

Cookbook for Concord High School

Created by HPS Menu Planner

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Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9516
School:	Ox Bow Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
White Wheat Hamburger Bun	1 Each	READY_TO_EAT	51022
BEEF STK PTY CKD 2.45Z 6-5 JTM	1 Each		661851
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	360.00		
Fat	19.00g		
SaturatedFat	7.80g		
Trans Fat	0.80g		
Cholesterol	61.50mg		
Sodium	661.00mg		
Carbohydrates	28.00g		
Fiber	3.00g		
Sugar	3.50g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	168.50mg	Iron	2.00mg

Spicy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10095
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080
Whole Wheat Hamburger Bun	1 Each		51458

Preparation Instructions

Lay out chicken patty on sheet tray with paper . Bake at 350 for 15 min or until temp is 135.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	420.00		
Fat	17.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	680.00mg		
Carbohydrates	43.00g		
Fiber	5.50g		
Sugar	4.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	94.00mg	Iron	3.00mg

Bacon Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10098
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
BACON CKD RND WHOLE MUSCLE 2-96CT GFS	1 Slice		365620
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810
BEEF STK SMKY GRLL 100-3Z PIER	1 Each	BAKE Conventional oven: from frozen state: preheat oven to 350 degrees f. Bake in a pan for 20-22 minutes. Convection oven: from frozen state: preheat oven to 350 degrees f. Bake in a pan for 8-9 minutes.	451400

Preparation Instructions

Lay frozen burger on double paper lined sheet tray add bacon on top. Bake at 350 for 10 minutes. Place on bun and add 1 slice of cheese

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	440.00
Fat	23.85g
SaturatedFat	9.80g
Trans Fat	1.02g
Cholesterol	82.50mg
Sodium	855.30mg
Carbohydrates	27.00g
Fiber	4.00g
Sugar	4.50g
Protein	26.65g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 170.70mg **Iron** 2.69mg

Chicken Caesar Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10099
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST PTY FC 100-3.1Z TYS	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	209244
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
DRESSING CAESAR CRMY PKT 60-1.5FLZ	1 Each		824950
CHEESE PARM SHRD FCY 2-5 STLL	1/2 Cup		871380

Preparation Instructions

Start with 9x9 container, layer : lettuce , cheese , chicken, Add dressing , chips , crouton . Keep in cooler and serve

Meal Components (SLE)

Amount Per Serving

Meat	4.00
Grain	2.25
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	520.00
Fat	38.50g
SaturatedFat	14.50g
Trans Fat	0.00g
Cholesterol	115.00mg
Sodium	1580.00mg
Carbohydrates	13.00g
Fiber	3.00g

Sugar	4.00g
Protein	34.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 527.00mg	Iron 0.36mg

Spicy Chicken Salad w/ sunchips

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10100
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDRLN BRD WGRAIN SPCY CKD 6-5	3 Each		399806
TOMATO GRAPE SWT 10 MRKN	1/8 Cup		129631
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
Cheese, Cheddar Reduced fat, Shredded	1/4 Cup		100012
Whole Grain Garlic Butter Croutons	1 Package		111212
CHIP HARV CHED 104-SSV SUNCHIP	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	105260
DRESSING FREN HNY PKT 120-1.5Z MARZ	1 Each		266515

Preparation Instructions

Start with a 9x9 container , Layer : lettuce , spicy chicken , cheese , tomato . Add dressing , croutons, and chips.
Place in cooler and serve .

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	3.25
Fruit	0.00
GreenVeg	0.50
RedVeg	0.13
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	722.21
Fat	39.75g
SaturatedFat	8.01g
Trans Fat	0.00g
Cholesterol	78.00mg
Sodium	1141.17mg
Carbohydrates	62.91g
Fiber	6.29g
Sugar	16.65g
Protein	28.21g

Vitamin A	194.92IU	Vitamin C	3.21mg
Calcium	36.34mg	Iron	2.02mg

Buffalo Chicken Wrap

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10101
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST PTY FC 100-3.1Z TYS	5 Pound	BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	209244
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	1 1/2 Cup		704229
DRESSING RNCH 4-1GAL HVALL	40 Tablespoon	READY_TO_EAT Ready to use.	759082
CHEESE BLND CHED/MONTRY JK SHRD 4-5	5 Cup		712131
LETTUCE ROMAINE CHOP 6-2 RSS	20 Cup		735787
TORTILLA FLOUR 12 SFST 12-12CT GRSZ	20 Each		713370

Preparation Instructions

Start with a large bowl , combined : chicken , hot sauce , ranch dressing , cheese , and mix well . Start with tortilla, layer : 1 1/2 cups of lettuce and 1 cup of the bowl mixture . Fold into a wrap , and cut in half . Place in a 5x5 container. Store in cooler and serve.

Meal Components (SLE)

Amount Per Serving

Meat	3.50
Grain	3.50
Fruit	0.00
GreenVeg	0.50

RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	677.50		
Fat	35.63g		
SaturatedFat	13.38g		
Trans Fat	0.00g		
Cholesterol	97.50mg		
Sodium	1960.50mg		
Carbohydrates	59.75g		
Fiber	3.00g		
Sugar	7.50g		
Protein	32.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	298.67mg	Iron	3.42mg

Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10102
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 3/5 Ounce		100187
CHEESE COLBY JK SLCD 6-1.5 GCHC	1 Each		105988
School White Wheat Sandwich Bread	2 Slice		12385

Preparation Instructions

Place buns on sheet tray , add ham and cheese . Cover with parchment paper , put in the cooler and serve .

Meal Components (SLE)

Amount Per Serving

Meat	2.75
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	297.61		
Fat	13.24g		
SaturatedFat	6.47g		
Trans Fat	0.00g		
Cholesterol	58.36mg		
Sodium	931.73mg		
Carbohydrates	29.66g		
Fiber	2.36g		
Sugar	5.13g		
Protein	20.44g		
Vitamin A	0.02IU	Vitamin C	0.00mg
Calcium	189.18mg	Iron	1.34mg

Yogurt Parfait

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-10103
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR BROWN LT 12-2 P/L	2 Cup		860311
HONEY CLOVER 4-6 GCHC	2 Cup		225614
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/2 Cup		299405
OIL SALAD VEG SOY CLR NT 6-1GAL GCHC	1 1/2 Cup		292702
SPICE CINNAMON GRND 15Z TRDE	1/2 Cup		224723
SPICE CLOVES GRND 16Z TRDE	1/2 Tablespoon		224774
OATS QUICK HOT CEREAL 12-42Z QUAK	25 Cup		467251
YOGURT VAN L/F 6-32Z DANN	100 Cup		541966
Blueberries, Frozen	25 Cup	THAW Thaw and use	110624
Strawberries, Whole fzn	25 Cup	BAKE	100253

Preparation Instructions

For granola:

1. Preheat oven to 350.
2. In a large bowl, combine sugar, honey, butter, oil, cinnamon, and cloves. Whisk well with a fork.
3. Add the oats to the bowl, stir until combined with the honey mixture.
4. Line baking sheets with parchment paper. Spray to coat. Evenly distribute the mixture amongst the pans.
5. Bake 15-20 minutes until lightly browned, stirring every 5 minutes.
6. Allow to cool completely. Combine with the dried fruit.
7. Store in an airtight container for up to three weeks.

For parfait:

Use 12 oz. cup. Layer 1/2 cup yogurt, 1/2 cup fruit, 1/2 cup yogurt add 1/4 cup granola on top in insert cover with lid.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.50
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		375.15	
Fat		9.24g	
SaturatedFat		3.29g	
Trans Fat		0.00g	
Cholesterol		17.40mg	
Sodium		141.50mg	
Carbohydrates		63.54g	
Fiber		4.00g	
Sugar		45.22g	
Protein		12.50g	
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	360.00mg	Iron	0.75mg

Spaghetti and Meat Sauce

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10108
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI CKD 4-5 PG	1 Cup	NOT whole grain- waiver	835910
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	1/2 Cup		573201

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.28
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	352.45
Fat	9.88g
SaturatedFat	2.55g
Trans Fat	0.00g
Cholesterol	30.45mg
Sodium	215.54mg
Carbohydrates	47.98g
Fiber	3.11g
Sugar	5.88g
Protein	16.30g
Vitamin A 358.16IU	Vitamin C 10.52mg
Calcium 34.36mg	Iron 3.21mg

Penne Alfredo

Servings:	48.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10110
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA PENNE CKD 4-5 PG	3 Package		835900
SAUCE ALFREDO FZ 6-5 JTM	4 Package		155661

Preparation Instructions

Place thawed sauce in steam pan and cook for 25 min. or until sauce temps a 135 open bags and place in sprayed 6" pan and hold for service.

1 hour prior to service rinse noodles under hot water and place in sauce and mix well.

Bake breadsticks at 350 for 8 min.

Meal Components (SLE)

Amount Per Serving

Meat	3.50
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	176.14		
Fat	5.52g		
SaturatedFat	1.99g		
Trans Fat	0.00g		
Cholesterol	9.43mg		
Sodium	213.45mg		
Carbohydrates	24.73g		
Fiber	1.01g		
Sugar	2.50g		
Protein	7.02g		
Vitamin A	109.70IU	Vitamin C	0.00mg
Calcium	99.86mg	Iron	1.06mg

Chicken Smackers

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10113
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620

Preparation Instructions

Start with laying out popcorn chicken on a paper sheet on to a sheet pan . Cook at 350 for 20 min. Temp at 165 . Using 6 once boats , put 10 popcorn chicken in boat , and place boat on sheet pan . Store in warmer and serve . Dinner rolls . Place on paper sheet on to a sheet pan . cook at 350 for 7 to 8 min . Temp at 145 , place on cooling rack . Wrap rolls individually with cellophane . Place in deep container and serve .

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	260.00		
Fat	13.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	70.00mg		
Sodium	550.00mg		
Carbohydrates	17.00g		
Fiber	3.00g		
Sugar	0.00g		
Protein	19.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.44mg

Chicken Bacon Ranch Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10119
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST PTY FC 100-3.1Z TYS	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	209244
BACON TOPPING 3/8 DCD 2-5 HRML	2 Tablespoon		104396
DRESSING RNCH 4-1GAL HVALL	2 Tablespoon	READY_TO_EAT Ready to use.	759082
LETTUCE ROMAINE CHOP 6- 2 RSS	1 Cup		735787
TORTILLA FLOUR 12 PRSD ULTRGR 6-12CT	1 Each	STEAM PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690151

Preparation Instructions

Start with tortilla shell , Layer : ranch dressing , lettuce. bacon , chicken . Fold into a wrap and put in 5x5 container . Store in cooler and serve .

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	3.50
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		660.00	
Fat		34.50g	
SaturatedFat		10.50g	
Trans Fat		0.00g	
Cholesterol		110.00mg	
Sodium		1780.00mg	
Carbohydrates		56.00g	
Fiber		6.00g	
Sugar		7.00g	
Protein		33.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	234.67mg	Iron	3.12mg

BLT Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10126
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON TOPPING 3/8 DCD 2-5 HRML	1/2 Cup		104396
EGG HARD CKD PLD BIB 4-2.5 GCHC	1 Each		229431
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/8 Cup		129631
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
DOUGH ROLL DNNR WGRAIN 180-2.1Z RICH	1 Each		152131

Preparation Instructions

Start with 9x9 container. Layer : lettuce , cheese, bacon topping , tomato , and one egg. Add dressing , croutons, dinner roll. Keep in cooler and sever .

Meal Components (SLE)

Amount Per Serving

Meat	2.75
Grain	2.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	584.21		
Fat	34.55g		
SaturatedFat	16.01g		
Trans Fat	0.00g		
Cholesterol	315.00mg		
Sodium	1721.17mg		
Carbohydrates	28.91g		
Fiber	6.29g		
Sugar	5.65g		
Protein	40.21g		
Vitamin A	494.92IU	Vitamin C	3.21mg
Calcium	242.34mg	Iron	1.78mg

Turkey & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10127
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	4 Slice		689541
CHEESE PROV NAT SLCD .75Z 6-1.5 GCHC	1 Slice		726532
380 - Aunt Millie's WG Honey White Bread	2 Each		380

Preparation Instructions

2 slices of bread 4 slices of turkey and 1 slice of cheese cut at angle and place in wedge container.

Meal Components (SLE)

Amount Per Serving

Meat	2.03
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	331.10		
Fat	9.01g		
SaturatedFat	4.01g		
Trans Fat	0.00g		
Cholesterol	55.55mg		
Sodium	956.16mg		
Carbohydrates	34.00g		
Fiber	4.00g		
Sugar	6.00g		
Protein	29.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	159.00mg	Iron	12.00mg

Green Beans- HS

Servings:	113.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10129
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	5 #10 CAN	BAKE	100307
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/2 Cup		299405

Preparation Instructions

Open 10 cans of green beans , place them in deep pans . Add 1/2 a cup butter . Cook at 350 for 15 min. or to temp 145 . Place in warmer and serve .

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 113.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	25.39		
Fat	0.78g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	2.12mg		
Sodium	160.24mg		
Carbohydrates	3.43g		
Fiber	2.29g		
Sugar	1.14g		
Protein	1.14g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Chicken Fajita Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10135
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 Ounce	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREEES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/8 Cup		129631
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
DRESSING FREN HNY PKT 120-1.5Z MARZ	1 Each		266515
CHIP HARV CHED 104-SSV SUNCHIP	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	105260
Whole Grain Garlic Butter Croutons	1 Package		111212

Preparation Instructions

Start with a 9x9 container. Layer: lettuce , cheese , fajita meat, and tomato. Add dressing , croutons, and sunchips. Place in cooler and serve .

Meal Components (SLE)

Amount Per Serving

Meat	2.76
-------------	------

Grain	2.25
Fruit	0.00
GreenVeg	0.50
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	641.86
Fat	35.58g
SaturatedFat	10.78g
Trans Fat	0.00g
Cholesterol	95.29mg
Sodium	1320.88mg
Carbohydrates	50.67g
Fiber	4.29g
Sugar	18.41g
Protein	28.09g

Vitamin A	494.92IU	Vitamin C	3.21mg
Calcium	227.34mg	Iron	1.02mg

Italian Ham Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10137
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 3/5 Ounce		100187
SALAMI HARD SLCD 4/Z 5-2 PG	2 Slice		776260
CHEESE PROV NAT SLCD .75Z 6-1.5 GCHC	1 Slice		726532
380 - Aunt Millie's WG Honey White Bread	2 Each		380

Preparation Instructions

Start with laying out bread on sheet paper on to a sheet pan . Add 2.60 ounce weight of ham, two slices of salami , and cheese . Cover with parchment paper . Store in cooler and serve .

Meal Components (SLE)

Amount Per Serving

Meat	2.13
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	388.85
Fat	17.26g
SaturatedFat	7.63g
Trans Fat	0.00g
Cholesterol	65.86mg
Sodium	1234.43mg
Carbohydrates	38.26g
Fiber	4.00g
Sugar	8.13g
Protein	24.16g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 159.00mg	Iron 12.18mg

Chicken Caesar Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10138
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST PTY FC 100-3.1Z TYS	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	209244
CHEESE PARM SHRD FCY 10-2 PG	1/4 Cup		460095
LETTUCE ROMAINE CHOP 6- 2 RSS	1 Cup		735787
DRESSING CAESAR 4-1 GAL GFS	1/4 Cup		818201
TORTILLA FLOUR 12 PRSD ULTRGR 6-12CT	1 Each	STEAM PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690151

Preparation Instructions

Start with a tortilla. Layer: dressing , lettuce , chicken ,cheese. Fold into a wrap. Place in a 5x5 container, and store in cooler and serve .

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	3.50
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	713.15		
Fat	41.82g		
SaturatedFat	11.82g		
Trans Fat	0.00g		
Cholesterol	86.62mg		
Sodium	1596.20mg		
Carbohydrates	58.66g		
Fiber	6.66g		
Sugar	8.00g		
Protein	28.98g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	402.89mg	Iron	3.06mg

Boom Boom Chicken w/cheesy bread

Servings:	160.00	Category:	Entree
Serving Size:	10.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10150
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	45 Pound	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
SAUCE BOOM BOOM 4- 1GAL KENS	1 Gallon		877930
BREADSTICK CHS WGRAIN 105-4Z	160 Each		723880

Preparation Instructions

Place one bag of frozen chicken at a time in a metal bowl. Add 1 & 3/4 cup boom boom sauce, toss until chicken is coated. Place chicken on a sheet tray that has been sprayed with pan spray. When all Chicken is coated and on Sheet trays, bake in a convection oven at 350 degrees for 15 to 20 minutes. (Oven Settings breaded product)

Before meal service place 10 Chicken smackers in food boats. Place in warmer till needed.

Meal Components (SLE)

Amount Per Serving

Meat	4.00
Grain	3.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 10.00 Each

Amount Per Serving			
Calories	651.93		
Fat	37.39g		
SaturatedFat	11.14g		
Trans Fat	0.00g		
Cholesterol	90.23mg		
Sodium	1195.28mg		
Carbohydrates	46.39g		
Fiber	6.14g		
Sugar	4.60g		
Protein	33.88g		
Vitamin A	209.26IU	Vitamin C	0.00mg
Calcium	129.93mg	Iron	2.51mg

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10153
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CARROT MATCHSTICK SHRED 2-3 RSS	1/4 Cup		198161
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
HAM FLKD W/A 3-4 GFS	1/2 Cup		199958
EGG HARD CKD PLD BIB 4-2.5 GCHC	1 Each		229431
DRESSING FREN HNY PKT 120-1.5Z MARZ	1 Each		266515

Preparation Instructions

Start with laying out 9x9 containers, add and layer : lettuce , cheese, carrots , ham , tomato , one egg . Then add croutons , muffin and dressing . Keep in cooler and serve .

Meal Components (SLE)

Amount Per Serving

Meat	2.75
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	476.60		
Fat	31.85g		
SaturatedFat	11.13g		
Trans Fat	0.00g		
Cholesterol	248.00mg		
Sodium	1213.76mg		
Carbohydrates	21.75g		
Fiber	2.55g		
Sugar	16.75g		
Protein	24.55g		
Vitamin A	6024.90IU	Vitamin C	8.12mg

Calcium 255.00mg **Iron** 1.97mg

Fajita Wrap

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10154
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	5 Pound	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREEES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117
CHEESE BLND CHED/MONTRY JK SHRD 4-5	5 Cup		712131
SALSA 103Z 6-10 REDG	20 Tablespoon	READY_TO_EAT None	452841
DRESSING RNCH 4-1GAL HVALL	20 Tablespoon	READY_TO_EAT Ready to use.	759082
LETTUCE ROMAINE CHOP 6-2 RSS	20 Cup		735787
TORTILLA FLOUR 12 PRSD ULTRGR 6-12CT	20 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let standin bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heatto 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high(microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour toprevent drying).	690151

Preparation Instructions

Start with large bowl combine: fajita meat , cheese , salsa , and ranch dressing then mix well. Start with a Tortilla . Layer : 1 1/2 cups of lettuce and 1 cup of the bowl mixture . Fold into a wrap , and cut in half . Place in a 5x5 container. Store in cooler and serve.

Meal Components (SLE)

Amount Per Serving

Meat	3.25
Grain	3.50
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		628.53	
Fat		28.21g	
SaturatedFat		12.35g	
Trans Fat		0.00g	
Cholesterol		117.06mg	
Sodium		1422.61mg	
Carbohydrates		56.35g	
Fiber		6.00g	
Sugar		7.19g	
Protein		37.18g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	432.34mg	Iron	3.42mg

BBQ Rib Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10155
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Heat for 13 minutes. Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes.	451410
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142

Preparation Instructions

Cook BBQ rib meat to 165 degrees . Place the rib meat inside a sub bun . Then place on a sheet pan , keep in warmer and serve .

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	360.00		
Fat	12.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	860.00mg		
Carbohydrates	42.00g		
Fiber	4.00g		
Sugar	14.00g		
Protein	19.00g		
Vitamin A	400.00IU	Vitamin C	1.20mg
Calcium	96.00mg	Iron	3.80mg

Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10156
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT WGRAIN DILL CKD 4-5#	1 Each		542832
Whole Wheat Hamburger Bun	1 Each		51458

Preparation Instructions

Lay out chicken on paper then on sheet pan . Cook at 350 for 25 min , temp at 165 . Place chicken on a bun , and fold in a foil wrap . Place on sheet pan in the warmer and serve .

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	380.00		
Fat	11.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	70.00mg		
Sodium	720.00mg		
Carbohydrates	41.00g		
Fiber	3.50g		
Sugar	5.00g		
Protein	29.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	94.00mg	Iron	2.80mg

Bacon, Egg, & Cheese Croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10160
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD RND WHOLE MUSCLE 2- 96CT GFS	1 Slice		365620
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	READY_TO_EAT	100036
CROISSANT SLCD WGRAIN 2.35Z 4- 12CT SL	1 Each	BAKE CONVECTION OVEN: 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. READY_TO_EAT THAWING DIRECTIONS: 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	1 Each	BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	663091

Preparation Instructions

Lay out on paper on a sheet pan : egg patties add bacon on top . cook at 350 , for 15 min . Temp at 165 . Place cheese on top . Place the egg bacon and cheese patty in a croissant . Put the egg sandwich in a sandwich bag , Hold in a warmer and sever .

Meal Components (SLE)

Amount Per Serving

Meat	0.50
Grain	2.00
Fruit	0.00

GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	325.00		
Fat	16.85g		
SaturatedFat	6.55g		
Trans Fat	0.02g		
Cholesterol	117.50mg		
Sodium	650.30mg		
Carbohydrates	29.00g		
Fiber	2.00g		
Sugar	5.00g		
Protein	13.15g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.95mg

Variety of Fruit

Servings:	13.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10694
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Pears 6-10	1 Cup		100225
Applesauce cnd	1 Cup		110541comm
Diced Peaches CND 6-10	1 Cup		100220
Peach Cups 96-4.4Z	1 Each		100241
STRAWBERRIES, DICED, CUPS, FROZEN	1 Each	THAW	100256
ORANGES MAND WHL L/S 6-10 GCHC	1 Cup		117897
PINEAPPLE TROPICAL GLD 6-81Z DOLE	1 Cup	READY_TO_EAT Ready to Eat	500471
FRUIT SAL TROP L/S 6-10 DOLE	1 Cup	READY_TO_EAT Ready to Eat	506109
APPLE BRAEBURN 138CT MRKN	1 Each		569382
Apple slices - 2 oz	1	READY_TO_EAT	04134
PEAR 95-110CT MRKN	1 Each		198056
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769
GRAPES RED SDLSS 18AVG MRKN	1 Cup		197831
ORANGES NAVEL/VALENCIA CHC 125-138CT	1 Cup		322326
FRUIT COCKTAIL DCD XL/S 6-10 P/L	1 Cup		258362

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	1.19
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 13.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		172.43	
Fat		0.12g	
SaturatedFat		0.02g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		5.65mg	
Carbohydrates		43.98g	
Fiber		5.60g	
Sugar		31.26g	
Protein		1.39g	
Vitamin A	94.52IU	Vitamin C	11.35mg
Calcium	23.99mg	Iron	0.54mg

Scrambled Eggs & Crescent

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10702
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD W/BCN & CHS 4-5 SNY	4 Fluid Ounce	3 oz. weight	533034
CRESCENT CHOC FILLD IW 72-2.29Z PILLS	1 Each	<p>HEAT_AND_SERVE Heat & Serve: Heat frozen Crescent Rolls in ovenable pouch Preheat oven to 350 degrees F Place pouch flat on a baking sheet and heat in convection oven for 5-7 minutes* or conventional oven from 10-12 minutes* For warming unit preheat to 150 degrees F and heat for 1 hour and 30 minutes For thaw and serve, thaw at room temperature for 2 hours 15 minutes prior to serving *Do not place pouches directly on oven rack or let pouches touch oven sides Bake times will vary by oven type of load Consumer within</p> <p>READY_TO_EAT Heat & Serve: Heat frozen Crescent Rolls in ovenable pouch. Preheat oven to 350 degrees F. Place pouch flat on a baking sheet and heat in convection oven for 5-7 minutes* or conventional oven from 10-12 minutes*. For warming unit preheat to 150 degrees F and heat for 1 hour and 30 minutes. For thaw and serve, thaw at room temperature for 2 hours 15 minutes prior to serving. *Do not place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consumer within</p>	321722

Preparation Instructions

Place eggs in steam pan, and cook to 135 for 20 min.

Place crescents on sheet tray and place in warmer until service.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	316.44
Fat	19.69g
SaturatedFat	6.06g
Trans Fat	0.00g
Cholesterol	306.00mg
Sodium	504.00mg
Carbohydrates	17.96g
Fiber	0.87g
Sugar	6.17g
Protein	17.02g

Vitamin A	540.00IU	Vitamin C	0.00mg
Calcium	108.87mg	Iron	4.79mg

Biscuit & Gravy

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10706
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY SAUSAGE FZ WHITE 6-5 OWENS	4 Ounce		511781
DOUGH BISC CNTRY STYL 240-2.5Z RICH	1 Each		609293

Preparation Instructions

Start with putting sausage gravy in steamer, cooking to 165 degrees . Then keep in warmer . Cook biscuits at 350 for 8 min. Then keep in warmer . Server 1 biscuit with a 4 once scoop of gravy .

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	354.74		
Fat	20.26g		
SaturatedFat	9.37g		
Trans Fat	0.00g		
Cholesterol	16.84mg		
Sodium	1228.42mg		
Carbohydrates	35.26g		
Fiber	1.00g		
Sugar	2.84g		
Protein	7.37g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	56.84mg	Iron	2.28mg

PBJ Meal

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10841
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
CHIP HARV CHED 104-SSV SUNCHIP	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	105260
CHEESE STIX COLBY JK R/F IW 168-1Z	1 Each		786510

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	530.00		
Fat	28.00g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	650.00mg		
Carbohydrates	52.00g		
Fiber	6.00g		
Sugar	17.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	247.00mg	Iron	1.60mg

Chicken Caesar Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12641
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST PTY FC 100-3.1Z TYS	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	209244
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
DRESSING CAESAR CRMY PKT 60-1.5FLZ	1 Each		824950
CHEESE PARM SHRD FCY 10-2 PG	1 Tablespoon		460095

Preparation Instructions

Start with 9x9 container , layer : lettuce , cheese , chicken . Add dressing , croutons and muffin . Keep in cooler and serve .

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	410.00
Fat	30.50g
SaturatedFat	9.50g
Trans Fat	0.00g
Cholesterol	90.00mg
Sodium	1220.00mg
Carbohydrates	10.00g
Fiber	2.00g

Sugar	4.00g
Protein	25.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 293.00mg	Iron 0.36mg

Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12652
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Fluid Ounce		722330
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
BEAN REFRD VEGTAR 6-27.09Z SANTG	1/2 Cup	RECONSTITUTE 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	703753
LETTUCE SHRD 3/8 CUT 4-5 RSS	1/4 Cup		678791
TORTILLA FLOUR 10 ULTRGR 12- 12CT	1 Each	STEAM PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141
CHIP TORTL RND R/F 104-.88Z TOSTIT	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	284751

Preparation Instructions

Heat thawed taco meat in bag in steam pan temp for 30 min until temps at 135. Put meat in 6" pan to hold for service. Prepare beans according to instructions.

Meal Components (SLE)

Amount Per Serving

Meat	3.20
Grain	3.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.13
Legumes	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		704.79	
Fat		25.38g	
SaturatedFat		10.98g	
Trans Fat		0.32g	
Cholesterol		68.42mg	
Sodium		1431.70mg	
Carbohydrates		83.99g	
Fiber		17.45g	
Sugar		4.45g	
Protein		38.05g	
Vitamin A	1008.07IU	Vitamin C	6.37mg
Calcium	440.39mg	Iron	6.11mg

Grilled Chicken Bacon Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12665
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	1 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes. MICROWAVE Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	152121
BACON CKD RND 192CT HRML	1 Each		433608
CHEESE PROV NAT SLCD .75Z 6-1.5 GCHC	1 Slice		726532
Whole Wheat Hamburger Bun	1 Each		51458

Preparation Instructions

Lay out grilled chicken on sheet paper on to a sheet pan . Cook at 350 for 20 min. or to temp of 165 . Place Bacon and cheese on the chicken . Next place the chicken on a bun , wrap with yellow foil paper . Place on to a sheet pan . Place in the warmer , and serve.

Meal Components (SLE)

Amount Per Serving

Meat	2.92
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 390.00

Fat 14.50g

SaturatedFat 5.50g

Trans Fat 0.00g

Cholesterol 90.00mg

Sodium 990.01mg

Carbohydrates 27.00g

Fiber 2.50g

Sugar 3.00g

Protein 37.00g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 221.00mg **Iron** 2.00mg

Teriyaki Chicken with Rice

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12666
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP TERYK 6-7.15	2 6/7 Ounce		890911
RICE FRIED VEG WGRAIN 6-5.16 MINH	1/2 Cup		676463

Preparation Instructions

Lay out bags of chicken and sauce and mix one bag per tray. Cook at 350 for 15 min or until temps at 165. Pull rice out of freezer to thaw and place in steam pans steam for 25 min or until temp is 135.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	275.00		
Fat	6.25g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	590.00mg		
Carbohydrates	34.00g		
Fiber	2.00g		
Sugar	8.50g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	2.80mg

Chicken Bacon Ranch Pasta

Servings:	30.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12667
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ 6-5 JTM	1 1/2 Package		155661
PASTA PENNE CKD 4-5 PG	1 1/2 Package		835900
Chicken, Diced, Cooked, Frozen	2 1/2 Pound		100101
DRESSING MIX RNCH 18-3.2Z HVALL	1/4 Cup		192716
BACON TOPPING 3/8 DCD 2-5 HRML	2 Cup		104396
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	2 Cup	UNPREPARED	100012

Preparation Instructions

Start with sprayed foil pan place that pan in 2" pan for support. Rinse 1.5 bags penne pasta place in pan with 1.5 bags of heated sauce and 1.5 bags of heated diced chicken stir together with 1/4 cup ranch seasoning. Sprinkle with 2 cups bacon. Bake covered at 350 for 30 minutes. Uncover and bake an additional 10-15 minutes or until pan temps 165. Add 2 cups of cheese and place in warmer.

Meal Components (SLE)

Amount Per Serving

Meat	3.78
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	235.97		
Fat	9.25g		
SaturatedFat	3.43g		
Trans Fat	0.00g		
Cholesterol	52.33mg		
Sodium	565.67mg		
Carbohydrates	19.55g		
Fiber	0.81g		
Sugar	1.70g		
Protein	17.56g		
Vitamin A	65.82IU	Vitamin C	0.00mg

Calcium 60.93mg **Iron** 0.85mg

4 French Toast Sticks & 2 Sausage Links

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-14666
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN 6-2 RICH	4 Each		652370
SAUSAGE LNK SMOKEY CKD 16/ 4-3 GFS	2 Each		720038

Preparation Instructions

Lay out french toast bites on paper liner on a sheet pan , cook at 350 , for 7 min. temp at 145 . keep in warmer and serve . Lay out sausage links on paper liner on a sheet pan. cook for 10 min , check temp at 165 . Then place in warmer and serve .

Meal Components (SLE)

Amount Per Serving

Meat	1.25
Grain	3.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	590.00		
Fat	31.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	1060.00mg		
Carbohydrates	61.00g		
Fiber	4.00g		
Sugar	13.00g		
Protein	17.00g		
Vitamin A	7.74IU	Vitamin C	0.00mg
Calcium	40.32mg	Iron	3.58mg

Loaded Baked Potato

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18725
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER IDAHO 100CT MRKN	1 Each		233285
Broccoli, No salt added, Frozen	1/2 Cup		110473
SAUCE CHS CHED POUCH 6-106Z LOL	3 Ounce		135261
BACON TOPPING 3/8 DCD 2-5 HRML	1 Ounce		104396

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.01
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	230.94		
Fat	10.15g		
SaturatedFat	4.69g		
Trans Fat	0.00g		
Cholesterol	53.45mg		
Sodium	730.22mg		
Carbohydrates	21.57g		
Fiber	5.00g		
Sugar	2.00g		
Protein	15.80g		
Vitamin A	8.00IU	Vitamin C	19.70mg
Calcium	41.99mg	Iron	0.52mg

Chicken Teriyaki Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-24385
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	1 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes. MICROWAVE Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	152121
SAUCE TERIYAKI 4- 64FLZ SWTBRAY	1 Tablespoon		417622
CHEESE PROV NAT SLCD .75Z 6-1.5 GCHC	1 Slice		726532
Whole Wheat Hamburger Bun	1 Each		51458

Preparation Instructions

Lay out grilled chicken on sheet paper on to a sheet pan . Cook at 350 for 20 min. or to temp of 165 . Place sauce and cheese on the chicken . Next place the chicken on a bun , wrap with yellow foil paper . Place on to a sheet pan . Place in the warmer , and serve.

Meal Components (SLE)

Amount Per Serving

Meat	3.25
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 380.00

Fat 10.50g

SaturatedFat 4.00g

Trans Fat 0.00g

Cholesterol 75.00mg

Sodium 1100.00mg

Carbohydrates 36.00g

Fiber 2.50g

Sugar 11.00g

Protein 33.00g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 221.00mg **Iron** 2.00mg

Boom Boom Chicken

Servings:	160.00	Category:	Entree
Serving Size:	10.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-24386
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	45 Pound	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
SAUCE BOOM BOOM 4- 1GAL KENS	1 Gallon		877930

Preparation Instructions

Place one bag of frozen chicken at a time in a metal bowl. Add 1 & 3/4 cup boom boom sauce, toss until chicken is coated. Place chicken on a sheet tray that has been sprayed with pan spray. When all Chicken is coated and on Sheet trays, bake in a convection oven at 350 degrees for 15 to 20 minutes. (Oven Settings breaded product)

Before meal service place 10 Chicken smackers in food boats. Place in warmer till needed.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 10.00 Each

Amount Per Serving			
Calories	391.93		
Fat	26.39g		
SaturatedFat	5.14g		
Trans Fat	0.00g		
Cholesterol	85.23mg		
Sodium	775.28mg		
Carbohydrates	19.39g		
Fiber	3.14g		
Sugar	1.60g		
Protein	19.88g		
Vitamin A	209.26IU	Vitamin C	0.00mg
Calcium	20.93mg	Iron	1.51mg