

GUIDELINES FOR CALORIES**BREAKFAST ENTREES** (Equivalent to one-ounce meat serving)

Average calories per serving = 75-100

*Bacon, crisp	2 strips
Cheese	1 ounce slice or 1 inch cube
Egg (poached, soft cooked, hard cooked)	1
*Egg (fried, scrambled)	1
Ham or other lean meat	1 ounce slice
Peanut butter	2 tablespoons
Sausage	1 link or pattie
Corned beef hash or	1/3 cup (No. 12 scoop)
*Creamed ground beef	
*Creamed chipped beef	

*Higher in fat and higher in calories. As little fat as possible should be used in egg preparation. (Shortening compound used for pan coating can be used to reduce fat in foods requiring grill preparation.) Poached, soft cooked and hard cooked eggs are lowest in calories, because no fat is involved in their preparation. Hot sandwiches may be served at breakfast for variety. Two slices of bread or 1 English muffin, 1 ounce of meat or cheese and 1 strip bacon (250 to 300 calories), form a complete breakfast except for milk and Breakfast Appetizer servings.

REVISION

(OVER)

STARCH SERVINGS (Bread/Cereal foods, principally)

This menu category includes breads, cereal and cereal products, legumes and starchy vegetables.

Average calories per serving = 80.

A. Breads

Bagel (whole wheat or plain)	1/2
Biscuit (2" diameter)	1
Bread (white, French, Italian, whole wheat, rye, pumpernickel, raisin)	1 slice
English muffin	1/2
Roll, dinner	1 medium (1 ounce)
Roll, hamburger, hot dog, Kaiser (2 oz roll)	1/2
Tortilla/taco shell (6" diameter)	1
Cornbread	2 inch square
Dumplings	1 average
Pancakes	1/4 inch (without butter or syrup)
French toast	1 slice without butter is equivalent to one breakfast entree plus one starch serving
Coffee cake	2 inch square

(CONTINUED)