

Cookbook for Concord High School

Created by HPS Menu Planner

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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	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	1 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes. MICROWAVE Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	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

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

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	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	20 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes. MICROWAVE Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	152121
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	1 1/2 Cup		704229
DRESSING RNCH 4-1GAL HVALL	40 Tablespoon	READY_TO_EAT Ready to use.	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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Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10102
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	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
School White Wheat Sandwich Bread	2 Slice		12385

Preparation Instructions

Place buns on sheet tray , add ham and cheese . Cover with parchment paper , put in the 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	332.76		
Fat	15.14g		
SaturatedFat	7.42g		
Trans Fat	0.00g		
Cholesterol	75.45mg		
Sodium	1152.07mg		
Carbohydrates	31.56g		
Fiber	2.36g		
Sugar	6.08g		
Protein	25.19g		
Vitamin A	0.02IU	Vitamin C	0.00mg
Calcium	189.18mg	Iron	1.34mg

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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	Prep Instructions	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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BLT Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10126
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON TOPPING 3/8 DCD 2-5 HRML	1/2 Cup		104396
EGG HARD CKD PLD BIB 4-2.5 GCHC	1 Each		229431
LETTUCE ROMAINE CHOP 6-2 RSS	2 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/8 Cup		129631
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package		282422

Preparation Instructions

Start with 9x9 container. Layer : lettuce , cheese, bacon topping , tomato , and one egg. Add dressing , croutons, dinner roll. Keep in cooler and sever .

Meal Components (SLE)

Amount Per Serving

Meat	2.75
Grain	2.00
Fruit	0.00
GreenVeg	0.50
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	667.21		
Fat	39.15g		
SaturatedFat	16.91g		
Trans Fat	0.04g		
Cholesterol	315.00mg		
Sodium	1981.57mg		
Carbohydrates	38.91g		
Fiber	5.09g		
Sugar	5.65g		
Protein	41.41g		
Vitamin A	194.92IU	Vitamin C	3.21mg

Calcium	375.44mg	Iron	3.58mg
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Turkey & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10127
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	4 Slice		689541
CHEESE PROV NAT SLCD .75Z 6-1.5 GCHC	1 Slice		726532
380 - Aunt Millie's WG Honey White Bread	2 Each		380

Preparation Instructions

2 slices of bread 4 slices of turkey and 1 slice of cheese cut at angle and place in wedge container.

Meal Components (SLE)

Amount Per Serving

Meat	2.53
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	331.66
Fat	9.02g
SaturatedFat	4.01g
Trans Fat	0.00g
Cholesterol	55.83mg
Sodium	959.31mg
Carbohydrates	34.00g
Fiber	4.00g
Sugar	6.00g
Protein	29.37g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 159.00mg	Iron 12.00mg

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Italian Ham Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10137
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	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
380 - Aunt Millie's WG Honey White Bread	2 Each		380

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	3.01
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	424.00
Fat	19.16g
SaturatedFat	8.58g
Trans Fat	0.00g
Cholesterol	82.95mg
Sodium	1439.77mg
Carbohydrates	40.16g
Fiber	4.00g
Sugar	9.08g
Protein	28.91g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 159.00mg	Iron 12.00mg

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Chicken Caesar Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10138
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST PTY FC 100-3.1Z TYS	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	209244
CHEESE PARM SHRD FCY 10-2 PG	1/4 Cup		460095
LETTUCE ROMAINE CHOP 6- 2 RSS	1 Cup		735787
DRESSING CAESAR 4-1 GAL GFS	1/4 Cup		818201
TORTILLA FLOUR 12 PRSD ULTRGR 6-12CT	1 Each	STEAM PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690151

Preparation Instructions

Start with a tortilla. Layer: dressing , lettuce , chicken ,cheese. Fold into a wrap. Place in a 5x5 container, and 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		713.15	
Fat		41.82g	
SaturatedFat		11.82g	
Trans Fat		0.00g	
Cholesterol		86.62mg	
Sodium		1596.20mg	
Carbohydrates		58.66g	
Fiber		6.66g	
Sugar		8.00g	
Protein		28.98g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	402.89mg	Iron	3.06mg

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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	Prep Instructions	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
Calcium 337.00mg	Iron 1.72mg

*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	Prep Instructions	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

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Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30586
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	2 Ounce		100101
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1/4 Cup		100012
LETTUCE ROMAINE CHOP 6-2 RSS	2 Cup		735787
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, and chicken . 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	3.00
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	585.00		
Fat	30.10g		
SaturatedFat	7.90g		
Trans Fat	0.04g		
Cholesterol	62.00mg		
Sodium	796.40mg		
Carbohydrates	50.00g		
Fiber	4.80g		
Sugar	16.00g		
Protein	27.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	149.10mg	Iron	2.52mg

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

Chicken Bacon Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30587
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	2 Ounce		100101
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	2 Tablespoon	UNPREPARED	100012
LETTUCE ROMAINE CHOP 6-2 RSS	2 Cup		735787
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
BACON TOPPING CKD 1/2 DCD 2-5 GCHC	2 Tablespoon		814781

Preparation Instructions

Start with laying out 9x9 containers, add and layer : lettuce , cheese, bacon, and chicken . 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	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	590.00		
Fat	30.10g		
SaturatedFat	6.90g		
Trans Fat	0.04g		
Cholesterol	62.00mg		
Sodium	1016.40mg		
Carbohydrates	49.50g		
Fiber	4.80g		
Sugar	16.00g		
Protein	29.70g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 149.10mg **Iron** 2.52mg

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