

Cookbook for Concord High School

Created by HPS Menu Planner

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Spicy Chicken Patty Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10095
School:	Concord High School		

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

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	410.00		
Fat	16.50g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	580.00mg		
Carbohydrates	42.00g		
Fiber	6.00g		
Sugar	5.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	70.00mg	Iron	3.00mg

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

Bacon Cheeseburger*

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10098
School:	Concord High School		

Ingredients

Description	Measurement	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
BACON CKD RND 192CT HRML	1 Slice	433608
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	517810
BEEF STK SMKY GRLL 100-3Z PIER	1 Each	451400

Preparation Instructions

Lay frozen burger on double paper lined sheet tray add bacon on top. Bake at 350 for 10 minutes. Place on bun and add 1 slice of cheese

Meal Components (SLE)

Amount Per Serving

Meat	3.50
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	460.00		
Fat	25.00g		
SaturatedFat	10.00g		
Trans Fat	1.00g		
Cholesterol	92.50mg		
Sodium	910.01mg		
Carbohydrates	26.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	29.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	41.70mg	Iron	2.60mg

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

Grilled Chicken Caesar Salad*

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10099
School:	Concord High School		

Ingredients

Description	Measurement	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	1 Each	152121
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup	735787
CHEESE PARM SHRD FCY 2-5 STLL	2 Tablespoon	871380
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package	661022
DRESSING CAESAR CRMY PKT 60-1.5FLZ	1 Each	824950
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package	282422

Preparation Instructions

Start with 9x9 container, layer : lettuce , cheese , chicken, Add dressing , 2 packages crouton, and 1 package of cheez-its . Keep in cooler and serve .

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.50
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	578.00
Fat	31.60g
SaturatedFat	7.40g
Trans Fat	0.04g
Cholesterol	87.50mg
Sodium	1340.40mg
Carbohydrates	40.00g
Fiber	4.30g
Sugar	4.00g
Protein	34.70g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 281.10mg	Iron 3.16mg

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Buffalo Chicken Wrap

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10101
School:	Concord High School		

Ingredients

Description	Measurement	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	20 Each	152121
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	1 1/2 Cup	704229
DRESSING RNCH 4-1GAL HVALL	40 Tablespoon	759082
CHEESE BLND CHED/MONTRY JK SHRD 4-5	2 1/2 Cup	712131
LETTUCE ROMAINE CHOP 6-2 RSS	20 Cup	735787
TORTILLA FLOUR 12 12-12CT GRSZ	20 Each	713370

Preparation Instructions

Start with a large bowl , combined : chicken , hot sauce , ranch dressing , cheese , and mix well . Start with tortilla, layer : 1 1/2 cups of lettuce and 1 cup of the bowl mixture . Fold into a wrap , and cut in half . Place in a 5x5 container. Store in cooler and serve.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	3.50
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	605.00		
Fat	28.00g		
SaturatedFat	9.50g		
Trans Fat	0.00g		
Cholesterol	82.50mg		
Sodium	1473.00mg		
Carbohydrates	56.50g		
Fiber	3.00g		
Sugar	5.00g		
Protein	33.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium	217.67mg	Iron	4.42mg
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Chicken Penne Alfredo

Servings:	31.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10110
School:	Concord High School		

Ingredients

Description	Measurement	DistPart #
PASTA PENNE CKD 4-5 PG	2 Package	835900
SAUCE ALFREDO FZ 6-5 JTM	1 Package	155661
Chicken, diced, cooked, frozen	3 1/3 Pound	100101
CHEESE PARM SHRD FCY 10-2 PG	1 Pound	460095

Preparation Instructions

Pasta: Drop bag in boiling water for 30 seconds and then ready to add to your sauce.

Alfredo Sauce: Place sealed bag in steamer or boiling water. Heat approximately for 30 minutes or until product reaches serving temperature. CAUTION: OPEN BAG CAREFULLY TO AVOID BEING BURNED.

Diced Chicken: Thaw beforehand, Heat chicken until reaches serving temperatures.

Mix penne, alfredo sauce, diced chicken and parm cheese together. Hold for hot service.

Meal Components (SLE)

Amount Per Serving

Meat	3.50
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: 31.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	547.48		
Fat	19.87g		
SaturatedFat	7.97g		
Trans Fat	0.00g		
Cholesterol	75.79mg		
Sodium	783.92mg		
Carbohydrates	58.66g		
Fiber	2.84g		
Sugar	6.55g		
Protein	32.71g		
Vitamin A	311.65IU	Vitamin C	0.00mg
Calcium	418.25mg	Iron	2.44mg

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Chicken Bacon Ranch Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10119
School:	Concord High School		

Ingredients

Description	Measurement	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	1 Each	152121
BACON TOPPING 3/8 DCD 2-5 HRML	2 Tablespoon	104396
DRESSING RNCH 4-1GAL HVALL	2 Tablespoon	759082
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup	735787
TORTILLA FLOUR 12 12-12CT GRSZ	1 Each	713370

Preparation Instructions

Start with tortilla shell , Layer : ranch dressing , lettuce. bacon , chicken . Fold into a wrap and put in 5x5 container . Store in cooler and serve .

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	3.50
Fruit	0.00
GreenVeg	0.50
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	670.00		
Fat	32.50g		
SaturatedFat	10.50g		
Trans Fat	0.00g		
Cholesterol	120.00mg		
Sodium	1790.00mg		
Carbohydrates	56.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	40.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	116.67mg	Iron	4.42mg

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Buttered Green Beans

Servings:	113.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10129
School:	Concord High School		

Ingredients

Description	Measurement	DistPart #
Green Beans cnd	5 #10 CAN	100307
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/2 Cup	299405

Preparation Instructions

Open 10 cans of green beans , place them in deep pans . Add 1/2 a cup butter . Cook at 350 for 15 min. or to temp 145 . Place in warmer and serve .

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 113.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	25.39		
Fat	0.78g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	2.12mg		
Sodium	160.24mg		
Carbohydrates	3.43g		
Fiber	2.29g		
Sugar	1.14g		
Protein	1.14g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.21mg	Iron	0.00mg

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Minuteman Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10131
School:	Concord High School		

Ingredients

Description	Measurement	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	536620
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	2 Tablespoon	100012
POTATO PRLS EXCEL 12-28Z BAMER	1/2 Cup	613738
CORN CUT IQF 30 GCHC	1/4 Cup	285620
GRAVY CHIX RSTD 12-49Z HRTHSTN	1/4 Cup	516309

Preparation Instructions

Lay out chicken on sheet tray with paper. Bake 15 min to 135.

Mix potatoes according to instructions no more than 2 hours before serve time and hold for service.

Steam corn for 15 min and hold for service

Place gravy in 6" half pan and steam for 25 min or until temp reaches 135

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	383.33		
Fat	18.58g		
SaturatedFat	5.50g		
Trans Fat	0.00g		
Cholesterol	80.00mg		
Sodium	1060.00mg		
Carbohydrates	30.25g		
Fiber	3.58g		
Sugar	0.42g		
Protein	24.75g		
Vitamin A	200.00IU	Vitamin C	0.00mg

Calcium	28.00mg	Iron	1.59mg
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Cheeseburger*

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10134
School:	Concord High School		

Ingredients

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

Preparation Instructions

Cook beef patty at 350 ,for 25 min . temp at 165 . Add cheese and place in a hamburger bun . Wrap cheese burger up in a yellow foil wrapper. Hold in warmer and serve .

Meal Components (SLE)

Amount Per Serving

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

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Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10153
School:	Concord High School		

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup	735787
TOMATO GRAPE SWT 10 MRKN	1/4 Cup	129631
CARROT MATCHSTICK SHRED 2-3 RSS	1/4 Cup	198161
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1/4 Cup	100012
TURKEY HAM DCD 2-5 JENNO	2 Ounce	202150
EGG HARD CKD PLD BIB 4-2.5 GCHC	1 Each	229431
DRESSING FREN HNY PKT 120-1.5Z MARZ	1 Each	266515
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package	661022
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package	282422

Preparation Instructions

Start with laying out 9x9 containers, add and layer : lettuce , cheese, carrots , ham , tomato , one egg . Then add 2 packages of croutons , 1 package of cheez-its and dressing . Keep in cooler and serve .

Meal Components (SLE)

Amount Per Serving

Meat	3.75
Grain	2.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	676.69
Fat	36.52g
SaturatedFat	10.42g
Trans Fat	0.04g
Cholesterol	241.54mg
Sodium	1144.09mg
Carbohydrates	53.75g
Fiber	5.35g

Sugar	18.75g
Protein	30.15g
Vitamin A 5724.90IU	Vitamin C 8.12mg
Calcium 173.10mg	Iron 3.85mg

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

Chicken Sandwich*

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10156
School:	Concord High School		

Ingredients

Description	Measurement	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	1 Each	525480
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	517810

Preparation Instructions

Lay out chicken on paper then on sheet pan . Cook at 350 for 25 min , temp at 165 . Place chicken on a bun , and fold in a foil wrap . Place on sheet pan in the warmer and serve .

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	340.00		
Fat	10.50g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	470.00mg		
Carbohydrates	34.00g		
Fiber	6.00g		
Sugar	4.00g		
Protein	25.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.00mg

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Variety of Fruit

Servings:	13.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10694
School:	Concord High School		

Ingredients

Description	Measurement	DistPart #
Diced Pears 6-10	1 Cup	100225
Applesauce cnd	1 Cup	110541comm
Diced Peaches CND 6-10	1 Cup	100220
Peach Cups 96-4.4Z	1 Each	100241
STRAWBERRIES, DICED, CUPS, FROZEN	1 Each	100256
ORANGES MAND WHL L/S 6-10 GCHC	1 Cup	117897
PINEAPPLE TROPICAL GLD 6-81Z DOLE	1 Cup	500471
FRUIT SAL TROP L/S 6-10 DOLE	1 Cup	506109
APPLE BRAEBURN 138CT MRKN	1 Each	569382
Apple slices - 2 oz	1	04134
PEAR 95-110CT MRKN	1 Each	198056
BANANA TURNING SNGL 150CT 40 P/L	1 Each	197769
GRAPES RED SDLSS 18AVG MRKN	1 Cup	197831
ORANGES NAVEL/VALENCIA CHC 125-138CT	1 Cup	322326
FRUIT COCKTAIL DCD XL/S 6-10 P/L	1 Cup	258362

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
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Grain	0.00
Fruit	1.28
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 Cup

Amount Per Serving

Calories	172.43
Fat	0.12g
SaturatedFat	0.02g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	5.65mg
Carbohydrates	43.98g
Fiber	5.60g
Sugar	31.26g
Protein	1.39g

Vitamin A	94.52IU	Vitamin C	11.35mg
Calcium	23.99mg	Iron	0.54mg

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

Biscuit Sticks & Gravy

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10706
School:	Concord High School		

Ingredients

Description	Measurement	DistPart #
SAUSAGE & GRAVY PREM 6-2 TENNPR	1/2 Cup	131067
DOUGH BISC STICK 250-1.25Z RICH	2 Each	149070

Preparation Instructions

Start with putting sausage gravy in steamer, cooking to 165 degrees . Then keep in warmer . Cook biscuits at 350 for 8 min. Then keep in warmer . Serve 2 biscuit sticks with 1/2 cup of gravy .

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	406.67		
Fat	23.33g		
SaturatedFat	12.67g		
Trans Fat	0.00g		
Cholesterol	13.33mg		
Sodium	1460.00mg		
Carbohydrates	39.33g		
Fiber	0.00g		
Sugar	4.67g		
Protein	6.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

PBJ Meal*

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10841
School:	Concord High School		

Ingredients

Description	Measurement	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each	527462
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package	282422
CHEESE STIX COLBY JK R/F IW 168-1Z	1 Each	786510

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	490.00
Fat	25.50g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	630.00mg
Carbohydrates	47.00g
Fiber	5.00g
Sugar	15.00g
Protein	18.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
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Calcium	337.00mg	Iron	1.72mg
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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

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Tomato Soup- HS

Servings:	23.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12635
School:	Concord High School		

Ingredients

Description	Measurement	DistPart #
SOUP TOMATO 12-5 CAMP	1 #5 CAN	101427
Tap Water for Recipes	1 #5 CAN	000001WTR

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	0.38
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 23.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	55.58		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	296.40mg		
Carbohydrates	12.35g		
Fiber	0.62g		
Sugar	7.41g		
Protein	1.24g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12.35mg	Iron	0.44mg

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

Ham & Cheese Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12649
School:	Concord High School		

Ingredients

Description	Measurement	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 3/5 Ounce	100187
CHEESE COLBY JK SLCD 6-1.5 GCHC	1 Each	105988
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	276142

Preparation Instructions

Start with laying out sub buns on a sheet pan . Add ham and colby jack cheese . Place parchment paper on top. Store in cooler and serve .

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 Each

Amount Per Serving

Calories	354.00		
Fat	15.66g		
SaturatedFat	7.58g		
Trans Fat	0.00g		
Cholesterol	75.45mg		
Sodium	1084.77mg		
Carbohydrates	34.16g		
Fiber	2.00g		
Sugar	6.08g		
Protein	27.41g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	200.00mg	Iron	2.00mg

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

French Toast Sticks with Sausage Links

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-14666
School:	Concord High School		

Ingredients

Description	Measurement	DistPart #
FRENCH TST STIX WGRAIN 6-2 RICH	3 Each	652370
SAUSAGE LNK PORK 1.2Z 250CT COMM	2 Each	344090

Preparation Instructions

Lay out french toast sticks on paper liner on a sheet pan , cook at 350 , for 7 min. temp at 145 . keep in warmer and serve . Lay out sausage on paper liner on a sheet pan. cook for 10 min , check temp at 165 . Then place in warmer and serve .

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.50
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	455.00		
Fat	22.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	910.00mg		
Carbohydrates	45.00g		
Fiber	3.00g		
Sugar	9.00g		
Protein	21.50g		
Vitamin A	5.81IU	Vitamin C	0.00mg
Calcium	67.90mg	Iron	2.96mg

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

Chicken Patty Sandwich++

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20103
School:	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

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

Walking Taco*

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20124
School:	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

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

*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

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

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

Pop-Tarts (2 count)

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving

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

*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

Yogurt Parfait*

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28455
School:	Concord High School		

Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	100 Cup	811500
GRANOLA OAT&HNY BULK 4-50Z NATVLLY	50 Cup	226671
Blueberries, Frozen	25 Cup	110624
Strawberries, Whole fzn	25 Cup	100253

Preparation Instructions

Use 12 oz. cup. Layer 1/2 cup yogurt, 1/2 cup fruit, 1/2 cup yogurt add 1/2 cup granola on top in insert cover with lid.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	435.02		
Fat	3.86g		
SaturatedFat	1.12g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	344.78mg		
Carbohydrates	93.58g		
Fiber	4.24g		
Sugar	54.51g		
Protein	11.19g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	298.51mg	Iron	1.34mg

*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

Mini Pancakes with Scrambled Eggs

Servings:	8.00	Category:	Entree
Serving Size:	1.00 pouch	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29039
School:	Concord High School		

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
WAFFLE MINI BLUEB WGRAIN IW 72-2.47Z	1 Package	269240
WAFFLE MINI MAPL WGRAIN IW 72-2.47Z	1 Package	269260
EGG SCRMBD CKD FZ 4-5 CARG	4 Cup	192330

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: 8.00

Serving Size: 1.00 pouch

Amount Per Serving

Calories	302.50
Fat	12.00g
SaturatedFat	2.81g
Trans Fat	0.00g
Cholesterol	193.13mg
Sodium	485.00mg
Carbohydrates	38.38g
Fiber	2.63g
Sugar	10.13g

Protein	10.00g		
Vitamin A	62.50IU	Vitamin C	0.00mg
Calcium	82.25mg	Iron	1.51mg

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

Breakfast Pancake Tacos

Servings:	1.00	Category:	Entree
Serving Size:	2.00 TACO	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29042
School:	Concord High School		

Ingredients

Description	Measurement	DistPart #
PANCAKE 1.2Z 12-12CT KRUST	2 Each	156020
EGG SCRMBD CKD W/BCN & CHS 4-5 SNY	1/2 Cup	533034

Preparation Instructions

2 pancakes folded like tortillas with eggstravaganza in the middle

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 TACO

Amount Per Serving

Calories	362.66		
Fat	18.87g		
SaturatedFat	5.73g		
Trans Fat	0.00g		
Cholesterol	322.66mg		
Sodium	817.33mg		
Carbohydrates	27.80g		
Fiber	1.33g		
Sugar	6.47g		
Protein	18.40g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.67mg	Iron	1.20mg

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

Mini Pancakes with Sausage

Servings:	8.00	Category:	Entree
Serving Size:	1.00 pouch	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29043
School:	Concord High School		

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
WAFFLE MINI BLUEB WGRAIN IW 72-2.47Z	1 Package	269240
WAFFLE MINI MAPL WGRAIN IW 72-2.47Z	1 Package	269260
SAUSAGE LNK PORK 1.2Z 250CT COMM	16 Each	344090

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: 8.00

Serving Size: 1.00 pouch

Amount Per Serving

Calories	352.50
Fat	16.00g
SaturatedFat	3.81g
Trans Fat	0.00g
Cholesterol	53.13mg
Sodium	745.00mg
Carbohydrates	36.38g
Fiber	2.63g
Sugar	10.13g

Protein	18.00g
Vitamin A 62.50IU	Vitamin C 0.00mg
Calcium 86.25mg	Iron 2.23mg

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

Chicken Stir-Fry with Vegetable Fried Rice

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-29058
School:	Concord High School		

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
RICE FRIED VEG WGRAIN 6-5.16 MINH	5 Cup	676463

Preparation Instructions

Prepare stir-fry as indicated per package. Serve stir-fry based on ounce weight listed above and with 1 cup of Fried Rice.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.13

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	823.71		
Fat	10.88g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	53.00mg		
Sodium	1444.25mg		
Carbohydrates	148.14g		
Fiber	10.56g		
Sugar	18.78g		
Protein	28.94g		
Vitamin A	0.00IU	Vitamin C	0.48mg
Calcium	8.00mg	Iron	10.54mg

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

Chili Cheese Loaded Potato Wedges

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29060
School:	Concord High School		

Ingredients

Description	Measurement	DistPart #
Potatoes, Wedges, Low-sodium Frozen	1 Cup	100355
CHILI BEEF W/BEAN 6-5 COMM	3 Ounce	344012
SAUCE CHS CHED DIP CUP 140-3Z LOL	1 Each	528690

Preparation Instructions

Chili Cook: 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

1 serving includes: 1 cup of potato wedges, 3 ounce weight of chili, and 1 cup of cheese sauce. Will need to pair with grain item.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	1.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	472.22
Fat	18.57g
SaturatedFat	8.87g
Trans Fat	0.00g
Cholesterol	45.95mg
Sodium	888.35mg
Carbohydrates	53.72g
Fiber	6.06g
Sugar	12.57g
Protein	20.69g
Vitamin A 644.25IU	Vitamin C 9.78mg
Calcium 359.24mg	Iron 1.54mg

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Apple Cinnamon Texas French Toast with Sausage Links

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29070
School:	Concord High School		

Ingredients

Description	Measurement	DistPart #
TOAST TEXAS APPL CINN IW 96-3.3Z S&F	1 Slice	152504
SAUSAGE LNK PORK 1.2Z 250CT COMM	2 Each	344090

Preparation Instructions

Lay out french toast sticks on paper liner on a sheet pan , cook at 350 , for 7 min. temp at 145 . keep in warmer and serve . Lay out sausage on paper liner on a sheet pan. cook for 10 min , check temp at 165 . Then place in warmer and serve .

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	400.00		
Fat	16.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	810.00mg		
Carbohydrates	45.00g		
Fiber	2.00g		
Sugar	17.00g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	93.00mg	Iron	3.72mg

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Italian Ham Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29072
School:	Concord High School		

Ingredients

Description	Measurement	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 3/5 Ounce	100187
SALAMI HARD SLCD 4/Z 5-2 PG	2 Slice	776260
CHEESE PROV NAT SLCD .75Z 6-1.5 GCHC	1 Slice	726532
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	276142

Preparation Instructions

Start with laying out sub bun on sheet paper on to a sheet pan . Add 2.60 ounce weight of ham, two slices of salami , and one slice of cheese . Cover with parchment paper . Store in cooler and serve .

Meal Components (SLE)

Amount Per Serving

Meat	3.00
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	404.00		
Fat	19.66g		
SaturatedFat	9.08g		
Trans Fat	0.00g		
Cholesterol	82.95mg		
Sodium	1359.77mg		
Carbohydrates	34.16g		
Fiber	2.00g		
Sugar	6.08g		
Protein	29.91g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	205.00mg	Iron	2.00mg

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Buffalo Chicken Dip with Chips

Servings:	30.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29073
School:	Concord High School		

Ingredients

Description	Measurement	DistPart #
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	5 Pound	722110
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	1 Cup	704229
Chicken, Fajita Strips, Cooked, Frozen	5 Pound	100117
CHIP TORTL CRN YEL RND REST 72-1.5Z	30 Each	133273

Preparation Instructions

Heating Instructions for Queso Blanco & Buffalo Sauce:

Place unopened pouches in a full-size perforated pan.

Heat approximately for 30-45 minutes and check for internal temp. of 145°F (HACCP Critical Control Point - 145°F for 15 seconds). Your cook time may vary according to quantity of product being heated.

Once the product has reached internal temp., place on serving line or hold hot (HACCP Critical Control Point - 145°F or higher) until ready to use.

Open the bag carefully to avoid being burned.

Chicken Heating Instructions:

Heat frozen diced or shredded chicken accordingly to manufacturer heating instructions (HACCP Critical Control Point - 165°F or higher) and hold until ready to serve.

Assemble:

In a mixing bowl, combine 5 lbs of Queso Blanco and 1 cup of Buffalo Style Sauce; mix until fully blended.

In a full size 2" deep pan, toss cooked chicken with the buffalo queso mixture and blend thoroughly.

Portion: In a bowl portion 1/2 cup of buffalo chicken dip. Serve with tortilla chips.

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: 30.00
 Serving Size: 0.50 Cup

Amount Per Serving

Calories	520.00
Fat	25.33g
SaturatedFat	10.73g
Trans Fat	0.00g
Cholesterol	138.67mg
Sodium	1859.38mg
Carbohydrates	35.33g
Fiber	3.00g
Sugar	2.67g
Protein	36.33g

Vitamin A	533.33IU	Vitamin C	0.00mg
Calcium	269.33mg	Iron	0.90mg

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Chicken & Waffles

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29457
School:	Concord High School		

Ingredients

Description	Measurement	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	536620
WAFFLE MINI MAPL IW 72-2.65Z EGGO	1 Package	284811

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 Serving

Amount Per Serving

Calories	460.00
Fat	18.00g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	770.00mg
Carbohydrates	52.00g
Fiber	7.00g
Sugar	10.00g
Protein	23.00g
Vitamin A 1200.00IU	Vitamin C 0.00mg
Calcium 280.00mg	Iron 5.04mg

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Boom Boom Chicken w/onion rings

Servings:	160.00	Category:	Entree
Serving Size:	10.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29515
School:	Concord High School		

Ingredients

Description	Measurement	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	45 Pound	536620
SAUCE BOOM BOOM 4-1GAL KENS	1 Gallon	877930
ONION RING BRD WGRAIN 6-5#TASTY BRAND	800 Each	234061

Preparation Instructions

Place one bag of frozen chicken at a time in a metal bowl. Add 1 & 3/4 cup boom boom sauce, toss until chicken is coated. Place chicken on a sheet tray that has been sprayed with pan spray. When all Chicken is coated and on Sheet trays, bake in a convection oven at 350 degrees for 15 to 20 minutes. (Oven Settings breaded product)

Before meal service place 10 Chicken smackers in food boats. Place in warmer till needed.

Heat Onion rings according to package directions. Serve 5 onion rings with each serving of chicken.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 10.00 Each

Amount Per Serving			
Calories	591.93		
Fat	34.39g		
SaturatedFat	6.64g		
Trans Fat	0.00g		
Cholesterol	85.23mg		
Sodium	975.28mg		
Carbohydrates	47.39g		
Fiber	6.14g		
Sugar	6.60g		
Protein	22.88g		
Vitamin A	209.26IU	Vitamin C	0.00mg
Calcium	120.93mg	Iron	2.59mg

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