

Lunch Meat/Meat Alternate: Group E (350-399 CALORIES)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
BBQ BEEF BURGER	712	352	4.68	524.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
BBQ MEATBALL HOAGIE-BRIGGS	722	376	6.00	814.00	M/MA, WGR	2 ¼ OZ. EQ. OF MEAT/MEAT ALTERNATE AND 2 OZ. EQ. WHOLE GRAIN.
BBQ MEATBALL HOAGIE-MERCH	722	366	3.88	907.00	M/MA, WGR	2 OZ. EQ. OF MEAT/MEAT ALTERNATE AND 2 OZ. EQ. WHOLE GRAIN
BBQ RIB SANDWICH	720	398	5.00	1141.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
BEAN BURRITO (MADE) - MERCH	902	361	8.71	926.00	M/MA, WGR, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1¼ OZ. EQ. WHOLE GRAINS, AND 1/4 CUP OTHER VEGETABLE
BEEF STEAK BURGER	776	385	8.21	872.00	M/MA, WGR	2½ OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
BEEF STROGANOFF OVER RICE	142	362	5.12	410.83	M/MA, WGR	2 OZ. EQ. OF MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
BEEFY NACHOS GRANDE	168	380	7.52	700.62	M/MA, WGR, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/8 CUP OTHER VEGETABLE
BREADED STEAK WITH BROWN GRAVY	116	355	9.75	813.95	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
CHEESY BREADSTICKS WITH CHILI	122	353	6.03	1006.93	M/MA, WGR	3 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN
CHICKEN AND HAM LOADED BAKED POTATO	559	362	7.37	441.00	M/MA, V:DG, V:S	2 OZ. EQ. MEAT/MEAT ALTERNATE, ¼ CUP DARK GREEN VEGETABLE, ¼ CUP STARCHY VEGETABLE
CHICKEN PATTY SANDWICH (BAKED)	732	360	2.24	768.35	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 3 OZ. EQ. WHOLE GRAINS
CHILI IN A BREAD BOWL	710	399	7.73	533.95	M/MA, WGR, V:R/O, V:O	2½ OZ. EQ. OF MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS, 1/8 CUP RED/ORANGE VEGETABLE, 1/8 OTHER VEGETABLE
FISH MELT	754	364	4.33	753.80	M/MA, WGR	2½ OZ. EQ. MEAT/MEAT ALTERNATE, 3 OZ. EQ. WHOLE GRAINS
FISH MELT - USDA FOODS	754.1	360	3.00	700.00	M/MA, WGR	2½ OZ. EQ. MEAT/MEAT ALTERNATE, 3 OZ. EQ. WHOLE GRAINS
FISH SANDWICH (FRIED)	752	361	1.91	550.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 3 OZ. EQ. WHOLE GRAINS

Lunch Meat/Meat Alternate: Group E (350-399 CALORIES)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
GRILLED CHEESE SANDWICH(2OZ.EQ.)ENR	760	357	11.41	1163.00	M/MA, EG	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. ENRICHED GRAINS
ITALIAN ROTINI CASSEROLE (ENRICHED)	148	355	6.67	603.00	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 VEGETABLE
JOHN WAYNE CASSEROLE	150	398	12.40	818.00	M/MA, WGR, V:O	2 1/4 OZ. EQ. MEAT/MEAT ALTERNATE, 3/4 OZ. EQ. WHOLE GRAIN, 1/8 CUP OTHER VEGETABLE
JOHN WAYNE CASSEROLE (WITH BC)	150.2	397	12.47	979.00	M/MA, EG, V:O	2 1/4 OZ. EQ. MEAT/MEAT ALTERNATE, 3/4 OZ. EQ. ENRICHED GRAIN, 1/8 CUP OTHER VEGETABLE
LADA BURRITO WITH BEANS - BRIGGS	910	356	4.71	1084.00	M/MA, WGR, V:R/O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 1/2 OZ. EQ. WHOLE GRAIN, 1/4 CUP RED/ORANGE VEGETABLE
LADA BURRITO WITH BEANS - MERCH	910	386	4.21	1239.00	M/MA, WGR, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 3/4 OZ. EQ. WHOLE GRAIN, 1/4 CUP RED/ORANGE VEGETABLE
LADA BURRITO WITH BEANS-MERCH-USDA	910.1	377	4.84	866.00	M/MA, WGR, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAIN, 1/4 CUP RED/ORANGE VEGETABLE
LOADED BAKED POTATO SOUP	808	391	9.48	556.04	M/MA, V:S	1/2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 CUP STARCHY VEGETABLE
MEATBALL MARINARA HOAGIE-BRIGGSUSDA	740.1	370	6.38	547.00	M/MA, WGR	2 1/4 OZ. EQ. OF MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAIN
MEATBALL MARINARA HOAGIE-MERCH	740	364	6.00	691.00	M/MA, WGR	2 OZ. EQ. OF MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAIN
PEANUT BUTTER AND JELLY SANDWICH	780	382	3.29	454.00	M/MA, EG	1 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. ENRICHED GRAINS
PEPPERONI PIZZA (16-INCH)	308	350	8.00	680.00	M/MA, WGR, V:R/O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS, 1/8 CUP RED/ORANGE VEGETABLE
SLOPPY JOE IN A BREAD BOWL	792	353	4.54	388.63	M/MA, WGR, V:R/O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS, 1/8 CUP RED/ORANGE VEGETABLE
SLOPPY JOE ON A BUN (WITH BC)	791.2	354	5.58	766.00	M/MA, WGR, V:R/O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS, 1/8 CUP RED/ORANGE VEGETABLE
TACO PIE-BRIGGS (ENRICHED)	184	351	9.68	961.00	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(ENRICHED)	184	351	9.28	985.00	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