

# **Cookbook for Concord Community Elementary Schools**

**Created by HPS Menu Planner**

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# Crispy 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-9069
<b>School:</b>	Ox Bow Elementary		

## Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	281622
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	517810

## Preparation Instructions

No Preparation Instructions available.

### 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>	15.50g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	620.00mg		
<b>Carbohydrates</b>	41.00g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	2.90mg

# Broccoli & Cheese

<b>Servings:</b>	164.00	<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-9517
<b>School:</b>	Ox Bow Elementary		

## Ingredients

Description	Measurement	DistPart #
BROCCOLI FLORET BITE SIZE 2-3 RSS	30 Pound	732451
SAUCE CHS CHED POUCH 6-106Z LOL	6 5/8 Pound	135261

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<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: 164.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	43.01		
<b>Fat</b>	2.36g		
<b>SaturatedFat</b>	1.29g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	6.47mg		
<b>Sodium</b>	133.07mg		
<b>Carbohydrates</b>	4.07g		
<b>Fiber</b>	1.10g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	2.71g		
<b>Vitamin A</b>	273.79IU	<b>Vitamin C</b>	39.20mg
<b>Calcium</b>	82.53mg	<b>Iron</b>	0.32mg

# Hot Dog

<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-20123
<b>School:</b>	Concord Intermediate		

## Ingredients

Description	Measurement	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each	304913
BUN HOT DOG WHEAT WHL 12-12CT GCHC	1 Each	517830

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.50
<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>	270.00		
<b>Fat</b>	17.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	715.00mg		
<b>Carbohydrates</b>	20.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	10.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.11mg	<b>Iron</b>	1.76mg

# Sloppy Joe 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-20126
<b>School:</b>	Concord Intermediate		

## Ingredients

Description	Measurement	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	3 5/8 Ounce	564790
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	517810

## 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>	0.13
<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>	285.00		
<b>Fat</b>	7.50g		
<b>SaturatedFat</b>	2.20g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	44.00mg		
<b>Sodium</b>	597.00mg		
<b>Carbohydrates</b>	35.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	459.00IU	<b>Vitamin C</b>	6.00mg
<b>Calcium</b>	64.00mg	<b>Iron</b>	3.00mg

# Cheeseburger on Bun

<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-28198
<b>School:</b>	Concord Community Elementary Schools		

## Ingredients

Description	Measurement	DistPart #
BEEF STK FLAMEBR 160-3Z COMM	1 Each	214880
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	150260
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	517810

## Preparation Instructions

No Preparation Instructions available.

### 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>	355.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	6.50g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	52.50mg		
<b>Sodium</b>	715.00mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.50g		
<b>Protein</b>	24.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	131.50mg	<b>Iron</b>	2.80mg



# Pulled Pork on a Bun

<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-28199
<b>School:</b>	Concord Community Elementary Schools		

## Ingredients

Description	Measurement	DistPart #
PORK PULLED BBQ 40#	4 ounce weight	251253
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	517810

## 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>	0.00
<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>	324.00		
<b>Fat</b>	11.50g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	72.00mg		
<b>Sodium</b>	584.00mg		
<b>Carbohydrates</b>	25.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	28.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	1.00mg

# Shredded BBQ Pork on a Bun

<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-28200
<b>School:</b>	Concord Community Elementary Schools		

## Ingredients

Description	Measurement	DistPart #
PORK SHRDD BBQ 6-5 JTM	4 Ounce	366320
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	517810

## 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>	0.13
<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>	338.00		
<b>Fat</b>	7.70g		
<b>SaturatedFat</b>	2.10g		
<b>Trans Fat</b>	0.04g		
<b>Cholesterol</b>	44.00mg		
<b>Sodium</b>	419.90mg		
<b>Carbohydrates</b>	43.00g		
<b>Fiber</b>	4.40g		
<b>Sugar</b>	20.00g		
<b>Protein</b>	22.80g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	1.00mg

# Eggo® Mini Pancakes

<b>Servings:</b>	3.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 pouch	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28201
<b>School:</b>	Concord Community Elementary Schools		

## Ingredients

Description	Measurement	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package	395303
PANCAKE MINI MAPL IW 72-3.03Z EGGO	1 Package	284831
PANCAKE MINI BLUEB IW 72-3.03Z EGGO	1 Package	284841

## Preparation Instructions

No Preparation Instructions available.

### 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: 3.00

Serving Size: 1.00 pouch

#### Amount Per Serving

<b>Calories</b>	213.33		
<b>Fat</b>	6.33g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	6.67mg		
<b>Sodium</b>	210.00mg		
<b>Carbohydrates</b>	35.33g		
<b>Fiber</b>	2.67g		
<b>Sugar</b>	7.33g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	166.67IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.80mg

# Sidekick Slushie

<b>Servings:</b>	4.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28202
<b>School:</b>	Concord Community Elementary Schools		

## Ingredients

Description	Measurement	DistPart #
SLUSHIE SR CHRY-LEM 84-4.4FLZ	1 Each	667911
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	1 Each	863880
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	1 Each	863890
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	1 Each	794181

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<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: 4.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	90.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	31.25mg		
<b>Carbohydrates</b>	22.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	18.75g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	1187.50IU	<b>Vitamin C</b>	60.00mg
<b>Calcium</b>	80.00mg	<b>Iron</b>	0.00mg

# Doritos

<b>Servings:</b>	3.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28203
<b>School:</b>	Concord Community Elementary Schools		

## Ingredients

Description	Measurement	DistPart #
CHIP COOL RNCH REDC FAT 72-1Z DORIT	1 Package	541502
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Ounce	456090
CHIP SPCY SWT REDC 72-1Z SSV DORIT	1 Package	788670

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.50
<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: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	130.00		
<b>Fat</b>	5.00g		
<b>SaturatedFat</b>	0.67g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	193.33mg		
<b>Carbohydrates</b>	20.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	0.33g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	33.33mg	<b>Iron</b>	0.30mg

# Variety of 100% Juice

<b>Servings:</b>	11.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28204
<b>School:</b>	Concord Community Elementary Schools		

## Ingredients

Description	Measurement	DistPart #
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each	118921
JUICE FRT PNCH 100 FZ 72-4FLZ SNCUP	1 Each	135470
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each	118930
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each	118940
JUICE BOX GRP 100 40-4.23FLZ	1 Each	698211
JUICE BOX ORNG TANGR 100 40-4.23FLZ	1 Each	698251
JUICE STRAWB KIWI 100 40-4.23FLZ	1 Each	214534
JUICE ORNG/PINEAP 100 70-4FLZ SNCUP	1 Each	403021
JUICE CRAN RASPB 100 40-4.23FLZ	1 Each	214524
JUICE BOX APPL 100 40-4.23FLZ	1 Each	698744
JUICE BOX FRT PNCH 100 40-4.23FLZ	1 Each	698240

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 11.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	62.73		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	6.82mg		
<b>Carbohydrates</b>	15.09g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	13.55g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	5.45mg
<b>Calcium</b>	25.45mg	<b>Iron</b>	0.05mg

# Uncrustable with String Cheese

<b>Servings:</b>	2.00	<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-28205
<b>School:</b>	Concord Community Elementary Schools		

## Ingredients

Description	Measurement	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each	527462
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each	536012
CHEESE STRING MOZZ IW 168-1Z LOL	2 Each	786580

## Preparation Instructions

No Preparation Instructions available.

### 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: 2.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	380.00
<b>Fat</b>	22.00g
<b>SaturatedFat</b>	7.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	480.00mg
<b>Carbohydrates</b>	34.50g
<b>Fiber</b>	4.00g
<b>Sugar</b>	16.00g
<b>Protein</b>	15.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 241.50mg	<b>Iron</b> 1.00mg



# Turkey Ham & Cheese on a Whole Grain Hawaiian Bun with String Cheese

<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-28206
<b>School:</b>	Concord Community Elementary Schools		

## Ingredients

Description	Measurement	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	786580
SAND TKY HAM&CHS WGRAIN IW 100-3.1Z	1 Each	672642

## 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>	0.00
<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>	266.20		
<b>Fat</b>	10.20g		
<b>SaturatedFat</b>	5.40g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	37.00mg		
<b>Sodium</b>	592.20mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	16.60g		
<b>Vitamin A</b>	121.85IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	303.20mg	<b>Iron</b>	1.85mg

# Turkey Lunchable Kit

<b>Servings:</b>	2.00	<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-28207
<b>School:</b>	Concord Community Elementary Schools		

## Ingredients

Description	Measurement	DistPart #
TURKEY BRST SMKD COIN 1.75 SLCD 6-2	3 3/10 Ounce	394123
CHEESE COLBY JK CUBE IW 200-1Z LOL	2 Each	680130
CHIP HARV CHED 104-SSV SUNCHIP	1 Package	105260
CHIP GARDEN SALSA 104-SSV SUNCHIP	1 Package	696900

## Preparation Instructions

Package 1 bag of chips, 1 bag of cheese cubes, and 5 slices of turkey coins together.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.25
<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: 2.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	280.15		
<b>Fat</b>	13.75g		
<b>SaturatedFat</b>	4.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.08mg		
<b>Sodium</b>	580.74mg		
<b>Carbohydrates</b>	20.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	19.53g		
<b>Vitamin A</b>	300.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	210.00mg	<b>Iron</b>	0.78mg

# Yogurt & Cheese Kit

<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-28208
<b>School:</b>	Concord Community Elementary Schools		

## Ingredients

Description	Measurement	DistPart #
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each	885750
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	786580
CEREAL CINN TOAST CRNCH POUK 96-1Z	1 Each	656562

## Preparation Instructions

No Preparation Instructions available.

### 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>	270.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	415.00mg		
<b>Carbohydrates</b>	38.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	19.00g		
<b>Protein</b>	11.00g		
<b>Vitamin A</b>	400.00IU	<b>Vitamin C</b>	3.60mg
<b>Calcium</b>	388.00mg	<b>Iron</b>	2.40mg

# Pizza Munchable

<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-28209
<b>School:</b>	Concord Community Elementary Schools		

## Ingredients

Description	Measurement	DistPart #
FLATBREAD W/GRAIN 4 192-1Z RICH	1 Each	959048
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	677721
CHEESE MOZZ SHRD 4-5 LOL	1/2 Cup	645170

## 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>	0.50
<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>	300.00
<b>Fat</b>	14.00g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	710.00mg
<b>Carbohydrates</b>	23.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	7.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 0.10IU	<b>Vitamin C</b> 0.03mg
<b>Calcium</b> 441.09mg	<b>Iron</b> 0.68mg

# Mashed Potatoes

<b>Servings:</b>	38.00	<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-28210
<b>School:</b>	Concord Community Elementary Schools		

## Ingredients

Description	Measurement	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	28 Ounce	613738
Tap Water for Recipes	17 Cup	000001WTR

## Preparation Instructions

RECONSTITUTE

1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir 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>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.50

### Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	73.68		
<b>Fat</b>	1.05g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	357.89mg		
<b>Carbohydrates</b>	14.74g		
<b>Fiber</b>	1.05g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.11g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.53mg	<b>Iron</b>	0.32mg

# Variety of Cereal Kit

<b>Servings:</b>	7.00	<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-28211
<b>School:</b>	Concord Community Elementary Schools		

## Ingredients

Description	Measurement	DistPart #
CEREAL FROOT LOOP BKFST KIT 44CT	1 Package	282491
CEREAL TRIX RS BKFST KIT 60CT	1 Each	525340
CEREAL COCO PUFFS BKFST KIT R/S 60CT	1 Package	533130
CEREAL FRSTD FLKS RS BKFST KIT 44CT	1 Package	872040
CEREAL LUCKY CHARMS BKFST KIT 60CT	1 Each	525290
CEREAL APPL JK R/S BKFST KIT 36CT	1 Package	676160
CEREAL CHEERIOS MULTIGR BKFST KIT60CT	1 Package	585321

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<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: 7.00

Serving Size: 1.00 each

Amount Per Serving	
<b>Calories</b>	221.43
<b>Fat</b>	4.00g
<b>SaturatedFat</b>	0.36g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	205.71mg
<b>Carbohydrates</b>	45.29g
<b>Fiber</b>	3.29g
<b>Sugar</b>	15.86g
<b>Protein</b>	3.29g
<b>Vitamin A</b> 407.14IU	<b>Vitamin C</b> 30.77mg

**Calcium** 118.71mg **Iron** 4.73mg

# Assortment of Cereal

<b>Servings:</b>	13.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28214
<b>School:</b>	Concord Community Elementary Schools		

## Ingredients

Description	Measurement	DistPart #
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each	283620
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	270401
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	265811
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	365790
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each	283611
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each	388190
CEREAL CINN CHEX BWL 96-1Z GENM	1 Each	453143
CEREAL FRSTD MINI WHE BWL 96CT KELL	1 Each	662186
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	1 Each	264702
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	265782
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	509396
CEREAL CHEERIOS FRTY WGRAIN BWL 96CT	1 Package	265803
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each	509434

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<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: 13.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

<b>Calories</b>	109.23
<b>Fat</b>	1.31g
<b>SaturatedFat</b>	0.08g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	146.92mg
<b>Carbohydrates</b>	23.54g
<b>Fiber</b>	2.00g
<b>Sugar</b>	7.08g
<b>Protein</b>	1.92g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	61.54mg	<b>Iron</b>	4.17mg

# Pop-Tarts (2 count)

<b>Servings:</b>	4.00	<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-28215
<b>School:</b>	Concord Community Elementary Schools		

## Ingredients

Description	Measurement	DistPart #
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package	123031
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package	123081
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package	452082
PASTRY POP-TART WGRAIN BLUEB 72-2CT	1 Package	865101

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<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: 4.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	364.50		
<b>Fat</b>	5.75g		
<b>SaturatedFat</b>	1.90g		
<b>Trans Fat</b>	0.05g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	379.50mg		
<b>Carbohydrates</b>	76.00g		
<b>Fiber</b>	5.70g		
<b>Sugar</b>	30.25g		
<b>Protein</b>	4.58g		
<b>Vitamin A</b>	305.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	215.00mg	<b>Iron</b>	3.60mg

# Cheese Omelet with Biscuit

<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-28217
<b>School:</b>	Concord Community Elementary Schools		

## Ingredients

Description	Measurement	DistPart #
EGG OMELET CHS COLBY 225-2.1Z SNYFR	1 Each	554470
DOUGH BISC STHRN STYL 216-2.2Z PILLS	1 Each	618152

## 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>	0.00
<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>	280.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	8.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	165.00mg		
<b>Sodium</b>	800.00mg		
<b>Carbohydrates</b>	23.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	11.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	110.00mg	<b>Iron</b>	2.12mg

# Biscuit and 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-28218
<b>School:</b>	Concord Community Elementary Schools		

## Ingredients

Description	Measurement	DistPart #
DOUGH BISC STHRN STYL 216-2.2Z PILLS	1 Each	618152
GRAVY SAUS CNTRY 6-10 CHEFM	1/4 Cup	464694

## Preparation Instructions

No Preparation Instructions available.

### 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>	260.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	820.00mg		
<b>Carbohydrates</b>	26.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	1.50mg

# Scrambled Eggs with Biscuit

<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-28219
<b>School:</b>	Concord Community Elementary Schools		

## Ingredients

Description	Measurement	DistPart #
EGG SCRMBD CKD FZ 4-5 CARG	1/2 Cup	192330
DOUGH BISC STHRN STYL 216-2.2Z PILLS	1 Each	618152

## 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>	0.00
<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>	14.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	190.00mg		
<b>Sodium</b>	830.00mg		
<b>Carbohydrates</b>	24.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	9.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	66.00mg	<b>Iron</b>	1.40mg

# Cereal Bar

<b>Servings:</b>	4.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28220
<b>School:</b>	Concord Community Elementary Schools		

## Ingredients

Description	Measurement	DistPart #
BAR CEREAL CINN TST WGRAIN 96-1.42Z	1 Each	265891
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	1 Each	268690
BAR CEREAL COCOPUFF WGRAIN 96-1.42Z	1 Each	265901
BAR CEREAL GLDN GRHM WGRAIN 96-1.42Z	1 Each	265921

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<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: 4.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	160.00		
<b>Fat</b>	3.50g		
<b>SaturatedFat</b>	0.13g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	111.25mg		
<b>Carbohydrates</b>	29.75g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	8.75g		
<b>Protein</b>	2.25g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	247.50mg	<b>Iron</b>	1.60mg

# Chocolate Chip or Blueberry Muffin

<b>Servings:</b>	2.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 muffin	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28221
<b>School:</b>	Concord Community Elementary Schools		

## Ingredients

Description	Measurement	DistPart #
MUFFIN CHOCOLATE CHIP IW 96-2Z	1 Each	273681
MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN	1 Each	273442

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<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: 2.00

Serving Size: 1.00 muffin

#### Amount Per Serving

<b>Calories</b>	165.00		
<b>Fat</b>	5.00g		
<b>SaturatedFat</b>	0.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	95.00mg		
<b>Carbohydrates</b>	27.50g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	14.50g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	14.50mg	<b>Iron</b>	1.00mg

# Yogurt

<b>Servings:</b>	5.00	<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-28222
<b>School:</b>	Concord Community Elementary Schools		

## Ingredients

Description	Measurement	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	186911
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	551760
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	551770
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each	885750
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each	869921

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	76.00		
<b>Fat</b>	0.30g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	3.00mg		
<b>Sodium</b>	61.00mg		
<b>Carbohydrates</b>	14.60g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	9.40g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	124.00mg	<b>Iron</b>	0.00mg