

Recipe Name	Recipe #	Serving Size	Creditable Amounts	Calories	Saturated Fat		
Apple Cobbler	C-01	1 serving	1/2 cup fruit, 1 serving grains/breads	299	2.96g		
Apple Crisp	C-02	1 serving	1/4 cup fruit, 3/4 serving grains/breads	200	1.59g		
Apple-Honey Crisp	C-02A	1 serving	1/4 cup fruit, 3/4 serving grains/breads	194	1.59g		
Applesauce Cake	C-03	1 piece	1 serving grains/breads	218	2.13g		
Arroz con Queso (Rice with Cheese)	D-48	1/2 cup	2 oz eq M/MA, 1/8 cup vegetable, 3/4 serving grains/breads, or 1 oz eq M/MA, 1/4 cup vegetable, 3/4 serving grains/breads	248	4.11g		
Baked Beans (Canned Vegetarian Beans)	I-06	2/3 cup	2 oz eq M/MA, or 1/2 cup vegetable	159	0.16g		
Baked Cajun Fish	D-46	1 serving	2 oz eq M/MA	128	1.75g		
Baked Fish Scandia	D-47	1 serving	2 oz eq M/MA	162	1.53g		
Baked French Toast Strips	J-03	2 strips	1 oz eq M/MA, 1 serving grains/breads	155	1.18g		
Baked Sweet Potatoes and Apples	I-07	1/4 cup	1/4 cup of vegetable and fruit	78	0.28g		
Baking Powder Biscuits	B-04	1 each	1 1/2 servings grains/breads	164	1.68g		
Banana Bread Squares	B-05	1 each	1 serving grains/breads	149	1.10g		
Barbecued Beef or Pork on Roll (Canned Meat)	F-02	1 each	2 oz eq M/MA, 1/8 cup vegetable, 2 servings grains/breads	276	2.33g		
Barbecued Chicken	D-11	1 portion	2 oz eq M/MA	295	3.73g		
Barbecue Sauce	G-02	2 TBSP		48	0.02g		
Bean Burrito	D-12A	1 each	2 oz eq M/MA, 1/4 cup vegetable, 1 1/2 servings grains/breads	288	3.53g		
Bean Soup	H-01	1 cup	2 oz eq M/MA and 1/8 cup vegetable	159	0.22g		
Bean Taco	D-13A	2 each	1 3/4 oz eq M/MA, 1/2 cup vegetable, 1 serving grains/breads	249	2.69g		
Beef and Bean Tamale Pie	D-15A	1 serving	2 oz eq M/MA, 3/8 cup vegetable, 1 serving grains/breads	268	3.60g		
Beef or Pork Burrito (Updated March 2006)	D-12	1 each	2 oz eq M/MA, 1/4 cup vegetable, 1 serving grains/breads	273	5.76g		
Beef or Pork Burrito (Canned Meat)	D-12B	1 each	2 oz eq M/MA, 1/4 cup vegetable, 1 serving grains/breads	241	4.73g		
Beef or Pork Taco	D-13	2 each	2 oz eq M/MA, 1/2 cup vegetable, 1 serving grains/breads	299	5.80g		
Beef or Pork Taco (Canned Meat)	D-13B	2 each	2 oz eq M/MA, 1/2 cup vegetable, 1 serving grains/breads	246	3.80g		
Beef Shepherds Pie	D-43	1 serving	2 oz eq M/MA, 3/4 cup vegetable	294	5.09g		
Beef Stew	D-14	1 cup	2 oz eq M/MA, 1/2 cup vegetable	218	2.38g		
Beef Stir-Fry	D-39A	3/4 cup, 1 TBSP	2 oz eq M/MA, 1/2 cup vegetable	236	2.34g		
Beef Taco Pie	D-45	1 serving	2 oz eq M/MA, 1/4 cup vegetable, 1 1/4 serving grains/breads	304	5.72g		
Beef Tamale Pie	D-15	1 serving	2 oz eq M/MA, 3/8 cup vegetable, 1 serving grains/breads	281	5.17g		
Beef Vegetable Soup	H-04A	1 cup	1/2 oz eq M/MA, 1/2 cup vegetable	86	1.29g		
Bottom Pastry Crust (Sheet Pans)	C-12	1 piece	3/4 serving grains/breads	133	2.15g		
Bread Stuffing	B-06	1 serving	1 1/2 servings grains/breads	165	1.23g		
Breakfast Burrito with Salsa	J-02	1 each	2 oz eq M/MA, 1/4 cup vegetable, 1 1/2 servings grains/breads	258	2.91g		

Broccoli Salad	E-17	1/2 cup	1/2 cup vegetable and fruit	154	0.61g		
Broccoli, Cheese, and Rice Casserole	I-08	1/3 cup	1/2 oz eq M/MA, 1/4 cup vegetable/ 1/4 serving grains/breads	137	1.92g		
Brown Bread	B-07	1 slice	1 serving grains/breads	92	0.13g		
Brown Gravy	G-03	2 TBSP		23	0.33g		
Brown Rice Pilaf	B-22	1/2 cup	1 serving grains/breads	112	0.17g		
Brownie Icing	C-22	1 TBSP		54	0.43g		
Brownies	C-04	1 each	1/2 serving grains/breads	151	1.77g		
Carrot Cake	C-05	1 piece	1/8 cup vegetable and fruit, 1 serving grains/breads	232	1.54g		
Carrot-Raisin Salad	E-04	1/4 cup	1/4 cup vegetable and fruit	78	0.31g		
Cheese Sauce	G-08A	2 TBSP	1/4 oz eq M/MA	49	1.21g		
Cherry Cobbler	C-06	1 serving	1/2 cup fruit, 1 serving grains/breads	316	2.89g		
Cherry Crisp	C-07	1 serving	1/4 cup fruit, 3/4 serving grains/breads	196	1.57g		
Chicken Fajitas	D-40	1 each	2 oz eq M/MA, 1/8 cup vegetable, 1 serving grains/breads	241	1.41g		
Chicken or Turkey a la King	D-16	3/4 cup	2 oz eq M/MA, 1/4 cup vegetable	218	1.96g		
Chicken or Turkey and Noodles	D-17	1 cup	2 oz eq M/MA, 1 serving grains/breads	244	1.88g		
Chicken or Turkey Chop Suey	D-18	3/4 cup	2 oz eq M/MA, 1/4 cup vegetable	147	1.28g		
Chicken or Turkey Gravy	G-03A	2 TBSP		23	0.31g		
Chicken or Turkey Noodle Soup	H-02	1 cup	1/2 oz eq M/MA, 1/2 serving grains/breads	98	0.55g		
Chicken or Turkey Pot Pie	D-19	1 cup	2 oz eq M/MA, 1/4 cup vegetable, 1 serving grains/breads	344	4.60g		
Chicken or Turkey Rice Soup	H-02A	1 cup	1/2 oz eq M/MA, 1/2 serving grains/breads	112	0.47g		
Chicken or Turkey Salad	E-05	1/2 cup	2 oz eq M/MA	165	1.67g		
Chicken or Turkey Taco	D-13C	2 each	1 3/4 oz eq M/MA, 1/2 cup vegetable, 1 serving grains/breads	264	3.51g		
Chicken or Turkey Tamale Pie	D-15B	1 serving	2 oz eq M/MA, 3/8 cup vegetable, 1 serving grains/breads	273	4.53g		
Chicken or Turkey Vegetable Soup	H-04B	1 cup	1/2 oz eq M/MA, 1/2 cup vegetable	72	0.41g		
Chicken Stir-Fry	D-39	3/4 cup 1 TBSP	2 oz eq M/MA, 1/2 cup vegetable	199	1.47g		
Chicken Tetrazzini	D-42	1 serving	2 oz eq M/MA, 1/8 cup vegetable, 1/2 serving grains/breads	313	3.61g		
Chicken Tomato Bake	D-41	1 serving	1 oz eq M/MA, 1/4 cup vegetable, 1 serving grains/breads	200	1.09g		
Chili con Carne with Beans	D-20	1/2 cup	2 oz eq M/MA, 3/8 cup vegetable	180	3.57g		
Chinese Style Vegetables	I-09	1/4 cup	1/4 cup vegetables	37	0.33g		
Chocolate Cake	C-08	1 piece	3/4 serving grains/breads	200	2.19g		
Chocolate Chip Cookies	C-09	1 each	1/4 serving grains/breads	128	2.03g		
Chocolate Glaze	C-32	1 TBSP		61	0.30g		
Chocoleana Cake	C-31	1 piece	3/4 serving grains/breads	189	0.89g		
Cinnamon Rolls	B-08	1 each	2 servings grains/breads	209	0.65g		

Clear Dressing	E-18	2 TBSP		91	1.02g		
Cooking Macaroni, Noodles, and Spaghetti	B-02	1/2 cup	1 serving grains/breads	111	0.12g		
Cooking Rice (Oven or Steamer)	B-03	1/2 cup	1 serving grains/breads	121	0.05g		
Corn and Green Bean Casserole	I-19	1/2 cup	1/2 cup vegetable	129	1.21g		
Corn Pudding	I-10	1 serving	1/2 oz eq M/MA, 1/4 cup vegetable	117	0.87g		
Cornbread	B-09	1 piece	1 serving grains/breads	108	0.45g		
Cornbread Stuffing	B-06A	1 serving	1 1/2 servings grains/breads	162	1.34g		
Country Fried Steak	D-21	1 serving	2 oz eq M/MA	216	4.94g		
Cream Gravy	G-03B	2 TBSP		25	0.20g		
Cream of Chicken Soup	H-06	1 cup	1 oz eq M/MA	204	2.89g		
Cream of Vegetable Soup	H-03	1 cup	1/4 cup vegetable	148	1.61g		
Creamy Cole Slaw	E-06	1/4 cup	1/4 cup vegetable	33	0.26g		
Creamy Dip for Fresh Vegetables	E-13	2 TBSP		52	0.61g		
Cucumber Sauce	G-13	2 TBSP		20	0.24g		
Egg Salad Sandwich	F-03	1 each	2 oz eq M/MA, 2 servings grains/breads	244	2.15g		
French Dressing	E-14	2 TBSP		146	2.14g		
Fried Rice	B-10	3/4 cup	1 oz eq M/MA, 1/8 cup vegetable, 1 serving grains/breads	184	1.02g		
Gingerbread	C-23	1 piece	1 serving grains/breads	236	1.10g		
Granola	J-01	1/4 cup	1 serving grains/breads	129	0.39g		
Green Beans in Cheese Sauce	I-11	1/4 cup	1/2 oz eq M/MA, 1/4 cup vegetable	56	1.73g		
Ground Beef and Macaroni (Mexican Seasoning)	D-22	3/4 cup	2 oz eq M/MA, 3/8 cup vegetable, 1 serving grains/breads	283	4.40g		
Ground Beef and Spanish Rice	D-23	2/3 cup	2 oz eq M/MA, 1/4 cup vegetable, 1 serving grains/breads	282	4.44g		
Ground Beef Stroganoff	D-24	3/4 cup	2 oz eq M/MA	250	5.74g		
Herbed Broccoli and Cauliflower Polonaise	I-18	1/2 cup	1/2 cup vegetable	92	1.27g		
Honey Barbecue Sauce	G-10	2 TBSP		103	0.57g		
Honey Dressing	E-20	2 TBSP		40	0.16g		
Honey Lemon Chicken	D-44	1 piece	2 oz eq M/MA	124	1.74g		
Hummus	E-24	1/2 cup	2 oz eq M/MA	182	1.44g		
Italian Bread	B-11	1 slice	2 serving grains/breads	145	0.32g		
Italian Dressing	E-15	2 TBSP		186	2.85g		
Italian Seasoning Mix	G-01	2 TBSP		14	0.07g		
Lasagna with Ground Beef	D-25	1 serving	2 oz eq M/MA, 3/8 cup vegetable, 3/4 serving grains/breads	269	4.69g		
Lasagna with Ground Pork and Ground Beef	D-25A	1 serving	2 oz eq M/MA, 3/8 cup vegetable, 3/4 serving grains/breads	269	4.55g		
Macaroni and Cheese	D-26	2/3 cup	2 oz eq M/MA, 1 serving grains/breads	296	6.84g		

Macaroni Salad	E-07	1/2 cup	1 serving grains/breads	144	0.49g		
Marinated Black Bean Salad	E-21	1/2 cup	1/2 cup vegetable or 1/2 oz eq M/MA and 3/8 cup vegetable	157	0.26g		
Meat Loaf	D-27	1 slice (3/4")	2 oz eq M/MA, 1/2 serving grains/breads	195	4.22g		
Meat Balls	D-27A	2 each	2 oz eq M/MA, 1/2 serving grains/breads	195	4.22g		
Mexicali Corn	I-12	1/4 cup	1/4 cup vegetable	42	0.25g		
Mexican Seasoning Mix	G-01A	2 TBSP		49	0.32g		
Minestrone	H-07	1 cup	1/2 oz eq M/MA, 1/4 cup vegetable, 1/4 serving grains/breads	96	0.28g		
Muffin Squares	B-12	1 each	1 serving grains/breads	110	0.58g		
Nacho Cheese Sauce	G-04	3 TBSP	1 oz eq M/MA	99	3.63g		
Nachos with Ground Beef	D-28	1 serving	2 oz eq M/MA, 1 serving grains/breads	281	6.11g		
New Italian Dressing	E-22	2 TBSP		62	0.92g		
New Macaroni and Cheese	D-51	1 serving	1 oz eq M/MA, 1 serving grains/breads	325	5.93g		
New Oatmeal Raisin Cookies	C-25	1 each	1 serving grains/breads	188	1.07g		
New Spice Cake	C-28	1 piece	1 serving grains/breads	196	1.65g		
Oatmeal Cookies	C-10	1 each	3/4 serving grains/breads	161	1.96g		
Oatmeal Muffin Squares	B-20	1 each	1 serving grains/breads	185	0.86g		
Orange Glaze	C-24	2 TSP		33	0.00g		
Orange Glazed Carrots	I-13A	1/3 cup	1/4 cup vegetable	48	0.39g		
Orange Glazed Sweet Potatoes	I-13	1/4 cup	1/4 cup vegetable	96	0.41g		
Orange Rice Pilaf	B-21	1/2 cup	1 serving grains/breads	126	0.07g		
Orange Rice Pudding	C-33	1/3 cup	1/2 serving grains/breads	115	0.29g		
Orange-Pineapple Gelatin	C-11	1 serving	1/2 cup fruit	91	0.02g		
Oven Fried Chicken	D-29	1 portion	2 oz eq M/MA	343	4.66g		
Pancakes	B-13	1 each (4")	1 serving grains/breads	127	0.89g		
Pasta Salad	E-08	3/8 cup	1/8 cup vegetable, 1/2 serving grains/breads	141	0.98g		
Peach Cobbler	C-13	1 serving	1/2 cup fruit, 1 serving grains/breads	292	2.87g		
Peanut Butter Bars	C-26	1 each	1/2 serving grains/breads	137	1.15g		
Peanut Butter Cookies	C-14	1 each	1/2 serving grains/breads	146	1.63g		
Peanut Butter Glaze	C-27	1 TBSP		46	0.25g		
Pizza Crust	B-14	1 portion	2 servings grains/breads	137	0.26g		
Pizza with Cheese Topping	D-30	1 piece	2 oz eq M/MA, 1/4 cup vegetable, 2 serving grains/breads	280	4.17g		
Pizza with Ground Beef Topping	D-31	1 piece	2 oz eq M/MA, 1/4 cup vegetable, 2 serving grains/breads	294	4.39g		
Pizza with Ground Pork Topping	D-31A	1 piece	2 oz eq M/MA, 1/4 cup vegetable, 2 serving grains/breads	292	3.79g		
Pizzaburger on Roll	F-04	1 each (2 halves)	2 oz eq M/MA, 1/4 cup vegetable, 2 serving grains/breads	313	4.80g		

Pork Stir-Fry	D-39B	3/4 cup and 1 TBSP	2 oz eq M/MA, 1/2 cup vegetable	242	3.16g		
Potato Salad	E-09	2/3 cup	1/2 cup vegetable	102	0.48g		
Potatoes Au Gratin (Dehydrated sliced potatoes)	I-14	1/2 cup	1/2 oz eq M/MA, 1/2 cup vegetable	144	1.66g		
Pourable Pizza Crust	B-15	1 piece	2 servings grains/breads	158	0.16g		
Preparing Instant Mashed Potatoes	I-05	1/2 cup	1/2 cup vegetable	101	0.59g		
Quiche with Self-Forming Crust	D-32	1 serving	2 oz eq M/MA, 1/2 serving grains/breads	153	2.92g		
Quick Baked Potatoes	I-17	1/2 potato w/skin	1/2 cup vegetable	128	0.35g		
Ranch Dressing	E-19	2 TBSP		35	0.52g		
Refried Beans	I-15	1/3 cup	1 oz eq M/MA or 1/4 cup vegetable	111	1.32g		
Rice Pudding	C-15	1/4 cup	1/4 serving grains/breads	94	0.29g		
Rice-Vegetable Casserole	B-23	2/3 cup	1/8 cup vegetable, 3/4 serving grains/breads	102	0.22g		
Rolls (Yeast)	B-16	1 each	2 servings grains/breads	176	0.60g		
Royal Brownies	C-21	1 each	1/2 serving grains/breads	137	0.75g		
Salisbury Steak	D-33	1 patty	2 oz eq M/MA	186	4.22g		
Scalloped Potatoes (Fresh Potatoes)	I-16A	1/2 cup	1/2 cup vegetable	117	0.62g		
Scalloped Potatoes (Dehydrated Potatoes)	I-16	1/2 cup	1/2 cup vegetable	150	0.68g		
Scrambled Eggs	D-34	1/4 cup	2 oz eq M/MA	82	1.57g		
Sloppy Joe on Roll	F-05	1 each	2 oz eq M/MA, 1/4 cup vegetable, 2 serving grains/breads	345	4.96g		
Spaghetti and Meat Sauce	D-35	1 cup	2 oz eq M/MA, 3/8 cup vegetable, 1 serving grains/breads	322	4.38g		
Spaghetti and Meat Sauce (Ground Beef and Pork)	D-35A	1 cup	2 oz eq M/MA, 3/8 cup vegetable, 1 serving grains/breads	320	3.99g		
Spanish Rice	B-17	1/3 cup	1/8 cup vegetable, 1/2 serving grains/breads	69	0.15g		
Spice Cake	C-16	1 piece	1 serving grains/breads	233	2.14g		
Spice Icing	C-29	2 TSP		50	0.28g		
Spiced Apple Topping	G-09	1/3 cup	1/4 cup fruit	92	0.24g		
Stir-Fry Sauce	G-11	3 TBSP		15	0.02g		
Stromboli	F-06	1 piece	2 oz eq M/MA, 1 1/2 serving grains/breads	221	2.72g		
Stromboli with Tomato Sauce	F-06A	1 piece	2 oz eq M/MA, 1/8 cup vegetable, 1 1/2 serving grains/breads	228	2.72g		
Sweet and Sour Pork	D-36	3/4 cup	2 oz eq M/MA, 1/4 cup vegetable and fruit	210	2.14g		
Sweet and Sour Sauce	G-05	2 TBSP		21	0.01g		
Sweet Potato Pie	C-17	1 piece	1/4 cup vegetable and fruit, 3/4 serving grains/breads	266	2.75g		
Sweet Potato-Plum Bread Squares	B-18	1 piece	1/8 cup vegetable and fruit, 3/4 serving grains/breads	283	2.33g		
Tabouleh	E-23	3/4 cup	3/8 cup vegetable, 3/4 serving grains/breads	141	0.41g		
Taco Pie with Beans	D-45B	1 serving	2 oz eq M/MA, 1/4 cup vegetable, 1 1/4 serving grains/breads	264	2.86g		
Taco Pie with Salad Topping	D-45A	1 serving	2 oz eq M/MA, 1/2 cup vegetable, 1 1/4 serving grains/breads	308	5.72g		

Taco Salad	E-10	1 serving	2 oz eq M/MA, 3/4 cup vegetable, 1 serving grains/breads	296	5.78g		
Tartar Sauce	G-06	2 TBSP		63	0.58g		
Teriyaki Sauce	G-12	2 TBSP		39	0.02g		
Thick Vegetable Soup	H-05	1 cup	1 oz eq M/MA, 3/8 cup vegetable, 1/2 serving grains/breads	146	0.12g		
Thousand Island Dressing	E-16	2 TBSP		61	0.59g		
Three Bean Salad	E-11	1/4 cup	1/4 cup vegetable	47	0.42g		
Toasted Cheese Sandwich	F-07	1 each	2 oz eq M/MA, 2 servings grains/breads	314	7.01g		
Toasted Turkey Ham and Cheese Sandwich	F-07A	1 each	2 oz eq M/MA, 2 servings grains/breads	303	4.61g		
Tomato Sauce (Meatless)	G-07	2 TBSP		16	0.05g		
Top Pastry Crust	C-12A	1 piece	1/2 serving grains/breads	87	1.43g		
Tuna and Noodles	D-37	1 cup	2 oz eq M/MA, 1 1/4 servings grains/breads	282	1.26g		
Tuna Salad Sandwich	F-08	1 each	2 oz eq M/MA, 1/8 cup vegetable, 2 servings grains/breads	304	1.21g		
Turkey and Dressing Supreme	D-38	1 serving	2 oz eq M/MA, 1 serving grains/breads	271	2.92g		
Vanilla Cream Frosting	C-18	1 1/4 TBSP		90	0.59g		
Vegetable Chili	D-49	3/4 cup	2 oz eq M/MA, 3/8 cup vegetable, 1/4 serving grains/breads	223	3.76g		
Vegetable Lasagna	D-50	1 serving	2 oz eq M/MA, 3/4 cup vegetable, 1 serving grains/breads	278	2.60g		
Vegetable Pizza	D-30A	1 piece	1 1/4 oz eq M/MA, 1/2 cup vegetable, 2 servings grains/breads	265	4.17g		
Vegetable Quesadilla	D-52	1 serving	1 1/4 oz eq M/MA, 1/8 cup vegetable, 1 serving grains/breads	249	4.23g		
Vegetable Soup	H-04	1 cup	1/2 cup vegetable	58	0.12g		
Vegetable Stromboli	F-06B	1 piece	1/2 oz eq M/MA, 1/4 cup vegetable, 1 1/2 servings grains/breads	145	1.19g		
Vegetable Wraps	F-09	2 pieces	1 oz eq M/MA, 3/8 cup vegetable, 2 servings grains/breads	299	4.72g		
Waldorf Fruit Salad	E-12	1/3 cup	1/4 cup fruit	70	0.42g		
Whipped Topping	C-19	2 TBSP		19	0.01g		
White Bread	B-19	1 piece	1 serving grains/breads	93	0.36g		
White Sauce	G-08	2 TBSP		31	0.31g		
Whole Wheat Sugar Cookies	C-30	1 each	1 serving grains/breads	173	1.29g		
Yellow Cake	C-20	1 piece	1 serving grains/breads	214	2.16g		

