN A BREAD BOWL-USDA FOODS	717.1	338	5.67	913.00	M/MA, WGR	2¼ OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
PORK JAMBALAYA	414	323	5.97	747.71	M/MA, WGR, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, ½ CUP OTHER VEGETABLE
RANCH PARMESAN PASTA CHICKEN (ENRICH)	562	303	4.74	580.00	M/MA, EG, V:DG, V:R/O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. ENRICHED GRAIN, 1/8 CUP DARK GREEN VEGETABLE, 1/8 CUP RED/ORANGE VEGETABLE
SLOPPY JOE ON A BUN	791	330	4.03	514.00	M/MA, WGR, V:R/O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS, 1/8 CUP RED/ORANGE VEGETABLE
SOUTHERN FRIED CHICKEN	552	330	6.51	335.00	M/MA	2 1/2 OZ. EQ. MEAT/MEAT ALTERNATE
SPAGHETTI AND MEAT SAUCE (ENRICHED)	178	342	4.67	610.00	M/MA, EG, V:R/O, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. ENRICHED GRAIN, 1/2 CUP RED/ORANGE VEGETABLE, 1/4 CUP OTHER VEGETABLES

Lunch Meat/Meat Alternate: Group D (300-349 CALORIES)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
SPAGHETTI AND MEAT SAUCE (ENRICHED) (WIHT BC)	178.2	319	4.07	758.00	M/MA, EG, V:R/O, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. ENRICHED GRAIN, 1/2 CUP RED/ORANGE VEGETABLE, 1/4 CUP OTHER VEGETABLES
SPICY CHICKEN SANDWICH	736	330	2.24	778.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 3/4 OZ. EQ. WHOLE GRAINS
STUFFED CRUST PIZZA	304	330	4.50	870.00	M/MA, WGR, V:R/O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS, 1/8 CUP RED/ORANGE VEGETABLE
TACO OLÉ WITH CHIPS	186	327	7.70	491.97	M/MA, WGR, V:R/O, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/8 CUP RED/ORANGE VEGETABLE, 1/8 CUP OTHER VEGETABLE
TACO OLÉ WITH CHIPS - USDA FOODS	186.1	315	8.00	415.00	M/MA, WGR, V:R/O, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/8 CUP RED/ORANGE VEGETABLE, 1/8 CUP OTHER VEGETABLE
TACO PIE - BRIGGS - USDA FOODS(ENR)	184.1	349	9.68	872.00	M/MA, V:R/O, EG	2 3/4 OZ. EQ. MEAT/MEAT ALTERNATE, 3/4 OZ. EQ. ENRICHED GRAIN, 1/4 CUP RED/ORANGE VEGETABLE
TACO PIE - MERCH - USDA (ENRICHED)	184.1	349	9.28	896.00	M/MA, V:R/O, EG	2 3/4 OZ. EQ. MEAT/MEAT ALTERNATE, 3/4 OZ. EQ. ENRICHED GRAIN, 1/4 CUP RED/ORANGE VEGETABLE
TACO SALAD IN A BOWL	628	310	5.52	705.00	M/MA, WGR, V:DG, V:R/O, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 1/4 OZ. EQ. WHOLE GRAIN, 1/4 CUP DARK GREEN VEGETABLE, 1/8 CUP RED/ORANGE VEGETABLE, 1/4 CUP OTHER VEGETABLE
TACO SALAD IN A BOWL-USDA FOODS	628.1	307	5.52	616.00	M/MA, WGR, V:DG, V:R/O, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 1/4 OZ. EQ. WHOLE GRAIN, 1/4 CUP DARK GREEN VEGETABLE, 1/8 CUP RED/ORANGE VEGETABLE, 1/4 CUP OTHER VEGETABLE
TACO SALAD IN A BOWL-USDA FOODS (WITH BC)	628.2	306	5.40	857.00	M/MA, WGR, V:DG, V:R/O, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 1/4 OZ. EQ. WHOLE GRAIN, 1/4 CUP DARK GREEN VEGETABLE, 1/8 CUP RED/ORANGE VEGETABLE, 1/4 CUP OTHER VEGETABLE
TUNA SALAD IN A BREAD BOWL (WGR)	715	342	1.62	700.07	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
TUNA SALAD ON CIABATTA BREAD (WGR)	708	347	0.81	733.87	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
TUNA SALAD SANDWICH (ENRICHED)	795	322	1.12	875.00	M/MA, EG	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. ENRICHED GRAINS
TURKEY AND CHEESE ON FLAT BREAD	711	302	6.34	1354.77	M/MA, WGR, V:O	3 OZ. EQ. MEAT/MEAT ALTERNATE, 2 1/4 OZ. EQ. WHOLE GRAINS, 1/8 CUP OTHER VEGETABLE
TURKEY & CHEESE ON FLAT BREAD-USDA	711.1	344	5.59	1247.00	M/MA, WGR, V:O	3 OZ. EQ. MEAT/MEAT ALTERNATE, 2 1/4 OZ. EQ. WHOLE GRAINS, 1/8 CUP OTHER VEGETABLE
TURKEY AND CHEESE WRAP - MERCH	798	329	7.34	1381.00	M/MA, WGR, V:R/O, V:O	3 OZ. EQ. MEAT/MEAT ALTERNATE, 1 3/4 OZ. EQ. WHOLE GRAIN, 1/8 CUP RED/ORANGE VEGETABLE, AND 1/8 CUP OTHER VEGETABLE



RECIPE LIST

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TURKEY & CHEESE WRAP - MERCH-USDA	798.1	326	5.23	1051.00	M/MA, WGR, V:R/O, V:O	3 OZ. EQ. MEAT/MEAT ALTERNATE, 1¼ OZ. EQ. WHOLE GRAIN, 1/8 CUP RED/ORANGE VEGETABLE, AND 1/8 CUP OTHER VEGETABLE