

# **Cookbook for Concord High School**

**Created by HPS Menu Planner**

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# Spicy Chicken Sandwich

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

## Ingredients

Description	Measurement	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each	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

<b>Meat</b>	2.00
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# Bacon Cheeseburger

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

## Ingredients

Description	Measurement	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	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

<b>Meat</b>	2.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	440.00		
<b>Fat</b>	23.85g		
<b>SaturatedFat</b>	9.80g		
<b>Trans Fat</b>	1.02g		
<b>Cholesterol</b>	82.50mg		
<b>Sodium</b>	855.30mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.50g		
<b>Protein</b>	26.65g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	170.70mg	<b>Iron</b>	2.69mg

# Chicken Caesar Salad

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

## Ingredients

Description	Measurement	DistPart #
CHIX BRST PTY FC 100-3.1Z TYS	1 Each	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 vwith 9x9 container, layer : lettuce , cheese , chicken, Add dressing , chips , crouton . Keep in cooler and serve .

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.00
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	520.00		
<b>Fat</b>	38.50g		
<b>SaturatedFat</b>	14.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	115.00mg		
<b>Sodium</b>	1580.00mg		
<b>Carbohydrates</b>	13.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	34.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	527.00mg	<b>Iron</b>	0.36mg

# Spicy Chicken Salad w/ sunchips

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

## Ingredients

Description	Measurement	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	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

<b>Meat</b>	3.00
<b>Grain</b>	3.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	722.21		
<b>Fat</b>	39.75g		
<b>SaturatedFat</b>	8.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	78.00mg		
<b>Sodium</b>	1141.17mg		
<b>Carbohydrates</b>	62.91g		
<b>Fiber</b>	6.29g		
<b>Sugar</b>	16.65g		
<b>Protein</b>	28.21g		
<b>Vitamin A</b>	194.92IU	<b>Vitamin C</b>	3.21mg

**Calcium** 36.34mg **Iron** 2.02mg



# Buffalo Chicken Wrap

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

## Ingredients

Description	Measurement	DistPart #
CHIX BRST PTY FC 100-3.1Z TYS	5 Pound	209244
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	1 1/2 Cup	704229
DRESSING RNCH 4-1GAL HVALL	40 Tablespoon	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

<b>Meat</b>	3.50
<b>Grain</b>	3.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# Ham & Cheese Sandwich

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

## Ingredients

Description	Measurement	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

<b>Meat</b>	2.75
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# Yogurt Parfait

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

## Ingredients

Description	Measurement	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	110624
Strawberries, Whole fzn	25 Cup	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

<b>Meat</b>	2.00
<b>Grain</b>	0.50
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

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

# Spaghetti and Meat Sauce

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

## Ingredients

Description	Measurement	DistPart #
PASTA SPAGHETTI CKD 4-5 PG	1 Cup	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

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.28
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# Penne Alfredo

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

## Ingredients

Description	Measurement	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

<b>Meat</b>	3.50
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Cup

#### Amount Per Serving

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

# Chicken Smackers

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

## Ingredients

Description	Measurement	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	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

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# Chicken Bacon Ranch Wrap

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

## Ingredients

Description	Measurement	DistPart #
CHIX BRST PTY FC 100-3.1Z TYS	1 Each	209244
BACON TOPPING 3/8 DCD 2-5 HRML	2 Tablespoon	104396
DRESSING RNCH 4-1GAL HVALL	2 Tablespoon	759082
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup	735787
TORTILLA FLOUR 12 PRSD ULTRGR 6-12CT	1 Each	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

<b>Meat</b>	2.00
<b>Grain</b>	3.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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



# BLT Salad

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

## Ingredients

Description	Measurement	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

<b>Meat</b>	2.75
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

# Turkey & Cheese Sandwich

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

## Ingredients

Description	Measurement	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

<b>Meat</b>	2.03
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# Buttered Green Beans

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

## Ingredients

Description	Measurement	DistPart #
Green Beans cnd	5 #10 CAN	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 113.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	25.39		
<b>Fat</b>	0.78g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.12mg		
<b>Sodium</b>	160.24mg		
<b>Carbohydrates</b>	3.43g		
<b>Fiber</b>	2.29g		
<b>Sugar</b>	1.14g		
<b>Protein</b>	1.14g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Cheeseburger

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10134
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each	785850
Whole Wheat Hamburger Bun	1 Each	51458

## Preparation Instructions

Cook beef patty at 350 ,for 25 min . temp at 165 . Add cheese and place in a hamburger bun . Wrap cheese burger up in a yellow foil wrapper. Hold in warmer and serve .

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	333.00		
<b>Fat</b>	14.00g		
<b>SaturatedFat</b>	4.85g		
<b>Trans Fat</b>	0.60g		
<b>Cholesterol</b>	46.50mg		
<b>Sodium</b>	759.00mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	3.50g		
<b>Sugar</b>	3.50g		
<b>Protein</b>	23.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	183.00mg	<b>Iron</b>	3.00mg

# Chicken Fajita Salad

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

## Ingredients

Description	Measurement	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 Ounce	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	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

<b>Meat</b>	2.76
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	641.86		
<b>Fat</b>	35.58g		
<b>SaturatedFat</b>	10.78g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	95.29mg		
<b>Sodium</b>	1320.88mg		
<b>Carbohydrates</b>	50.67g		
<b>Fiber</b>	4.29g		
<b>Sugar</b>	18.41g		
<b>Protein</b>	28.09g		
<b>Vitamin A</b>	494.92IU	<b>Vitamin C</b>	3.21mg

**Calcium** 227.34mg **Iron** 1.02mg

# Italian Ham Sandwich

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

## Ingredients

Description	Measurement	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

<b>Meat</b>	2.13
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# Chicken Caesar Wrap

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

## Ingredients

Description	Measurement	DistPart #
CHIX BRST PTY FC 100-3.1Z TYS	1 Each	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	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

<b>Meat</b>	2.50
<b>Grain</b>	3.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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



# Boom Boom Chicken w/cheesy bread

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

## Ingredients

Description	Measurement	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	45 Pound	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

<b>Meat</b>	4.00
<b>Grain</b>	3.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 10.00 Each

#### Amount Per Serving

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

# Chef Salad

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

## Ingredients

Description	Measurement	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

<b>Meat</b>	2.75
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

**Calcium** 255.00mg **Iron** 1.97mg

# Fajita Wrap

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

## Ingredients

Description	Measurement	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	5 Pound	100117
CHEESE BLND CHED/MONTRY JK SHRD 4-5	5 Cup	712131
SALSA 103Z 6-10 REDG	20 Tablespoon	452841
DRESSING RNCH 4-1GAL HVALL	20 Tablespoon	759082
LETTUCE ROMAINE CHOP 6-2 RSS	20 Cup	735787
TORTILLA FLOUR 12 PRSD ULTRGR 6-12CT	20 Each	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

<b>Meat</b>	3.25
<b>Grain</b>	3.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# BBQ Rib Sandwich

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

## Ingredients

Description	Measurement	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	451410
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	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

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

# Chicken Sandwich

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

## Ingredients

Description	Measurement	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

<b>Meat</b>	2.00
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# Bacon, Egg, & Cheese Croissant

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

## Ingredients

Description	Measurement	DistPart #
BACON CKD RND WHOLE MUSCLE 2-96CT GFS	1 Slice	365620
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	172172
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	1 Each	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

<b>Meat</b>	0.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# Variety of Fruit

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

## Ingredients

Description	Measurement	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	100256
ORANGES MAND WHL L/S 6-10 GCHC	1 Cup	117897
PINEAPPLE TROPICAL GLD 6-81Z DOLE	1 Cup	500471
FRUIT SAL TROP L/S 6-10 DOLE	1 Cup	506109
APPLE BRAEBURN 138CT MRKN	1 Each	569382
Apple slices - 2 oz	1	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

<b>Meat</b>	0.00
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<b>Grain</b>	0.00
<b>Fruit</b>	1.19
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 13.00  
Serving Size: 1.00 Cup

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**Amount Per Serving**

<b>Calories</b>	172.43
<b>Fat</b>	0.12g
<b>SaturatedFat</b>	0.02g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	5.65mg
<b>Carbohydrates</b>	43.98g
<b>Fiber</b>	5.60g
<b>Sugar</b>	31.26g
<b>Protein</b>	1.39g

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<b>Vitamin A</b>	94.52IU	<b>Vitamin C</b>	11.35mg
<b>Calcium</b>	23.99mg	<b>Iron</b>	0.54mg

# Scrambled Eggs & Crescent

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

## Ingredients

Description	Measurement	DistPart #
EGG SCRMBD CKD W/BCN & CHS 4-5 SNY	4 Fluid Ounce	533034
CRESCENT CHOC FILLD IW 72-2.29Z PILLS	1 Each	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

<b>Meat</b>	3.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	316.44		
<b>Fat</b>	19.69g		
<b>SaturatedFat</b>	6.06g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	306.00mg		
<b>Sodium</b>	504.00mg		
<b>Carbohydrates</b>	17.96g		
<b>Fiber</b>	0.87g		
<b>Sugar</b>	6.17g		
<b>Protein</b>	17.02g		
<b>Vitamin A</b>	540.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	108.87mg	<b>Iron</b>	4.79mg

# Biscuit & Gravy

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

## Ingredients

Description	Measurement	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

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# PBJ Meal

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

## Ingredients

Description	Measurement	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each	527462
CHIP HARV CHED 104-SSV SUNCHIP	1 Package	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

<b>Meat</b>	2.00
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# Chicken Caesar Salad

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

## Ingredients

Description	Measurement	DistPart #
CHIX BRST PTY FC 100-3.1Z TYS	1 Each	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

<b>Meat</b>	2.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	410.00		
<b>Fat</b>	30.50g		
<b>SaturatedFat</b>	9.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	90.00mg		
<b>Sodium</b>	1220.00mg		
<b>Carbohydrates</b>	10.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	25.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	293.00mg	<b>Iron</b>	0.36mg

# Taco

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

## Ingredients

Description	Measurement	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	703753
LETTUCE SHRD 3/8 CUT 4-5 RSS	1/4 Cup	678791
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	690141
CHIP TORTL RND R/F 104-.88Z TOSTIT	1 Package	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

<b>Meat</b>	3.20
<b>Grain</b>	3.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.13
<b>Legumes</b>	0.50
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# Grilled Chicken Bacon Cheese Sandwich

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

## Ingredients

Description	Measurement	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	1 Each	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

<b>Meat</b>	2.92
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	390.00
<b>Fat</b>	14.50g
<b>SaturatedFat</b>	5.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	90.00mg
<b>Sodium</b>	990.01mg
<b>Carbohydrates</b>	27.00g
<b>Fiber</b>	2.50g
<b>Sugar</b>	3.00g
<b>Protein</b>	37.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 221.00mg	<b>Iron</b> 2.00mg

# Teriyaki Chicken with Rice

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

## Ingredients

Description	Measurement	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

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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



# Chicken Bacon Ranch Pasta

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

## Ingredients

Description	Measurement	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	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

<b>Meat</b>	3.78
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 1.00 Cup

#### Amount Per Serving

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

**Calcium** 60.93mg **Iron** 0.85mg

# French Toast Sticks with Sausage Links

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

## Ingredients

Description	Measurement	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

<b>Meat</b>	1.25
<b>Grain</b>	3.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# Loaded Baked Potato

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

## Ingredients

Description	Measurement	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

<b>Meat</b>	1.01
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# Chicken Teriyaki Sandwich

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

## Ingredients

Description	Measurement	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	1 Each	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

<b>Meat</b>	3.25
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	380.00
<b>Fat</b>	10.50g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	75.00mg
<b>Sodium</b>	1100.00mg
<b>Carbohydrates</b>	36.00g
<b>Fiber</b>	2.50g
<b>Sugar</b>	11.00g
<b>Protein</b>	33.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 221.00mg	<b>Iron</b> 2.00mg

# Boom Boom Chicken

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

## Ingredients

Description	Measurement	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	45 Pound	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

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 10.00 Each

#### Amount Per Serving

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