

# **Cookbook for CONCORD ELEMENTARY/MIDDLE SCHOOL**

**Created by HPS Menu Planner**

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**Breakfast Pizza**

# ASSORTED BREAKFAST CEREALS W/ GRAHAM CRACKER

<b>Servings:</b>	4.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-138
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	365790
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	265782
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	265811
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	270401
CRACKER GRHM WGRAIN IW 150- 3CT NAB	4 Package		529974

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.75
<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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Serving

### Amount Per Serving

**Calories** 202.50

**Fat** 3.63g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 265.00mg

**Carbohydrates** 39.50g

**Fiber** 3.00g

**Sugar** 12.50g

**Protein** 2.50g

**Vitamin A** 0.00IU      **Vitamin C** 0.00mg

**Calcium** 117.50mg      **Iron** 4.00mg



# ASSORTED MUFFINS W/GRAHAM CRACKER

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-377
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
72-1.8Z MUFFIN BLUEBERRY IW OTIS 03100	1 1/7 Serving		145740
MUFFIN CHOCOLATE CHIP IW 96-2Z	1 1/7 Each		273681
CRACKER GRHM WGRAIN IW 150-3CT NAB	1 1/7 Package		529974

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.75
<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 Serving

Amount Per Serving			
<b>Calories</b>	148.20		
<b>Fat</b>	3.99g		
<b>SaturatedFat</b>	0.57g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	11.40mg		
<b>Sodium</b>	119.70mg		
<b>Carbohydrates</b>	25.65g		
<b>Fiber</b>	1.14g		
<b>Sugar</b>	11.40g		
<b>Protein</b>	2.28g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	14.25mg	<b>Iron</b>	0.91mg

# Pepperoni Pizza

<b>Servings:</b>	184.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-378
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL BLND CANOLA/XVRGN 75/25 6-1GALGFS	23 Fluid Ounce		743879
SAUCE PIZZA W/BASL 6-10 REDPK	92 Fluid Ounce		256013
CHEESE MOZZ SHRD 4-5 LOL	5 9/10 Gallon	.25 gallon= 1 pound	645170
PEPPERONI SLCD 14-16/Z 2-5 GCHC	46 Ounce		729981
DOUGH PIZZA SHTD 16 20-26Z RICH	18 2/5 Piece	<p><b>BAKE</b></p> <p>1. KEEP PRODUCT FROZEN AT 0 F (-18 C) OR BELOW UNTIL READY TO USE. 2. REMOVE DESIRED NUMBER OF SHEETED PIZZA DOUGHS FROM THE FREEZER AND ALLOW EACH TO THAW OVERNIGHT ON OILED PIZZA PANS COVERED WITH PLASTIC. (AS AN ALTERNATIVE, THAW ON PIZZA PANS AND USE THE SAME DAY AFTER 2 - 3 HOURS THAW TIME AT ROOM TEMPERATURE, 75 F (23 C) ). MAXIMUM TIME IN RETARDER IS 3 DAYS. 3. REMOVE THAWED SHELLS FROM THE RETARDER (COOLER) AND TRANSFER TO PIZZA PANS. ALLOW DOUGH TO DOUBLE IN SIZE. 4. TO PREVENT PRODUCT FROM DRYING OUT DURING TEMPERING (THAWING), COVER WITH PLASTIC OR BRUSH WITH OIL. 5. CAREFULLY DOCK THE DOUGH TO MINIMIZE BLISTERING AND OR BUBBLING DURING BAKING. FOR A THICKER CRUST, ALLOW THE PIZZA TO CONTINUE TO RISE UNTIL DESIRED THICKNESS IS OBTAINED. 6. ADD SAUCE, CHEESE AND TOPPINGS. 7. BAKE AS FOLLOWS: DECK OVEN: 500 F (260 C) 8 - 11 MINUTES CONVECTION OVEN: 375 F (190 C) 7 - 10 MINUTES FORCED AIR CONVEYOR: 500 F (260 C) 4.5 - 5.5 MINUTES CONVENTIONAL OVEN: 450 F (230 C) 10 - 12 MINUTES</p>	570818

## Preparation Instructions

Regular and Wheat Crust:

Spray pizza screens or sheet pan with food release. Place 1 frozen 16" dough on screen, place screen on sheet pans, or 2 frozen 12" x 16" dough on one sheet pan. Proof dough until double in size.

Brush outer 2" edge with oil blend. With a PIN DOCKER, dock regular or wheat crust to remove any large air bubbles that have formed. Spread 4 fl oz of pizza sauce evenly over crust leaving a 3/4" border around the edge. Spread 1 lb cheese or .75 lb cheese for thin crust over sauce leaving a 3/4" border around the edge.

Bake pizza in a preheated 375-400°F convection oven for about 8-10 minutes or until outside crust is golden brown and cheese is lightly browned on the top. Cut each pizza in 8 slices or 6 for thin crust.

CCP:

Heat to 165°F for 15 seconds

Hold for service at 135° / 140°F (MN)

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.05
<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: 184.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	272.65
<b>Fat</b>	19.35g
<b>SaturatedFat</b>	8.98g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	38.60mg
<b>Sodium</b>	561.78mg
<b>Carbohydrates</b>	6.35g
<b>Fiber</b>	0.60g
<b>Sugar</b>	3.15g
<b>Protein</b>	16.68g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 421.70mg	<b>Iron</b> 0.54mg

# BBQ Pulled Pork Sandwich or Sliders

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-383
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK BUTT B/I NAT 4-2CT 74AVG P/L	24 2/5 Pound		599890
SALT KOSHER 12-3 DIAC	3 1/7 Fluid Ounce		424307
SPICE PEPR BLK REST GRIND 16Z TRDE	3 1/7 Fluid Ounce		225061
SPICE PAPRIKA SPANISH 16Z TRDE	4 1/2 Fluid Ounce		225002
SUGAR BROWN LT 12-2 GFS	4 Cup		314641
SAUCE BBQ PKT 200-12GM GCHC	100 Each		294659
Aunt Millie's " Unsliced " Dinner Rolls	100 roll	BAKE	4389

## Preparation Instructions

Make dry rub by combining salt, pepper, paprika, and brown sugar. Rub the pork all over with the dry rub..

Roast pork 12 hours at 200°F uncovered or if not able to roast overnight, roast for 6 hours at 300°F tightly covered with foil.

Remove from oven and let cool enough to handle: pull pork with gloved hand or fork; set aside.

Sandwich:

Serve 2 oz of pulled pork on whole wheat bun and one BBQ pc on the side.

Sliders:

Serve 1 oz of pulled pork per slider and one BBQ pc on the side.

CCP:

Hold for service at 135°F (140°F MN).

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.90
<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: 100.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

<b>Calories</b>	373.28	
<b>Fat</b>	15.64g	
<b>SaturatedFat</b>	4.88g	
<b>Trans Fat</b>	0.00g	
<b>Cholesterol</b>	73.20mg	
<b>Sodium</b>	530.00mg	
<b>Carbohydrates</b>	31.68g	
<b>Fiber</b>	1.00g	
<b>Sugar</b>	13.68g	
<b>Protein</b>	22.52g	
<b>Vitamin A</b>	323.99IU	<b>Vitamin C</b> 1.17mg
<b>Calcium</b>	21.52mg	<b>Iron</b> 1.05mg

# Pepperoni Calzone

<b>Servings:</b>	64.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-386
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE PIZZA W/BASL 6-10 REDPK	32 Fluid Ounce	READY_TO_EAT None	256013
PEPPERONI SLCD 14-16/Z 2-5 GCHC	16 Ounce		729981
DOUGH PIZZA SHTD WGRAIN 16 24-22Z	64 Slice		166762
CHEESE MOZZ SHRD 4-5 LOL	2 Gallon		645170
OIL BLND CANOLA/XVRGN 75/25 6-1GALGFS	1 Tablespoon		743879

## Preparation Instructions

1. Let 12x16 pizza dough sheet thaw (but not proof). Cut sheet into 8 even squares and brush oil on top of crust.
2. Take mozzarella cheese and crumble it with your hands. Evenly distribute the cheese, sauce, and pepperoni among the 8 squares and place it starting at the left hand corner of the square and create a half inch diagonal line to the bottom right hand corner. Now take the bottom left hand corner and bring it to the middle of the square. Then take the top right hand corner and overlap it slightly in the middle of the square.
3. Bake calzone in a preheated 375-400 °F convection oven for about 10-15 min or until outside crust is golden brown and cheese is lightly browned on the top.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.80
<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: 64.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	257.02
<b>Fat</b>	13.16g
<b>SaturatedFat</b>	7.16g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.78mg
<b>Sodium</b>	456.59mg
<b>Carbohydrates</b>	15.50g

<b>Fiber</b>	1.70g		
<b>Sugar</b>	4.60g		
<b>Protein</b>	17.21g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	414.00mg	<b>Iron</b>	0.96mg

# Hawaiian Calzone

<b>Servings:</b>	8.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-388
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL OLIVE PURE 4-3LTR GCHC	1 Fluid Ounce		432061
TURKEY HAM 2- 7AVG JENNO	4 Ounce		434663
CHEESE MOZZ SHRD 4-5 LOL	1/4 Gallon	.25 Gallon= 1 pound	645170
DOUGH PIZZA SHTD 16 20-26Z RICH	1 Slice	<p><b>BAKE</b></p> <p>1. KEEP PRODUCT FROZEN AT 0 F (-18 C) OR BELOW UNTIL READY TO USE. 2. REMOVE DESIRED NUMBER OF SHEETED PIZZA DOUGHS FROM THE FREEZER AND ALLOW EACH TO THAW OVERNIGHT ON OILED PIZZA PANS COVERED WITH PLASTIC. (AS AN ALTERNATIVE, THAW ON PIZZA PANS AND USE THE SAME DAY AFTER 2 - 3 HOURS THAW TIME AT ROOM TEMPERATURE, 75 F (23 C) ). MAXIMUM TIME IN RETARDER IS 3 DAYS. 3. REMOVE THAWED SHELLS FROM THE RETARDER (COOLER) AND TRANSFER TO PIZZA PANS. ALLOW DOUGH TO DOUBLE IN SIZE. 4. TO PREVENT PRODUCT FROM DRYING OUT DURING TEMPERING (THAWING), COVER WITH PLASTIC OR BRUSH WITH OIL. 5. CAREFULLY DOCK THE DOUGH TO MINIMIZE BLISTERING AND OR BUBBLING DURING BAKING. FOR A THICKER CRUST, ALLOW THE PIZZA TO CONTINUE TO RISE UNTIL DESIRED THICKNESS IS OBTAINED. 6. ADD SAUCE, CHEESE AND TOPPINGS. 7. BAKE AS FOLLOWS: DECK OVEN: 500 F (260 C) 8 - 11 MINUTES CONVECTION OVEN: 375 F (190 C) 7 - 10 MINUTES FORCED AIR CONVEYOR: 500 F (260 C) 4.5 - 5.5 MINUTES CONVENTIONAL OVEN: 450 F (230 C) 10 - 12 MINUTES</p>	570818
SAUCE PIZZA W/BASL 6-10 REDPK	4 Fluid Ounce	READY_TO_EAT None	256013
PINEAPPLE TIDBITS IN JCE 6- 10 GCHC	8 Fluid Ounce		189979

## Preparation Instructions



1. Let 12x16 pizza dough sheet thaw (but not proof). Cut sheet into 8 even squares and brush oil on top of crust.
2. Take mozzarella cheese and crumble it with your hands. Use a towel to dry any excess moisture. Evenly distribute the cheese, sauce, and pineapple among the 8 squares and place it starting at the left hand corner of the square and create a half inch diagonal line to the bottom right hand corner. Now take the bottom left hand corner and bring it to the middle of the square. Then take the top right hand corner and overlap it slightly in the middle of the square.
3. Bake calzone in a preheated 375-400 °F convection oven for about 10-15 min or until outside crust is golden brown and cheese is lightly browned on the top.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.28
<b>Grain</b>	2.50
<b>Fruit</b>	0.13
<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: 8.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	269.04		
<b>Fat</b>	16.64g		
<b>SaturatedFat</b>	7.71g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	38.38mg		
<b>Sodium</b>	537.47mg		
<b>Carbohydrates</b>	10.87g		
<b>Fiber</b>	0.81g		
<b>Sugar</b>	6.44g		
<b>Protein</b>	16.97g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	412.56mg	<b>Iron</b>	0.67mg

# Chicken Alfredo w/WG Roll

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-389
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Alfredo Sauce Mix	1 Package		16216
Tap Water for Recipes	1 1/4 Gallon	UNPREPARED	000001WTR
CHIX STRP FAJT SEAS FC 8-4.99 TYS	8 3/4 Pound	<b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from frozen. <b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave Oven 3 1 2 to 4 minutes on HIGH power from frozen; hold 1 minute.	150160
CHEESE PARM SHRD FCY 10-2 PG	1 Pound		460095
BUTTER BLND SLD EURO ZT 36-1 SUNGLW	1/2 Pound	<b>READY_TO_EAT</b> Ready to use.	648560
SPICE PEPR BLK REST GRIND 16Z TRDE	1 1/2 Teaspoon		225061
SPICE GARLIC GRANULATED 24Z TRDE	1 1/2 Teaspoon		513881
PASTA ROTINI 51 WGRAIN 2-10 DAKOTA	4 1/4 Pound		229951
DINNER ROLL, W GRAIN, AM	50 roll	READY_TO_EAT	4372

## Preparation Instructions

Using random chicken breast, place breasts on a sheet pan lightly sprayed with pan coating. Bake at 350°F for 15 minutes or until chicken reached 165°F internally for 15 seconds CCP. Do Not Overcook. Julienne in 1/4 inch and hold at 140°F for next step.

Prepare sauce, stir one sauce packet per 1 qt warm water. Heat remaining water, when water reaches a boil, stir in

sauce mixture and continue stirring until thickened. Add parmesan cheese, pepper, garlic and stir until combined. Mix in chicken and hot alfredo sauce. Stir well to combine. Place in steam table or warming tablet.

CCP: Hold for service at 140°F

Reheat accompanying pasta under hot water. Drain and place in large steam table pan. To serve, place 4 oz pasta and top with 1/2 cup chicken alfredo sauce mix.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.87
<b>Grain</b>	2.61
<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: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

<b>Calories</b>	344.13		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	2.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	75.17mg		
<b>Sodium</b>	439.73mg		
<b>Carbohydrates</b>	46.90g		
<b>Fiber</b>	4.75g		
<b>Sugar</b>	3.36g		
<b>Protein</b>	23.89g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	24.60mg	<b>Iron</b>	9.30mg

# Cheese Calzone

<b>Servings:</b>	8.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-390
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD 12X16 22-24Z DELSUPR	1 Cup		570826
OIL BLND CANOLA/XVRGN 75/25 6- 1GALGFS	1 Cup		743879
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup		645170
SAUCE PIZZA W/BASL 6-10 REDPK	4 Cup	READY_TO_EAT None	256013

## Preparation Instructions

1. Let 12x16 pizza dough sheet thaw (but not proof). Cut sheet into 8 even squares and brush oil on top of crust.
2. Take mozzarella cheese and crumble it with your hands. Use a towel to dry any excess moisture. Evenly distribute the cheese and sauce among the 8 squares and place it starting at the left hand corner of the square and create a half inch diagonal line to the bottom right hand corner. Now take the bottom left hand corner and bring it to the middle of the square. Then take the top right hand corner and overlap it slightly in the middle of the square.
3. Bake calzone in a preheated 375-400 °F convection oven for about 10-15 min or until outside crust is golden brown and cheese is lightly browned on the top.

### 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>	1.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	286.70
<b>Fat</b>	4.41g
<b>SaturatedFat</b>	0.71g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	1.95mg
<b>Sodium</b>	603.40mg
<b>Carbohydrates</b>	50.88g
<b>Fiber</b>	5.25g

<b>Sugar</b>			9.38g
<b>Protein</b>			10.41g
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	39.15mg	<b>Iron</b>	4.66mg

# Sloppy Joe on Whole Grain Bun

<b>Servings:</b>	150.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-391
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	1 1/4 Gallon	UNPREPARED	000001WTR
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	3 1/2 Cup		629640
SPICE ONION MINCED 12Z TRDE	1 1/4 Cup		513997
SPICE MUSTARD GRND 14Z TRDE	1/2 Cup		224928
SPICE GARLIC GRANULATED 24Z TRDE	3 Tablespoon		513881
HAMBURGER BUN, W GRAIN, AM	1 bun		3480
BEEF CRUMBLES 8-5 COMM	23 4/9 Pound	BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Place product in entree or covered dish and heat for 20-40 minutes.	581950
TOMATO PASTE CALIF 26 6-10 GCHC	10 1/8 Cup		100196
KETCHUP CAN 6-10 HNZ	86 1/4 Fluid Ounce		100188
SUGAR BROWN LT 12-2 GFS	1 1/4 Cup		314641
SPICE PEPR BLK REST GRIND 16Z TRDE	3 Teaspoon		225061

## Preparation Instructions

Brown ground beef until no longer pink, drain grease and rinse under hot water. Drain well.  
Add all remaining ingredients, mix well and simmer for 30 minutes.

CCP: Heat to 165°F for 15 seconds

CCP: Hold for service at 140°F

Portion 1/3 cup with #12 Scoop onto bottom half of each bun. Cover with top bun half and serve immediately.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.01
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.27
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	166.19
<b>Fat</b>	7.01g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	649.24mg
<b>Carbohydrates</b>	12.03g
<b>Fiber</b>	0.58g
<b>Sugar</b>	8.39g
<b>Protein</b>	13.61g
<b>Vitamin A</b> 100.01IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 26.66mg	<b>Iron</b> 2.42mg

# Homemade Cheese Pizza

<b>Servings:</b>	8.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-392
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD 16 20-26Z RICH	1 Cup	<b>BAKE</b> 1. KEEP PRODUCT FROZEN AT 0 F (-18 C) OR BELOW UNTIL READY TO USE. 2. REMOVE DESIRED NUMBER OF SHEETED PIZZA DOUGHS FROM THE FREEZER AND ALLOW EACH TO THAW OVERNIGHT ON OILED PIZZA PANS COVERED WITH PLASTIC. (AS AN ALTERNATIVE, THAW ON PIZZA PANS AND USE THE SAME DAY AFTER 2 - 3 HOURS THAW TIME AT ROOM TEMPERATURE, 75 F (23 C)). MAXIMUM TIME IN RETARDER IS 3 DAYS. 3. REMOVE THAWED SHELLS FROM THE RETARDER (COOLER) AND TRANSFER TO PIZZA PANS. ALLOW DOUGH TO DOUBLE IN SIZE. 4. TO PREVENT PRODUCT FROM DRYING OUT DURING TEMPERING (THAWING), COVER WITH PLASTIC OR BRUSH WITH OIL. 5. CAREFULLY DOCK THE DOUGH TO MINIMIZE BLISTERING AND OR BUBBLING DURING BAKING. FOR A THICKER CRUST, ALLOW THE PIZZA TO CONTINUE TO RISE UNTIL DESIRED THICKNESS IS OBTAINED. 6. ADD SAUCE, CHEESE AND TOPPINGS. 7. BAKE AS FOLLOWS: DECK OVEN: 500 F (260 C) 8 - 11 MINUTES CONVECTION OVEN: 375 F (190 C) 7 - 10 MINUTES FORCED AIR CONVEYOR: 500 F (260 C) 4.5 - 5.5 MINUTES CONVENTIONAL OVEN: 450 F (230 C) 10 - 12 MINUTES	570818
OIL BLND CANOLA/XVRGN 75/25 6-1GALGFS	1 Cup		743879
SAUCE PIZZA W/BASL 6-10 REDPK	4 Cup	READY_TO_EAT None	256013
CHEESE MOZZ SHRD 4-5 LOL	1 Cup	.25 Gallon= 1 pound	645170

## Preparation Instructions

Regular and Wheat Crust:

Spray pizza screens or sheet pan with food release. Place 1 frozen 16" dough on screen, place screen on sheet pans, or 2 frozen 12" x 16" dough on one sheet pan. Proof dough until double in size.

Brush outer 2" edge with oil blend. With a PIN DOCKER, dock regular or wheat crust to remove any large air bubbles that have formed. Spread 4 fl oz of pizza sauce evenly over crust leaving a 3/4" border around the edge.



Spread 1 lb cheese or .75 lb cheese for thin crust over sauce leaving a 3/4" border around the edge.

Bake pizza in a preheated 375-400°F convection oven for about 8-10 minutes or until outside crust is golden brown and cheese is lightly browned on the top. Cut each pizza in 8 slices or 6 for thin crust.

CCP:

Heat to 165°F for 15 seconds

Hold for service at 135° / 140°F (MN)

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.50
<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: 8.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	235.00
<b>Fat</b>	15.69g
<b>SaturatedFat</b>	7.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	418.75mg
<b>Carbohydrates</b>	7.00g
<b>Fiber</b>	0.63g
<b>Sugar</b>	3.13g
<b>Protein</b>	14.88g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 411.25mg	<b>Iron</b> 0.50mg

# Ham Pizza

<b>Servings:</b>	8.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-394
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL BLND CANOLA/XVRGN 75/25 6-1GALGFS	1 Fluid Ounce		743879
SAUCE PIZZA W/BASL 6-10 REDPK	4 Fluid Ounce	READY_TO_EAT None	256013
TURKEY HAM 4-10 COMM	5 Ounce		150460
CHEESE MOZZ SHRD 4-5 LOL	13 Ounce		645170
DOUGH PIZZA SHTD WGRAIN 16 24-22Z	1 Each		166762

## Preparation Instructions

Regular and Wheat Crust:

Spray pizza screens or sheet pan with food release. Place 1 frozen 16" dough on screen, place screen on sheet pans, or 2 frozen 12" x 16" dough on one sheet pan. Proof dough until double in size.

Brush outer 2" edge with oil blend. With a PIN DOCKER, dock regular or wheat crust to remove any large air bubbles that have formed. Spread 4 fl oz of pizza sauce evenly over crust leaving a 3/4" border around the edge. Spread 1 lb cheese or .75 lb cheese for thin crust over sauce leaving a 3/4" border around the edge.

Bake pizza in a preheated 375-400°F convection oven for about 8-10 minutes or until outside crust is golden brown and cheese is lightly browned on the top. Cut each pizza in 8 slices or 6 for thin crust.

CCP:

Heat to 165°F for 15 seconds

Hold for service at 135° / 140°F (MN)

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.01
<b>Grain</b>	0.10
<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: 8.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

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**Calories** 207.47

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**Fat** 14.09g

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**SaturatedFat** 6.57g

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**Trans Fat** 0.00g

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**Cholesterol** 35.49mg

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**Sodium** 425.64mg

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**Carbohydrates** 4.63g

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**Fiber** 0.65g

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**Sugar** 2.83g

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**Protein** 14.66g

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<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 333.63mg	<b>Iron</b> 0.36mg

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# Oven Roasted Chicken Leg Quarter

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-473
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DINNER ROLL, W GRAIN, AM	50 roll	READY_TO_EAT	4372
CHIX CVP LEG QTR W/BACKS 40 GCHC	6 1/4 Pound		197122
OIL BLND CANOLA/XVRGN 75/25 6-1GALGFS	1 Cup		743879
LEMON JUICE 100 12-32FLZ GCHC	1 Cup		311227
SAUCE SOY LITE 6-.5GAL KIKK	1 Cup		466425
SPICE PEPR BLK REST GRIND 16Z TRDE	1 Tablespoon		225061

## Preparation Instructions

Rinse Chicken legs under cold water

Place chicken in a large container and add oil, lemon juice, pepper, and soy sauce. Mix completely several times. Let marinate overnight in refrigerator.

Lay out chicken legs on a full-size sheet pan leaving about 1/2" of space between each leg. (This will prevent them from steaming while cooking and insure proper browning.)

Bake in a preheated 450°F oven for about 15-18 minutes or until the internal temperature reaches 165°F.

CCP: 165°F for 15 seconds

Remove from oven; place chicken in 2" hotel pan and hold for service.

CCP: Hold for service at 135°F (140°F MN)

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<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: 50.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

<b>Calories</b>	247.56		
<b>Fat</b>	14.98g		
<b>SaturatedFat</b>	3.14g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	52.50mg		
<b>Sodium</b>	371.30mg		
<b>Carbohydrates</b>	17.32g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	13.32g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	1.15mg
<b>Calcium</b>	4.00mg	<b>Iron</b>	8.50mg

# Orange Chicken

<b>Servings:</b>	200.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-477
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
VINEGAR RICE WINE SEAS 4-1GAL ROLN	4 1/4 Cup	READY_TO_EAT Use directly from the bottle.	661651
SAUCE SOY LITE 6-.5GAL KIKK	4 1/4 Cup		466425
MARMALADE ORNG 6-4 SMUCK	18 1/2 Cup	200 servings = 3.25 jars	224138
SPICE GINGER GRND 16Z TRDE	4 1/4 Teaspoon		513695
GARLIC CHPD IN WTR 6- 32Z TULK	8 3/4 Teaspoon		322164
ONION GREEN 2 RSS	2 1/4 Cup		596981
STARCH CORN 24-1 ARGO	1 Tablespoon		108413
RICE BRN PARBL WGRAIN 25 GCHC	50 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	43 1/2 Pound	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327120
JUICE ORNG 100 FRSH 72- 4FLZ SNCUP	4 1/4 Each		118930

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.04
<b>Grain</b>	1.02
<b>Fruit</b>	0.01
<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: 200.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	186.39		
<b>Fat</b>	1.74g		
<b>SaturatedFat</b>	0.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.36mg		
<b>Sodium</b>	210.34mg		
<b>Carbohydrates</b>	38.67g		
<b>Fiber</b>	1.05g		
<b>Sugar</b>	1.91g		
<b>Protein</b>	4.59g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.77mg	<b>Iron</b>	1.04mg

# Tacos

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-478
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Taco Seasoning	2/11 Fluid Ounce	UNPREPARED	16423
Tap Water for Recipes	0/1 Gallon	UNPREPARED	000001WTR
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Fluid Ounce	OPTIONAL	150250
BEAN REFRIED SEAS DEHY 6-1.75 SANTG	2 Ounce	(OPTIONAL) RECONSTITUTE Step 1: Pour 1 2 gallon boiling water into 4 inch deep half steamtable pan. Step 2: Quickly pour 1 pouch of Santiago® Beans into pan and cover. Step 3: Allow beans to sit on steamtable for 25 minutes. Step 4: Season, stir, serve.	183910
CHIP TORTL RND YEL 5-1.5 KE	2 Piece		163020
BEEF CRUMBLES 8-5 COMM	2 Ounce	BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Place product in entree or covered dish and heat for 20-40 minutes.	581950

## Preparation Instructions

### TACO MEAT:

1. If using raw beef or turkey, brown meat; once cooked through, drain well and rinse in hot water if possible to remove as much grease as possible.
2. Add seasoning mix to cooked meat or crumbles.
3. Cook for 10 minutes; add water and simmer for an additional 15-30 minutes.

### CCP:

\*Heat to 165 degrees F for 15 seconds.\*

\*Hold for service at 135 degrees F (140 degrees F MN)\*

### OPTIONAL:

-cheese



-refried beans

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.85
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.60
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	581.02		
<b>Fat</b>	18.69g		
<b>SaturatedFat</b>	5.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	31.50mg		
<b>Sodium</b>	1353.68mg		
<b>Carbohydrates</b>	78.58g		
<b>Fiber</b>	16.06g		
<b>Sugar</b>	0.08g		
<b>Protein</b>	28.20g		
<b>Vitamin A</b>	291.13IU	<b>Vitamin C</b>	1.28mg
<b>Calcium</b>	200.37mg	<b>Iron</b>	6.43mg

# Baked Ziti

<b>Servings:</b>	250.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-479
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Aunt Millie's " Unsliced " Dinner Rolls	250 roll	BAKE	4389
PASTA ROTINI 51 WGRAIN 2-10 DAKOTA	11 1/4 Pound		229951
SAUCE MARINARA A/P 6-10 REDPK	3 1/10 Gallon	READY_TO_EAT None	592714
CHEESE MOZZ SHRD 4-5 LOL	34 3/4 Pound		645170

## Preparation Instructions

1. Cook pasta in boiling water. Drain
2. Mix together cooked pasta, marinara and 1/2 cheese.
3. Portion into steam-able pan and top with remaining cheese.
4. Bake uncovered in preheated 325 degree F oven for about 30 minutes or until cheese is lightly browned and internal temperature of pasta reaches 165 degrees F for 15 seconds (CCP).

CCP:

\*Hold above 140 degrees F for service\*

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.22
<b>Grain</b>	1.97
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.32
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	368.56
<b>Fat</b>	14.70g
<b>SaturatedFat</b>	7.78g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	33.36mg
<b>Sodium</b>	560.33mg
<b>Carbohydrates</b>	35.98g
<b>Fiber</b>	2.44g
<b>Sugar</b>	4.94g

<b>Protein</b>	21.09g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	459.52mg	<b>Iron</b>	0.68mg

# Cheeseburger

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-480
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY FLAMEBR 210-2.4Z	1 Cup	<b>BAKE</b> From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	205030
CHEESE AMER 160CT SLCD 6-5 COMM	1 Cup		150260
MUSTARD PKT 500- 5.5GM GFS	1 Cup	<b>BAKE</b>	700051
KETCHUP PKT 1000- 9GM FOH CRWNCOLL	1 Cup		571720
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Cup		517810

## Preparation Instructions

Assemble sandwich with 1 each ( beef patty, bun and cheese slice). Wrap with foil wrapper.

HCCP: Hold at 135 F or above

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	335.00
<b>Fat</b>	14.20g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.50g
<b>Cholesterol</b>	47.50mg
<b>Sodium</b>	825.60mg
<b>Carbohydrates</b>	30.00g

<b>Fiber</b>	4.10g		
<b>Sugar</b>	6.50g		
<b>Protein</b>	21.20g		
<b>Vitamin A</b>	100.50IU	<b>Vitamin C</b>	0.04mg
<b>Calcium</b>	135.86mg	<b>Iron</b>	2.90mg

# Chicken Quesadilla

<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-481
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUR CREAM 4-5 GCHC	1 Tablespoon	READY_TO_EAT Served as a topping on a hot or cold meal	285218
SALSA 103Z 6-10 REDG	2 Ounce		452841
QUESADILLA CHIX WGRAIN 96-5Z MAX	1 Each	BAKE	231750

## 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>	0.29
<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>	330.00		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	828.67mg		
<b>Carbohydrates</b>	43.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	5.33g		
<b>Protein</b>	17.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	275.00mg	<b>Iron</b>	4.23mg

# Little Caesars Pepperoni Pizza

<b>Servings:</b>	150.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-482
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	1 Serving		000001WTR

## 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>	0.00
<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: 150.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	0.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Chicken Nuggets with roll

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-483
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST NUG BRD WGRAIN .66Z 4-7	5 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8 - 10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6 - 8 minutes at 375°F from frozen.	558040
DINNER ROLL, W GRAIN, AM	1 roll	READY_TO_EAT	4372
SAUCE BBQ PKT 200-12GM GCHC	2 Each		294659

## Preparation Instructions

4 Nuggets= 2 oz protein, 1 bread

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	370.00		
<b>Fat</b>	15.50g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	775.00mg		
<b>Carbohydrates</b>	43.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	11.00g		
<b>Protein</b>	17.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	47.00mg	<b>Iron</b>	10.00mg



# Cheese Bread

<b>Servings:</b>	200.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-484
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD 12X16 22-24Z DELSUPR	25 Each		570826
CHEESE MOZZ LT SHRD FZ 30 P/L	25 Pound		150610
CHEESE PARM GRTD 4-5 PG	3 1/4 Cup		445401
SEASONING ITAL HRB 6Z TRDE	2 Cup		428574
GARLIC PLD FRESH 5 RSS	2 Cup		428353
SAUCE MARINARA 6-10 REDPK	3 1/4 Gallon	READY_TO_EAT None	502181
OIL BLND CANOLA/XVRGN 75/25 6- 1GALGFS	6 1/4 Cup		743879

## Preparation Instructions

1. For each sheet pan, place two frozen dough on lined sheet pans.
2. Refrigerate overnight to thaw. Once the dough is thawed and raised, dock dough.
3. Brush each dough with 1/4 cup olive oil blend; sprinkle with 2 Tbsp parmesan cheese, 1.25 Tbsp garlic and 1.25 Tbsp Italian herbs. Cover each dough with one pound of mozzarella, cover to the edges.
4. Bake in a pre-heated 375 degree F oven for 8-10 minutes until cheese is lightly browned on top.
5. Cut each bread in half lengthwise, then in eight 2 in. strips.
6. Serve two strips with 2 fl. oz. marinara sauce.

CCP:

\*Hold for service at 140 degrees F\*

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	55.00

<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.42
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 200.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

<b>Calories</b>	419.78
<b>Fat</b>	15.85g
<b>SaturatedFat</b>	5.13g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	818.65mg
<b>Carbohydrates</b>	47.15g
<b>Fiber</b>	2.29g
<b>Sugar</b>	5.41g
<b>Protein</b>	22.80g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	31.22mg	<b>Iron</b>	3.02mg

# Pork Roast and Gravy

<b>Servings:</b>	360.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-485
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK BUTT B/I NAT 4-2CT 74AVG P/L	45 Pound		599890
PORK GRAVY	74 3/4 Ounce		12713
Kosher Salt	3 1/2 Tablespoon	BAKE	31708
Black Pepper	1 3/4 Tablespoon	BAKE	24108
POTATO PRLS EXCEL 12-28Z BAMER	31 1/2 Pound		613738
DINNER ROLL, W GRAIN, AM	360 roll	READY_TO_EAT	4372

## Preparation Instructions

1. Thaw at least 48 hours in refrigerator.
2. Add 1/2 cup water per roasting pan.
3. Season pork with salt& pepper and bake uncovered at 325 degrees F for 3-3 1/2 hours.

CCP:

\* Heat to 165 degree F for 15 seconds\*

4. Remove from oven and cool reserving all the pan drippings for use in gravy or sauces. Remove netting before roast cools of completely.

CCP:

\*Cool to 41 degrees F within 4 hours\*

5. Slice pork into 2 oz slices
6. Dice into 1 in. cubes for ES.
7. Make gravy according to directions on package using pan juices subtracting appropriate amount of water.

ELEMENTARY:

8. Pour gravy in 4 in. hotel pan, add diced pork and bake covered. Serve 1/2 cup pork and gravy.

SECONDARY:

8. Single sliced pork in hotel pan and baked covered. Serve 2 oz pork with 1/4 cup gravy.

CCP:

\*Heat to 165 degree F for 15 seconds\*

\*Hold for service at 140 degree F\*

## 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>	1.00

## Nutrition Facts

Servings Per Recipe: 360.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	345.16		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	37.50mg		
<b>Sodium</b>	842.80mg		
<b>Carbohydrates</b>	45.03g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	2.01g		
<b>Protein</b>	18.01g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.60mg
<b>Calcium</b>	34.00mg	<b>Iron</b>	9.14mg

# Grilled Cheese

<b>Servings:</b>	128.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-492
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD 6-5 COMM	256 Slice		150260
BUTTER WHPD CUP 720-5GM 8 GFS	1 1/4 Pound		272010
OIL BLND CANOLA/XVRGN 75/25 6-1GALGFS	1 1/4 Cup		743879
BREAD, 100% WW SLICED, AM	256 Serving	READY_TO_EAT	0336
SOUP TOMATO 12-5 HLTHYREQ	64 Cup		488232

## Preparation Instructions

1. Melt butter blend and oil blend together. Keep warm.
2. Measure 1/3 cup and pour on full-size sheet pan and distribute evenly.
3. Lay out 24 slices white bread
4. Top each slice of white bread with four 1/2 oz American cheese.
5. Then top with 24 slices wheat bread.
6. Brush remaining 1/3cup butter/oil blend on top wheat bread slices.
7. Bake at 350 degree F for 8-10 minutes.

DO NOT OVERBAKE.

CCP:

\*Hod for service at 135 degree F/ 140 degree F (MN)\*

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.63
<b>OtherVeg</b>	0.00

<b>Legumes</b>	0.00
<b>Starch</b>	0.00

<b>Nutrition Facts</b>			
Servings Per Recipe: 128.00			
Serving Size: 1.00 Serving			
<b>Amount Per Serving</b>			
<b>Calories</b>	399.14		
<b>Fat</b>	15.23g		
<b>SaturatedFat</b>	5.34g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.11mg		
<b>Sodium</b>	1140.30mg		
<b>Carbohydrates</b>	52.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	14.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	163.00mg	<b>Iron</b>	0.36mg

# Taco Meat

<b>Servings:</b>	250.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-506

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 81/19 CHUCK 6-10AVG P/L	42 1/2 Pound		764710
Taco Seasoning	45 Ounce	UNPREPARED	16423
Tap Water for Recipes	2 1/2 Gallon	UNPREPARED	000001WTR

## Preparation Instructions

1. If using raw beef or turkey, brown meat; once cooked through, drain well and rinse in hot water if possible to remove as much grease as possible.
2. Add seasoning mix to cooked meat or crumbles.
3. Cook for 10 minutes; add water and simmer for an additional 15-30 minutes.

CCP:

\*Heat to 165 degree F for 15 seconds\*

\*Hold for service at 135 degree F (140 degree F (MN))\*

Note:

A608 CN Crediting: 1.36 oz raw meat when cooked provides 1oz-equivalent meat/meat alternate servings.

A717 CN Credentialing: 2.2-oz provides 2 oz- equivalent meat/meat alternate servings.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.72
<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: 250.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	190.73		
<b>Fat</b>	14.29g		
<b>SaturatedFat</b>	6.12g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	51.00mg		
<b>Sodium</b>	49.82mg		
<b>Carbohydrates</b>	0.07g		
<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.01g		
<b>Protein</b>	14.29g		
<b>Vitamin A</b>	22.55IU	<b>Vitamin C</b>	0.02mg

**Calcium** 0.27mg **Iron** 1.24mg



# Nacho Cheese Sauce

<b>Servings:</b>	250.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-509

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MILK WHT FF 4-1GAL RGNLBRND	3 3/4 Quart		557862
CHEESE AMER 160CT SLCD 6-5 COMM	17 Pound		150260
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	20 Fluid Ounce		299405
SPICE CHILI POWDER MILD 16Z TRDE	3/4 Cup		331473
SPICE CUMIN GRND 15Z TRDE	1/2 Cup		273945
SPICE ONION POWDER 19Z TRDE	1/6 Cup		126993
SPICE PAPRIKA SPANISH 16Z TRDE	1/6 Cup		225002
CHILIES GREEN DCD 12-26Z ORTG	1 1/4 Cup		131460

## Preparation Instructions

1. Simmer milk and butter blend over low heat.
2. Add cheese and stir constantly until melted.
3. Add seasoning, green chili and stir to combine.

CCP:

\*Hold for service at 135 degree F (140 degree F (MN))\*

Note:

If sauce becomes too thick, add a small amount of milk, as needed, stirring well after each addition.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.03
<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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	58.54
<b>Fat</b>	2.07g
<b>SaturatedFat</b>	1.29g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	8.05mg
<b>Sodium</b>	87.78mg
<b>Carbohydrates</b>	6.03g
<b>Fiber</b>	0.00g
<b>Sugar</b>	5.83g
<b>Protein</b>	4.04g
<b>Vitamin A</b> 276.87IU	<b>Vitamin C</b> 1.15mg
<b>Calcium</b> 150.34mg	<b>Iron</b> 0.15mg

# Beefy Nachos

<b>Servings:</b>	250.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-529
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Taco Seasoning	45 Cup		16423
Tap Water for Recipes	2 1/2 Cup	UNPREPARED	000001WTR
MILK WHT FF 4-1GAL RGNLBRND	3 3/4 Cup		557862
CHEESE AMER 160CT SLCD 6-5 COMM	17 Cup		150260
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	3 3/4 Cup	OZ NOT FLUID OZ	299405
SPICE CHILI POWDER MILD 16Z TRDE	5/8 Cup		331473
SPICE CUMIN GRND 15Z TRDE	7 1/2 Cup		273945
SPICE PAPRIKA SPANISH 16Z TRDE	2 1/2 Cup		225002
SPICE ONION POWDER 19Z TRDE	2 1/2 Cup		126993
CHILIES GREEN DCD 12-26Z ORTG	1 1/4 Cup		131460
CHIP TORTL RND YEL 5-1.5 KE	31 1/4 Cup	31.25 pounds = 4.2 cases	163020
BEEF CRUMBLES 8-5 COMM	39 Cup	BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Place product in entree or covered dish and heat for 20-40 minutes.	581950

## Preparation Instructions

1. PREPARE TACO MEAT ACCORDING TO RECIPE:

1. If using raw beef or turkey, brown meat; once cooked through, drain well and rinse in hot water if possible to remove as much grease as possible.
2. Add seasoning mix to cooked meat or crumbles.
3. Cook for 10 minutes; add water and simmer for an additional 15-30 minutes.

CCP:

\*Heat to 165 degree F for 15 seconds\*

\*Hold for service at 135 degree F (140 degree F (MN))\*

2. Heat cheese sauce until 165 degree F and hold for service at 140 degree F

3. Portion 2 oz tortilla chips and top with 2 oz taco meat and 1.5 fl oz (3Tbsp) cheese sauce.

CCP:

\*\*Heat to 165 degree F for 15 seconds\*\*

\*\*Hold for service at 135 degree F (140 degree F (MN))\*\*

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.50
<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: 250.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	538.00		
<b>Fat</b>	31.48g		
<b>SaturatedFat</b>	13.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	72.99mg		
<b>Sodium</b>	1120.55mg		
<b>Carbohydrates</b>	44.25g		
<b>Fiber</b>	4.01g		
<b>Sugar</b>	1.91g		
<b>Protein</b>	24.27g		
<b>Vitamin A</b>	188.39IU	<b>Vitamin C</b>	0.16mg
<b>Calcium</b>	289.77mg	<b>Iron</b>	3.87mg

# Italian Sub

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-578
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALAMI CKD 2-6 KENTQ	3 1/2 Pound		330485
CHEESE PROV UNSMKD 3-12AVG PG	3 1/8 Pound		488372
LETTUCE TACO SHREDDED 1/8 CUT 6-3	1 1/2 Pound		728721
DRESSING ITAL FF PKT 200-12GM GCHC	25 Fluid Ounce		187194
HAM SLCD W/A 8-5 640CT COMM	2 1/2 Pound		651470
4-1GAL GFS SWT PICKLE 1270337-1393	150 Serving	Pickle slices*	517194
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	50 Each		276142

## Preparation Instructions

1. Slice ham and salami into 0.5 oz slices.
2. Open each bun and layer ingredients as follow:  
0.75 oz provolone.  
1 oz ham or 1.25 oz commodity ham  
0.75 oz salami  
3 pickle slices.  
1/8 cup lettuce  
Close bun.
3. Wrap each sandwich with 12 in. wrap and include 0.5 oz dressing in portion cup  
CCP:

\* Hold for service at 40 degree F or below\*

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.36
<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: 50.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

<b>Calories</b>	379.02		
<b>Fat</b>	19.22g		
<b>SaturatedFat</b>	8.96g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	54.24mg		
<b>Sodium</b>	911.15mg		
<b>Carbohydrates</b>	30.31g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	4.66g		
<b>Protein</b>	21.77g		
<b>Vitamin A</b>	200.32IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	253.36mg	<b>Iron</b>	2.40mg

# Turkey Ranch Wrap

<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-580
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 SFST 12-12CT GRSZ	24 Each	READY_TO_EAT	713340
CHEESE AMER 160CT SLCD 6-5 COMM	1 1/2 Pound		150260
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	2 Pound		242489
DRESSING RNCH LT LO SOD 200-12GM GFS	2 Serving		699981
TURKEY BRST SKNLS CKD 2-9AVG JENNO	3 Pound		442763

## Preparation Instructions

Mix together shredded lettuce and ranch dressing.

Lay out 6 tortillas at a time and assemble as follows:

- two 0.5 oz slices of cheese on each
- 3 oz of sliced deli turkey OR 4.8 oz Commodity turkey
- 1/2 cup shredded lettuce

Roll each tortilla turning the slides in 1/2 way through the rolling process.

Cut in half on the bias to get two servings.

CCP: Hold for service at 41 degrees F or below

Note:

A549, one lb AP provides about 10, 1.6 oz servings of deli style turkey breast.

CN Crediting: 1.6 oz deli-style turkey breast provides 1 oz-equivalent meat/meat alternate

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.08
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00

<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.67
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 24.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

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<b>Calories</b>	367.07
<b>Fat</b>	15.10g
<b>SaturatedFat</b>	7.97g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	47.18mg
<b>Sodium</b>	1331.15mg
<b>Carbohydrates</b>	38.48g
<b>Fiber</b>	2.34g
<b>Sugar</b>	4.98g
<b>Protein</b>	19.58g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	228.82mg	<b>Iron</b>	2.19mg



# Chicken Caesar Salad with roll

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-583
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ROMAINE MXD 4-5 RSS	4 Pound		755826
Chicken, diced, cooked, frozen	3 1/4 Pound		100101
CROUTON CHS GARL WGRAIN 250-.5Z	25 Package		661022
CHEESE PARM GRTD 4-5 PG	3/4 Cup		445401
DRESSING CAESAR 4-1GAL LTHSE	37 1/2 Ounce	READY_TO_EAT Use as a dressing or dip	132141
SEASONING SALT NO MSG 5 TRDE	25 Each		514039
Aunt Millie's " Unsliced " Dinner Rolls	1 roll	BAKE	4389

## Preparation Instructions

1. Place chicken breast on a sheet pan lightly sprayed with pan coating.
2. Sprinkle with seasoned salt.
3. Bake at 350 degree F for 15 minutes or until chicken reaches 165 degree F internally. DO NOT OVERCOOK.

CCP:

\*165 degree F for 15 seconds\*

4. Let cool; julienne in 1/4 in. strips
5. Place 1.5 cup of lettuce into container (to not use carrot and cabbage)

Top with::

- 2 oz chicken breast strips arranged on lettuce
- 1 tbs of parmesan cheese sprinkled on top.

Serve with::

- One packet of croutons
- 1.5 oz Caesar dressing in 2 oz portion cup.
- Serving of fresh fruit.

Dinner roll.

### 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>	0.00

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	239.28		
<b>Fat</b>	14.78g		
<b>SaturatedFat</b>	1.94g		
<b>Trans Fat</b>	0.02g		
<b>Cholesterol</b>	47.43mg		
<b>Sodium</b>	1791.51mg		
<b>Carbohydrates</b>	10.83g		
<b>Fiber</b>	1.05g		
<b>Sugar</b>	2.04g		
<b>Protein</b>	15.29g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	22.20mg	<b>Iron</b>	0.54mg

# Taco Salad with dinner roll

<b>Servings:</b>	60.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-585
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	9 Pound		242489
CHEESE CHED MLD SHRD 4-5 LOL	3 3/4 Pound		150250
OLIVE RIPE SLCD BLK SPAIN 6-10 GCHC	1 1/4 Cup		324531
CHIP TORTL RND YEL 5-1.5 KE	3 3/4 Pound		163020
MAYONNAISE LT 4-1GAL GFS	60 Tablespoon		429406
SALSA 103Z 6-10 REDG	90 Ounce	READY_TO_EAT None	452841
SPICE CHILI POWDER MILD 16Z TRDE	15 Teaspoon		331473
BEEF CRUMBLES 8-5 COMM	9 3/8 Pound	BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Place product in entree or covered dish and heat for 20-40 minutes.	581950
TOMATO ROMA 2 1-25 MRKN	3 3/4 Pound		588381
Aunt Millie's " Unsliced " Dinner Rolls	1 roll	BAKE	4389

## Preparation Instructions

If using raw beef, brown and drain off all grease.

If using crumble, re-heat following directions on package.

Follow directions on Taco Sauce Mix package. Combine beef crumbles, taco seasoning and water; bake following package directions.

CCP: 165 degrees F 15 seconds

CCP: Cool to 41 degrees F within 4 hours

Place 1 cup shredded lettuce in container.

Top with:

1/4 cup taco meat

2 Tbs diced tomatoes

1 tsp black sliced olives

1 oz cheese

1 oz Tortilla Rounds

Serve with:

1 oz taco dressing

CCP: Hold at 40 degrees F or below

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	1.33
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.31
<b>OtherVeg</b>	1.22
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	310.30		
<b>Fat</b>	17.74g		
<b>SaturatedFat</b>	9.12g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	70.02mg		
<b>Sodium</b>	849.17mg		
<b>Carbohydrates</b>	15.98g		
<b>Fiber</b>	2.68g		
<b>Sugar</b>	4.75g		
<b>Protein</b>	20.28g		
<b>Vitamin A</b>	493.77IU	<b>Vitamin C</b>	1.54mg
<b>Calcium</b>	248.25mg	<b>Iron</b>	3.09mg

# Turkey BLT Salad with roll

<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-587
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON L/O 22-26CT FZ 15 GCHC	48 Slice		247693
LETTUCE SALAD MXD 4-5 RSS	8 Pound		206504
TOMATO ROMA 2 1-25 MRKN	6 Cup	EACH NOT CUP	588381
DRESSING RNCH BTRMLK 4-1GAL LTHSE	24 Fluid Ounce	READY_TO_EAT Open, pour and enjoy!	741461
TURKEY BRST DELI 40 COMM	5 Pound		110550
CROUTON CHS GARL WGRAIN 250-.5Z	24 Package		661022
Aunt Millie's " Unsliced " Dinner Rolls	1 roll	BAKE	4389

## Preparation Instructions

1. If using raw bacon, cook in 350 degree F oven for 10 minutes or until crisp; drain grease and dice/crumble.
  2. Cut tomato into 8 wedges.
  3. Place 2 cups lettuce into container.
  4. Top with::
    - 2 tomato wedges
    - 2.25 oz diced deli turkey or 3.2 oz commodity turkey A549
    - 0.5 oz or 2 slices diced/crumbled bacon
  5. Serve with 1 oz portion of dressing
- CCP:  
\*Hold for service at 41 degree F or below\*
- Notes: A549 CN Crediting: 1.6 oz deli-style turkey breast provides 1 oz meat/meat alternate.  
3 oz raw bacon= 1 oz cooked

## Meal Components (SLE)

### Amount Per Serving

<b>Meat</b>	2.08
<b>Grain</b>	1.75
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.63
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	470.83		
<b>Fat</b>	29.11g		
<b>SaturatedFat</b>	7.81g		
<b>Trans Fat</b>	0.02g		
<b>Cholesterol</b>	88.33mg		
<b>Sodium</b>	1194.93mg		
<b>Carbohydrates</b>	21.70g		
<b>Fiber</b>	4.03g		
<b>Sugar</b>	6.87g		
<b>Protein</b>	32.91g		
<b>Vitamin A</b>	374.85IU	<b>Vitamin C</b>	6.17mg
<b>Calcium</b>	50.53mg	<b>Iron</b>	0.66mg

# Crispy Chicken Salad with roll

<b>Servings:</b>	15.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-589
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE 12CT MRKN	2 1/2 Pound		200344
CHEESE CHED MLD SHRD 4-5 LOL	3/4 Pound		150250
DRESSING RNCH LT LO SOD 200-12GM GFS	2 Each		699981
Aunt Millie's " Unsliced " Dinner Rolls	15 roll	BAKE	4389
TOMATO 5X6 XL 5 MRKN	3 3/4 Each		438197
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	9 1/2 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281622

## Preparation Instructions

1. Bake chicken until internal temperature reaches 165 degree F for 15 seconds.

CCP:

\*Cool under 41 degree F in less than 4 hours\*

2. Cut chicken patty into 1/4 in. wide strips or chicken nuggets in half.

3. Cut tomato into 8 wedges

4. Place 1 cup lettuce into container

TOP WITH:

-3/4 oz (3 tbs) cheese

-2 tomato wedges

-2.25 oz of selected chicken

-Serve with 1 portion of dressing

CCP:

\*Hold for service at 40 degree F or Below\*

Note: #43536 1.765 oz provides 1 oz meat/meat alternate and 1/2 bread/grain.

#45206 1.7 oz provides 1 oz Meat/Meat alternate and 1/2 bread/grain

%F9602 1.755 oz provides 1 oz meat/meat alternate and 3/4 Bread/grain.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.07
<b>Grain</b>	1.88
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.33
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 15.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	378.77		
<b>Fat</b>	17.50g		
<b>SaturatedFat</b>	6.41g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.50mg		
<b>Sodium</b>	600.25mg		
<b>Carbohydrates</b>	37.28g		
<b>Fiber</b>	6.12g		
<b>Sugar</b>	6.68g		
<b>Protein</b>	20.53g		
<b>Vitamin A</b>	614.85IU	<b>Vitamin C</b>	6.17mg
<b>Calcium</b>	226.43mg	<b>Iron</b>	2.29mg



# Ham & Cheese Sub

<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sub	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-590
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	24 Each		276142
TURKEY HAM 4-10 COMM	2 1/2 Pound	Slice ham into 0.80 oz slices.	150460
CHEESE AMER 160CT SLCD 6-5 COMM	48 Slice		150260
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	3 1/4 Cup		242489
MUSTARD PKT 1000-1/5Z HNZ	24 Each		302112
MAYONNAISE LT PKT 200-12GM GCHC	24 Each		188741

## Preparation Instructions

Assembly Instructions:

1. Place 1.7oz of ham on each sandwich
2. Add 2 slices of cheese on each sandwich
3. Add 3oz of lettuce on each sandwich
4. Wrap subs with paper liner and include mustard and mayo packet when wrapping

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.02
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.07
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Sub

#### Amount Per Serving

<b>Calories</b>	363.28
<b>Fat</b>	18.04g
<b>SaturatedFat</b>	7.02g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	64.65mg
<b>Sodium</b>	1100.73mg
<b>Carbohydrates</b>	32.27g
<b>Fiber</b>	2.14g

<b>Sugar</b>	4.14g
<b>Protein</b>	20.16g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 216.35mg	<b>Iron</b> 2.00mg

# Buffalo Chicken Wrap

<b>Servings:</b>	20.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-591
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH LT 4-1GAL GCHC	5 Cup		472999
CHEESE CHED MLD SHRD 4-5 LOL	3 3/5 Cup		150250
CELERY STALK 24 SZ 6CT MRKN	1 1/4 Pound		170895
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1 1/4 Pound		242489
SAUCE REDHOT 24-5FLZ FRNKS	1 3/4 Cup		311138
TORTILLA FLOUR 12 PRSD ULTRGR 6-12CT	20 Each	<p><b>STEAM</b>  <b>PREPARATION</b>Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. <b>HEATING</b>STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. <b>GRILL:</b> Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. <b>MICROWAVE:</b> Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). <b>STAGING</b>Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).</p>	690151
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	16 Each	<p><b>BAKE</b>  Appliances vary, adjust accordingly.  Conventional Oven  8-10 minutes at 400°F from frozen.  <b>CONVECTION</b>  Appliances vary, adjust accordingly.  Convection Oven  6-8 minutes at 375°F from frozen.</p>	281622

## Preparation Instructions

Bake chicken until internal temperature reaches 165 degrees F for 15 seconds. (CCP)

CCP: Cool to under 41 degrees F in less than 4 hours

Cut chicken patty into 1/4" wide strips or chicken nuggets in half and toss in hot sauce.

Procedure:

-Lay out tortillas

-Brush entire tortilla with 2 Tbs dressing

-Place 4.50 oz of chicken in middle of tortilla

-Add 1.5 oz (6 Tbs) cheese, 1 oz (4 Tbs) diced celery and 1 oz (6 Tbs) shredded lettuce

-Roll like a burrito and cut in half on a bias.

CCP: Hold for service at 41 degrees F or below

Note:

#45206 1.7 oz provides 1 oz meat/meat alternate and 1/2 Bread/Grain

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.32
<b>Grain</b>	4.30
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.56
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Wrap

<b>Amount Per Serving</b>			
<b>Calories</b>		722.46	
<b>Fat</b>		30.69g	
<b>SaturatedFat</b>		9.33g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		51.60mg	
<b>Sodium</b>		2018.14mg	
<b>Carbohydrates</b>		86.77g	
<b>Fiber</b>		8.53g	
<b>Sugar</b>		10.93g	
<b>Protein</b>		24.30g	
<b>Vitamin A</b>	1090.93IU	<b>Vitamin C</b>	0.24mg
<b>Calcium</b>	390.40mg	<b>Iron</b>	4.24mg

# Chicken Caesar Wrap

<b>Servings:</b>	11.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-592
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 SFST 12-12CT GRSZ	11 Each	READY_TO_EAT	713340
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 1/16 Pound	UNSPECIFIED Not currently available	570533
CHEESE PARM GRTD 4-5 PG	1 Cup		445401
DRESSING CAESAR 4-1GAL LTHSE	1/2 Cup	READY_TO_EAT Use as a dressing or dip	132141
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1 Pound		242489

## Preparation Instructions

1. Using random chicken breast, place breasts on a sheet pan lightly sprayed with pan coating;
2. Roast at 350 degree F for 15 minutes or until chicken reaches 165 degree F internally. DO NOT OVERCOOK  
CCP:

\*Heat to 165 degree F for 15 seconds\*

3. Let cool, the julienne

CCP:

\*Cool to 41 degree F within 4 hours\*

4. Mix together shredded lettuce, caesar dressing and parmesan.

5. Lay out 6 tortilla at a time and assemble as follow:

-1/2 cup of dressed lettuce /cheese mixture

-2 oz cooked diced chicken

6. Roll each tortilla turning the sides 1/2 way through the rolling process.

7. Cut in half on the bias

CCP:

\*Hold for service at 41 degree F or below\*

## Meal Components (SLE)

### Amount Per Serving

<b>Meat</b>	2.61
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.73
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 11.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>		396.67	
<b>Fat</b>		16.17g	
<b>SaturatedFat</b>		5.45g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		56.76mg	
<b>Sodium</b>		627.59mg	
<b>Carbohydrates</b>		36.28g	
<b>Fiber</b>		2.46g	
<b>Sugar</b>		3.82g	
<b>Protein</b>		23.43g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	101.48mg	<b>Iron</b>	3.00mg

# Homemade Macaroni and Cheese with roll

<b>Servings:</b>	300.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-695
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 51 WGRAIN 2-10	15 Cup		229941
SPICE MUSTARD GRND 14Z TRDE	6 Cup		224928
MILK WHT FF 4-1GAL RGNLBRND	2 1/2 Cup		557862
MARGARINE &BTR BLND EURO 36-1	3 Cup	READY_TO_EAT Ready to use.	121160
SPICE PEPR WHITE GRND 17Z TRDE	1 1/2 Cup		513776
CHEESE AMER 160CT SLCD 6-5 COMM	30 Cup		150260
CHEESE CHED MLD SHRD 4-5 LOL	7 1/4 Cup		150250
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Cup		517810

## Preparation Instructions

Method 1:

Bring water to a boil. Add macaroni. Stir constantly until water boils again and cook for about 8 minutes or until tender. DO NOT OVERCOOK! Drain and divide noodles into 4" full-size steamtable pans.

In a large pot bring the milk and butter to a boil. Add the cheese gradually while stirring until the cheese is melted and the mixture is smooth. Add the white pepper and mustard. The mixture is quite liquid at this stage. Add 1 1/2 gallons of cheese sauce to each pan of noodles.

Method 2:

Combine equally the milk, butter, cheese, pepper, and mustard in three 4" full-size steamtable pans, bake in 350°F oven until cheese is melted. Add pasta and bake until temperature reaches 140°F.

CCP: Heat to 140°F or higher.

CCP: Hold above 140°F for service.

Hold for at least 30 minutes to allow mixture to set up properly before serving.

## 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: 300.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	272.10		
<b>Fat</b>	16.40g		
<b>SaturatedFat</b>	8.94g		
<b>Trans Fat</b>	0.04g		
<b>Cholesterol</b>	44.61mg		
<b>Sodium</b>	769.84mg		
<b>Carbohydrates</b>	20.01g		
<b>Fiber</b>	1.61g		
<b>Sugar</b>	2.58g		
<b>Protein</b>	13.56g		
<b>Vitamin A</b>	38.17IU	<b>Vitamin C</b>	0.02mg
<b>Calcium</b>	297.50mg	<b>Iron</b>	0.76mg



# French Toast with Sausage MS/HS

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 French Toast/2 Sausage	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-709
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE LNK TURKEY 16/ 10 PERD	0 Each	COOK TO INTERNAL TEMPERATURE OF 165 DEGREES. FOLLOW CONVECTION OVEN OR CONVENTIONAL OVEN INSTRUCTIONS ON BOX. PRODUCT CAN ALSO BE GRILLED.	211788
SYRUP PANCK MAPL 4- 1GAL KE	0 Fluid Ounce		107611
FRENCH TST CINN WGRAIN 144-2.9Z PAP	0 Each		646262

## 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 French Toast/2 Sausage

#### Amount Per Serving

<b>Calories</b>	650.00		
<b>Fat</b>	26.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	265.00mg		
<b>Sodium</b>	1058.00mg		
<b>Carbohydrates</b>	79.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	31.00g		
<b>Protein</b>	26.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	138.00mg	<b>Iron</b>	2.36mg

# Gravy

<b>Servings:</b>	128.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-770
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN GRAVY	13 Ounce	BAKE	12913
Tap Water for Recipes	1 Gallon	UNPREPARED	000001WTR

## 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>	0.00
<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: 128.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	1.02		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	16.25mg		
<b>Carbohydrates</b>	0.20g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.05g		
<b>Protein</b>	0.05g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.05mg
<b>Calcium</b>	0.46mg	<b>Iron</b>	0.01mg

# Soft Shell Taco

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-927
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Taco Seasoning	2/11 Ounce		16423
Tap Water for Recipes	0/1 Gallon	UNPREPARED	000001WTR
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Fluid Ounce	OPTIONAL	150250
BEAN REFRIED SEAS DEHY 6-1.75 SANTG	2 Ounce	(OPTIONAL) RECONSTITUTE Step 1: Pour 1 2 gallon boiling water into 4 inch deep half steamtable pan. Step 2: Quickly pour 1 pouch of Santiago® Beans into pan and cover. Step 3: Allow beans to sit on steamtable for 25 minutes.Step 4: Season, stir, serve.	183910
BEEF CRUMBLES 8-5 COMM	2 1/5 Ounce	BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Place product in entree or covered dish and heat for 20-40 minutes.	581950
SOUR CREAM PKT 400-1Z GCHC	1 Each	READY_TO_EAT Served as a topping on a hot or cold meal	836750
TORTILLA FLOUR ULTRGR 6 30-12CT	2 Each		882690

## Preparation Instructions

### TACO MEAT:

1. If using raw beef or turkey, brown meat; once cooked through, drain well and rinse in hot water if possible to remove as much grease as possible.
2. Add seasoning mix to cooked meat or crumbles.
3. Cook for 10 minutes; add water and simmer for an additional 15-30 minutes.

### CCP:

\*Heat to 165 degrees F for 15 seconds.\*

\*Hold for service at 135 degrees F (140 degrees F MN)\*

OPTIONAL:

-cheese

-refried beans

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.01
<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>	0.60
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	588.99		
<b>Fat</b>	20.21g		
<b>SaturatedFat</b>	9.74g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	53.90mg		
<b>Sodium</b>	1409.97mg		
<b>Carbohydrates</b>	70.32g		
<b>Fiber</b>	15.99g		
<b>Sugar</b>	3.01g		
<b>Protein</b>	30.18g		
<b>Vitamin A</b>	186.39IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	225.62mg	<b>Iron</b>	6.49mg

# Turkey Sub

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-931
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD 6-5 COMM	1 1/2 Pound		150260
LETTUCE ROMAINE 12CT MRKN	1 Pound		200344
MUSTARD PKT 500-5.5GM GFS	50 Serving	BAKE	700051
MAYONNAISE PKT 200-12GM GFS	50 Serving		700011
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	50 Each	READY_TO_EAT	276142
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	9 1/16 Pound		244190

## Preparation Instructions

Slice Turkey into thin deli slices.

On hoagie bun, place:

1/2 leaf lettuce

1.50 oz deli turkey OR 2.40 oz commodity turkey

0.5 oz (1 slice) cheese

Close bun.

Wrap each sandwich with 12" wrap and include one each mustard pc and mayonnaise lite pc

CCP: Hold at 40 degrees F or below

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.01
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00

<b>Legumes</b>	0.00
<b>Starch</b>	0.00

<b>Nutrition Facts</b>			
Servings Per Recipe: 50.00			
Serving Size: 1.00 Serving			
<b>Amount Per Serving</b>			
<b>Calories</b>		358.15	
<b>Fat</b>		16.18g	
<b>SaturatedFat</b>		3.04g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		53.86mg	
<b>Sodium</b>		749.92mg	
<b>Carbohydrates</b>		28.07g	
<b>Fiber</b>		2.12g	
<b>Sugar</b>		3.04g	
<b>Protein</b>		23.74g	
<b>Vitamin A</b>	0.50IU	<b>Vitamin C</b>	0.04mg
<b>Calcium</b>	58.13mg	<b>Iron</b>	2.46mg

# Lunchable Updated

<b>Servings:</b>	50.00	<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-932
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	1 Serving		786580
ORANGES NAVEL/VALENCIA CHC 125-138CT	1 Serving		322326
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Serving		736280
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Serving		536012
CELERY STIX 4-3 RSS	1 Serving		781592
UNCRUSTABLE, PEANUT BUTTER & GRAPE JELLY	1 Each	THAW THAW IN REFRIGERATOR OVERNIGHT THEN EAT BEST WHEN EATEN WITHIN 24 HOURS OF THAWING	92123

## 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>	0.30
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.08
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	17.47
<b>Fat</b>	0.81g
<b>SaturatedFat</b>	0.22g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.40mg
<b>Sodium</b>	21.20mg
<b>Carbohydrates</b>	2.10g
<b>Fiber</b>	0.33g

<b>Sugar</b>	0.94g		
<b>Protein</b>	0.63g		
<b>Vitamin A</b>	7.02IU	<b>Vitamin C</b>	1.66mg
<b>Calcium</b>	9.97mg	<b>Iron</b>	0.34mg



# Thanksgiving Turkey Dinner

<b>Servings:</b>	89.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-1159
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY & GRAVY CKD 4-7 JENNO	28 Pound		653171
DINNER ROLL, W GRAIN, AM	89 roll	READY_TO_EAT	4372
POTATO PRLS EXCEL 12-28Z BAMER	5 1/2 Pound	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.	613738

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.02
<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>	0.71

### Nutrition Facts

Servings Per Recipe: 89.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	334.08		
<b>Fat</b>	8.96g		
<b>SaturatedFat</b>	1.82g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	54.45mg		
<b>Sodium</b>	1234.47mg		
<b>Carbohydrates</b>	39.20g		
<b>Fiber</b>	3.41g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	28.61g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	18.13mg	<b>Iron</b>	8.86mg

# Chicken Patty Sandwich Spicy

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-1203
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE LT PKT 200-12GM GCHC	1 Each		188741
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080
HAMBURGER BUN, W GRAIN, AM	1 bun	READY_TO_EAT	3480

## 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 Serving

#### Amount Per Serving

<b>Calories</b>	480.00		
<b>Fat</b>	21.50g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	660.00mg		
<b>Carbohydrates</b>	48.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	21.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	46.00mg	<b>Iron</b>	12.00mg

# Breakfast Stacker

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-1204
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE WGRAIN 144CT 1.14Z AJ	2 Each		617650
EGG SCRMBD PTY 3.5 165- 1.25Z GCHC	1 Each		592625
SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Place frozen patties on baking sheet pan. Cook at 350°F for 9 to 11 minutes. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Place frozen patties on baking sheet pan. Cook at 325°F for 5 to 7 minutes. <b>PAN_FRY</b> Appliances vary, adjust accordingly. Pan Fry Place frozen patties in oil coated skillet. Prepare over medium heat for 4 to 5 minutes.	138941
SYRUP PANCK MAPL 4-1GAL KE	1 Fluid Ounce		107611

## 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

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Serving			
<b>Amount Per Serving</b>			
<hr/>			
<b>Calories</b>	413.33		
<b>Fat</b>	14.00g		
<b>SaturatedFat</b>	3.17g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	141.67mg		
<b>Sodium</b>	608.00mg		
<b>Carbohydrates</b>	55.33g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	12.33g		
<b>Protein</b>	17.33g		
<hr/>			
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	28.00mg	<b>Iron</b>	2.20mg
<hr/>			

# Homemade Chili with Cornbread

<b>Servings:</b>	200.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-1205
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRUMBLES 8-5 COMM	24 Pound	BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Place product in entree or covered dish and heat for 20-40 minutes.	581950
ONION DCD IQF 6-4 GCHC	21 1/3 Cup		261521
SPICE GARLIC GRANULATED 24Z TRDE	1/2 Cup		513881
SPICE CHILI POWDER MILD 16Z TRDE	1 Cup		331473
SPICE PAPRIKA 16Z TRDE	5/14 Cup		518331
SPICE ONION POWDER 19Z TRDE	5/14 Cup		126993
SPICE CUMIN GRND 15Z TRDE	1 1/9 Cup		273945
TOMATO DCD I/JCE MW 6-10 GCHC	8 Quart		246131
TOMATO PASTE CALIF 26 6-10 GCHC	4 Quart		100196
BEAN KIDNEY RED DARK 6-10 GCHC	26 Cup	One can = 13 cups 200: 2 cans, 225: 2.25 cans, 250: 2.5 cans, 275: 2.75 cans, 300: 3 cans, 325: 3.25 cans, 350: 3.5 cans, 375: 3.75 cans, 400: 4 cans	118761
Black Pepper	8 Teaspoon		24108
Kosher Salt	4 Tablespoon		31708
Tap Water for Recipes	8 Quart		000001WTR

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	24 Cup	1 lb = 4 cups 200: 6 lbs, 225: 6.75 lbs, 250: 7.5 lbs, 275: 8.25 lbs, 300: 9 lbs, 325: 9.75, 350: 10.5 lbs, 375: 11.25 lbs, 400: 12 lbs	150250
CORNBREAD SNAC FORT WGRAIN IW 72-2Z	200 Each		159791

## Preparation Instructions

If using raw meat, brown ground beef or turkey and drain well and rinse.

To the cooked meat or crumble, add onions granulated garlic, chili powder, paprika, onion powder, ground cumin, canned diced tomatoes with juice, water, and tomato paste and beans.

Cover, bring to a boil and reduce to a simmer. Simmer for 40 minutes stirring occasionally

Season with salt and black pepper.

Serve with 0.50 oz cheese and optional diced onions and sour cream.

CCP: Heat to 165 degrees F for 15 seconds.

CCP: Hold for service at 135 degrees F (140 FMN)

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.54
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.48
<b>OtherVeg</b>	0.11
<b>Legumes</b>	0.13
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	386.38		
<b>Fat</b>	15.73g		
<b>SaturatedFat</b>	5.68g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	52.44mg		
<b>Sodium</b>	661.22mg		
<b>Carbohydrates</b>	42.45g		
<b>Fiber</b>	4.61g		
<b>Sugar</b>	19.52g		
<b>Protein</b>	19.47g		
<b>Vitamin A</b>	334.89IU	<b>Vitamin C</b>	0.06mg
<b>Calcium</b>	161.87mg	<b>Iron</b>	4.36mg

# Beef Stroganoff

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-1207
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRUMBLES 8-5 COMM	8 Pound	BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Place product in entree or covered dish and heat for 20-40 minutes.	581950
WHOLE WHEAT FLOUR STONE GROUND	1 Cup		330094
PEPPERS STRIPS BLND 6- 5 GCHC	1 3/4 Quart		261548
ONION DCD IQF 6-4 GCHC	1 1/3 Quart		261521
CARROT MATCHSTICK SHRED 2-3 RSS	3 Cup		198161
SPICE GARLIC GRANULATED 24Z TRDE	1 1/2 Teaspoon		513881
SPICE PARSLEY FLAKES 11Z TRDE	3/10 Cup		513989
Kosher Salt	4 Teaspoon	BAKE	31708
Black Pepper	1 Teaspoon	BAKE	24108
1% Low Fat Unflavored Milk	2 Cup	BAKE	1
CREAMER HLF & HLF 12- 1QT GCHC	1 Gallon	READY_TO_EAT Whitening coffee, cooking applications	487961
PASTA ROTINI 51 WGRAIN 2-10 DAKOTA	6 1/4 Pound		229951

## Preparation Instructions

1. Combine beef crumbles in pot, combine with bell peppers, onions, carrots, garlic powder, parsley, salt, pepper, and flour. Stir well to combine. Cook uncovered over low-medium heat for 5 minutes.
2. Add half-and-half and milk.
3. Bring to a boil. Reduce heat and simmer uncovered for 40-45 minutes.
4. Critical Control Point: Heat to 165 degrees F or higher for at least 15 seconds.
5. Pour into pans. For 50 servings, use two half seam table pans (12' x 10" x 2 1/2").
6. Critical Control Point: Hold for hot serve at 140 degrees F or higher.
7. Portion with 6 fl oz spoodle.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.05
<b>Grain</b>	2.14
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.01
<b>OtherVeg</b>	0.11
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	431.15		
<b>Fat</b>	17.18g		
<b>SaturatedFat</b>	8.20g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	69.08mg		
<b>Sodium</b>	508.24mg		
<b>Carbohydrates</b>	48.26g		
<b>Fiber</b>	4.48g		
<b>Sugar</b>	5.49g		
<b>Protein</b>	23.25g		
<b>Vitamin A</b>	387.73IU	<b>Vitamin C</b>	0.11mg
<b>Calcium</b>	121.45mg	<b>Iron</b>	3.84mg



# French Toast with Sausage ES

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-1210
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE LNK TURKEY 16/ 10 PERD	1 Each		211788
SYRUP PANCK MAPL 4-1GAL KE	1 Fluid Ounce		107611
FRENCH TST CINN WGRAIN 144-2.9Z PAP	1 Each		646262

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.63
<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 Serving

Amount Per Serving			
<b>Calories</b>	375.00		
<b>Fat</b>	13.00g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	132.50mg		
<b>Sodium</b>	543.00mg		
<b>Carbohydrates</b>	52.50g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	20.00g		
<b>Protein</b>	13.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	69.00mg	<b>Iron</b>	1.18mg

# Bosco Sticks and Marinara

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-1211
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	2 Each	<p><b>CONVECTION</b> Convection Oven</p> <ol style="list-style-type: none"> <li>1. Preheat oven to 400° F.</li> <li>2. Place Bosco Sticks on a baking sheet.</li> <li>3. THAWED: 7-9 minutes.</li> <li>4. Let stand 2 minutes before serving.</li> </ol> <p><b>CAUTION: FILLING MAY BE HOT!</b> Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p><b>DEEP_FRY</b> Deep Fry</p> <ol style="list-style-type: none"> <li>1. Preheat oil to 350° F.</li> <li>2. THAWED ONLY: 1-2 minutes.</li> <li>3. Let stand 2 minutes before serving.</li> </ol> <p><b>CAUTION: FILLING MAY BE HOT!</b> Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p><b>THAW</b> Thawing Instructions</p> <ol style="list-style-type: none"> <li>1. Thaw before baking.</li> <li>2. Keep Bosco Sticks covered while thawing</li> <li>3. Bosco Sticks may be thawed in packaging.</li> <li>4. Bosco Stick have 8 days shelf life when refrigerated.</li> </ol> <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p>	235411
SAUCE MARINARA DIPN CUP 100-1Z GCHC	1 Each		130834

## Preparation Instructions

## Thawing Instructions

1. Thaw before baking.
2. Keep Bosco Stick breadsticks covered while thawing.
3. Bosco Stick breadsticks may be thawed in packaging.
4. Bosco Stick breadsticks have 8 days shelf life when refrigerated.

Oven temperatures may vary. Adjust baking time and or temperature as necessary.

Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.

## CONVECTION

### Convection Oven

1. Preheat oven to 400° F.
2. Place Bosco Stick breadsticks on a baking sheet.
3. THAWED: 6-8 minutes.
4. Let stand 2 minutes before serving.

CAUTION: FILLING MAY BE HOT!

Oven temperatures may vary. Adjust baking time and or temperature as necessary.

Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.

## 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>	0.25
<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 Serving

### Amount Per Serving

<b>Calories</b>	315.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	690.00mg		
<b>Carbohydrates</b>	38.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	449.00mg	<b>Iron</b>	2.00mg

# Hot Dog

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-1212
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each		304913
HOT DOG BUN, W GRAIN, AM	1 bun		4040

## 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 Serving

#### Amount Per Serving

<b>Calories</b>	310.00		
<b>Fat</b>	18.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	840.00mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	12.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	46.11mg	<b>Iron</b>	10.76mg

# Baked Beans IN PROGRESS

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-1219
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED VEGTAR 6-10 BUSH	1 Cup		570710

## 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>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.02
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	6.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	22.00mg		
<b>Carbohydrates</b>	1.20g		
<b>Fiber</b>	0.20g		
<b>Sugar</b>	0.48g		
<b>Protein</b>	0.28g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.00mg	<b>Iron</b>	0.08mg

# Chicken Patty 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-1220
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Cup	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281622
MAYONNAISE PKT 200-12GM GFS	1 Cup		700011
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Cup		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>	470.00		
<b>Fat</b>	24.50g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	680.00mg		
<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

**Calcium** 61.00mg **Iron** 2.90mg

# Ham and Cheese Panini

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-1224
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD 6-5 COMM	2 Slice		150260
BREAD PANINI 192- .82Z PILLS	2 Piece	<b>MICROWAVE</b> Tips and Handling: For best results thaw bread at ambient temperature (72F). Thawing under refrigeration is not recommended. To thaw a partial case, remove desired amount of product and lay out on a sheet pan and cover with plastic. Product will thaw at room temperature (72F) in approximately 1-2 hours. To thaw an entire case, remove from the freezer and leave in original packaging with inner bags sealed. Product will thaw at room temperature in approximately 9-12 hours.	831161
TURKEY HAM SLCD 12-1 JENNO	4 Slice		556121
MAYONNAISE LT PKT 200-12GM GCHC	1 Each		188741

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.33
<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 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	470.72
<b>Fat</b>	23.54g
<b>SaturatedFat</b>	7.96g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	113.43mg
<b>Sodium</b>	1327.45mg
<b>Carbohydrates</b>	34.00g



<b>Fiber</b>		3.00g	
<b>Sugar</b>		3.00g	
<b>Protein</b>		30.30g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	195.00mg	<b>Iron</b>	2.74mg

# Chicken Salad Sandwich

<b>Servings:</b>	60.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-1287
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STALK 24 SZ 6CT MRKN	1 1/2 Quart		170895
ONION DCD IQF 6-4 GCHC	1/2 Quart		261521
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1/4 Cup		118930
Black Pepper	2 1/2 Teaspoon	BAKE	24108
SPICE MUSTARD GRND 14Z TRDE	2 1/2 Tablespoon		224928
MAYONNAISE LT 4-1GAL GFS	4 Cup		429406
SAUCE SOY LITE 6-.5GAL KIKK	1 Teaspoon		466425
SPICE GINGER GRND 16Z TRDE	1/4 Teaspoon		513695
CHIX STRP FAJT SEAS FC 8-4.99 TYS	10 1/2 Pound	<p>BAKE Appliances vary, adjust accordingly. Conventional Oven 25-30 minutes at 350°F from frozen.</p> <p>CONVECTION Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from frozen.</p> <p>MICROWAVE Appliances vary, adjust accordingly. Microwave Oven 3 1 2 to 4 minutes on HIGH power from frozen; hold 1 minute.</p>	150160
CRANBERRY DRIED SWTND 10 OCSPR	2 Cup		729469
BREAD, 100% WW SLICED, AM	120 Slice	READY_TO_EAT	0336

# Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.87
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.13
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	348.86
<b>Fat</b>	10.62g
<b>SaturatedFat</b>	1.88g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	85.33mg
<b>Sodium</b>	674.78mg
<b>Carbohydrates</b>	43.30g
<b>Fiber</b>	4.65g
<b>Sugar</b>	9.33g
<b>Protein</b>	21.03g
<b>Vitamin A</b> 55.68IU	<b>Vitamin C</b> 0.38mg
<b>Calcium</b> 15.50mg	<b>Iron</b> 0.05mg

# Potato Bowl with Whole Grain Dinner Roll

<b>Servings:</b>	150.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-1292
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	5 1/2 Package	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.	613738
CHEESE CHED MLD SHRD 4-5 LOL	9 1/2 Pound		150250
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	16 Pound	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327120
DINNER ROLL, W GRAIN, AM	250 roll	READY_TO_EAT	4372

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.03
<b>Grain</b>	2.09
<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>	0.73

### Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00

<b>Amount Per Serving</b>	
<b>Calories</b>	366.19
<b>Fat</b>	13.20g
<b>SaturatedFat</b>	6.10g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.58mg
<b>Sodium</b>	902.70mg
<b>Carbohydrates</b>	50.01g

<b>Fiber</b>	4.83g
<b>Sugar</b>	3.34g
<b>Protein</b>	16.82g
<b>Vitamin A</b> 304.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 223.28mg	<b>Iron</b> 13.79mg

# PB & J Lunchable

<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-1357
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012
CARROTS, CHL, BABY, WHL PEEL 100/3 OZ PG	1/2 Cup		812540
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280

## 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>	0.25
<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

<b>Amount Per Serving</b>			
<b>Calories</b>			784.94
<b>Fat</b>			41.53g
<b>SaturatedFat</b>			12.00g
<b>Trans Fat</b>			0.00g
<b>Cholesterol</b>			20.00mg
<b>Sodium</b>			920.97mg
<b>Carbohydrates</b>			82.25g
<b>Fiber</b>			9.41g
<b>Sugar</b>			31.63g
<b>Protein</b>			27.09g
<b>Vitamin A</b>	1939.22IU	<b>Vitamin C</b>	0.37mg
<b>Calcium</b>	399.50mg	<b>Iron</b>	3.13mg

# Breakfast Sandwich

<b>Servings:</b>	10.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-1374
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT WGRAIN MINI FB 1Z 5-35CT PILL	10 Each	<b>READY_TO_EAT</b> For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 4-5 minutes in a convection oven, 375F for 5-6 minutes in a standard reel oven, and 150F for 44-55 minutes in a food warmer. If warming in a microwave, apply 10 seconds of heat for 1 biscuit, 15 seconds of heat for 2 biscuits, 20 seconds of heat for 3 biscuits, 30 seconds of heat for 4 biscuits and 40 seconds of heat for 5 biscuits.	521782
EGG OMELET CHS COLBY 144-2.1Z	10 Each		240080

## 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: 10.00

Serving Size: 1.00 Sandwich

#### Amount Per Serving

<b>Calories</b>	220.00
<b>Fat</b>	14.50g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	165.00mg
<b>Sodium</b>	510.00mg
<b>Carbohydrates</b>	15.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	0.00g
<b>Protein</b>	9.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg

**Calcium** 143.00mg **Iron** 1.36mg



# Chicken Nuggets with Mashed Potatoes

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-1440
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE BBQ PKT 200-12GM GCHC	2 Each		294659
CHIX BRST NUG BRD WGRAIN .66Z 4-7	5 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8 - 10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6 - 8 minutes at 375°F from frozen.	558040
DINNER ROLL, W GRAIN, AM	1 roll	READY_TO_EAT	4372
POTATO PRLS EXCEL 12-28Z BAMER	1 1/2 Serving	<b>RECONSTITUTE</b> 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.	613738

## Preparation Instructions

4 Nuggets= 2 oz protein, 1 bread

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	1.07

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	520.00
<b>Fat</b>	17.64g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	1503.57mg
<b>Carbohydrates</b>	73.00g
<b>Fiber</b>	7.14g

<b>Sugar</b>	11.00g
<b>Protein</b>	21.29g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 68.43mg	<b>Iron</b> 10.64mg

# Italian Panini Elementary School

<b>Servings:</b>	130.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-1473
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD PANINI 192-.82Z PILLS	260 Piece	Tips and Handling: For best results thaw bread at ambient temperature (72F). Thawing under refrigeration is not recommended. To thaw a partial case, remove desired amount of product and lay out on a sheet pan and cover with plastic. Product will thaw at room temperature (72F) in approximately 1-2 hours. To thaw an entire case, remove from the freezer and leave in original packaging with inner bags sealed. Product will thaw at room temperature in approximately 9-12 hours.	831161
TURKEY ITAL COMBO SLCD 12-1 JENNO	16 1/4 Pound		199721
CHEESE MOZZ SHRD 4-5 LOL	2 13/14 Pound		645170
DRESSING ITAL SEPARATING 4-1GAL GCHC	32 1/2 Fluid Ounce		328189

## Preparation Instructions

Lay out single layer of paninis on sheet pan (grill mark facing pan). Add 1 slices of salami, pepperoni and ham on each panani. Add 2 additional slices of meat for a total of 5 slices. Add .35oz cheese to each panini or 1lb 2oz for every 50 paninis. Top with 0.25 oz itailian dressing on each sandwich. Top each sandwich with a panini (grill side facing up). Foil wrap each sandwich and bake for 5-8 minutes @ 350 or until internal temperature is 135.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.42
<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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 130.00

Serving Size: 1.00 Sandwich

### Amount Per Serving

**Calories** 307.58

**Fat** 12.46g

**SaturatedFat** 2.91g

**Trans Fat** 0.00g

**Cholesterol** 40.02mg

**Sodium** 645.93mg

**Carbohydrates** 31.92g

**Fiber** 3.00g

**Sugar** 2.59g

**Protein** 15.30g

**Vitamin A** 0.00IU **Vitamin C** 0.00mg

**Calcium** 66.26mg **Iron** 2.44mg

# BBQ Roasted Chickpeas

<b>Servings:</b>	15.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-1549
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GARBANZO 6-10 GCHC	30 Ounce		118753

## 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>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	2.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 15.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	440.00
<b>Fat</b>	8.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1200.00mg
<b>Carbohydrates</b>	72.00g
<b>Fiber</b>	20.00g
<b>Sugar</b>	12.00g
<b>Protein</b>	24.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 240.00mg	<b>Iron</b> 2.88mg

# Thai Chicken Bowl

<b>Servings:</b>	40.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-1588
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE CHIX SWT CHILI THAI 6-7.15	7 1/7 Pound		536900
RICE BRN PARBL WGRAIN 25 GCHC	10 Cup	Add double the amount of water (ie 10 cups of rice gets 20 cups of water)	516371
VEG BLND STIR FRY 12-2 GCHC	2 Pound		440884
PEPPERS STRIPS BLND 6-5 GCHC	1 Pound		261548
SAUCE THAI SPCY SWT CHILI 6-.5GAL	2 Cup		640183
SAUCE THAI SPCY SWT CHILI 6-.5GAL	2 Cup		640183

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.01
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.20
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.00

<b>Amount Per Serving</b>	
<b>Calories</b>	379.41
<b>Fat</b>	6.10g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	60.21mg
<b>Sodium</b>	665.28mg
<b>Carbohydrates</b>	62.18g
<b>Fiber</b>	1.69g
<b>Sugar</b>	22.04g

<b>Protein</b>	21.41g		
<b>Vitamin A</b>	67.62IU	<b>Vitamin C</b>	2.07mg
<b>Calcium</b>	17.43mg	<b>Iron</b>	1.76mg

# Meatball Sub

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sub	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-1938
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD 6-5 JTM	14 Pound		135071
CHEESE MOZZ SHRD 4-5 LOL	2 4/5 Pound		645170
SAUCE MARINARA A/P 6-10 REDPK	1 1/2 #10 CAN	READY_TO_EAT None	592714
Aunt Millie's " Unsliced " Dinner Rolls	100 roll	BAKE	4389

## Preparation Instructions

Steam meatballs in steamer until they reach 165. Add marinara and bake for 30-40 minutes.

Place 4 meatballs on each sub sandwich. Top with 0.4oz mozzarella cheese.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.02
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.31
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Sub

Amount Per Serving	
<b>Calories</b>	285.77
<b>Fat</b>	11.53g
<b>SaturatedFat</b>	4.55g
<b>Trans Fat</b>	0.47g
<b>Cholesterol</b>	36.52mg
<b>Sodium</b>	592.45mg
<b>Carbohydrates</b>	25.83g
<b>Fiber</b>	3.01g
<b>Sugar</b>	5.69g
<b>Protein</b>	17.56g
<b>Vitamin A</b> 5.49IU	<b>Vitamin C</b> 0.78mg
<b>Calcium</b> 131.47mg	<b>Iron</b> 1.57mg



# ASSORTED BREAKFAST CEREALS W/ GRAHAM CRACKER PRESCHOOL

<b>Servings:</b>	4.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-1973
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
CRACKER GRHM WGRAIN IW 150- 3CT NAB	4 Package		529974

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.75
<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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Serving

### Amount Per Serving

**Calories** 202.50

**Fat** 3.63g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 265.00mg

**Carbohydrates** 39.50g

**Fiber** 3.00g

**Sugar** 12.50g

**Protein** 2.50g

**Vitamin A** 0.00IU      **Vitamin C** 0.00mg

**Calcium** 117.50mg      **Iron** 4.00mg

# Lasagna Same-Day Preparation

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-1976
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA LASGN SHT FLT CKD 2-5 GCHC	16 3/4 1 each		898271
BEEF CRUMBLES 8-5 COMM	3 1/2 Pound	BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Place product in entree or covered dish and heat for 20-40 minutes.	581950
SAUCE MARINARA A/P 6- 10 REDPK	2 #10 CAN		592714
CHEESE MOZZ SHRD 4-5 LOL	1 3/4 Pound		645170
CHEESE CHED MLD SHRD 4-5 LOL	1 3/4 Pound		150250

## Preparation Instructions

Combine sauce and beef, set aside.

Mix both cheeses, set aside.

Assemble the ingredients as follows in 2 steam table pans lightly coated with cooking spray:

For each pan:

- 1) 6 cups sauce
- 2) 4 pre-cooked
- 3) 6 cups sauce
- 4) 14 oz cheese
- 5) 4 pre-cooked
- 6) 7 cups sauce
- 7) 14 oz cheese

On the day of service, bake at:

Convection Oven at 325°F for 45 minutes

Cut each pan 6x4 (24 servings per pan).

CCP: Heat to 165°F for 15 seconds

CCP: Hold for service at 140°F

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.02
<b>Grain</b>	0.34
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.75
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Slice

<b>Amount Per Serving</b>			
<b>Calories</b>	235.07		
<b>Fat</b>	11.66g		
<b>SaturatedFat</b>	6.66g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	41.57mg		
<b>Sodium</b>	812.26mg		
<b>Carbohydrates</b>	12.43g		
<b>Fiber</b>	3.17g		
<b>Sugar</b>	6.81g		
<b>Protein</b>	17.59g		
<b>Vitamin A</b>	212.80IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	260.88mg	<b>Iron</b>	0.87mg

# Lasagna Two-Day Preparation

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-1977
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRUMBLES 8-5 COMM	3 1/2 Pound	<b>BAKE</b> Conventional oven: frozen product: preheat oven to 350 degrees f. Place product in entree or covered dish and heat for 20-40 minutes.	581950
SAUCE MARINARA A/P 6- 10 REDPK	2 #10 CAN	<b>READY_TO_EAT</b> None	592714
CHEESE MOZZ SHRD 4-5 LOL	1 3/4 Pound		645170
CHEESE CHED MLD SHRD 4-5 LOL	1 3/4 Pound		150250
PASTA LASAGNA WHLWHE 10# ULTRGR	33 Each		646422

## Preparation Instructions

PREPARE LASAGNA ONE DAY AHEAD BEFORE BAKING

Combine sauce and beef, set aside.

Mix both cheeses, set aside.

Assemble the ingredients as follows in 2 steam table pans lightly coated with cooking spray:

For each pan:

- 1) 6 cups sauce
- 2) 8 uncooked noodles
- 3) 6 cups sauce
- 4) 14 oz cheese
- 5) 8 uncooked noodles
- 6) 7 cups sauce
- 7) 14 oz cheese

Cover pan tightly with tin foil and refrigerate overnight.

On the day of service, bake at:

Convection Oven at 325°F for 45 minutes

Cut each pan 6x4 (24 servings per pan).

CCP: Heat to 165°F for 15 seconds

CCP: Hold for service at 140°F

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.02
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.75
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Slice

### Amount Per Serving

<b>Calories</b>	210.78
<b>Fat</b>	11.54g
<b>SaturatedFat</b>	6.66g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	38.64mg
<b>Sodium</b>	811.00mg
<b>Carbohydrates</b>	7.57g
<b>Fiber</b>	3.00g
<b>Sugar</b>	6.56g
<b>Protein</b>	16.67g
<b>Vitamin A</b> 212.80IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 259.21mg	<b>Iron</b> 0.81mg

# Lasagna Two-Day Preparation With Dinner Roll

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-2059
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRUMBLES 8-5 COMM	3 1/2 Pound	BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Place product in entree or covered dish and heat for 20-40 minutes.	581950
SAUCE MARINARA A/P 6- 10 REDPK	2 #10 CAN	READY_TO_EAT None	592714
CHEESE MOZZ SHRD 4-5 LOL	1 3/4 Pound		645170
CHEESE CHED MLD SHRD 4-5 LOL	1 3/4 Pound		150250
PASTA LASAGNA WHLWHE 10# ULTRGR	33 Each		646422
DINNER ROLL, W GRAIN, AM	50 roll	READY_TO_EAT	4372

## Preparation Instructions

PREPARE LASAGNA ONE DAY AHEAD BEFORE BAKING

Combine sauce and beef, set aside.

Mix both cheeses, set aside.

Assemble the ingredients as follows in 2 steam table pans lightly coated with cooking spray:

For each pan:

- 1) 6 cups sauce
- 2) 8 uncooked noodles
- 3) 6 cups sauce
- 4) 14 oz cheese
- 5) 8 uncooked noodles
- 6) 7 cups sauce

7) 14 oz cheese

Cover pan tightly with tin foil and refrigerate overnight.

On the day of service, bake at:

Convection Oven at 325°F for 45 minutes

Cut each pan 6x4 (24 servings per pan).

CCP: Heat to 165°F for 15 seconds

CCP: Hold for service at 140°F

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.02
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.75
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Slice

#### Amount Per Serving

<b>Calories</b>	300.78		
<b>Fat</b>	13.04g		
<b>SaturatedFat</b>	6.66g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	38.64mg		
<b>Sodium</b>	936.00mg		
<b>Carbohydrates</b>	24.57g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	8.56g		
<b>Protein</b>	20.67g		
<b>Vitamin A</b>	212.80IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	263.21mg	<b>Iron</b>	8.81mg



# Lasagna Same-Day Preparation with Dinner Roll

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-2061
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA LASGN SHT FLT CKD 2-5 GCHC	16 3/4 1 each		898271
BEEF CRUMBLES 8-5 COMM	3 1/2 Pound	BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Place product in entree or covered dish and heat for 20-40 minutes.	581950
SAUCE MARINARA A/P 6- 10 REDPK	2 #10 CAN	READY_TO_EAT None	592714
CHEESE MOZZ SHRD 4-5 LOL	1 3/4 Pound		645170
CHEESE CHED MLD SHRD 4-5 LOL	1 3/4 Pound		150250
DINNER ROLL, W GRAIN, AM	50 roll	READY_TO_EAT	4372

## Preparation Instructions

Combine sauce and beef, set aside.

Mix both cheeses, set aside.

Assemble the ingredients as follows in 2 steam table pans lightly coated with cooking spray:

For each pan:

- 1) 6 cups sauce
- 2) 4 pre-cooked
- 3) 6 cups sauce
- 4) 14 oz cheese
- 5) 4 pre-cooked

6) 7 cups sauce

7) 14 oz cheese

On the day of service, bake at:

Convection Oven at 325°F for 45 minutes

Cut each pan 6x4 (24 servings per pan).

CCP: Heat to 165°F for 15 seconds

CCP: Hold for service at 140°F

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.02
<b>Grain</b>	1.59
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.75
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Slice

#### Amount Per Serving

<b>Calories</b>	325.07		
<b>Fat</b>	13.16g		
<b>SaturatedFat</b>	6.66g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	41.57mg		
<b>Sodium</b>	937.26mg		
<b>Carbohydrates</b>	29.43g		
<b>Fiber</b>	5.17g		
<b>Sugar</b>	8.81g		
<b>Protein</b>	21.59g		
<b>Vitamin A</b>	212.80IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	264.88mg	<b>Iron</b>	8.87mg

# LUCKY TRAY DAY!

<b>Servings:</b>	3.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 sticker	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-2110
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lucky Tray Day	1 Serving		

## 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>	0.00
<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 sticker

Amount Per Serving			
<b>Calories</b>	0.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Cowboy Mac and Cheese with Texas Toast

<b>Servings:</b>	250.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-2221
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD GARL TST SLC WGRAIN 12-12CT	250 Slice	BAKE Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through.	277862
CORN FZ 30 COMM	5 Pound		120490
PASTA ELBOW MACAR 51 WGRAIN 2-10	16 3/4 Pound		229941
SPICE ONION POWDER 19Z TRDE	2 1/2 Tablespoon		126993
MILK WHT FF 4-1GAL RGNLBRND	2 Gallon		557862
SPICE GARLIC GRANULATED 24Z TRDE	4 Tablespoon		513881
MARGARINE &BTR BLND EURO 36-1	3 1/3 Cup	READY_TO_EAT Ready to use.	121160
SPICE PAPRIKA SPANISH 16Z TRDE	5 Teaspoon		225002
SPICE PEPR WHITE GRND 17Z TRDE	1 1/4 tsp.		513776
SPICE PEPR RED CAYENNE GRND 16Z TRDE	2 1/2 Teaspoon		225088
CHEESE AMER 160CT SLCD 6-5 COMM	16 3/4 Pound		150260
SPICE OREGANO LEAF 5Z TRDE	2 1/2 Teaspoon		513733
CHEESE CHED MLD SHRD 4- 5 LOL	16 2/3 Cup		150250

Description	Measurement	Prep Instructions	DistPart #
SPICE THYME LEAF 6Z TRDE	2 1/2 Teaspoon		513814
SPICE MUSTARD GRND 14Z TRDE	10 tsp.		224928
PEPPERS RED 5 P/L	7 1/2 Cup	Dice the peppers. Then measure.	597082

## Preparation Instructions

Directions:

Preheat oven to 350°F

Prepare the steam cooker

Preparation time: About 1 hr.

1. Combine equally the milk, butter, cheese, and spices in 4" full-size steamtable pans. Cover the pans and bake in 350°F oven until cheese is melted (about 20 minutes). Note: For 50 servings prepare 1 pan; 100 servings prepare 2 pans; 250 servings prepare 4-5 pans.

2. When cheese is cooking, prepare corn and peppers. Add corn and diced peppers into a perforated pan and cook in steam cooker for about 10 minutes.

3. To prepare the noodles, weigh-out dry noodle into a full-size steam. Fill with water until it just covers the noodles. Cook in steam cooker for about 6 minutes. Do not overcook! When done, drain water from noodles. Note: each pan fits about 7lbs of dry noodles before it becomes too full.

4. Combine equally the noodles, corn and peppers into the pans with cheese and mix well. Cover pans and bake until temperature reaches 140°F.

CCP: Heat to 140°F or higher.

CCP: Hold above 140°F for service.

Hold for at least 30 minutes to allow mixture to set up properly before serving.

Use a 4oz scoop to serve.

Served with a slice of garlic bread/Texas toast.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.38
<b>Grain</b>	2.07
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.03
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.04

### Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	444.27		
<b>Fat</b>	19.13g		
<b>SaturatedFat</b>	8.72g		
<b>Trans Fat</b>	0.75g		
<b>Cholesterol</b>	41.04mg		
<b>Sodium</b>	810.99mg		
<b>Carbohydrates</b>	48.66g		
<b>Fiber</b>	3.37g		
<b>Sugar</b>	14.90g		
<b>Protein</b>	22.73g		
<b>Vitamin A</b>	854.73IU	<b>Vitamin C</b>	9.45mg
<b>Calcium</b>	552.24mg	<b>Iron</b>	2.05mg

# Little Caesars Cheese Pizza

<b>Servings:</b>	150.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-2360
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	1 Serving		000001WTR

## 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>	0.00
<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: 150.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	0.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Cowboy Mac and Cheese

<b>Servings:</b>	250.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-2942
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 51 WGRAIN 2-10	16 3/4 Pound		229941
MILK WHT FF 4-1GAL RGNLBRND	2 Gallon		557862
MARGARINE &BTR BLND EURO 36-1	3 1/3 Cup	READY_TO_EAT Ready to use.	121160
SPICE PEPR WHITE GRND 17Z TRDE	1 1/4 tsp.		513776
CHEESE AMER 160CT SLCD 6-5 COMM	16 3/4 Pound		150260
CHEESE CHED MLD SHRD 4-5 LOL	16 2/3 Cup		150250
SPICE MUSTARD GRND 14Z TRDE	10 tsp.		224928
CORN FZ 30 COMM	5 Pound		120490
SPICE ONION POWDER 19Z TRDE	2 1/2 Tablespoon		126993
SPICE GARLIC GRANULATED 24Z TRDE	4 Tablespoon		513881
SPICE PAPRIKA SPANISH 16Z TRDE	5 Teaspoon		225002
SPICE PEPR RED CAYENNE GRND 16Z TRDE	2 1/2 Teaspoon		225088
SPICE OREGANO LEAF 5Z TRDE	2 1/2 Teaspoon		513733
SPICE THYME LEAF 6Z TRDE	2 1/2 Teaspoon		513814
PEPPERS RED 5 P/L	7 1/2 Cup	Dice the peppers. Then measure.	597082

## Preparation Instructions

Directions:

Preheat oven to 350°F

Prepare the steam cooker

Preparation time: About 1 hr.

1. Combine equally the milk, butter, cheese, and spices in 4" full-size steamtable pans. Cover the pans and bake in 350°F oven until cheese is melted (about 20 minutes). Note: For 50 servings prepare 1 pan; 100 servings prepare 2 pans; 250 servings prepare 4-5 pans.

2. When cheese is cooking, prepare corn and peppers. Add corn and diced peppers into a perforated pan and cook in steam cooker for about 10 minutes.

3. To prepare the noodles, weigh-out dry noodle into a full-size steam. Fill with water until it just covers the noodles. Cook in steam cooker for about 6 minutes. Do not overcook! When done, drain water from noodles. Note: each pan fits about 7lbs of dry noodles before it becomes too full.

4. Combine equally the noodles, corn and peppers into the pans with cheese and mix well. Cover pans and bake until temperature reaches 140°F.

CCP: Heat to 140°F or higher.

CCP: Hold above 140°F for service.

Hold for at least 30 minutes to allow mixture to set up properly before serving.

Use a 4oz scoop to serve.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.38
<b>Grain</b>	1.07
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.03
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.04

### Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	364.27		
<b>Fat</b>	15.63g		
<b>SaturatedFat</b>	7.72g		
<b>Trans Fat</b>	0.75g		
<b>Cholesterol</b>	41.04mg		
<b>Sodium</b>	660.99mg		
<b>Carbohydrates</b>	38.66g		
<b>Fiber</b>	2.37g		
<b>Sugar</b>	14.90g		
<b>Protein</b>	20.73g		
<b>Vitamin A</b>	854.73IU	<b>Vitamin C</b>	9.45mg
<b>Calcium</b>	548.24mg	<b>Iron</b>	1.05mg



# SweetPotato Fries

<b>Servings:</b>	76.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	3.09 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-2943
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT 5/16 S/C SVRY 6-2.5	76 Serving	CONVECTION PREHEAT OVEN TO 425° F. (FULL OVEN). SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 34 TO 38 MINUTES, TURNING ONCE FOR UNIFORM COOKING OR PREHEAT OVEN TO 425° F. (ONE SHEET). SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING.	817730

## Preparation Instructions

### CONVECTION

PREHEAT OVEN TO 425° F. (FULL OVEN). SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 34 TO 38 MINUTES, TURNING ONCE FOR UNIFORM COOKING OR PREHEAT OVEN TO 425° F. (ONE SHEET). SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

### 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>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 76.00

Serving Size: 3.09 Ounce

#### Amount Per Serving

<b>Calories</b>	160.00		
<b>Fat</b>	7.50g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	210.00mg		
<b>Carbohydrates</b>	23.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 40.00mg **Iron** 0.36mg

# Walking Taco

<b>Servings:</b>	350.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3372
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Taco Seasoning	63 Ounce	UNPREPARED	16423
BEEF CRUMBLES 8-5 COMM	49 Pound	BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Place product in entree or covered dish and heat for 20-40 minutes.	581950
CHIP NACHO REDC FAT 72-1Z DORITOS	350 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	456090
CHEESE CHED MLD SHRD 4-5 LOL	5 6/13 Pound		150250
Aunt Millie's " Unsliced " Dinner Rolls	350 Each	BAKE	4389

## Preparation Instructions

### 1. PREPARE TACO MEAT ACCORDING TO RECIPE:

1. If using raw beef or turkey, brown meat; once cooked through, drain well and rinse in hot water if possible to remove as much grease as possible.
2. Add seasoning mix to cooked meat or crumbles.
3. Cook for 10 minutes; add water and simmer for an additional 15-30 minutes.

CCP:

\*Heat to 165 degree F for 15 seconds\*

\*Hold for service at 135 degree F (140 degree F (MN))\*

2. Portion 1 bag tortilla chips/doritos and top with 2 oz taco meat and .25fl oz cheese.

CCP:

\*\*Heat to 165 degree F for 15 seconds\*\*

\*\*Hold for service at 135 degree F (140 degree F (MN))\*\*

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.05
<b>Grain</b>	2.75
<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: 350.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>		365.76	
<b>Fat</b>		14.56g	
<b>SaturatedFat</b>		5.21g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		34.49mg	
<b>Sodium</b>		799.12mg	
<b>Carbohydrates</b>		40.22g	
<b>Fiber</b>		3.01g	
<b>Sugar</b>		3.01g	
<b>Protein</b>		18.44g	
<b>Vitamin A</b>	188.28IU	<b>Vitamin C</b>	0.02mg
<b>Calcium</b>	108.69mg	<b>Iron</b>	1.93mg

# Ham Calzone

<b>Servings:</b>	8.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10149
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL OLIVE PURE 4-3LTR GCHC	1 Fluid Ounce		432061
TURKEY HAM 2- 7AVG JENNO	4 Ounce		434663
CHEESE MOZZ SHRD 4-5 LOL	1/4 Gallon	.25 Gallon= 1 pound	645170
DOUGH PIZZA SHTD 16 20-26Z RICH	1 Slice	<b>BAKE</b> 1. KEEP PRODUCT FROZEN AT 0 F (-18 C) OR BELOW UNTIL READY TO USE. 2. REMOVE DESIRED NUMBER OF SHEETED PIZZA DOUGHS FROM THE FREEZER AND ALLOW EACH TO THAW OVERNIGHT ON OILED PIZZA PANS COVERED WITH PLASTIC. (AS AN ALTERNATIVE, THAW ON PIZZA PANS AND USE THE SAME DAY AFTER 2 - 3 HOURS THAW TIME AT ROOM TEMPERATURE, 75 F (23 C) ). MAXIMUM TIME IN RETARDER IS 3 DAYS. 3. REMOVE THAWED SHELLS FROM THE RETARDER (COOLER) AND TRANSFER TO PIZZA PANS. ALLOW DOUGH TO DOUBLE IN SIZE. 4. TO PREVENT PRODUCT FROM DRYING OUT DURING TEMPERING (THAWING), COVER WITH PLASTIC OR BRUSH WITH OIL. 5. CAREFULLY DOCK THE DOUGH TO MINIMIZE BLISTERING AND OR BUBBLING DURING BAKING. FOR A THICKER CRUST, ALLOW THE PIZZA TO CONTINUE TO RISE UNTIL DESIRED THICKNESS IS OBTAINED. 6. ADD SAUCE, CHEESE AND TOPPING. 7. BAKE AS FOLLOWS: DECK OVEN: 500 F (260 C) 8 - 11 MINUTES CONVECTION OVEN: 375 F (190 C) 7 - 10 MINUTES FORCED AIR CONVEYOR: 500 F (260 C) 4.5 - 5.5 MINUTES CONVENTIONAL OVEN: 450 F (230 C) 10 - 12 MINUTES	570818
SAUCE PIZZA W/BASL 6-10 REDPK	4 Fluid Ounce	READY_TO_EAT None	256013

## Preparation Instructions

1. Let 12x16 pizza dough sheet thaw (but not proof). Cut sheet into 8 even squares and brush oil on top of crust.
2. Food process ham into small pieces.
3. Take mozzarella cheese and crumble it with your hands. Use a towel to dry any excess moisture. Evenly distribute the sauce, cheese, and ham among the 8 squares in half inch diagonal lines, starting at the left hand

corner of the square to the bottom right hand corner. Now take the bottom left hand corner and bring it to the middle of the square. Then take the top right hand corner and overlap it slightly in the middle of the square.

4. Bake calzone in a preheated 375-400 °F convection oven for about 10-15 min or until outside crust is golden brown and cheese is lightly browned on the top.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.28
<b>Grain</b>	2.50
<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: 8.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	254.11
<b>Fat</b>	16.64g
<b>SaturatedFat</b>	7.71g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	38.38mg
<b>Sodium</b>	537.47mg
<b>Carbohydrates</b>	7.14g
<b>Fiber</b>	0.63g
<b>Sugar</b>	3.26g
<b>Protein</b>	16.97g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 411.25mg	<b>Iron</b> 0.60mg

# BBQ Riblet Sandwich with fries

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10244
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAMBURGER BUN, W GRAIN, AM	100 bun	READY_TO_EAT	3480
FRIES 5/16 6-5 REDSTNCAN	100 Serving	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	118861
BEEF RIB BBQ HNY 100- 3.24Z PIER	100 Each	BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Heat for 13 minutes. Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes.	451410

## Preparation Instructions

1. Prepare riblet: From frozen state, bake in preheated convection oven at 350 for 6-8 minutes or in preheated conventional oven at 350 for 8-10 minutes. Microwave on high for about 1 minute.
2. Prepare fries: Convection preheat oven to 425° F. Spread frozen fries evenly on a shallow baking pan. Bake for 8 - 12 minutes, turning once for uniform cooking.
3. Assemble sandwich, plate with fries.

### 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

Starch

0.50

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

### Amount Per Serving

**Calories** 479.50

**Fat** 17.98g

**SaturatedFat** 5.00g

**Trans Fat** 0.00g

**Cholesterol** 40.00mg

**Sodium** 1148.80mg

**Carbohydrates** 57.93g

**Fiber** 5.00g

**Sugar** 14.00g

**Protein** 21.00g

**Vitamin A** 499.59IU **Vitamin C** 5.98mg

**Calcium** 44.00mg **Iron** 11.80mg



# Beef ravioli with bread stick

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10245
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAVIOLI BEEF TOM SCE 6-10 CHBOY	50 Pound		261629
BREADSTICK WGRAIN 1Z 12-20CT	1 Each		406321

## Preparation Instructions

1. Open can(s) of ravioli and reheat to safe cook temperature (155 degrees F).
2. Thaw bread sticks
3. Each 1 cup serving of ravioli takes one breadstick.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.01
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.38
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	210.70		
<b>Fat</b>	5.01g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	690.95mg		
<b>Carbohydrates</b>	36.14g		
<b>Fiber</b>	4.01g		
<b>Sugar</b>	9.02g		
<b>Protein</b>	6.02g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.26mg	<b>Iron</b>	1.81mg

# Chicken Sticks

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	14.00 sticks	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10345
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STIX WGRAIN FC .43Z 6-5 TYS	14 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283562

## Preparation Instructions

### 1. Bake Chicken Stix

In convection Oven (appliances vary, adjust accordingly)

Preheat oven to 375°F

On a shallow baking pan, spread stix out evenly

Cook 6-8 minutes from frozen

### 2. Increase oven temperature to 425° F to cook fries

Spread frozen fries evenly on a shallow baking pan

Bake for 8 to 12 minutes, turning once for uniform cooking

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.50
<b>Grain</b>	1.75
<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: 14.00 sticks

### Amount Per Serving

<b>Calories</b>	455.00
<b>Fat</b>	26.25g
<b>SaturatedFat</b>	4.38g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	43.75mg
<b>Sodium</b>	595.00mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	5.25g
<b>Sugar</b>	1.75g

<b>Protein</b>	26.25g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	3.50mg	<b>Iron</b>	17.50mg

# Roasted Turkey and Gravy

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10386
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY RST 4-10 COMM	2 Cup		110560
GRAVY MIX TKY 12-15Z GCHC	1 Cup		242440
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Cup		517810

## Preparation Instructions

Thaw turkey roast at least 48 hours in refrigerator.

1. Add 1/2 cup of water in roasting pan. Bake in an oven at 325 degrees F. for 3 - 3 1/2 hours or until internal temperature reaches 165 degrees F.

CCP: Heat to 165 degrees F for 15 seconds.

2. Remove turkey from oven and cool, reserving pan drippings for turkey gravy. Remove netting before roast cools off completely.

CCP: Cool to 41 degrees F within 4 hours.

3. Slice turkey into 2 oz slices, OR Dice into 1" cubes for elementary schools.

4. Make gravy according to directions on package, using turkey pan juices subtracting appropriate amount of water

5. (Elementary) Pour gravy in 4" hotel pan, add diced turkey, and bake covered. Serve 1/2 cup turkey and gravy.

5. (Secondary) Shingle sliced turkey in hotel pan and bake covered. Serve 2 oz turkey with 1/4 cup gravy.

CCP: Heat to 165 degrees F for 15 seconds.

CCP: Hold for service at 140 degrees F.

## 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

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**Amount Per Serving**

<b>Calories</b>	240.00		
<b>Fat</b>	5.95g		
<b>SaturatedFat</b>	1.32g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.26mg		
<b>Sodium</b>	815.26mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	17.53g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	37.00mg	<b>Iron</b>	1.00mg

# Southwestern Chicken Salad

<b>Servings:</b>	75.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10938
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Chicken	7 1/8 Pound		
Lettuce 70/30 Iceberg/Romaine 5#	9 3/8 Pound		2781
Diced Tomatoes cnd	3 9/16 Pound		100329
Cheese, Cheddar Reduced fat, Shredded	1 11/16 Pound		100012
DRESSING RANCH LT N/F 4-1GAL NAT FRSH	5 1/4 Cup	READY_TO_EAT Shake well.	230591
SAUCE BBQ 4-1GAL GCHC	5 1/4 Cup		734136
BEAN BLACK 12-15Z BUSH	1 11/16 Quart		269323
CORN CUT 1-20 SIMPLOT	3 1/2 Pound	STEAM Keep frozen until ready to use. For food safety and quality, follow these cooking instructions to ensure product reaches an internal temperature of 165°F. Cook quickly, uncovered to bring up to 165°F. Do not overcook or allow product to sit in water for an extended time period.	890100
PEPPERS GRN BELL WHL 22AVG P/L	9/16 Pound		207331
PEPPERS BELL RD 60CT P/L	9/16 Pound		831791
ONIONS YEL CHL DICE 5 LB BG	3/16 Pound		02541
LEMON JUICE 100 12- 32FLZ GCHC	3/8 Cup		311227
SPICE PARSLEY FLAKES 11Z TRDE	1 1/2 Teaspoon		513989

Description	Measurement	Prep Instructions	DistPart #
SPICE CUMIN GRND 15Z TRDE	3/4 Tablespoon		273945
SPICE GARLIC GRANULATED 20 TRDE	1 1/2 Teaspoon		228435
OIL BLND CANOLA/OLV 75/25 6-1GAL P/L	3/16 Cup		200387
SALSA 6-10 COMM	3 1/4 Cup		150570
CHIP TORTL RND YEL 5-1.5 KE	4 3/4 Pound		163020

## Preparation Instructions

Roast chicken at 350F for 15 minutes or until chicken reaches 165F internally. Meanwhile, drain and rinse black beans. Combine beans, corn, green and red peppers and onions in a large bowl. Combine lemon juice, parsley, cumin, garlic, salsa and oil to make dressing. Pour dressing over vegetables and toss lightly to combine. When chicken is done cooking, cut into 1/4 inch strips. In a small bowl, mix ranch and BBQ sauce together until smooth. Combine all of ingredients. Hold for service at 41F or below.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.88
<b>Grain</b>	1.27
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.09
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.13

### Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 0.00

#### Amount Per Serving

<b>Calories</b>	311.36		
<b>Fat</b>	12.92g		
<b>SaturatedFat</b>	2.55g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	41.95mg		
<b>Sodium</b>	604.53mg		
<b>Carbohydrates</b>	35.75g		
<b>Fiber</b>	3.16g		
<b>Sugar</b>	6.46g		
<b>Protein</b>	15.02g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.29mg
<b>Calcium</b>	44.69mg	<b>Iron</b>	1.16mg

# Monday Fruit and Veg. Bar

<b>Servings:</b>	600.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10939
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Grapes, Red Seedless 18 9/2	18 1/2 Pound	100 1/2 cup servings	748841
FRUIT SAL TROP IN JCE 6-10 GCHC	7 #10 CAN	100 1/2 cups servings	614556
APPLESAUCE UNSWT 6-10 COMM	4 2/5 #10 CAN	100 1/2 cup servings	549280
CARROT BABY WHL CLEANED 12-2 RSS	15 3/5 Pound	100 1/2 cup servings	510637
BEAN BLACK 6-10 GRSZ	7 1/5 #10 CAN	100 1/2 cup servings	557714
CUCUMBER SELECT SUPER 45 MRKN	10 1/5 Pound	100 1/2 cup servings	198587

## 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>	0.49
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.01
<b>OtherVeg</b>	0.01
<b>Legumes</b>	0.03
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 600.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>	
<b>Calories</b>	42.22
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	26.17mg
<b>Carbohydrates</b>	10.41g
<b>Fiber</b>	1.42g



<b>Sugar</b>			7.70g
<b>Protein</b>			0.60g
<b>Vitamin A</b>	761.34IU	<b>Vitamin C</b>	0.29mg
<b>Calcium</b>	6.62mg	<b>Iron</b>	0.30mg

# Tuesday Fruit and Veg Bar

<b>Servings:</b>	600.00	<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-10944
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET BITE SIZE 2-3 RSS	7 Pound	100 1/2 cup servings	732451
BEAN GARBANZO 6-10 GCHC	4 2/5 #10 CAN	100 1/2 cup servings	118753
ORANGES NAVEL/VALENCIA FCY 113CT MRKN	100 Each	100 1/2 cup servings	198013
CARROT BABY WHL CLEANED 12-2 RSS	15 3/5 Pound	100 1/2 cup servings	510637
PINEAPPLE TIDBITS IN WTR 6-10 GCHC	4 #10 CAN		612464
PEAR SLCD 6-10 COMM	4 1/5 #10 CAN		110680

## 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>	0.22
<b>GreenVeg</b>	0.03
<b>RedVeg</b>	0.06
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.09
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 600.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	50.68
<b>Fat</b>	0.41g
<b>SaturatedFat</b>	0.09g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	66.57mg
<b>Carbohydrates</b>	10.85g
<b>Fiber</b>	2.09g
<b>Sugar</b>	6.19g
<b>Protein</b>	1.34g
<b>Vitamin A</b> 3020.08IU	<b>Vitamin C</b> 11.88mg

**Calcium** 23.38mg      **Iron** 0.28mg

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# Thursday Fruit and Veg Bar

<b>Servings:</b>	600.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10945
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER CALIF 12-1CT MRKN	16 Pound	100 1/2 cup servings	198528
BEAN GARBANZO 6-10 GCHC	4 2/5 #10 CAN	100 1/2 cup servings	118753
APPLE VARIETY BULK 113-138CT 40	100 Each	100 1/2 cup servings	810730
APPLESAUCE UNSWT 6-10 COMM	4 2/5 #10 CAN	100 1/2 cup servings	549280
PEACH DCD 6-10 COMM	4 1/5 #10 CAN	100 1/2 cup servings	110700
PEPPERS GREEN LRG 5 MRKN	20 4/5 Pound	100 1/2 cup servings	592315

## 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>	0.30
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.13
<b>Legumes</b>	0.09
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 600.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>	
<b>Calories</b>	65.99
<b>Fat</b>	0.45g
<b>SaturatedFat</b>	0.11g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	60.23mg
<b>Carbohydrates</b>	15.11g
<b>Fiber</b>	2.48g

<b>Sugar</b>	9.93g		
<b>Protein</b>	1.45g		
<b>Vitamin A</b>	69.79IU	<b>Vitamin C</b>	14.93mg
<b>Calcium</b>	14.82mg	<b>Iron</b>	0.23mg

# Friday Fruit and Veg Bar

<b>Servings:</b>	600.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10946
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS RED 11 P/L	20 4/5 Each		321141
PEPPERS GREEN LRG 60-70CT MRKN	20 4/5 Each		198757
GRAPES RED SDLSS 18AVG MRKN	17 1/5 Pound		197831
APPLE CHL SL 100/2 OZ PG	4 2/9 #10 CAN		747650
ORANGES MAND WHL L/S 6-10 GCHC	4 2/5 #10 CAN		117897
LETTUCE BLND ROMAINE MXD 4-5 RSS	7 3/5 Pound		755826

## 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>	0.14
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.03
<b>OtherVeg</b>	0.01
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 600.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	23.24
<b>Fat</b>	0.03g
<b>SaturatedFat</b>	0.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	2.34mg
<b>Carbohydrates</b>	5.38g
<b>Fiber</b>	0.21g
<b>Sugar</b>	4.82g
<b>Protein</b>	0.32g
<b>Vitamin A</b> 163.07IU	<b>Vitamin C</b> 12.45mg

**Calcium**

6.77mg

**Iron**

0.24mg

# Wednesday Fruit and Veg. bar

<b>Servings:</b>	600.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10947
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS RED 5 P/L	20 4/5 Pound	100 servings 1/2 cup	597082
CUCUMBER SELECT SUPER 45 MRKN	20 1/5 Pound	100 servings 1/2 cup	198587
MELON MUSK CANTALOUPE 12-15CT P/L	51 Pound	100 servings 1/2 cup	200565
CARROT BABY WHL CLEANED 12-2 RSS	15 3/5 Pound	100 servings 1/2 cup	510637
PEACH DCD 6-10 COMM	4 1/5 #10 CAN	100 servings 1/2 cup	110700
PINEAPPLE CHUNKS IN JCE 6-10 GCHC	6 2/5 #10 CAN	100 servings 1/2 cup	189952

## 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>	0.31
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.09
<b>OtherVeg</b>	0.03
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 600.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	36.75
<b>Fat</b>	0.01g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	10.70mg
<b>Carbohydrates</b>	9.08g
<b>Fiber</b>	0.81g



<b>Sugar</b>	7.61g
<b>Protein</b>	0.13g
<b>Vitamin A</b> 3107.60IU	<b>Vitamin C</b> 52.02mg
<b>Calcium</b> 6.71mg	<b>Iron</b> 0.16mg

# Turkey and Ham Slider

<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11177
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM 4-10 COMM	2 1/2 Pound		150460
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	2 1/2 Pound		689541
LETTUCE BLND ROMAINE MXD 4-5 RSS	12 Tablespoon		755826
MUSTARD PKT 1000-1/5Z HNZ	24 Each		302112
MAYONNAISE LT PKT 200-12GM GCHC	24 Each		188741
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	24 Each		276142

## Preparation Instructions

Include one each mustard and mayonnaise. CCP: Hold at or below 40F.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.16
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.02
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>		297.90	
<b>Fat</b>		9.62g	
<b>SaturatedFat</b>		2.31g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		62.48mg	
<b>Sodium</b>		907.11mg	
<b>Carbohydrates</b>		30.06g	
<b>Fiber</b>		2.02g	
<b>Sugar</b>		3.04g	
<b>Protein</b>		24.45g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 52.42mg **Iron** 2.00mg

# Big Mac Wrap

<b>Servings:</b>	20.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13071
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 8 PRSD ULTRGR 12-12CT	20 Each	<b>STEAM</b> PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690130
BEEF PTY FLAMEBR 210-2.4Z	20 Each	<b>BAKE</b> From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	205030
CHEESE AMER 160CT SLCD 6-5 COMM	20 Slice		150260
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	10 Cup		242489
DRESSING 1000 ISL 4-1GAL GCHC	3 Cup		272051
TOMATO RANDOM 2 25 MRKN	4 Each		508616

## Preparation Instructions

Assemble ingredients in the order they are listed and wrap with parchment paper. Cut on an angle to make two halves.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.75
<b>Grain</b>	1.75
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.20
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Wrap

<b>Amount Per Serving</b>			
<b>Calories</b>		466.48	
<b>Fat</b>		26.18g	
<b>SaturatedFat</b>		9.32g	
<b>Trans Fat</b>		0.50g	
<b>Cholesterol</b>		59.50mg	
<b>Sodium</b>		935.30mg	
<b>Carbohydrates</b>		35.60g	
<b>Fiber</b>		3.94g	
<b>Sugar</b>		8.80g	
<b>Protein</b>		19.32g	
<b>Vitamin A</b>	399.88IU	<b>Vitamin C</b>	4.93mg
<b>Calcium</b>	210.10mg	<b>Iron</b>	3.34mg

# Michigan Cherry Salad

<b>Servings:</b>	4.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17059
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE VARIETY BULK 113-138CT 40	1 Piece		810730
SPINACH LEAF FLAT CLND 4-2.5 RSS	7 Ounce		329401
CHERRY DRIED 4-4 COMM	1 Cup		279640
SPRING MIX HERITAGE 4-3 RSS	6 Ounce		152222
CHEESE FETA CRMBL 2-5# ATHENOS	1/2 Cup		666811
DRESSING VINAG RASPB FF 60-1.5FLZ	4 Each		824970
Aunt Millie's " Unsliced " Dinner Rolls	1 roll	BAKE	4389

## Preparation Instructions

Mixed lettuce and put in containers.

Top with cherries, feta, pecans and apples.

Add salad dressing packet

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.25
<b>GreenVeg</b>	1.12
<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: 0.00 Each

#### Amount Per Serving

<b>Calories</b>	245.40
<b>Fat</b>	0.30g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	555.95mg
<b>Carbohydrates</b>	57.37g
<b>Fiber</b>	4.90g
<b>Sugar</b>	41.75g

<b>Protein</b>	5.32g		
<b>Vitamin A</b>	17.28IU	<b>Vitamin C</b>	1.47mg
<b>Calcium</b>	106.79mg	<b>Iron</b>	2.91mg

# Mini corndog

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27216
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX MINI WGRAIN CN 2-5	1 Serving		497360

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.50
<b>Grain</b>	4.50
<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: 6.00 Each

Amount Per Serving			
<b>Calories</b>	269.99		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	3.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	479.99mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	7.50g		
<b>Protein</b>	10.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	75.00mg	<b>Iron</b>	1.50mg



# Fish Sticks

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Shapes	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27715
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FISH BRD SHAPES 1Z O/R WGRAIN 10	4 Cup		523291
MAYONNAISE PKT 200-12GM GFS	1 Cup		700011
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Cup		517810

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	3.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<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: 4.00 Shapes

Amount Per Serving			
<b>Calories</b>	450.00		
<b>Fat</b>	20.50g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	970.00mg		
<b>Carbohydrates</b>	46.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	61.00mg	<b>Iron</b>	2.80mg

# Corndog on a Stick

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27720
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX WGRAIN 72-4Z GCHC	1 Each		620220

## 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>	240.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	470.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	8.00g		
<b>Protein</b>	9.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	70.00mg	<b>Iron</b>	1.50mg

# Popcorn Chicken w/ Roll

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	12.00 Piece	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27721
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	1 Serving		327120
Aunt Millie's " Unsliced " Dinner Rolls	1 roll	BAKE	4389

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 12.00 Piece

#### Amount Per Serving

<b>Calories</b>	330.01		
<b>Fat</b>	14.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	510.01mg		
<b>Carbohydrates</b>	33.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	17.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	33.00mg	<b>Iron</b>	2.00mg

# Cheese Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27722
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LUNCH KIT PIZZA CHS WGRAIN 48-5.25Z	1		555960

## 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>	0.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Macaroni and Cheese with roll

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27724
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS R/F WGRAIN 6-5	2/3 Cup		119122
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Cup		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>	430.00		
<b>Fat</b>	12.50g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	1160.00mg		
<b>Carbohydrates</b>	56.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	10.00g		
<b>Protein</b>	23.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	449.00mg	<b>Iron</b>	2.00mg

# Cheese Quesadillas

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27734
<b>School:</b>	HANOVER-HORTON MIDDLE/HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHS WGRAIN 96-5Z MAX	1 Each		231771

## 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>	300.00
<b>Fat</b>	10.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	670.00mg
<b>Carbohydrates</b>	39.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 320.00mg	<b>Iron</b> 2.90mg

# Chili with Cornbread

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28116
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI BEEF W/BEAN 6-5 COMM	1 Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned	344012
CORNBREAD SNAC FORT WGRAIN IW 72-2Z	1 Each		159791

## 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>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	2.06		
<b>Fat</b>	0.07g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.20mg		
<b>Sodium</b>	1.29mg		
<b>Carbohydrates</b>	0.31g		
<b>Fiber</b>	0.02g		
<b>Sugar</b>	0.16g		
<b>Protein</b>	0.05g		
<b>Vitamin A</b>	2.15IU	<b>Vitamin C</b>	0.03mg
<b>Calcium</b>	0.31mg	<b>Iron</b>	0.02mg

# Buffalo Chicken Salad w/Roll

<b>Servings:</b>	55.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28125
<b>School:</b>	CONCORD ELEMENTARY/MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ROMAINE MXD 4-5 RSS	8 Pound		755826
DRESSING RNCH LT 4-1GAL GCHC	7 Cup		472999
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	55 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281622
CHEESE CHED MLD SHRD 4-5 LOL	2 5/9 Pound		150250
CELERY JUMBO 16-24CT 40 MARKON	1 3/4 Pound		198536
LETTUCE TACO SHREDDED 1/8 CUT 6-3	1 3/4 Pound		728721
Aunt Millie's " Unsliced " Dinner Rolls	1 roll	BAKE	4389

## Preparation Instructions

Bake chicken until internal temperature reaches 165°F for 15 seconds. (CCP)

CCP: Cool to under 41°F in less than 4 hours

Cut chicken patty into 1/4 " wide strips or chicken nuggets in half and toss in hot sauce.

Procedure:

Divide salad eveningly

Place 4.50 oz of chicken in middle of salad bed

Add 1.5 oz (6 Tbs) cheese, 1 oz (4 Tbs) diced celery and 1 oz (6 Tbs) shredded lettuce.

CCP: Hold for Service at 41°F or below



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.74
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.20
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 55.00

Serving Size: 0.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>		398.43	
<b>Fat</b>		23.26g	
<b>SaturatedFat</b>		6.96g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		52.35mg	
<b>Sodium</b>		779.53mg	
<b>Carbohydrates</b>		29.04g	
<b>Fiber</b>		3.35g	
<b>Sugar</b>		4.52g	
<b>Protein</b>		19.45g	
<b>Vitamin A</b>	286.73IU	<b>Vitamin C</b>	0.44mg
<b>Calcium</b>	185.28mg	<b>Iron</b>	1.93mg

# Sam's Mexican Pizza SAMPLE DAY RECIPE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28144
<b>School:</b>	CONCORD HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH BABY CLND 2-2 RSS	10 Ounce		560545
LETTUCE ROMAINE 12CT MRKN	1 Pound		200344
SEASONING TACO SLT FR 19.5Z TRDE	3/4 Cup		605062
PEPPERS BELL YEL 11	4 Pound		460890
ONION DCD 1/2 2-5 RSS	4 Pound		426059
TACO SHELL WGRAIN 200CT PANCHV	100 Serving		276364
CHEESE BLND MEX SHRD FINE 4-5 GCHC	2 Pound		326135

## 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>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	24.61		
<b>Fat</b>	0.72g		
<b>SaturatedFat</b>	0.40g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.00mg		
<b>Sodium</b>	39.05mg		
<b>Carbohydrates</b>	3.88g		
<b>Fiber</b>	1.18g		
<b>Sugar</b>	0.80g		
<b>Protein</b>	1.56g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 48.78mg **Iron** 1.09mg

# Breakfast Pizza

<b>Servings:</b>	100.00	<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-28247
<b>School:</b>	HANOVER-HORTON MIDDLE/HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA EGG/TKY BCN WGRAIN 96-3.09Z	1 Each		552690

## 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>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	2.10		
<b>Fat</b>	0.08g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.45mg		
<b>Sodium</b>	3.60mg		
<b>Carbohydrates</b>	0.25g		
<b>Fiber</b>	0.02g		
<b>Sugar</b>	0.04g		
<b>Protein</b>	0.09g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.40mg	<b>Iron</b>	0.02mg