

I-Spy a Sausage Biscuit

Item	Serving Size	Recipe	Healthy Preparation Tips
Sausage Patty	1 oz.		Use lowfat turkey options
Biscuit	2.6 ozs.	SNA ¹	
Banana	1		
Milk (variety)	8 fl. ozs.		Offer skim/lowfat varieties

Per Serving: 562 cal., 22.4 g pro., 75.2 g carb, 3.5 g fiber, 20.1 g fat, 6.6 g sat. fat, 39 mg chol., 1,288 mg sod., 574 IU vit. A, 11.4 mg vit. C, 334.6 mg ca., 2.5 mg iron

¹ You can find this recipe later in Spring 2010 at www.schoolnutrition.org/NSBW.

All menus, menu names and recipes are suggestions for your consideration. School nutrition professionals are encouraged to choose menus that fit best with the needs of your staff and students, as well as your own food-safety plan and nutrition requirements. SNA has not tested these recipes in a kitchen.