

Cookbook for Concord High School

Created by HPS Menu Planner

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Corn

Servings:	330.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8995
School:	Ox Bow Elementary		

Ingredients

Description	Measurement	DistPart #
CORN CUT IQF 30 GCHC	60 Pound	285620
MARGARINE SLD ZT 30-1 GFS	1 Pound	557482

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.91

Nutrition Facts

Servings Per Recipe: 330.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	30.61		
Fat	0.34g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.33mg		
Carbohydrates	6.36g		
Fiber	0.30g		
Sugar	1.52g		
Protein	0.91g		
Vitamin A	1.52IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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	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

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	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

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	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

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	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

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	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

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	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	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

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	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

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	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	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

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	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

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	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	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

Buttered Green Beans

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	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

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

Minuteman Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10131
School:	Concord High School		

Ingredients

Description	Measurement	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	536620
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
POTATO PRLS EXCEL 12-28Z BAMER	1/2 Cup	613738
CORN CUT IQF 30 GCHC	1/4 Cup	285620
GRAVY CHIX RSTD 12-49Z HRTHSTN	1/4 Cup	516309

Preparation Instructions

Lay out chicken on sheet tray with paper. Bake 15 min to 135.

Mix potatoes according to instructions no more than 2 hours before serve time and hold for service.

Steam corn for 15 min and hold for service

Place gravy in 6" half pan and steam for 25 min or until temp reaches 135

Rolls will be made day prior. according to box instructions.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	448.33		
Fat	24.58g		
SaturatedFat	9.50g		
Trans Fat	0.00g		
Cholesterol	100.00mg		
Sodium	1250.00mg		
Carbohydrates	30.75g		
Fiber	3.58g		
Sugar	0.42g		
Protein	28.25g		
Vitamin A	500.00IU	Vitamin C	0.00mg

Calcium 227.00mg **Iron** 1.59mg

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10134
School:	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

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

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	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

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	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	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

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	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

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

Grilled Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10152
School:	Concord High School		

Ingredients

Description	Measurement	DistPart #
CHIX BRST PTY FC 100-3.1Z TYS	1 Each	209244
Whole Wheat Hamburger Bun	1 Each	51458

Preparation Instructions

Place grilled chicken breast on to sheet paper on a sheet pan . Cook at 350 for 25 min. or till temp of 165 . Next put the chicken in a bun , on to a sheet pan . Place 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	260.00		
Fat	6.50g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	810.00mg		
Carbohydrates	29.00g		
Fiber	2.50g		
Sugar	5.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	54.00mg	Iron	1.00mg

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	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	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

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	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

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	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	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

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	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

Meat	0.00
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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	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

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	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

Macaroni & Cheese

Servings:	48.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10707
School:	Concord High School		

Ingredients

Description	Measurement	DistPart #
Three Cheese Sauce	20 Pound	920338
Cooked Macaroni	9 Pound	36328

Preparation Instructions

Place three cheese sauce in a steam pan . Put in steamer for 20 min. or to temp of 145 . Open bag and place in deep pan . Place cooked macaroni into a strainer and run hot water until it temps 135 . Add the macaroni to the three cheese sauce , mix well. Place in warmer and serve . Place apple sticks on a parchment paper on to a sheet pan . Cook at 350 for 10 min and temp to 165 . Store in warmer and serve.

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	522.23		
Fat	30.40g		
SaturatedFat	17.13g		
Trans Fat	0.00g		
Cholesterol	104.28mg		
Sodium	1550.90mg		
Carbohydrates	30.85g		
Fiber	0.60g		
Sugar	4.32g		
Protein	30.27g		
Vitamin A	1344.51IU	Vitamin C	0.00mg
Calcium	767.23mg	Iron	0.00mg

General Tso Chicken with Rice & Egg Roll

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10810
School:	Concord High School		

Ingredients

Description	Measurement	DistPart #
CHIX CHNK DK MT BRD WGRAIN 6-5.03	4 Package	652891
SAUCE GEN TSO 4-.5GAL ASIAN	1 Gallon	802850
RICE FRIED VEG WGRAIN 6-5.16 MINH	40 Cup	676463
EGG ROLL VEG WGRAIN 130-3.1Z MINH	80 Each	521450

Preparation Instructions

Mix popcorn chicken and sauce. Heat.

1 serving= 4 oz. scoop chicken, 1/2 cup fried rice, and 1 egg roll

Meal Components (SLE)

Amount Per Serving

Meat	2.68
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.07
OtherVeg	0.50
Legumes	0.00
Starch	0.07

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	614.84		
Fat	19.16g		
SaturatedFat	3.68g		
Trans Fat	0.00g		
Cholesterol	120.68mg		
Sodium	1244.83mg		
Carbohydrates	76.26g		
Fiber	5.00g		
Sugar	26.88g		
Protein	31.14g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	56.82mg	Iron	4.55mg

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	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

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

Tomato Soup- HS

Servings:	23.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12635
School:	Concord High School		

Ingredients

Description	Measurement	DistPart #
SOUP TOMATO 12-5 CAMP	1 #5 CAN	101427
Tap Water for Recipes	1 #5 CAN	000001WTR

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.38
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 23.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	55.58		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	296.40mg		
Carbohydrates	12.35g		
Fiber	0.62g		
Sugar	7.41g		
Protein	1.24g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12.35mg	Iron	0.44mg

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	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

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

French Toast, Eggs, & Hashbrown

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12644
School:	Concord High School		

Ingredients

Description	Measurement	DistPart #
FRENCH TST STIX WGRAIN 6-2 RICH	3 Each	652370
HASHBROWN RND 6-5 MCCAIN	1 Each	389003
EGG SCRMBD CKD W/BCN & CHS 4-5 SNY	1/2 Cup	533034
SYRUP PANCK CUP 200-1.5Z GCHC	1 Each	160090

Preparation Instructions

Lay out french toast sticks on to a paper , on a sheet pan . Cook at 350 , temp at 165 . Place in warmer and serve . Place hash browns on paper onto a sheet pan , cook at 350 . Temp at 165 and place in warmer and serve. Next spay well with pan coating on holy deep pans . Place scrambled eggs in pans , cook in the steamer . Temp at 165 , place in warmer and serve with syrup packets .

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.25

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	635.00		
Fat	25.00g		
SaturatedFat	5.25g		
Trans Fat	0.00g		
Cholesterol	212.50mg		
Sodium	792.50mg		
Carbohydrates	85.25g		
Fiber	3.50g		
Sugar	29.25g		
Protein	18.00g		
Vitamin A	380.81IU	Vitamin C	0.00mg
Calcium	102.90mg	Iron	3.14mg

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	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

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	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

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	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	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

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

French Toast Sticks with 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	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

Caesar Salad

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18695
School:	Concord High School		

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	2 Cup	735787
CHEESE PARM SHRD FCY 10-2 PG	1/2 Cup	460095
DRESSING CAESAR 4-1 GAL GFS	2 Ounce	818201

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.10
Grain	0.00
Fruit	0.00
GreenVeg	0.40
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Cup

Amount Per Serving

Calories	295.00		
Fat	28.00g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	32.50mg		
Sodium	660.00mg		
Carbohydrates	8.50g		
Fiber	2.50g		
Sugar	4.00g		
Protein	6.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	165.00mg	Iron	0.72mg

Philly Beef Steak Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18724
School:	Concord High School		

Ingredients

Description	Measurement	DistPart #
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	1 Each	720861
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	1 Ounce	722110
PEPPERS & ONION FLME RSTD 6-2.5	1/8 Cup	847208
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	276142

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	0.13
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	368.39		
Fat	15.02g		
SaturatedFat	6.55g		
Trans Fat	0.52g		
Cholesterol	55.00mg		
Sodium	812.28mg		
Carbohydrates	34.10g		
Fiber	2.24g		
Sugar	6.55g		
Protein	21.56g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	169.36mg	Iron	3.49mg

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	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	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

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	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

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