Section 3: *Customizing the MSC II MENUS*

MSC II is a set of cycle menus that must be followed to meet nutrient goals and gain the benefits of cycle menus. The system, however, will allow some flexibility so you can tailor ***MSC II*** to meet student preferences, availability of USDA commodities, and purchasing or production emergencies.

When customizing the menu for an individual school district, the days of each week may be arranged in an order that will best meet delivery and production needs.

In case of emergencies, the first line of defense in making appropriate substitutions is to choose another menu item from the same week's menu. For example in Week 2 Day 2 of the Elementary menus, if Pizza is not available, switch to the Corn Dog Nuggets planned for Day 5 of the same week. Serve the pizza when Day 5 arrives on the menu cycle. The weekly nutrients will not be altered by the change.

What is the Customizing Chart?

The ***MsC II*** *Customizing Charts* are tools that help you tailor ***MsC II*** menus to meet your needs. The charts provide lists of nutritionally equivalent alternatives for each ***MsC II*** food item in the traditional USDA meal pattern: meat/meat alternates, fruits, vegetables, and grains/breads component categories. The charts are easy to use and all of the recipes identified by the charts are located in the ***MsC II*** Manual.

The benefits of using the Customizing Charts include:

* Reducing the efforts of the foodservice staff because the tedious calculation of nutritionally equivalent substitutions already has been performed.
* Recipes with comparable nutrients are grouped together. Choosing an alternative item from the ***MsC II*** customizing chart will not affect the weekly nutrient goals for your CN program.

Why use the *MsC II* Customizing Charts?

There are only four reasons to use the ***MsC II*** Customizing Charts:

- To tailor ***MsC II*** to specific food preferences of your students. This is done when you first decide to use *MsC II* in your school district; and these changes become permanent.
- To address changes due to receiving USDA commodities. These changes will occur periodically.
- To address emergencies such as food supplies not delivered on time, or a failed food product requiring a substitute. These changes only meet the needs of that day's production and are used only when switching menu items within the same week does not meet your needs. The menu returns to the original food item the next time this day appears on the cycle.
- To adjust menus for seasonal availability of fresh produce. Menus were planned with a variety of fresh fruits and vegetables. The time of year affects both price and availability of fresh produce.

Organization of *MsC II* Customizing Charts

The ***MsC II*** Customizing Charts are organized by meal components. The charts are meat/meat alternates chart, vegetables chart, fruits chart, and grains/breads chart. The organization and use of each chart is discussed separately.

When customizing menus for your school district, variety of food items should be considered. Substitute a similar item such poultry for poultry when possible. The menus have been planned using a variety of fresh fruits and vegetables. Consider seasonal availability and price when planning menus and using the customizing charts.

Meat/Meat Alternates Chart

MsC II menu items are listed in numerical order in separate tables. The recipe name and number are listed at the top of the table. The next line lists the calories, range of calories, the total fat grams and the saturated fat grams. Alternate choices that meet the same meal component requirements, as well as nutrients, are listed in two columns below the top two lines of the table. To use this chart, find the entree you want to customize and then choose one of the alternatives that meets your production goals. This choice will allow you to maintain weekly nutrient standards. When making substitutions, you will still need to verify that all meal components for that menu are satisfied.

Each selection is within a range of 90 to 110 % of the calories. The selection is equal to or less than the amount of total fat and saturated fat grams listed. In some

instances, the selections generated were less than two and the amount of total fat and saturated fat grams were expanded to + 10 percent of the figures. EXPANDED was added after the recipe name to indicate that this had occurred. Items are in order by recipe number.

Vegetables Chart

The vegetables have been grouped into four categories based on calories and fat. Group 1 contains vegetable recipes with 50 or fewer calories and less 3 grams of fat. Group 2 contains vegetable recipes with calories between 51 and 100 calories and less than 3 grams of fat. Group 3 contains vegetable recipes between 100 and 200 calories and less than 3 grams of fat. Group 4 contains recipes with the highest level of fat grams, over 3 grams. Calories for these items are over 100. To choose an alternative vegetable item, find the vegetable you wish to substitute and choose another from the <u>same</u> group in the chart. Staying within the same group will allow you to maintain the same weekly averages for nutrients. Always consider the other nutrient contributions for the vegetable recipes.

Fruits Chart

Fruits have been divided into three categories based on calories. Group 1 contains fruit recipes with 50 or fewer calories. Group 2 contains fruit recipes with calories between 51 and 100 calories. Group 3 contains fruit recipes between 100 and 250 calories. To make a fruit substitution, choose another fruit in the same group. Consider the other nutrient contributions for the recipes.

Grains/Breads Chart

Grains and bread products are divided into three categories based on calories and grams of fat. Group 1 contains recipes with calories between 1 to 100 calories and 5 grams of fat or less. Group 2 contains recipes with calories between 101 to 200 calories and 5 grams of fat or less. Group 3 contains breads with 101 – 300 calories with 5 to 10 grams of fat. To make a substitution in this meal component, choose another bread or grain item in the same group.

Mississippi Cycles II
Customizing Chart

Meat/Meat Alternates

Cheeseburger Pie 120			
424 Calories Range: 382 – 466 Calories 22.82 Gr. Total Fat 9.36 Gr. Sat. Fat			
BBQ Rib Sandwich, Dip	722	BBQ Rib Sandwich, Brush	720
Chili Cheeseburger	740	Fish Sandwich w/ Cheese	754
Fish Sandwich, Fried	752	Mexican Burrito	164
Stuffed Crust Pizza	304	Pizza Kit	300

Cheesy Breadsticks w/Chili 122			
354 Calories Range: 319 – 389 Calories 17.55 Gr. Total Fat 6.75 Gr. Sat. Fat			
BBQ Beef Burger	712	BBQ Pulled Pork Burger	718
Chicken Patty Sandwich, Baked	732	Chili Burger	738
Ham & Turkey Cheese Sub	774	Spicy Chicken Sandwich	792
Turkey & Dressing Supreme	566	Turkey & Cheese Sub	799

Chili Cheese Corn Chips 128			
308 Calories Range: 277 – 339 Calories 17.87 Gr. Total Fat 4.84 Gr. Sat. Fat			
American Sub Sandwich	700	BBQ Pork Sandwich	716
Chicken Salad Sandwich	736	Chicken Tetrazzini	550
Chicken & Dumplings, tortillas	522	Fruit & Yogurt Salad	618
Ham & Cheese on Bun	768	Spaghetti w/ Meat Sauce	178
Turkey & Cheese on Bun	796		

Chili Con Carne Without Beans 132			
188 Calories Range: 169 – 207 Calories 10.02 Gr. Total Fat 4.75 Gr. Sat. Fat			
Baked Ham	402	BBQ Chicken	512
Cheesy Chicken Over Rice	516	Country Fried Steak	136
Salisbury Steak with Gravy	172	Sliced Turkey w/ Brown Gravy	564
Tuna Salad Only	630		

Hamburger Steak, 2.5 oz w/Brown Gravy 144			
189 Calories Range: 170 – 208 Calories 12.35 Gr. Total Fat 5.45 Gr. Sat. Fat			
BBQ Chicken	512	Chicken Salad, only	606
Chicken Tenders, Baked	546	Chicken Tenders, Fried	548
Baked Honey Lemon Chicken	500	Tuna Salad Only	630
Hawaiian Chicken	554	Seafood Gumbo	810

Italian Rotini Casserole 148			
329 Calories Range: 296 – 362 Calories 11.77 Gr. Total Fat 5.09 Gr. Sat. Fat			
American Sub Sandwich	700	Chicken Spaghetti	542
Fish Sandwich, Baked	750	Ham & Cheese on Sub	766
Sloppy Joe on Bun	790	Spaghetti w/Meat Sauce	178

John Wayne Casserole 150			
589 Calories Range: 530 - 648 Calories 41.88 Gr. Total Fat 14.34 Gr. Sat. Fat			
Cheesy Burger Bake	126	Chicken Caesar Salad, Graphic	602
Footlong Chili Cheese Dog	756		

Lasagna 154			
334 Calories Range: 301 - 367 Calories 13.26 Gr. Total Fat 6.07 Gr. Sat. Fat			
Chef Salad, Graphic	600	Chicken Fajitas	528
Chicken Quesadillas	540	Chicken Spaghetti	542
Fish Sandwich, Baked	750	Huntington Chicken	558
Italian Rotini Casserole	148	Lada Burrito	152

Meatloaf 160			
266 Calories Range: 239 - 293 Calories 13.78 Gr. Total Fat 6.63 Gr. Sat. Fat			
Beef –a- Roni	114	Chicken Stir Fry	544
Cowboy Stew	140	Ham & Turkey on Bun	773
Roast Beef on Bun	786	Turkey and Cheese Wrap	798

Mexican Beef Pie 162			
278 Calories Range: 250 - 306 Calories 14.34 Gr. Total Fat 5.92 Gr. Sat. Fat			
Bean Taco	904	Beef-a-Roni	114
Chicken Stir Fry	544	Chicken Tetrazzini	550
Cowboy Stew	140	Fruit and Yogurt Salad	618
Turkey and Cheese Wrap	798	Ham and Cheese Wrap	772

Mexican Burrito, Purchased 166			
425 Calories Range: 383-468 Calories 16.05 Gr. Total Fat 6.15 Gr. Sat. Fat			
BBQ Rib Sandwich, Brush	720	Loaded Baked Potato, Chicken Fajita	560
Stuffed Crust Pizza	304	Chicken & Dumplings, scratch	520

Nachos Grande 168			
471 Calories Range: 424 – 518 Calories 24.8 Gr. Total Fat 7.97 Gr. Sat. Fat			
BBQ Rib Sandwich, dip	722	Chicken Salad Salad, Graphic	612
Loaded Baked Potato	559	Stromboli Supreme	418
Tuna Salad, Graphic	634		

Salisbury Steak w/Gravy 172			
165 Calories Range: 149 - 182 Calories 8.01 Gr. Total Fat 3.01 Gr. Sat. Fat			
Baked Ham	402	Chicken Gumbo	804
Chicken Gumbo, Roux Based	802	Chili Con Carne w/o Beans	132
Chili Con Carne w/Beans	130	Pinto Beans	912
Sliced Turkey w/Brown Gravy	564	Yogurt Sandwich Combo	638

Spaghetti w/Meat Sauce 178			
314 Calories Range: 283 – 345 Calories 9.41 Gr. Total Fat 3.39 Gr. Sat. Fat			
BBQ Chicken Sandwich	714	Chicken Spaghetti	542
Fruit and Yogurt Salad	618	Grilled Chicken Sandwich	764
Roast Beef Stuffed Pita	787		

Steak Fingers, Baked 180			
340 Calories Range: 306 – 374 Calories 23 Gr. Total Fat 8 Gr. Sat. Fat			
American Sub Sandwich	700	BBQ Pulled Pork Sandwich	718
Cheeseburger, 2.5 oz. Patty	728	Cheesy Breadsticks w/ Chili	122
Cheesy Breadsticks w/ Marinara Sc	906	Fish Nuggets Baked	202
Lada Burrito	152	Shepherd's Pie	176

Fish Nuggets, baked 202 Expanded			
354 Calories Range: 319 – 389 Calories 18.56 Gr. Total Fat 1.69 Gr. Sat. Fat			
Chicken Spaghetti	542	Fish Sandwich, Baked	750
Spicy Chicken Sandwich	792		

Pizza, Mexican 302			
388 Calories Range: 349 – 427 Calories 19.51 Gr. Total Fat 7.36 Gr. Sat. Fat			
Chicken and Dumplings, Scratch	520	Chicken Patty Sandwich, Fried	734
Chicken Pot Pie	538	Chicken Tenders Salad, Graphic	614
Fish Sandwich with Cheese	754	Grilled Chicken Salad, Graphic	620
Peanut Butter & Jelly Sandwich	780	Southwestern Chicken Sandwich	791

Pizza Variety 306			
329 Calories Range: 296 – 362 Calories 13.59 Gr. Total Fat 4.7 Gr. Sat. Fat			
Chef Salad, Graphic	600	Chicken Salad Sandwich	736
Chicken Spaghetti	542	Fish Sandwich, Baked	750
Ham & Cheese Sub	766	Huntington Chicken	558
Sloppy Joe on Bun	790	Turkey and Cheese Sandwich	797

Corn Dog Nuggets, Baked 406			
480 Calories Range: 432 – 528 Calories 28 Gr. Total Fat 6 Gr. Sat. Fat			
BBQ Rib Sandwich, dip	722	Chicken Salad Salad, Graphic	612
Loaded Potato Ole w/Chili & Cheese	156	Yogurt Sandwich Plate, Graphic	638

Macaroni & Cheese w/Ham Slice 412			
378 Calories Range: 340 – 416 Calories 19.38 Gr. Total Fat 9.33 Gr. Sat. Fat			
BBQ Beef Burger	712	Beef Taco w/Soft Shell	108
Chicken & Dumplings	520	Chicken Pot Pie	538
Chicken Tenders Salad, Graphic	614	Grilled Chicken Salad, Graphic	620
Ham & Turkey Cheese Sub	774	Peanut Butter & Jelly	780
Southwestern Chicken Sandwich	791	Chili Burger	738

Red Beans & Rice w/Sausage 416			
246 Calories Range: 221 – 271 Calories 13.15 Gr. Total Fat 5.47 Gr. Sat. Fat			
Beef Tips Over Noodles	112	Beef-A-Roni	114
Ground Beef Stroganoff Over Rice	142	Roast Beef on Bun	786
Chicken & Sausage Gumbo	800	Taco Soup	812

Stromboli Supreme 418			
469 Calories Range: 422 – 515 Calories 18.39 Gr. Total Fat 7.57 Gr. Sat. Fat			
BBQ Sandwich, Dip	722	Chicken Salad Salad, Graphic	612
Loaded Baked Potato	559	Tuna Salad Salad, Graphic	634
Vegetable Soup & Sandwich Combo	824	Yogurt & Sandwich Plate, Graphic	638

Baked Lemon Pepper Chicken 504			
139 Calories Range: 125 – 153 Calories 5.41 Gr. Total Fat 1.49 Gr. Sat. Fat			
Baked Lemon Pepper Chicken	504	Baked Ranch Chicken	506
Fruit & Cottage Cheese Salad	616		

Cheesy Chicken Over Rice 516			
241 Calories Range: 217 – 265 Calories 11.92 Gr. Total Fat 5.19 Gr. Sat. Fat			
Beef Tips Over Noodles	112	Chicken & Sausage Gumbo	800
Chicken and Noodles	524	Roast Beef on Bun	786
Taco Soup	812	Tuna and Noodles	210

Chicken Fajitas 528			
319 Calories Range: 287 – 351 Calories 12.68 Gr. Total Fat 5.06 Gr. Sat. Fat			
American Sub Sandwich	700	Chef Salad	600
Chicken Salad Sandwich	736	Chicken Spaghetti	542
Chicken & Dumplings, Tortilla	522	BBQ Pork Sandwich	716
Fish Sandwich, Baked	750	Ham and Cheese Hoagie	766
Sloppy Joe on Bun	790		

Chicken Nuggets, Baked 532			
222 Calories Range: 200 – 244 Calories 12.15 Gr. Total Fat 2.87 Gr. Sat. Fat			
Chicken & Noodles	524	Chicken Tenders, Fried	548
Tuna and Noodles	210	Turkey on Bun	796a

Chicken Spaghetti 542 EXPANDED			
328 Calories Range: 295 – 361 Calories 8.38 Gr. Total Fat 1.64 Gr. Sat. Fat			
BBQ Chicken Sandwich	714	BBQ Turkey Sandwich	724
Fruit and Yogurt Salad	618		

Ranch Parmesan Chicken Pasta 562			
325 Calories Range: 293 – 358 Calories 14.22 Gr. Total Fat 7.16 Gr. Sat. Fat			
BBQ Pork Sandwich	716	Chef Salad Graphic	600
Chicken Quesadilla	540	Chicken Spaghetti	542
Fish Sandwich	750	Ham & Cheese Sub	766
Ham & Turkey on Bun	773	Pizza, Variety	306

Fried Chicken 552			
243 Calories Range: 219 – 267 Calories 13.74 Gr. Total Fat 3.56 Gr. Sat. Fat			
Beef Tips Over Noodles	112	Chicken & Sausage Gumbo	800
Chicken & Noodles	524	Ground Beef Stroganoff Over Rice	142
Taco Soup	812	Tuna and Noodles	210

Huntington Chicken 558			
336 Calories Range: 302 - 370 Calories 12.39 Gr. Total Fat 3.70 Gr. Sat. Fat			
American Sub Sandwich	700	Chef Salad, Graphic	600
Chicken Spaghetti	542	Fish Sandwich, Baked	750
Ham & Cheese Sub	766		

Loaded Baked Potato 559			
479 Calories Range: 431 -527 Calories 12.87 Gr. Total Fat 7.45 Gr. Sat. Fat			
Loaded Baked Potato	559	Loaded Nacho Potato	158

Chef Salad Graphic 600 Need to calculate			
327 Calories Range: 281 - 343 Calories 12.06 Gr. Total Fat 2.67 Gr. Sat. Fat			
Chicken Spaghetti	542	Fish Sandwich, Baked	750
Fruit & Yogurt Salad	618		

Chef Salad 601			
312 Calories Range: 281 – 343 Calories 11.93 Gr. Total Fat 5.01 Gr. Sat. Fat			
BBQ Chicken Sandwich	714	Chicken Spaghetti	542
Fish Sandwich, Baked	750	Fruit & Yogurt Salad	618

Chicken Tenders Salad, Graphic 614			
370 Calories Range: 333 – 407 Calories 16.76 Gr. Total Fat 6.08 Gr. Sat. Fat			
BBQ Beef Burger	712	Chicken & Dumplings, Scratch	520
Chicken Patty Sandwich, Baked	732	Loaded Potato Ole w/Chili &Cheese	156
Southwestern Chicken Sandwich	791	Spicy Chicken Sandwich	792

Fruit & Yogurt Salad, Graphic 619			
505 Calories Range: 455 – 556 Calories 21.72 Gr. Total Fat 5.36 Gr. Sat. Fat			
BBQ Rib Sandwich, Dip	722	Chicken Salad Salad, Graphic	612
Loaded Potato Ole w/Chili & Cheese	156	Tuna Salad, Graphic	634

Taco Salad w/Chips 626			
389 Calories Range: 350 – 428 calories 21.88 Gr. Total Fat 8.94 Gr. Sat. Fat			
Bacon Cheeseburger, 2.5 oz.	706	Chicken & Dumplings, scratch	520
Chicken Patty Sandwich, Fried	734	Fried Catfish, breaded	208
Grilled Chicken Salad, Graphic	620	Ham & Turkey Cheese Sub	774

Tomato Stuffed w/Tuna Salad 632			
317 Calories Range: 285 – 349 Calories 9.27 Gr. Total Fat 4.15 Gr. Sat. Fat			
BBQ Chicken Sandwich	714	Bean Taco	904
Chicken Spaghetti	542	Fruit & Yogurt Salad	618
Roast Beef Stuffed Pita	787		

Tuna Salad, Graphic 634 EXPANDED			
464 Calories Range: 418 – 510 Calories 17.62 Gr. Total Fat 2.97 Gr. Sat. Fat			
Chicken Salad Salad, Graphic	612	Fish Sandwich, Fried	752
Chicken Fajita Loaded Potato	560		

American Sub Sandwich 700			
311 Calories Range: 280 – 342 Calories 10.73 Gr. Total Fat 2.9 Gr. Sat. Fat			
BBQ Chicken Sandwich	714	Chicken Spaghetti	542
Fruit & Yogurt Salad	618	Grilled Chicken Sandwich	764
Roast Beef Stuffed Pita	787		

BBQ Chicken Sandwich 714 EXPANDED			
293 Calories Range: 264 – 322 Calories 6.53 Gr. Total Fat 1.66 Gr. Sat. Fat			
BBQ Turkey Sandwich	724	Fruit & Yogurt Salad	618

BBQ Rib Sandwich, Brush 720 EXPANDED			
418 Calories Range: 376 – 460 Calories 13.62 Gr. Total Fat 4.07 Gr. Sat. Fat			
BBQ Beef Burger	712	BBQ Pulled Pork Burger	718
Loaded Potato with Chicken Fajita	560	Lada Burrito w/ Beans	910
Spicy Chicken Sandwich	792		

Cheeseburger, 2.5 oz patty 728			
347 Calories Range: 312 – 382 calories 16.62 Gr. Total Fat 5.94 Gr. Sat. Fat			
BBQ Pulled Pork Burger	718	Cheesy Breadsticks w/Marinara SC	906
Chicken Patty Sandwich, Baked	732	Huntington Chicken	558
Italian Rotini Chicken	148	Spicy Chicken Patty Sandwich	792
Turkey & Cheese Sub	799		

Chicken Patty Sandwich, Baked 732			
361 Calories Range: 325 – 397 calories 14.01 Gr. Total Fat 3.39 Gr. Sat. Fat			
BBQ Pulled Pork	718	Chef Salad, Graphic	600
Chicken Spaghetti	542	Fish Sandwich, Baked	750

Chicken Salad Sandwich 736			
316 Calories Range: 284 – 348 Calories 12.36 Gr. Total Fat 2.64 Gr. Sat. Fat			
Bean Taco	904	Cajun Catfish	200
Chicken Spaghetti	542	Fish Sandwich, Baked	750
Fruit & Yogurt Salad	618	Grilled Chicken Sandwich	764

Chili Dog 742			
359 Calories Range: 323 – 395 Calories 20.85 Gr. Total Fat 7.74 Gr. Sat. Fat			
Bacon Burger, 2.5 oz patty	702	BBQ Beef Burger	712
BBQ Pulled Pork Burger	718	Cheesy Breadsticks w/Chili	122
Chicken Patty Sandwich, Fried	734	Fish Nuggets, Baked	202
Lada Burrito with Beans	910	Loaded Potato Ole w/Chili & Cheese	156
Turkey & Cheese Sub	799	White Chicken Chili	818

Fish Sandwich, Baked 750			
325 Calories Range: 293 – 358 calories 10.75 Gr. Total Fat 1.63 Gr. Sat. Fat			
BBQ Chicken Sandwich	714	Chicken Spaghetti	542
Fruit & Yogurt Salad	618		

Fish Sandwich w/Cheese 754 EXPANDED			
409 Calories Range: 368 – 450 calories 18.7 Gr. Total Fat 3.37 Gr. Sat. Fat			
Fish Nuggets, Baked	202	Spicy Chicken Sandwich	792
White Chicken Chili	818		

Grilled Cheese Sandwich, 1 oz. 762			
263 Calories Range: 237 – 289 calories 12.61 Gr. Total Fat 6.47 Gr. Sat. Fat			
BBQ Turkey Sandwich	724	Beef-A-Roni	114
Ham & Turkey on Bun	774	Roast Beef on Bun	786

Grilled Chicken Sandwich 764			
291 Calories Range: 262 – 320 calories 9.34 Gr. Total Fat 2.53 Gr. Sat. Fat			
BBQ Chicken Sandwich	714	BBQ Turkey Sandwich	724
Fruit & Yogurt Salad	618	Roast Beef Stuffed Pita	787

Ham & Cheese on Bun 768			
312 Calories Range: 281 - 343 Calories 12.95 Gr. Total Fat 3.41 Gr. Sat. Fat			
American Sub Sandwich	700	Chef Salad Graphic	600
Chicken Salad Sandwich	736	Chicken & Dumplings, Tortillas	522
Chicken & Sausage Jambalaya	526	Spaghetti w/ Meat Sauce	178

Ham & Cheese Wrap 772			
297 Calories Range: 267 – 327 Calories 14.08 Gr. Total Fat 3.96 Gr. Sat. Fat			
American Sub Sandwich	700	Cajun Catfish	200
Chicken Salad w/ Crackers	610	Fruit & Yogurt Salad	618
Turkey & Cheese Sandwich	797	Ham & Cheese Sandwich	770
Beef Ravioli	102	Tuna Salad w/ Crackers	636

Hamburger 775			
292 Calories 263 -321 Range: calories 12.07 Gr. Total Fat 4.69 Gr. Sat. Fat			
American Sub Sandwich	700	BBQ Chicken Sandwich	714
BBQ Pork Sandwich	716	Chicken Tetrazini	550
Fruit and Yogurt Salad	618	Turkey & Cheese Sandwich	797
Roast Beef Sub	788		

Hot Dog 778			
312 Calories Range: 281 – 343 calories 18.35 Gr. Total Fat 6.55 Gr. Sat. Fat			
American Sub Sandwich	700	BBQ Pork Sandwich	716
Chef Salad	601	Chicken Fajitas	528
Chicken Salad Sandwich	736	Chicken Tetrazzini	550
Chicken & Sausage Jambalaya	526	Ham & Cheese on Bun	768
Spaghetti w/Meat Sauce	178	Tomato Stuffed Tuna Salad	632

Philly Steak Sandwich on Texas Toast 782			
415 Calories Range: 374 – 457 calories 14.09 Gr. Total Fat 6.93 Gr. Sat. Fat			
BBQ Rib Sandwich, Brush	720	Loaded Baked Potato Philly Steak	159
Loaded Potato Ole w/Chili & Cheese	156		

Roast Beef Pita Pockets 786			
295 Calories Range: 266 – 325 calories 7.61 Gr. Total Fat 2.02 Gr. Sat. Fat			
BBQ Chicken Sandwich	714	BBQ Turkey Sandwich	724
Fruit & Yogurt Salad	618		

Roast Beef Sub Sandwich 788			
304 Calories Range: 274 – 334 calories 9.82 Gr. Total Fat 4.39 Gr. Sat. Fat			
BBQ Chicken Sandwich	714	Chicken Tetrazzini	550
Fruit & Yogurt Salad	618	Grilled Chicken Salad	764
Beef Ravioli	102	Roast Beef Stuffed Pita	787
Spaghetti w/Meat Sauce	178		

Southwestern Chicken Sandwich 791			
389 Calories Range: 350 – 428 calories		16.44 Gr. Total Fat	3.72 Gr. Sat. Fat
BBQ Pulled Pork	718	Chicken Patty Sandwich, Baked	732
Loaded Potato Ole w/Chili & Cheese	156	Spicy Chicken Sandwich	792

Spicy Chicken Sandwich 792			
361 Calories Range: 325 – 397 calories		10.03 Gr. Total Fat	1.88 Gr. Sat. Fat
Chicken Spaghetti	542	Fish Sandwich, Baked	750

Texas Grilled Cheese Sandwich 793			
451 Calories Range: 406 – 496 calories		22.79 Gr. Total Fat	11.7 Gr. Sat. Fat
BBQ Rib Sandwich, Dip	722	Loaded Baked Potato Philly Steak	159
Loaded Potato Ole w/Chili &Cheese	156	Stromboli Supreme	418
Tuna Salad Salad, Graphic	634	Chicken Fajita Wrap	748

Tuna Caesar Wrap 794			
199 Calories Range: 406 - 496 Calories		22.79 Gr. Total Fat	11.7 Gr. Sat. Fat
BBQ Chicken	512	Hawaiian Chicken	554
Seafood Gumbo	810		

Turkey & Cheese on Bun 796			
303 Calories Range: 274 - 334 Calories		12.63 Gr. Total Fat	3.39 Gr. Sat. Fat
American Sub Sandwich	700	Chicken Salad Sandwich	736
Chicken Tetrazzini	550	Chicken & Sausage Jambalaya	526
Fruit & Yogurt Salad	618	Ham & Cheese Sandwich	770

Turkey on Bun 796A			
229 Calories Range: 206 - 252 Calories		4.28 Gr. Total Fat	1.14 Gr. Sat. Fat
Chicken Gumbo, Roux Based	802	Fruit & Cottage Cheese Salad	616
Pinto Beans	912		

Taco Soup 812			
240 Calories	**Range: 216 - 264 Calories**	**8.34 Gr. Total Fat**	**3.1 Gr. Sat. Fat**
Chicken & Noodles	524	Tuna & Noodles	210
Turkey on Bun	796A		

Turkey & Cheese Wrap 798			
259 Calories	**Range: 233 -285 calories**	**12.49 Gr. Total Fat**	**3.27 Gr. Sat. Fat**
BBQ Turkey Sandwich	724	Bean Taco	904
Chicken & Noodles	524	Ground Beef Stroganoff Over Rice	142
Ham & Turkey on Bun	773	Tuna & Noodles	210

Mississippi Cycles II
Customizing Charts

Vegetables

Group 1 (50 Calories or less)		
Broccoli w/ Cheese Sauce 1012	Glazed Carrots 1018E	Seasoned Cabbage 1016
Broccoli w/ Cheese Sauce 1012E	Green Bean Casserole 1034E	Seasoned Cabbage 1016E
California Vegetables 1054	Green Beans 1036	Seasoned Green Beans 1044
California Vegetables 1054E	Green Beans 1036E	Seasoned Green Beans 1044E
Cheesy Broccoli/Cauliflower 1056	Green Beans w/ Potatoes 1040	Southern Greens 1046
Cheesy Broccoli/Cauliflower 1056E	Green Beans w/ Potatoes 1040E	Southern Greens 1046E
Cheesy Cal. Vegetables 1058	Green Beans w/ Ham 1038	Spinach 1048E
Cheesy Cal. Vegetables 1058E	Green Beans w/ Ham 1038E	Steamed Broccoli Spears 1014
Confetti Coleslaw 1114E	Italian Green Beans 1042	Steamed Broccoli Spears 1014E
Creole Green Beans 1032	Italian Green Beans 1042E	Steamed Carrots 1022
Creole Green Beans 1032E	Lemon-Glazed Carrots 1020E	Steamed Carrots 1022E
Garden Salad w/ Dressing 1118	Ranch Baked Fries 1097E	Tossed Salad w/ Dressing 1126
Garden Salad w/ Dressing 1118E		Tossed Salad w/ Dressing 1126E

Group 2 (50 – 100 Calories)		
Black Bean Salad 1104E	Green Peas 1070	Parsley Butter New Potatoes 1082
Black Eyed Peas 1066E	Green Peas 1070E	Parsley Butter New Pot. 1082E
Carrot Sticks w/ Dip 1017	Lemon-Glazed Carrots 1020	Peas and Carrots 1062
Confetti Coleslaw 1114	Lima Beans 1004E	Peas and Carrots 1062E
Corn on the Cob 3" 1024	Mashed Potatoes 1078	Ranch Baked Fries 1097
Corn on the Cob 5" 1024E	Mashed Potatoes 1078E	Ranch-Style Black Beans 1008E
Cream-Style Corn 1028E	Mexicali Corn 1030	Raw Veggies w/ Dip 1124
Creamy Coleslaw 1116	Mexicali Corn 1030E	Raw Veggies w/ Dip 1124E
Creamy Coleslaw 1116E	Mixed Vegetables 1060	San Antonio Beans 1010E
Field Peas 1068E	Mixed Vegetables 1060E	Spinach 1048
Glazed Carrots 1018	Oven Baked Fries 1092	Whole Kernel Corn 1031
Green Bean Casserole 1034	Oven Baked Fries 1092E	Whole Kernel Corn 1031E

Group 3 (100+ Calories)		
Baked Beans 1000	Baked Sweet Potato & Apples 1050	Lima Beans 1004
Baked Beans 1000E	Black Eyed Peas 1066	Oven Baked Potato Wedges 1094
Baked Beans, Season Mix 1002	Black Bean Salad 1104	Oven Baked Potato Wedges 1094E
Baked Beans, Season Mix 1002E	Corn Pudding 1026	Quick Baked Potato 1084
Baked Potato 1074	Field Peas 1068	Ranch Style Black Beans 1008
Baked Sweet Potato 1076		San Antonio Beans 1010

Group 4 (3 Grams of Fat or Higher)		
Au Gratin Potatoes 1072	Carrot Raisin Salad 1112	Potato Rounds, Fried 1096
Broccoli, Cheese, & Rice Casserole 1052	Carrot Raisin Salad 1112E	Potato Rounds, Fried 1096E
Broccoli Salad (Ranch) 1106	Creamy Cole Slaw 1116	Scalloped Potatoes 1086
Broccoli Salad (Ranch) 1106E	French Fries, Crinkle Cut 1088	Scalloped Potatoes 1086E
Broccoli Salad 1108	French Fries, Crinkle Cut 1088E	Seasoned Baked Potato 1098
Broccoli Salad 1108E	French Fries, Straight Cut 1090	Seasoned Baked Potato 1098E
Broccoli Salad w/ Grapes/Bacon 1110	French Fries, Straight Cut 1090E	Spicy Fries, Baked 1100
Broccoli Salad w/ Grapes/Bacon 1110E	Mashed Potatoes w/Cheese 1080	Spicy Fries, Baked 1100E
	Mashed Potatoes w/Cheese 1080E	Spicy Fries, Fried 1102
	Potato Rounds, Baked 1095	Spicy Fries, Fried 1102E
	Potato Rounds, Baked 1095E	

Mississippi Cycles II
CUSTOMIZING CHARTS

FRUITS

FRUITS 0 – 50 CALORIES		
Apple & Orange Wedges 1240E	Fresh Blueberries 1222E	Kiwi Wedges 1228E
Apple Delicious 1200E	Fresh Grapes 1226E	Peach Slices 1274
Apple Slices in a Bag 1202	Fresh Melon Cubes 1234E	Peach Slices 1274E
Applesauce 1204E	Fresh Strawberries 1292	Pear & Kiwi Medley 1256E
Blushing Chilled Pears 1276E	Fresh Strawberries 1292E	Sliced Apples 1214E
Cantaloupe Cubes 1232	Fruit Cocktail 1248E	Tangerines 1298E
Cantaloupe Cubes 1232E	Honeydew Cubes 1236E	Watermelon Chunks 1238
Chilled Pears 1276	Kiwi Halves 1228	Watermelon Chunks 1238E
Chilled Pears 1276E		

FRUITS 51 -100 CALORIES		
Apple & Orange Wedges 1240	Orange Smiles (Wedges) 1270	Pear & Kiwi Medley 1256
Apple Delicious 1200	Orange Smiles (Wedges) 1270E	Pear Salad 1284
Applesauce 1204	Fresh Oranges 1268	Pear Salad 1284E
Apricots 1218	Fresh Pears 1280	Pineapple Tidbits 1286
Apricots 1218E	Fruit Cocktail 1248	Pineapple Tidbits 1286E
Banana Berry Blend 1224E	Fresh Fruit Cup 1250	Rosey Applesauce 1212
Blushing Chilled Pears 1276	Fresh Fruit Cup 1250E	Rosey Applesauce 1212
Fresh Apple 1206	Frozen Fruit Juice Bar 1299V	Sliced Apples 1214
Fresh Bananas 1220	Fruit Juice Variety 1299	Frozen Strawberries 1294E
Fresh Blueberries 1222	Honeydew Cubes 1236	Tangerines 1298
Fresh Fruit Bowl or Variety 1244	Mandarin Fruit Cup 1254	Tropical Fruit Mix 1260
Fresh Grapes 1226	Mandarin Fruit Cup 1254E	Tropical Fruit Mix 1260E
Fresh Melon Cubes 1234 Fresh	Chilled Peach Slices 1274	Waldorf Tropical Fruit Cup 1264
Nectarines 1266	Chilled Peach Slices 1274E	Waldorf Tropical Fruit Cup 1264E

FRUITS 100 CALORIES OR MORE		
Banana Berry Blend 1224	Raisins 1290	Tropical Apples 1216
Granola Fruit Bake 1252	Raisins 1290E	Tropical Apples 1216E
Hot Cinnamon Apples 1208	Frozen Strawberries 1294	Waldorf Fruit Salad 1262
Hot Cinnamon Apples 1208E		Waldorf Fruit Salad 1262E

Mississippi Cycles II
CUSTOMIZING CHARTS

GRAINS and BREADS

GROUP 1 (1 – 100 CALORIES, 5 GRAMS OF FAT OR LESS)		
Homemade Croutons 1316 **Honey Wheat Bread 1326** **Hushpuppies, Purchased 1332**	**Saltine Crackers 1368** **Penne Pasta w/Red Sauce 1340** **Pistolet Roll 1342**	**Texas Toast 1350** **Wheat Bread 1352** **White Bread 1354**

GROUP 2 (101 – 200 CALORIES 5 GRAMS OF FAT OR LESS)		
Central Mississippi Cornbread 1304 French Bread 1320 Garlic Bread 1322 Honey Wheat Roll 1328 Hushpuppy Muffins 1334	Italian Bread 1336 Macaroni & Cheese 1338 Rice 1344 Rice, Garden Blend 1346 Rice, Parboiled 1348	Whole Wheat Rolls 1353 Yeast Bread Sticks 1356 Yeast Rolls – 1 1358 Yeast Rolls – 2 1362 Yeast Rolls – 3 1364 Yeast Rolls – Purchased 1366

GROUP 3 (101 – 300 CALORIES 5 – 10 GRAMS OF FAT)		
Baking Powder Biscuits 1300 Biscuits, Purchased 1302 Foolproof Piecrust 1318 Grits 1324	Hushpuppies 1330 Mexican Cornbread 1306 Mexican Cornbread Muffins 1308 Northern Mississippi Cornbread 1310	Northern Mississippi Cornbread, Self Rising Cornmeal 1312 Southern Mississippi Cornbread 1314