

Cookbook for Concord High School

Created by HPS Menu Planner

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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

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	4 Cup	860311
HONEY CLOVER 4-6 GCHC	4 Cup	225614
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Cup	299405
OIL SALAD VEG SOY CLR NT 6-1GAL GCHC	3 Cup	292702
SPICE CINNAMON GRND 15Z TRDE	1 Cup	224723
SPICE CLOVES GRND 16Z TRDE	1 Tablespoon	224774
OATS QUICK HOT CEREAL 12-42Z QUAK	50 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 1/2 cup granola on top in insert cover with lid.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
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		510.80	
Fat		14.98g	
SaturatedFat		4.58g	
Trans Fat		0.00g	
Cholesterol		19.80mg	
Sodium		141.50mg	
Carbohydrates		83.08g	
Fiber		6.00g	
Sugar		51.44g	
Protein		15.00g	
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	370.00mg	Iron	1.50mg

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	0.25
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

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

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	1.26
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

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

Choice of Cereal

Servings:	10.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-10993
School:	Concord Jr. High School		

Ingredients

Description	Measurement	DistPart #
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each	388190
CEREAL FRSTD FLKS CHOC WGRAIN 96CT	1 Each	618902
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	365790
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each	283620
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 1 oz	265811
CEREAL FRSTD MINI WHE CHOC BWL 96CT	1 Each	805630
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	265782
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	270401
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each	283611
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	266052

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
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: 10.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	108.00
Fat	1.20g
SaturatedFat	0.15g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	147.00mg
Carbohydrates	23.60g

Fiber	2.10g		
Sugar	7.60g		
Protein	1.90g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	49.00mg	Iron	3.52mg

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	2.75
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	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

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

Assorted Pop-Tart

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-24447
School:	Concord High School		

Ingredients

Description	Measurement	DistPart #
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package	123081
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package	123031

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
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: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	362.50		
Fat	5.75g		
SaturatedFat	1.90g		
Trans Fat	0.05g		
Cholesterol	0.00mg		
Sodium	384.00mg		
Carbohydrates	76.00g		
Fiber	5.60g		
Sugar	30.50g		
Protein	4.50g		
Vitamin A	610.00IU	Vitamin C	0.00mg
Calcium	230.00mg	Iron	3.60mg

BeneFIT Breakfast Bar

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-24448
School:	Concord High School		

Ingredients

Description	Measurement	DistPart #
BAR BKFST OATML CHOC CHP BNFT 48-2.5Z	1 Each	240721
BAR BKFST BAN CHOC CHNK IW 48-2.5Z	1 Each	875860

Preparation Instructions

No Preparation Instructions available.

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	285.00		
Fat	8.50g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	17.50mg		
Sodium	230.00mg		
Carbohydrates	47.50g		
Fiber	3.00g		
Sugar	22.50g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.80mg

Breakfast Kit

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26961
School:	Concord High School		

Ingredients

Description	Measurement	DistPart #
CEREAL COKRPY BAR BKFST KIT 56CT	1 Package	676242
CEREAL COCO PUFFS BKFST KIT R/S 60CT	1 Package	533130
CEREAL CINN TST RS BKFST KIT 2-36CT	1 Each	150471

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	163.33
Fat	3.83g
SaturatedFat	1.17g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	128.33mg
Carbohydrates	30.33g
Fiber	2.33g
Sugar	14.00g
Protein	2.33g
Vitamin A 333.33IU	Vitamin C 40.00mg
Calcium 136.67mg	Iron 0.81mg

Chicken Caesar Salad Meal

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27156
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
CHIP HARV CHED 104-SSV SUNCHIP	1 Package	105260
CROUTON SEAS PC PKT 500-.25Z FRSHGOUR	3 Package	175400
DRESSING RNCH BTRMLK PKT 120-1.5Z	1 Each	266523

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	2.00
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	950.00		
Fat	69.50g		
SaturatedFat	18.50g		
Trans Fat	0.00g		
Cholesterol	125.00mg		
Sodium	2355.00mg		
Carbohydrates	49.00g		
Fiber	5.00g		
Sugar	10.00g		
Protein	39.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 546.00mg **Iron** 0.96mg