

Cookbook for Concord Intermediate

Created by HPS Menu Planner

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Assortment of Cereal

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 13.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	107.82		
Fat	1.27g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	147.91mg		
Carbohydrates	23.54g		
Fiber	2.09g		
Sugar	7.08g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	65.97mg	Iron	3.63mg

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

Nutrition - Per 100g

No 100g Conversion Available

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	Prep Instructions	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	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

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	5.56mg		
Carbohydrates	15.00g		
Fiber	0.00g		
Sugar	13.82g		
Protein	0.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.08mg	Iron	0.10mg

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Nutrition - Per 100g

No 100g Conversion Available

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

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

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Nutrition - Per 100g

No 100g Conversion Available

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	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each		281622
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	390.00
Fat	16.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	680.00mg
Carbohydrates	41.00g
Fiber	6.00g
Sugar	5.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 60.00mg	Iron 3.90mg

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Nutrition - Per 100g

No 100g Conversion Available

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-29410
School:	Concord Intermediate		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each		327080
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

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	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	380.00
Fat	15.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	590.00mg
Carbohydrates	40.00g
Fiber	5.00g
Sugar	5.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 60.00mg	Iron 4.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Hamburger on Bun ++

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each		203260
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	350.00
Fat	16.00g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	370.00mg
Carbohydrates	25.00g
Fiber	3.00g
Sugar	4.00g
Protein	23.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 2.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger ++

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20108
School:	Concord Intermediate		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each		203260
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	Brown Box/USDA Commodity	100036
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.250
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	390.00
Fat	18.50g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	67.50mg
Sodium	510.00mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	4.50g
Protein	26.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 2.00mg

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Nutrition - Per 100g

No 100g Conversion Available
