

Cookbook for Concord Community Elementary Schools

Created by HPS Menu Planner

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Crispy Chicken Sandwich

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	380.00		
Fat	15.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	620.00mg		
Carbohydrates	41.00g		
Fiber	6.00g		
Sugar	5.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	2.90mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Broccoli & Cheese

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

Ingredients

Description	Measurement	DistPart #
Broccoli, No salt added, Frozen	30 Pound	110473
SAUCE CHS CHED POUCH 6-106Z LOL	6 5/8 Pound	135261

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.22
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 164.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	54.03		
Fat	2.16g		
SaturatedFat	1.29g		
Trans Fat	0.00g		
Cholesterol	6.47mg		
Sodium	140.58mg		
Carbohydrates	6.08g		
Fiber	3.00g		
Sugar	1.00g		
Protein	4.51g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	61.88mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Tomato Soup

Servings:	58.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10639
School:	Ox Bow Elementary		

Ingredients

Description	Measurement	DistPart #
SOUP TOMATO 12-5 CAMP	5 #5 CAN	101427
FAT FREE SKIM MILK	1 Gallon	

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 58.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	135.06		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	1.38mg		
Sodium	616.70mg		
Carbohydrates	28.08g		
Fiber	1.22g		
Sugar	18.01g		
Protein	4.66g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	110.97mg	Iron	0.88mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Salad Bar- South Side

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11812
School:	Concord South Side Elementary		

Ingredients

Description	Measurement	DistPart #
LETTUCE SALAD TINY CHOP 55/45 4-5	3 Cup	153121
Cheese, Cheddar Reduced fat, Shredded	2 Ounce	100012
DRESSING RNCH ORIG PKT 102-1Z MARZ	2 Ounce	554693
BACON TKY CKD 12-50CT JENNO	7/10 Ounce	834770
PEPPERS BAN RING MILD 4-1GAL GCHC	1/4 Cup	466220
BROCCOLI FLORET BITE SIZE 2-3 RSS	1/4 Cup	732451
CARROT BABY WHL PETITE 4-5 RSS	1/4 Cup	768146
CAULIFLOWER BITE SIZE 2-3 RSS	1/4 Cup	732486
CHIX DCD 1/2 WHT CKD 2-5 GCHC	2 Ounce	599697
SAUCE HOT REDHOT ORG 4-1GAL FRNKS	1 Tablespoon	282944
Whole Grain Garlic Butter Croutons	2 Package	111212
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup	198587
EGG HRD CKD DCD IQF 4-5 GCHC	1 Ounce	192198
EDAMAME SHELLED SOYBEANS 6-2.5 SIMPL	1 Ounce	147270
PEPPERS COLORED MIXED ASST 12CT P/L	1/4 Cup	491012
PEPPERS GREEN LRG 5 MRKN	1/4 Cup	592315
MUSHROOM LRG XFCY 3 MRKN	1/4 Cup	285188
OLIVE RIPE SLCD BLK SPAIN 6-10 GCHC	1/4 Cup	324531
OLIVE GRN STFD MANZ W/PIM 6-.5GAL	1/4 Cup	485624

Description	Measurement	DistPart #
ONION RED JUMBO 10 MRKN	1 Ounce	596973
PEAS GREEN IQF 30 KE	1/4 Cup	283760
TOMATO 5X6 XL 5 MRKN	1/4 Cup	438197

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	545.56
Fat	32.86g
SaturatedFat	8.86g
Trans Fat	0.00g
Cholesterol	117.25mg
Sodium	1887.70mg
Carbohydrates	33.30g
Fiber	8.19g
Sugar	8.61g
Protein	29.18g
Vitamin A 1131.95IU	Vitamin C 64.41mg
Calcium 105.55mg	Iron 3.35mg

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Assorted Pop-Tarts, 1 ct.

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11820
School:	Concord South Side Elementary		

Ingredients

Description	Measurement	DistPart #
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each	452062
PASTRY POP-TART WGRAIN CINN 120-1CT	1 Piece	695880
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece	695890

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	186.67		
Fat	2.83g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	196.67mg		
Carbohydrates	38.00g		
Fiber	3.00g		
Sugar	15.33g		
Protein	2.33g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	110.00mg	Iron	1.80mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Glazed Carrots

Servings:	105.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11836
School:	Concord South Side Elementary		

Ingredients

Description	Measurement	DistPart #
CARROT SLCD C/C MED/LRG 30 GCHC	15 Pound	285680
SUGAR BROWN LT 12-2 P/L	1 1/2 Cup	860311
MARGARINE SLD 30-1 GCHC	1/2 Pound	733061

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.43
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 105.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	35.88		
Fat	1.68g		
SaturatedFat	0.69g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	45.55mg		
Carbohydrates	4.87g		
Fiber	1.92g		
Sugar	2.95g		
Protein	0.64g		
Vitamin A	114.29IU	Vitamin C	0.00mg
Calcium	25.59mg	Iron	0.23mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Uncrustable w/ String Cheese and Goldfish

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20102
School:	Concord Intermediate		

Ingredients

Description	Measurement	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each	527462
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each	536012
CHEESE STRING MOZZ IW 168-1Z LOL	2 Each	786580
CRACKER GLDFSH CHED WGRAIN 300-.75Z	2 Package	736280

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	480.00		
Fat	25.50g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	650.00mg		
Carbohydrates	48.50g		
Fiber	4.00g		
Sugar	16.00g		
Protein	17.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	261.50mg	Iron	1.70mg

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Hamburger on Bun-Elementary

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20105
School:	Concord Intermediate		

Ingredients

Description	Measurement	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each	785850
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	517810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	288.00		
Fat	11.50g		
SaturatedFat	3.60g		
Trans Fat	0.60g		
Cholesterol	39.00mg		
Sodium	449.00mg		
Carbohydrates	27.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	63.00mg	Iron	3.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

BeneFIT Breakfast Bar

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-24448
School:	Concord High School		

Ingredients

Description	Measurement	DistPart #
BAR BKFST OATML CHOC CHP BNFT 48-2.5Z	1 Each	240721
BAR BKFST BAN CHOC CHNK IW 48-2.5Z	1 Each	875860
BAR BKFST APPL CINN BENEFIT 48-2.5Z	1 Each	879671
BAR BKFST FREN TST BENEFIT 48-2.5Z	1 Each	563413

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	285.00		
Fat	8.50g		
SaturatedFat	2.88g		
Trans Fat	0.00g		
Cholesterol	17.50mg		
Sodium	222.50mg		
Carbohydrates	47.50g		
Fiber	3.00g		
Sugar	21.50g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	18.50mg	Iron	3.90mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Uncrustable

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-24449
School:	Concord High School		

Ingredients

Description	Measurement	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each	527462
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each	536012

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	300.00		
Fat	16.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	280.00mg		
Carbohydrates	32.50g		
Fiber	4.00g		
Sugar	15.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	43.50mg	Iron	1.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Cheeseburger on Bun*

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

Ingredients

Description	Measurement	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each	785850
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	150260
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	517810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	343.00
Fat	16.00g
SaturatedFat	6.10g
Trans Fat	0.60g
Cholesterol	51.50mg
Sodium	674.00mg
Carbohydrates	28.00g
Fiber	4.00g
Sugar	4.50g
Protein	23.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 144.50mg	Iron 3.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Mini Pancakes

Servings:	9.00	Category:	Grain
Serving Size:	1.00 pouch	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-28201
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package	395303
PANCAKE MINI MAPL IW 72-3.03Z EGGO	1 Package	284831
PANCAKE MINI BLUEB IW 72-3.03Z EGGO	1 Package	284841
PANCAKE CINN IW WGRAIN 80-2CT THE MAX	1 Package	642230
PANCAKE MAPL WGRAIN IW 72-3.17Z PILLS	1 Package	269220
PANCAKE STRAWB WGRAIN IW 72-3.17Z	1 Package	269230
PANCAKE APPL IW 72-3.03Z EGGO	1 pouch	774401
WAFFLE MINI BLUEB WGRAIN IW 72-2.47Z	1 Package	269240
WAFFLE MINI MAPL WGRAIN IW 72-2.47Z	1 Package	269260

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 pouch

Amount Per Serving	
Calories	212.22
Fat	6.11g
SaturatedFat	0.83g
Trans Fat	0.00g
Cholesterol	3.89mg
Sodium	232.22mg
Carbohydrates	36.11g
Fiber	2.78g

Sugar	10.11g
Protein	4.00g
Vitamin A 55.56IU	Vitamin C 0.00mg
Calcium 47.78mg	Iron 1.74mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Doritos

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

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

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Variety of 100% Juice

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 11.00

Serving Size: 1.00 Each

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

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Uncrustable with String Cheese

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

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

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Mashed Potatoes

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

Ingredients

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

Preparation Instructions

RECONSTITUTE

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 0.50 Cup

Amount Per Serving

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

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Assortment of Cereal

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00

RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 13.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	109.23		
Fat	1.31g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	146.92mg		
Carbohydrates	23.54g		
Fiber	2.00g		
Sugar	7.08g		
Protein	1.92g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	61.54mg	Iron	4.17mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Cereal Bar

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving

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

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Variety of Muffin

Servings:	9.00	Category:	Grain
Serving Size:	1.00 muffin	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28221
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	DistPart #
MUFFIN CHOCOLATE CHIP IW 96-2Z	1 Each	273681
MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN	1 Each	273442
MUFFIN BANANA WGRAIN IW 48-2Z CP	1 Each	262362
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each	262343
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each	262370
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each	557991
MUFFIN APPL CINN WGRAIN IW 72-2Z	1 Each	558011
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each	557970
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each	557981

Preparation Instructions

Thaw. Store frozen until ready to use. Thaw overnight under refrigeration.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 muffin

Amount Per Serving	
Calories	183.33
Fat	6.11g
SaturatedFat	1.50g
Trans Fat	0.02g
Cholesterol	23.33mg
Sodium	117.22mg
Carbohydrates	29.78g
Fiber	1.56g

Sugar	15.56g		
Protein	2.78g		
Vitamin A	12.71IU	Vitamin C	0.01mg
Calcium	18.89mg	Iron	0.99mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Yogurt

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving

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

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Powdered Sugar Icing

Servings:	110.00	Category:	Entree
Serving Size:	2.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28459
School:	Concord High School		

Ingredients

Description	Measurement	DistPart #
SUGAR POWDERED 6X 25 GCHC	10 Cup	108693
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1 Cup	840860
1 % White Milk	1 Cup	
FLAVORING VANILLA IMIT 1-1GAL KE	1 Tablespoon	110744

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 110.00

Serving Size: 2.00 Tablespoon

Amount Per Serving

Calories	59.10		
Fat	1.62g		
SaturatedFat	0.67g		
Trans Fat	0.00g		
Cholesterol	0.14mg		
Sodium	17.12mg		
Carbohydrates	11.01g		
Fiber	0.00g		
Sugar	10.65g		
Protein	0.07g		
Vitamin A	0.09IU	Vitamin C	0.02mg
Calcium	0.44mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

French Toast

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29008
School:	Concord Jr. High School		

Ingredients

Description	Measurement	DistPart #
FRENCH TST CINN WGRAIN 144-2.9Z PAP	1 Each	646262
FRENCH TST MINI CHOC CHIP IW 72-3.03Z	1 Package	498492
FRENCH TST MINI CINN IW 72-2.64Z	1 Package	150291
TOAST TEXAS APPL CINN IW 96-3.3Z S&F	1 Slice	152504

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	220.00		
Fat	6.75g		
SaturatedFat	1.38g		
Trans Fat	0.00g		
Cholesterol	27.50mg		
Sodium	260.00mg		
Carbohydrates	35.75g		
Fiber	2.50g		
Sugar	12.50g		
Protein	6.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	113.00mg	Iron	2.33mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

BBQ Beef Rib Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29030
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	451410
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	517810

Preparation Instructions

Cook BBQ rib meat to 165 degrees . Place the rib meat inside a sub bun . Then place on a sheet pan , keep in warmer and serve .

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	340.00		
Fat	11.50g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	850.00mg		
Carbohydrates	38.00g		
Fiber	5.00g		
Sugar	14.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	70.00mg	Iron	2.80mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Ham, Egg & Cheese Croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29031
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	DistPart #
TURKEY HAM SLCD 12-1 JENNO	2 Slice	556121
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	1 Each	663091
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	172172

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	323.33		
Fat	15.67g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	132.50mg		
Sodium	685.00mg		
Carbohydrates	29.00g		
Fiber	2.00g		
Sugar	5.00g		
Protein	15.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	41.00mg	Iron	1.74mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Sausage Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29033
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	1 Each	785880
BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS	1 Each	120851

Preparation Instructions

Cook Sausage: Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.

Bake Biscuits: Standard Prep: Place white bakeable tray of biscuits onto sheet pan. Heating time 7-9 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.

Assemble sandwiches together using cooked product/items.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	321.00		
Fat	18.00g		
SaturatedFat	8.20g		
Trans Fat	0.00g		
Cholesterol	31.00mg		
Sodium	582.00mg		
Carbohydrates	29.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	11.00g		
Vitamin A	56.00IU	Vitamin C	0.00mg
Calcium	236.00mg	Iron	1.80mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Chicken & Noodles

Servings:	512.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29144

Ingredients

Description	Measurement	DistPart #
Chicken, Diced, Cooked, Frozen	40 Pound	100101
PASTA NOODL EGG FZ 4-3 REAMES	72 Pound	245046
Tap Water for Recipes	14 Gallon	000001WTR
BROTH CHIX 12-5 COLLEGE INN	12 #5 CAN	264865
BASE CHIX LO SOD NO MSG 6-1 MINR	8 Cup	580589

Preparation Instructions

1. Add the water, base, broth, and meat to a pot.
2. Bring to a boil.
3. Add the noodles.
4. Return to a boil and lower the heat to a simmer.
5. Simmer for 1 hour.
6. Distribute evenly into 8 pans.
7. Cover and store in the hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	1.25
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 512.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	227.73		
Fat	3.67g		
SaturatedFat	0.56g		
Trans Fat	0.00g		
Cholesterol	93.75mg		
Sodium	189.75mg		
Carbohydrates	33.95g		
Fiber	0.00g		
Sugar	0.17g		
Protein	13.13g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 1.33mg **Iron** 2.25mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Fresh Baked Cookies

Servings:	3.00	Category:	Grain
Serving Size:	1.00 cookie	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29151

Ingredients

Description	Measurement	DistPart #
DOUGH CKY CHOC CHIP WGRAIN 384-1Z	1 Each	243371
DOUGH CKY CARNIVAL WGRAIN 384-1Z	1 Each	243400
DOUGH CKY SNCKRDDL WGRAIN 240-1Z	1 Each	172140

Preparation Instructions

See individual box for baking instructions as times vary on type of cookie being baked.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 cookie

Amount Per Serving

Calories	110.00		
Fat	3.50g		
SaturatedFat	0.83g		
Trans Fat	0.00g		
Cholesterol	6.67mg		
Sodium	95.00mg		
Carbohydrates	18.00g		
Fiber	1.00g		
Sugar	8.33g		
Protein	1.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.00mg	Iron	0.97mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

South Side Salad Bar Grain Item

Servings:	12.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29372
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	DistPart #
MUFFIN CHOCOLATE CHIP IW 96-2Z	1 Each	273681
MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN	1 Each	273442
MUFFIN BANANA WGRAIN IW 48-2Z CP	1 Each	262362
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each	262343
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each	262370
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each	557991
MUFFIN APPL CINN WGRAIN IW 72-2Z	1 Each	558011
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each	557970
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each	557981
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	1 Package	893711
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Each	282422
CRACKER GLDFSH WGRAIN COLOR 300-.75Z	1 Package	112702

Preparation Instructions

Muffins: Thaw. Store frozen until ready to use. Thaw overnight under refrigeration.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories			160.83
Fat			5.25g
SaturatedFat			1.25g
Trans Fat			0.02g
Cholesterol			17.50mg
Sodium			131.25mg
Carbohydrates			26.00g
Fiber			1.50g
Sugar			11.75g
Protein			2.58g
Vitamin A	9.53IU	Vitamin C	0.00mg
Calcium	25.00mg	Iron	0.93mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Uncrustable w/ Yogurt and Goldfish

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29375
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each	527462
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each	536012
CRACKER GLDFSH CHED WGRAIN 300-.75Z	2 Package	736280
Yogurt	2 Serving	R-28222

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	552.00		
Fat	20.10g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	6.00mg		
Sodium	572.00mg		
Carbohydrates	75.70g		
Fiber	4.00g		
Sugar	33.80g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	311.50mg	Iron	1.70mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Graham Snack

Servings:	8.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29387
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	DistPart #
CRACKER GLDFSH GRHM VAN 300-.9Z PEPP	1 Each	198472
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package	194510
CRACKER GRHM VAN CHAT 210-1Z KELL	1 Each	774471
CRACKER GRHM ELF CHOC 150-1Z KEEB	1 Package	123171
CRACKER GRHM STCK SCOOBY 210-1Z	1 Package	859550
CRACKER GRHM BUG BITES 210CT KEEB	1 Package	859560
CRACKER GLDFSH GRHM FREN TST 300-1Z	1 Each	288252
CRACKER GRHM GRIPZ CHOC IW 150CT KEEB	1 Package	282441

Preparation Instructions

Note: All items count as a dessert grain at lunch. Maximum amount of dessert grain allowed to offer per week is 2 oz equivalents.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	121.25
Fat	3.88g
SaturatedFat	0.94g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	115.63mg
Carbohydrates	20.50g
Fiber	1.25g
Sugar	7.38g

Protein		1.75g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	27.50mg	Iron	1.12mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Deli Trio Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29407
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	DistPart #
MEAT COMBO PK SLCD 12-1 JENNO	3 Ounce	236012
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	276142

Preparation Instructions

Layer 2 slices of each type of meat (salami, bologna, and ham) and 1 slice of cheese on each sub bun.

Meal Components (SLE)

Amount Per Serving

Meat	2.75
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	339.02		
Fat	14.15g		
SaturatedFat	4.54g		
Trans Fat	0.00g		
Cholesterol	70.55mg		
Sodium	1061.19mg		
Carbohydrates	30.02g		
Fiber	2.00g		
Sugar	4.00g		
Protein	22.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	104.23mg	Iron	3.10mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Hot Dog with Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29498
School:	Concord Community Elementary Schools		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

*All reporting of TransFat is for information only, and is not used for evaluation purposes