

### Lunch Meat/Meat Alternate: Group F (400+ CALORIES)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
BACON BEEF STEAK BURGER	704	411	9.04	1044.00	M/MA, WGR	2½ OZ. EQ. OF MEAT/MEAT ALTERNATE, 2 OZ. EQ. OF WHOLE GRAINS
BBQ PORK SANDWICH-USDA	719	415	4.00	1282.84	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
BEEF STEAK CHEESEBURGER	730	438	11.03	1160.00	M/MA, WGR	3 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS.
BEEF STEAK CHEESEBURGER -USDA FOODS	730.1	425	9.71	1020.00	M/MA, WGR	3 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS.
CHEESEBURGER PIE WITH BISCUITS(WGR)	120	502	11.61	809.00	M/MA, WGR, V:R/O, V:O	3 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAIN, ¼ CUP RED/ORANGE VEGETABLE, 1/8 CUP OTHER VEGETABLE
CHEESEBURGER PIE WITH BISCUITS(WGR) (W/BC)	120.2	433	9.40	990.00	M/MA, WGR, V:R/O, V:O	3 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAIN, ¼ CUP RED/ORANGE VEGETABLE, 1/8 CUP OTHER VEGETABLE
CHEESY BURGER BAKE WITH TOTS	126	447	7.79	906.64	M/MA, V:R/O, V:S	2 1/2 OZ. EQ. MEAT/MEAT ALTERNATE, 1/2 CUP SERVING RED/ORANGE VEGETABLE, 1/2 CUP SERVING STARCHY VEGETABLE
CHEESY BURGER BAKE WITH TOTS(WITH BC)	126.2	423	8.43	1110.00	M/MA, V:R/O, V:S	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1/2 CUP SERVING RED/ORANGE VEGETABLE, 1/2 CUP SERVING STARCHY VEGETABLE
CHEESY MACARONI (MADE) (ENRICHED)	908	452	16.15	1123.00	M/MA, EG	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. ENRICHED GRAIN
CHICKEN NOODLE SOUP AND SANDWICH	820	417	5.23	665.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2½ OZ. EQ. WHOLE GRAINS
CHICKEN PATTY SANDWICH (FRIED)	734	478	3.54	768.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 3 OZ. EQ. WHOLE GRAINS
CHILI CHEESE CORN CHIPS	128	423	10.93	616.56	M/MA, WGR, V:R/O, V:O	3 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/8 CUP RED/ORANGE VEGETABLE, 1/8 CUP OTHER VEGETABLE
CHILI DOG	742	411	8.06	1020.87	M/MA, WGR	2½ OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
COUNTRY FRIED STEAK SANDWICH	746	476	9.11	790.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 3 OZ. EQ. WHOLE GRAINS
FRUIT AND YOGURT PLATE	618	453	6.77	637.49	M/MA, WGR, F, V:DG	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/2 CUP FRUIT, 1/8 CUP DARK GREEN VEGETABLE
FRUIT AND YOGURT PLATE - USDA FOOD	618.1	425	4.12	510.00	M/MA, WGR, F, V:DG	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/2 CUP FRUIT, 1/8 CUP DARK GREEN VEGETABLE

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RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
GRILLED CHICKEN SALAD	620	432	6.94	1356.47	M/MA, WGR, V:DG, V:R/O, V:O	3 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 5/8 CUP DARK GREEN VEGETABLE, 1/8 CUP RED/ORANGE VEGETABLE, 1/2 CUP OTHER VEGETABLE
GRILLED FAJITA SALAD (PURCHASED)	604	400	8.74	1032.87	M/MA, WGR, V:DG, V:R/O, V:O	3 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/2 CUP DARK GREEN VEGETABLE, 1/8 CUP RED/ORANGE VEGETABLE, 1/2 CUP OTHER VEGETABLE
GRILLED FAJITA SALAD - USDA FOODS	604.1	406	9.59	1223.33	M/MA, WGR, V:DG, V:R/O, V:O	2 1/2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/2 CUP DARK GREEN VEGETABLE, 1/4 CUP RED/ORANGE VEGETABLE, 1/2 CUP OTHER VEGETABLE
HAMBURGER PIE	176	425	8.82	784.25	M/MA, V:S	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1/2 CUP STARCHY VEGETABLE
MACARONI&CHEESE W/A HAM SLICE (ENRI	412	412	11.10	964.00	M/MA, EG	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. ENRICHED GRAIN
RANCH CHICKEN SALAD	602	473	6.25	1207.30	M/MA, WGR, V:DG, V:R/O, V:O	2 1/2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 OZ. EQ. WHOLE GRAIN, 1/2 CUP DARK GREEN VEGETABLE, 1/4 CUP RED/ORANGE VEGETABLE, 1/2 CUP OTHER VEGETABLE
SEAFOOD BASKET	210	479	3.45	766.25	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 3 1/2 OZ. EQ. WHOLE GRAINS
STROMBOLI SUPREME-USDA (ENRICHED)	418.1	416	6.98	1248.00	M/MA, EG	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 1/2 OZ. EQ. ENRICHED GRAINS
SWEET & SPICY MEATBALL HOAGIE-BRIGGS	726	401	2.63	1159.00	M/MA, WGR	2 1/4 OZ. EQ. OF MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAIN
SWEET CHILI MEATBALL HOAGIE-MERCH	726	477	6.50	1255.00	M/MA, WGR	2 1/4 OZ. EQ. OF MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAIN
TUNA SALAD SALAD	634	430	4.18	1008.00	M/MA, F, V:DG, V:R/O, V:O	2 1/2 OZ. EQ. MEAT/MEAT ALTERNATE, 1/4 CUP FRUIT, 1/2 CUP DARK GREEN VEGETABLE, 1/4 CUP RED/ORANGE VEGETABLE, 5/8 CUP OTHER VEGETABLE
TURKEY AND CHEESE ON A BUN - USDA	796.1	2787	4.11	1004.00	M/MA, WGR	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS
VEGETABLE BEEF SOUP AND SANDWICH	822	439	6.55	911.35	M/MA, WGR, V:B/P, V:R/O, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS, 1/4 CUP BEANS/PEAS VEGETABLE, 1/4 CUP RED/ORANGE VEGETABLE, 1/8 CUP OTHER VEGETABLE
VEGETABLE SOUP AND SANDWICH	942	426	4.82	1005.17	M/MA, WGR, V:R/O, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS, 1/8 CUP RED/ORANGE VEGETABLE, 1/8 CUP OTHER VEGETABLE
VEGETARIAN WRAP - BRIGGS	936	509	16.01	1203.45	M/MA, WGR, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 1/4 OZ. EQ. WHOLE GRAINS, 3/8 CUP OTHER VEGETABLE
VEGETARIAN WRAP - MERCH	936	539	15.51	1358.45	M/MA, WGR, V:O	2 OZ. EQ. MEAT/MEAT ALTERNATE, 1 1/4 OZ. EQ. WHOLE GRAINS, 3/8 CUP OF OTHER VEGETABLE



## RECIPE LIST

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RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
VEGETARIAN WRAP ON FLAT BREAD	934	519	14.51	1418.45	M/MA, WGR, V:0	2 OZ. EQ. MEAT/MEAT ALTERNATE, 2¼ OZ. EQ. WHOLE GRAINS, 3/8 CUP OTHER VEGETABLE
YOGURT AND SANDWICH COMBO	745	453	4.40	742.96	M/MA, WGR, F, V:DG	3 OZ. EQ. MEAT/MEAT ALTERNATE, 2 OZ. EQ. WHOLE GRAINS, ½ CUP FRUIT, 1/8 CUP DARK GREEN VEGETABLE