

# **Cookbook for Concord Intermediate**

**Created by HPS Menu Planner**

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# Broccoli & Cheese

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

## Ingredients

Description	Measurement	DistPart #
Broccoli, 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

<b>Meat</b>	0.22
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 164.00

Serving Size: 0.50 Cup

#### Amount Per Serving

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

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

# Tomato Soup

<b>Servings:</b>	58.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10639
<b>School:</b>	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

<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: 58.00

Serving Size: 0.75 Cup

#### Amount Per Serving

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

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# Glazed Carrots

<b>Servings:</b>	105.00	<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-11836
<b>School:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.43
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 105.00

Serving Size: 0.50 Cup

#### Amount Per Serving

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

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# Salad Bar ++

<b>Servings:</b>	381.00	<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-20083
<b>School:</b>	Concord Intermediate		

## Ingredients

Description	Measurement	DistPart #
BEANS BLACK LO SOD 6-10 BUSH	4 1/2 Cup	231981
BEET SLCD SAL 6-10 KE	1/2 Cup	279412
BROCCOLI & CAULIF COMBO 2-3 RSS	6 3/4 Cup	283339
CARROT SHRD MED 2-5 RSS	14 Cup	313408
CELERY STALK CLEANED 10 RSS	1/2 Cup	478318
CORN CUT IQF 30 KE	5 1/4 Cup	283730
CUCUMBER SELECT 24CT MRKN	28 3/4 Cup	418439
EDAMAME SHELLLED SOYBEANS 6-2.5 SIMPL	1 1/2 Cup	147270
PEPPERS GREEN LRG 5 MRKN	7 5/8 Cup	592315
LETTUCE ROMAINE RIBBONS 6-2 RSS	424 Cup	451730
MUSHROOM LRG XFCY 3 MRKN	1/2 Cup	285188
OLIVE RIPE SLCD BLK SPAIN 6-10 GCHC	14 3/4 Cup	324531
ONION RED JUMBO 10 MRKN	7/8 Cup	596973
PEAS GREEN IQF 30 KE	1 1/4 Cup	283760
PICKLE DILL SPEAR IW 6-30CT GIEL	151 Each	199440
SPINACH BABY CLND 2-2 RSS	113 3/4 Cup	560545
TOMATO 4X5 VINE-RIPENED 40CT MRKN	62 1/2 Cup	703788
Cheese, Cheddar Reduced fat, Shredded	302 Ounce	100012
BACON TKY CKD 12-50CT JENNO	27 2/3 Ounce	834770
CHIX PULLED WHT & DRK BLND 2-5 TYS	440 Ounce	467802

Description	Measurement	DistPart #
TURKEY HAM DCD 2-5 JENNO	82 Ounce	202150
TACO FILLING BEEF REDC FAT 6-5 COMM	72 Ounce	722330
EGG HARD CKD PLD DRY PK 12-12CT PAP	88 Each	853800
Variety of Fruit	313 Cup	
MUFFIN CHOCOLATE CHIP IW 96-2Z	161 1/2 Each	273681
CRACKER GLDFSH XTRA WGRAIN 300-.75Z	161 1/2 Package	745481
Whole Grain Garlic Butter Croutons	259 Package	111212
DRESSING RNCH ORIG PKT 102-1Z MARZ	306 Each	554693
DRESSING ITAL GLDN PKT 60-1.5FLZ KENS	45 Each	195723

## 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>	0.50
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.13
<b>Legumes</b>	0.13
<b>Starch</b>	0.13

### Nutrition Facts

Servings Per Recipe: 381.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	606.96		
<b>Fat</b>	28.17g		
<b>SaturatedFat</b>	7.57g		
<b>Trans Fat</b>	0.02g		
<b>Cholesterol</b>	101.19mg		
<b>Sodium</b>	1002.57mg		
<b>Carbohydrates</b>	69.22g		
<b>Fiber</b>	10.44g		
<b>Sugar</b>	34.84g		
<b>Protein</b>	21.15g		
<b>Vitamin A</b>	873.83IU	<b>Vitamin C</b>	7.10mg
<b>Calcium</b>	66.54mg	<b>Iron</b>	2.46mg

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# Uncrustable w/ String Cheese and Goldfish

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20102
<b>School:</b>	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

<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: 2.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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# 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-20103
<b>School:</b>	Concord Intermediate		

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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# Cheeseburger ++

<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-20108
<b>School:</b>	Concord Intermediate		

## Ingredients

Description	Measurement	DistPart #
BEEF STK SMKY GRLL 100-3Z PIER	1 Each	451400
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	517810
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.50
<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>	410.00		
<b>Fat</b>	21.00g		
<b>SaturatedFat</b>	8.50g		
<b>Trans Fat</b>	1.00g		
<b>Cholesterol</b>	77.50mg		
<b>Sodium</b>	700.00mg		
<b>Carbohydrates</b>	26.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	25.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	41.70mg	<b>Iron</b>	2.60mg

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# Hot Dog with Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20123
<b>School:</b>	Concord Intermediate		

## Ingredients

Description	Measurement	DistPart #
FRANKS TKY UNCURED 2Z 4-5 JENNO	1 Each	656882
BUN HOT DOG WHEAT WHL 12-12CT GCHC	1 Each	517830

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	230.00		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	50.00mg		
<b>Sodium</b>	395.00mg		
<b>Carbohydrates</b>	20.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	11.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	9.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	1.72mg

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# Walking Taco\*

<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-20124
<b>School:</b>	Concord Intermediate		

## Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce	722330
CHIP NACHO CHS R/F TOP N GO 44-1.4Z	1 Package	815803
Cheese, Cheddar Reduced fat, Shredded	2 Tablespoon	100012

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	341.40		
<b>Fat</b>	14.90g		
<b>SaturatedFat</b>	4.80g		
<b>Trans Fat</b>	0.29g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	671.90mg		
<b>Carbohydrates</b>	33.50g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	19.30g		
<b>Vitamin A</b>	645.00IU	<b>Vitamin C</b>	5.00mg
<b>Calcium</b>	91.00mg	<b>Iron</b>	2.40mg

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# Cheesy Refried Beans

<b>Servings:</b>	70.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20129
<b>School:</b>	Concord Intermediate		

## Ingredients

Description	Measurement	DistPart #
BEAN REFRIED SEAS DEHY 6-1.75 SANTG	4 Each	183910
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	80 Ounce	722110

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.50
<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>	0.50
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 0.75 Cup

#### Amount Per Serving

<b>Calories</b>	239.90		
<b>Fat</b>	6.58g		
<b>SaturatedFat</b>	3.51g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	17.14mg		
<b>Sodium</b>	870.26mg		
<b>Carbohydrates</b>	30.85g		
<b>Fiber</b>	9.58g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	13.58g		
<b>Vitamin A</b>	229.24IU	<b>Vitamin C</b>	0.95mg
<b>Calcium</b>	169.04mg	<b>Iron</b>	2.31mg

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# Sausage Egg & Cheese Croissant

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-20158
<b>School:</b>	Concord Intermediate		

## Ingredients

Description	Measurement	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	1 Each	785880
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

<b>Meat</b>	2.50
<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>	411.00		
<b>Fat</b>	24.00g		
<b>SaturatedFat</b>	9.20g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	138.50mg		
<b>Sodium</b>	697.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	17.00g		
<b>Vitamin A</b>	56.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	57.00mg	<b>Iron</b>	1.50mg

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# BeneFIT Breakfast Bar

<b>Servings:</b>	4.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-24448
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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



# Uncrustable

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-24449
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

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

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# Mini Pancakes

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

## Ingredients

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

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

### Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 pouch

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

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

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# Variety of 100% Juice

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 11.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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# Uncrustable with String Cheese

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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# Mashed Potatoes

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

## Ingredients

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

## Preparation Instructions

### RECONSTITUTE

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

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.50

### Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 0.50 Cup

#### Amount Per Serving

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

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# Assortment of Cereal

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00



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

### Nutrition Facts

Servings Per Recipe: 13.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

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

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

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# Pop-Tarts (2 count)

<b>Servings:</b>	4.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28215
<b>School:</b>	Concord Community Elementary Schools		

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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# Cereal Bar

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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# Variety of Muffin

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

## Ingredients

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

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

### Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 muffin

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

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

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# Yogurt

<b>Servings:</b>	5.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28222
<b>School:</b>	Concord Community Elementary Schools		

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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# Powdered Sugar Icing

<b>Servings:</b>	110.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Tablespoon	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28459
<b>School:</b>	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

<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: 110.00

Serving Size: 2.00 Tablespoon

#### Amount Per Serving

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

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# French Toast

<b>Servings:</b>	4.00	<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-29008
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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



# Chicken & Noodles

<b>Servings:</b>	512.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	1.25
<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: 512.00

Serving Size: 1.00 Cup

Amount Per Serving	
<b>Calories</b>	227.73
<b>Fat</b>	3.67g
<b>SaturatedFat</b>	0.56g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	93.75mg
<b>Sodium</b>	189.75mg
<b>Carbohydrates</b>	33.95g
<b>Fiber</b>	0.00g
<b>Sugar</b>	0.17g
<b>Protein</b>	13.13g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	0.00mg

**Calcium** 1.33mg **Iron** 2.25mg

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# Fresh Baked Cookies

<b>Servings:</b>	3.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 cookie	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 cookie

#### Amount Per Serving

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

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# Uncrustable w/ Yogurt and Goldfish

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

## Ingredients

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

<b>Meat</b>	4.00
<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: 2.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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# Graham Snack

<b>Servings:</b>	8.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29387
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Each

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

<b>Protein</b>	1.75g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	27.50mg	<b>Iron</b>	1.12mg

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# Spicy 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-29410
<b>School:</b>	Concord Intermediate		

## Ingredients

Description	Measurement	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each	327080
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	517810

## Preparation Instructions

Lay out chicken patty on sheet tray with paper . Bake at 350 for 15 min or until temp is 135.

### Meal Components (SLE)

Amount Per Serving

<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>	410.00		
<b>Fat</b>	16.50g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	580.00mg		
<b>Carbohydrates</b>	42.00g		
<b>Fiber</b>	6.00g		
<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>	70.00mg	<b>Iron</b>	3.00mg

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

# Hamburger on Bun ++

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29417
<b>School:</b>	Concord Intermediate		

## Ingredients

Description	Measurement	DistPart #
BEEF STK SMKY GRLL 100-3Z PIER	1 Each	451400
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	517810

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.00
<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>	370.00		
<b>Fat</b>	18.50g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	1.00g		
<b>Cholesterol</b>	70.00mg		
<b>Sodium</b>	550.00mg		
<b>Carbohydrates</b>	25.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	41.70mg	<b>Iron</b>	2.60mg

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# Yogurt Parfait++

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-29418
<b>School:</b>	Concord Intermediate		

## Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	1 Cup	811500
YOGURT STRAWB L/F PARFPR 6-4 YOPL	1/2 Cup	811490
IQF Frozen Sliced Strawberries	1/2 Cup	110860
Wild Blueberries fzn	1/2 Cup	100243
Cherries, Sweet, Frozen	1/2 Cup	110872

## Preparation Instructions

Each parfait get 1/2 cup of yogurt and 1/2 cup fruit. Also make sure to offer a Goldfish graham as the grain.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	144.44		
<b>Fat</b>	0.75g		
<b>SaturatedFat</b>	0.37g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	60.37mg		
<b>Carbohydrates</b>	31.30g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	21.92g		
<b>Protein</b>	4.40g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	134.33mg	<b>Iron</b>	0.00mg

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# Baked Potato or Potato Wedges

<b>Servings:</b>	3.00	<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-29428
<b>School:</b>	Concord Intermediate		

## Ingredients

Description	Measurement	DistPart #
POTATO BAKER IDAHO 2 6Z 50 MRKN	1 Each	328731
POTATO BAKER BABY WHL 6-2.5 RSTWRKS	3 2/7 Ounce	697990
Potatoes, Wedges, Low-sodium Frozen	1/2 Cup	100355

## 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>	0.50

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	100.67		
<b>Fat</b>	1.67g		
<b>SaturatedFat</b>	0.33g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	101.67mg		
<b>Carbohydrates</b>	19.00g		
<b>Fiber</b>	2.33g		
<b>Sugar</b>	0.67g		
<b>Protein</b>	2.67g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	8.00mg	<b>Iron</b>	0.60mg

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# Macaroni and Cheese ++

<b>Servings:</b>	46.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29501
<b>School:</b>	Concord Intermediate		

## Ingredients

Description	Measurement	DistPart #
PASTA ELBOW MACAR 8-2.5 PG	70 Ounce	664461
MILK PWD FF INST 6-5 P/L	1 1/3 Cup	311065
Tap Water for Recipes	3 3/4 Cup	000001WTR
Cheese, Cheddar Reduced fat, Shredded	35 Ounce	100012
SPICE PEPR BLK 30 MESH REG GRIND 5	2 Teaspoon	225045
SPICE GARLIC POWDER 21Z TRDE	1 Tablespoon	224839
SPICE NUTMEG GRND 16Z TRDE	1/2 Teaspoon	224944
SAUCE CHS CHED POUCH 6-106Z LOL	106 Ounce	135261

## Preparation Instructions

1. Heat pot of water to rolling boil.
  2. Slowly add macaroni. Stir constantly, until water boils again. Cook about 8 minutes or until tender; stir occasionally.  
DO NOT OVERCOOK. Slightly undercooking pasta will allow it to continue to cook once pasta is in the cheese sauce and in hot holding without getting overcooked and mushy. Drain well.
  3. Combine 3.75 cups water with the nonfat dry milk powder and stir well to create skim milk. Add black pepper, garlic powder, and nutmeg. Stir to combine.
  4. Heat cheese sauce on stovetop or in steamer. Slowly add the skim milk mixture created in step 3. Add the shredded cheese. Stir until the cheese is melted and mixture is smooth. CCP: Heat to 140°F or higher.
  5. Stir pasta into cheese sauce. Pour macaroni and cheese mixture into steamtable pans (12" x 20" x 2 1/2") which have been lightly coated with pan release spray.
  6. CCP: Hold for hot service at 135°F or higher.
- Portion with 3/4 cup ladle (6 oz). This should weigh about 8.25 ounces.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.50
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<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 46.00  
Serving Size: 0.75 Cup

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**Amount Per Serving**

<b>Calories</b>	319.91
<b>Fat</b>	13.01g
<b>SaturatedFat</b>	7.65g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	38.70mg
<b>Sodium</b>	585.59mg
<b>Carbohydrates</b>	37.61g
<b>Fiber</b>	1.52g
<b>Sugar</b>	2.57g
<b>Protein</b>	16.73g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	253.47mg	<b>Iron</b>	1.38mg

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# Ham, Egg, & Cheese English Muffin

<b>Servings:</b>	1.00	<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-29510
<b>School:</b>	Concord Intermediate		

## 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
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	1 Each	687131

## 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 Sandwich

#### Amount Per Serving

<b>Calories</b>	243.33
<b>Fat</b>	9.17g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	127.50mg
<b>Sodium</b>	705.00mg
<b>Carbohydrates</b>	22.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	16.67g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 111.00mg	<b>Iron</b> 1.84mg

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# Chicken Stir-Fry

<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.85 ounce weight	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29511
<b>School:</b>	Concord Intermediate		

## Ingredients

Description	Measurement	DistPart #
CHIX STRP TERYK 6-7.15	2 6/7 Ounce	890911
STIR FRY KIT GEN TSO CHIX 6-7.15	3 9/10 Ounce	199341
ENTREE CHIX SWT CHILI THAI 6-7.15	2 6/7 Ounce	536900
CHIX CHNK SWT&SOUR CHRY BLSSM 6-7.15	3 9/10 Ounce	653342
STIR FRY CHIX TANGR WGRAIN 6-7.2	3 9/10 Ounce	791710

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 2.85 ounce weight

#### Amount Per Serving

<b>Calories</b>	178.00		
<b>Fat</b>	4.90g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	53.00mg		
<b>Sodium</b>	392.00mg		
<b>Carbohydrates</b>	19.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	11.60g		
<b>Protein</b>	14.60g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.48mg
<b>Calcium</b>	8.00mg	<b>Iron</b>	0.98mg

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