

Cookbook for Concord Community Elementary Schools

Created by HPS Menu Planner

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Crispy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9069
School:	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

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

Broccoli & Cheese

Servings:	164.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9517
School:	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

Meat	0.00
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: 164.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Hot Dog

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20123
School:	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

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

Sloppy Joe Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20126
School:	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

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
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	285.00		
Fat	7.50g		
SaturatedFat	2.20g		
Trans Fat	0.00g		
Cholesterol	44.00mg		
Sodium	597.00mg		
Carbohydrates	35.00g		
Fiber	5.00g		
Sugar	12.00g		
Protein	19.00g		
Vitamin A	459.00IU	Vitamin C	6.00mg
Calcium	64.00mg	Iron	3.00mg

Cheeseburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28198
School:	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

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

Pulled Pork on a Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28199
School:	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

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

Shredded BBQ Pork on a Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28200
School:	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

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
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	338.00		
Fat	7.70g		
SaturatedFat	2.10g		
Trans Fat	0.04g		
Cholesterol	44.00mg		
Sodium	419.90mg		
Carbohydrates	43.00g		
Fiber	4.40g		
Sugar	20.00g		
Protein	22.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	1.00mg

Eggo® Mini Pancakes

Servings:	3.00	Category:	Grain
Serving Size:	1.00 pouch	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28201
School:	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

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: 3.00

Serving Size: 1.00 pouch

Amount Per Serving

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

Sidekick Slushie

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28202
School:	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

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving

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

Doritos

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28203
School:	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

Meat	0.00
Grain	1.50
Fruit	0.00
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	130.00		
Fat	5.00g		
SaturatedFat	0.67g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	193.33mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	0.33g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	33.33mg	Iron	0.30mg

Variety of 100% Juice

Servings:	11.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28204
School:	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

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 11.00

Serving Size: 1.00 Each

Amount Per Serving

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

Uncrustable with String Cheese

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28205
School:	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

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28206
School:	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

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

Turkey Lunchable Kit

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28207
School:	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

Meat	2.00
Grain	1.25
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	280.15		
Fat	13.75g		
SaturatedFat	4.75g		
Trans Fat	0.00g		
Cholesterol	45.08mg		
Sodium	580.74mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	19.53g		
Vitamin A	300.00IU	Vitamin C	0.00mg
Calcium	210.00mg	Iron	0.78mg

Yogurt & Cheese Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28208
School:	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

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

Pizza Munchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28209
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	DistPart #
FLATBREAD W/GRAIN 4 192-1Z RICH	2 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

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
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	380.00		
Fat	16.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	860.00mg		
Carbohydrates	36.00g		
Fiber	4.00g		
Sugar	8.00g		
Protein	22.00g		
Vitamin A	0.20IU	Vitamin C	0.06mg
Calcium	452.18mg	Iron	1.36mg

Mashed Potatoes

Servings:	38.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28210
School:	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

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

Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Variety of Cereal Kit

Servings:	7.00	Category:	Entree
Serving Size:	1.00 each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28211
School:	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

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: 7.00

Serving Size: 1.00 each

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

Calcium 118.71mg **Iron** 4.73mg

Assortment of Cereal

Servings:	13.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28214
School:	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

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: 13.00
Serving Size: 1.00 Each

Amount Per Serving

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

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	61.54mg	Iron	4.17mg

Pop-Tarts (2 count)

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28215
School:	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

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving

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

Cheese Omelet with Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-28217
School:	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

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

Biscuit and Gravy

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-28218
School:	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

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

Scrambled Eggs with Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-28219
School:	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

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

Cereal Bar

Servings:	4.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28220
School:	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

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving

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

Chocolate Chip or Blueberry Muffin

Servings:	2.00	Category:	Grain
Serving Size:	1.00 muffin	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28221
School:	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

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: 2.00

Serving Size: 1.00 muffin

Amount Per Serving

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

Yogurt

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28222
School:	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

Meat	1.00
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: 5.00

Serving Size: 1.00 Each

Amount Per Serving

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