

Cookbook for Concord Intermediate

Created by HPS Menu Planner

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Mini Pancakes or Waffles

Servings:	8.00	Category:	Entree
Serving Size:	1.00 pouch	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-28201
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 8.00

Serving Size: 1.00 pouch

Amount Per Serving

Calories	224.38		
Fat	6.50g		
SaturatedFat	0.88g		
Trans Fat	0.00g		
Cholesterol	2.19mg		
Sodium	217.50mg		
Carbohydrates	38.75g		
Fiber	2.69g		
Sugar	10.94g		
Protein	4.13g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	42.50mg	Iron	1.86mg

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

Nutrition - Per 100g

No 100g Conversion Available

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

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

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable w/ String Cheese and Goldfish

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

Ingredients

Description	Measurement	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
CHEESE STRING MOZZ IW 168-1Z LOL	2 Each		786580
CRACKER GLDFSH CHED WGRAIN 300-.75Z	2 Package		736280

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 2.00

Serving Size: 1.00 Each

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

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

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

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

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

Salad Bar ++

Servings:	381.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20083
School:	Concord Intermediate		

Ingredients

Description	Measurement	Prep Instructions	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	<p>STEAMER: Arrange entire bag of frozen soybeans in a half-size steam table pan. Add 1/3 cup of water. Steam for 7 minutes. Drain and serve.</p> <p>STOVETOP: Bring 5 quarts of water to a boil on High in a 7-quart pot. Add entire bag of frozen soybeans to boiling water. Cook for 8 minutes. Drain and serve.</p> <p>MICROWAVE: Place half bag of frozen soybeans in a microwave-safe container. Add 2 tbsp. water. Cover tightly. Microwave on High for 4 minutes, stirring after 2 minutes. Drain and serve.</p>	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

Description	Measurement	Prep Instructions	DistPart #
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	UNSPECIFIED Not Currently Available	467802
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	BAKE dish into 4 oz. portion cups	
MUFFIN CHOCOLATE CHP WGRAIN 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

Meat	2.231
Grain	1.358
Fruit	0.822
GreenVeg	0.173
RedVeg	0.172
OtherVeg	0.143
Legumes	0.025
Starch	0.016

Nutrition Facts

Servings Per Recipe: 381.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	570.36		
Fat	28.25g		
SaturatedFat	7.58g		
Trans Fat	0.02g		
Cholesterol	101.13mg		
Sodium	997.41mg		
Carbohydrates	59.72g		
Fiber	4.85g		
Sugar	29.67g		
Protein	20.28g		
Vitamin A	835.38IU	Vitamin C	6.80mg
Calcium	50.83mg	Iron	2.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Muffin

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CHOCOLATE CHP WGRAIN IW 96-2Z	1 Each		273681
MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN	1 Each		273442
MUFFIN BANANA WGRAIN IW 48- 2Z SL	1 Each	THAW Store frozen until ready to use. Thaw overnight under refrigeration.	262362
MUFFIN DBL CHOC WGRAIN IW 48- 2Z SL	1 Each		262343
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each		262370
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each		557991
MUFFIN APPL CINN WGRAIN IW 72- 2Z	1 Each		558011
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each		557970
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each		557981

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 9.00

Serving Size: 1.00 muffin

Amount Per Serving

Calories	183.33		
Fat	6.06g		
SaturatedFat	1.50g		
Trans Fat	0.02g		
Cholesterol	23.33mg		
Sodium	119.44mg		
Carbohydrates	29.78g		
Fiber	1.56g		
Sugar	15.44g		
Protein	2.78g		
Vitamin A	1.60IU	Vitamin C	0.01mg
Calcium	20.34mg	Iron	0.99mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36902
School:	Concord Intermediate		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce	#10 Disher	722330
CHIP TORTL TOP N GO WGRAIN 44-1.4Z	1 Package		818222
Cheese, Cheddar Reduced fat, Shredded	2 Tablespoon		100012
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.130
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	359.06
Fat	14.80g
SaturatedFat	4.80g
Trans Fat	0.29g
Cholesterol	44.00mg
Sodium	555.70mg
Carbohydrates	36.69g
Fiber	6.60g
Sugar	3.60g
Protein	20.90g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 115.54mg	Iron 2.58mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Parfait++

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

Ingredients

Description	Measurement	Prep Instructions	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

Meat	1.000
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: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	144.44
Fat	0.75g
SaturatedFat	0.37g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	60.37mg
Carbohydrates	31.30g
Fiber	2.00g
Sugar	21.92g
Protein	4.40g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 134.33mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Stir-Fry

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP TERYK 6-7.15	2 6/7 Ounce	weight	890911
STIR FRY KIT GEN TSO CHIX 6-7.15	3 9/10 Ounce	weight. Serving has 1/2 Grain equivalents	199341
ENTREE CHIX SWT CHILI THAI 6-7.15	2 6/7 Ounce	weight	536900
CHIX CHNK SWT&SOUR CHRY BLSSM 6-7.15	3 9/10 Ounce	weight. Serving has 1/2 Grain equivalents	653342
STIR FRY CHIX TANGR WGRAIN 6-7.2	3 9/10 Ounce	weight. Serving has 1/2 Grain equivalents	791710

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 2.85 ounce weight

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

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	Prep Instructions	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 BKD PLN SLCD 64-2Z	1 Each	**Non-Whole Grain**	120861

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
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 Sandwich

Amount Per Serving			
Calories	333.33		
Fat	17.67g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	127.50mg		
Sodium	645.00mg		
Carbohydrates	28.00g		
Fiber	1.00g		
Sugar	4.50g		
Protein	14.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	81.00mg	Iron	1.64mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Egg & Cheese Croissant

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

Ingredients

Description	Measurement	Prep Instructions	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	**NON-WHOLE GRAIN**	172172

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.500
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	411.00
Fat	24.00g
SaturatedFat	9.20g
Trans Fat	0.00g
Cholesterol	138.50mg
Sodium	687.00mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	4.50g
Protein	17.00g
Vitamin A 56.00IU	Vitamin C 0.00mg
Calcium 57.00mg	Iron 1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheesy Refried Beans

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED SEAS DEHY 6-1.75 SANTG	4 Each	RECONSTITUTE 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	183910
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	80 Ounce		722110

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.500
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 0.75 Cup

Amount Per Serving	
Calories	241.96
Fat	6.92g
SaturatedFat	3.68g
Trans Fat	0.01g
Cholesterol	16.57mg
Sodium	872.26mg
Carbohydrates	30.28g
Fiber	9.64g
Sugar	0.00g
Protein	13.41g
Vitamin A 0.67IU	Vitamin C 0.95mg
Calcium 173.61mg	Iron 2.31mg

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

Nutrition - Per 100g

No 100g Conversion Available
