









Entrée (Nutritional values of bread Items offered)

: Bread/Grain

MENU ITEM	DISCRIPTION	SERVING SIZE	SCHOOL EQUIVALENTS	CALORIES	SODIUM	TOTAL FAT	CARBS
WG Dinner Roll		1 each 59.5 g	1.75 G/BR	140	190 mg	3 g	24 g
WG Biscuit		1 each 64 g	2 G/Br	190	670 mg	9 g	23 g
Texas Toast with Garlic butter			2 G/Br				
Bread stick with Garlic butter		1 each 53 g	1.25 G/BR	180	205 mg	12 g	22 g
WG Bread		2 slices 52 g	2 G/Br	120	290 mg	1.5 g	23 g
Dip It Corn Chips (Texas Straw Hat)		1 OZ. 28 g	1 G/BR	160	170 mg	10 g	15 g
Round Corn Chips (Nacho Supreme)		10 each 32 g	1 G/BR	160	75 mg	7 g	22 g
Corn Muffin		1 each 40 g	2 G/Br	170	300 mg	6 g	27g

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