

Cookbook for Concord Jr. High School

Created by HPS Menu Planner

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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	Prep Instructions	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	THAW	100256
ORANGES MAND WHL L/S 6-10 GCHC	1 Cup		117897
PINEAPPLE TROPICAL GLD 6-81Z DOLE	1 Cup	READY_TO_EAT Ready to Eat	500471
FRUIT SAL TROP L/S 6-10 DOLE	1 Cup	READY_TO_EAT Ready to Eat	506109
APPLE BRAEBURN 138CT MRKN	1 Each		569382
Apple slices - 2 oz	1	READY_TO_EAT	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	0.000
Grain	0.000
Fruit	1.229
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 Cup

Amount Per Serving

Calories	170.89		
Fat	0.12g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.65mg		
Carbohydrates	43.83g		
Fiber	5.60g		
Sugar	31.26g		
Protein	1.54g		
Vitamin A	94.52IU	Vitamin C	11.35mg
Calcium	23.99mg	Iron	0.49mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hamburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23552
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB WHT WHE 4" 10-12CT ALPH	1 Each		248151
BEEF STK BRGR CHARB 160-3Z ADV	1 Each		203260

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 Sandwich

Amount Per Serving			
Calories	350.00		
Fat	16.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	380.00mg		
Carbohydrates	26.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	24.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.02mg	Iron	1.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23642
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each		203260
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
BUN HAMB WHT WHE 4" 10-12CT ALPH	1 Each		248151

Preparation Instructions

Hamburger patty: Conventional oven: from frozen state: preheat oven to 350 degrees F. Bake in a pan for 20-22 minutes. Convection oven: from frozen state: preheat oven to 350 degrees F. Bake in a pan for 8-9 minutes.

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 Sandwich

Amount Per Serving

Calories	405.00
Fat	20.50g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	72.50mg
Sodium	605.00mg
Carbohydrates	27.00g
Fiber	3.00g
Sugar	3.50g
Protein	27.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 113.52mg	Iron 1.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Patty Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23553
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each		327080
BUN HAMB WHT WHE 4" 10-12CT ALPH	1 Each		248151

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 Sandwich

Amount Per Serving			
Calories	380.00		
Fat	15.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	600.00mg		
Carbohydrates	41.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	62.02mg	Iron	3.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Regular Chicken Patty Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23554
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN CKD 3.05Z 6-5	1 Each		501861
BUN HAMB WHT WHE 4" 10-12CT ALPH	1 Each		248151

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 Sandwich

Amount Per Serving			
Calories	350.00		
Fat	12.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	650.00mg		
Carbohydrates	39.00g		
Fiber	5.00g		
Sugar	3.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	52.02mg	Iron	3.23mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10152
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD PTY FC 100-3.1Z TYS	1 Each		209244
BUN HAMB WHT WHE 4" 10-12CT ALPH	1 Each		248151

Preparation Instructions

Place grilled chicken breast on to sheet paper on a sheet pan . Cook at 350 for 25 min. or till temp of 165 . Next put the chicken in a bun , on to a sheet pan . Place in warmer and serve .

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	260.00
Fat	6.50g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	780.00mg
Carbohydrates	29.00g
Fiber	3.00g
Sugar	5.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 32.02mg	Iron 1.43mg

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Nutrition - Per 100g

No 100g Conversion Available

PBJ Meal

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23558
School:	Concord Jr. 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
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	2 Each		282422
CHEESE STRING MOZZ IW 168-1Z LOL	2 Each		786580

Preparation Instructions

Uncrustable (Strawberry or Grape)= 1 Meat Alternative and 1 Grain

Sunchips® Harvest Cheddar Multigrain Snacks= 1.25 Grain

CHEEZ-IT= 1.0 Grain

Goldfish Cheese Crackers=1.0 Grain

0.75 oz Peanut Butter Cup= Takes two cups to equal 1 Meat Alternative

Note: 1 Meal is 1 Uncrustable, 1 Grain (Sunchips, CHEEZ-IT, Goldfish), 1 Meat Alternative Option (1 String Cheese or 2 Peanut Butter Cups)

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	8.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	630.00mg
Carbohydrates	48.50g
Fiber	5.00g
Sugar	16.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 341.50mg	Iron 1.72mg

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Nutrition - Per 100g

No 100g Conversion Available

Sub Sandwich/Wrap

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23559
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	12 Slice		556121
CHEESE AMER 160CT SLCD 6-5 COMM	2 Slice		150260
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
TORTILLA SHELL SAL ULTRGR 10 BK 24-6	1 Each		720526

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.422
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	446.08
Fat	22.55g
SaturatedFat	6.94g
Trans Fat	0.00g
Cholesterol	130.15mg
Sodium	1346.18mg
Carbohydrates	27.00g
Fiber	2.00g
Sugar	2.50g
Protein	34.45g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 114.50mg	Iron 2.91mg

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Nutrition - Per 100g

No 100g Conversion Available

Salad Meal

Servings:	3.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23560
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	4 1/2 Cup		735787
Variety of Fresh Vegetables	1 1/2 Cup		
Cheese, Cheddar Reduced fat, Shredded	1/4 Cup		100012
CHIX STRP FAJT SEAS FC 8-4.99 TYS	3 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven 25-30 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven 3 1 2 to 4 minutes on HIGH power from frozen; hold 1 minute.	150160
TURKEY HAM DCD 2-5 JENNO	3 Ounce		202150
BACON TKY CKD 12-50CT JENNO	1 Ounce		834770
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	1 Each		786520
EGG HARD CKD PLD 8- 18CT SNYFR	1 Each		219160
DOUGH ROLL WGRAIN 288-1.25Z RICH	3 Each		237702

Description	Measurement	Prep Instructions	DistPart #
CHIP GARDEN SALSA 104-SSV SUNCHIP	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	696900
SNACK MUNCHIE MIX 104-SSV QUAK	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	251670
CRACKER GLDFSH CHS 300-.75Z PEPPFM	1 Each		110431

Preparation Instructions

Salad Bar has a choice of two of the above proteins

Shredded Cheddar Cheese (1/4 cup)= 1 meat alternative

Fajita Chieight)= 2 meat alternative

Turkey Ham Diced (3 oz weight)= 2 meat alternative

Turkey Bacon (1 oz weight)=1 meat alternative

Grilled Chicken (1 each)= 2 meat alternative

Hard Cooked Egg (1 each)=1 meat alternative

Sunchips=1.25 grain

Munchie=1.00 grain

Goldfish=1.00 grain

Dinner Roll= 1.00 grain

Meal Components (SLE)

Amount Per Serving

Meat	2.669
Grain	2.083
Fruit	0.000
GreenVeg	1.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 salad

Amount Per Serving	
Calories	659.97
Fat	33.11g
SaturatedFat	9.11g
Trans Fat	0.00g
Cholesterol	202.74mg
Sodium	1971.05mg
Carbohydrates	38.83g
Fiber	6.17g
Sugar	7.33g
Protein	49.05g
Vitamin A 749.70IU	Vitamin C 12.33mg
Calcium 73.73mg	Iron 4.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Romaine Lettuce with Cherry Tomatoes

Servings:	42.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23726
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	5 Pound		735787
TOMATO GRAPE SWT 10 MRKN	16 Ounce		129631

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.125
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 42.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	11.26		
Fat	0.02g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.54mg		
Carbohydrates	2.28g		
Fiber	1.06g		
Sugar	1.23g		
Protein	1.03g		
Vitamin A	89.96IU	Vitamin C	1.48mg
Calcium	15.98mg	Iron	0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Pancakes or Waffles

Servings:	8.00	Category:	Grain
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

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	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package	Equal 2.25 grains	123031
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package	Equal 2.50 grains	123081
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package	Equal 2.50 grains	452082
PASTRY POP-TART WGRAIN BLUEB 72-2CT	1 Package	Equal 2.25 grains	865101

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	355.75
Fat	5.63g
SaturatedFat	1.83g
Trans Fat	0.03g
Cholesterol	57.50mg
Sodium	305.00mg
Carbohydrates	74.50g
Fiber	5.90g
Sugar	29.75g
Protein	4.58g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 230.00mg	Iron 3.60mg

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

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

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

Nutrition - Per 100g

No 100g Conversion Available

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	Prep Instructions	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	3.387
Grain	2.322
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 31.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	550.30
Fat	20.71g
SaturatedFat	8.25g
Trans Fat	0.04g
Cholesterol	74.38mg
Sodium	792.66mg
Carbohydrates	57.25g
Fiber	2.84g
Sugar	6.55g
Protein	32.29g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 416.84mg	Iron 2.44mg

*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:	Entree
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

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	Prep Instructions	DistPart #
BAR CEREAL CINN TST WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265891
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	1 Each	READY_TO_EAT Ready to eat cereal bars	268690
BAR CEREAL COCOPUFF WGRAIN 96- 1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265901
BAR CEREAL GLDN GRHM WGRAIN 96- 1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265921

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	157.50
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 250.00mg	Iron 1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

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

Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	78.34		
Fat	0.87g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	348.18mg		
Carbohydrates	14.80g		
Fiber	0.87g		
Sugar	0.00g		
Protein	1.74g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.70mg	Iron	0.26mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bacon Cheeseburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28896
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SMKY GRLL 100-3Z PIER	1 Each		451400
BACON CKD RND 192CT HRML	1 Slice		433608
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

Meat	3.500
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 Sandwich

Amount Per Serving			
Calories	460.00		
Fat	25.00g		
SaturatedFat	10.00g		
Trans Fat	1.00g		
Cholesterol	92.50mg		
Sodium	900.01mg		
Carbohydrates	26.00g		
Fiber	3.00g		
Sugar	4.50g		
Protein	29.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Refried Beans

Servings:	17.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28970
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED VEGTAR LO SOD 6-26.25Z	26 1/4 Ounce	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.	668341
Tap Water for Recipes	1 Gallon		000001WTR

Preparation Instructions

RECONSTITUTE

- 1: Pour 1 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.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 17.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	163.77		
Fat	0.58g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	163.77mg		
Carbohydrates	28.07g		
Fiber	10.53g		
Sugar	0.00g		
Protein	10.53g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	58.49mg	Iron	2.46mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bacon, Egg, & Cheese Croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10160
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD RND 192CT HRML	1 Each		433608
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each		172172
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	1 Each		663091

Preparation Instructions

Lay out on paper on a sheet pan : egg patties add bacon on top . cook at 350 , for 15 min . Temp at 165 . Place cheese on top . Place the egg bacon and cheese patty in a croissant . Put the egg sandwich in a sandwich bag , Hold in a warmer and sever .

Meal Components (SLE)

Amount Per Serving

Meat	1.500
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	340.00
Fat	18.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	127.50mg
Sodium	725.01mg
Carbohydrates	29.00g
Fiber	2.00g
Sugar	4.50g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 41.00mg	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

Variety of Ice Cream Cups

Servings:	3.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26901
School:	Ox Bow Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ICE CRM CUP VAN LT 4FLZ 3-24CT DEANS	1 Each		400783
ICE CRM CUP STRAWB LT 4FLZ 3-24CT	1 Each		400895
ICE CRM CUP CHOC LT 4FLZ 3-24CT	1 Each		400713

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	100.00		
Fat	2.00g		
SaturatedFat	1.17g		
Trans Fat	0.00g		
Cholesterol	8.33mg		
Sodium	41.67mg		
Carbohydrates	19.00g		
Fiber	0.33g		
Sugar	14.33g		
Protein	2.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	78.67mg	Iron	0.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

French Toast

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29008
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST CINN WGRAIN 144-2.9Z PAP	1 Each	1 M/MA and 1 Grain Equivalent	646262
FRENCH TST MINI CHOC CHIP IW 72-3.03Z	1 Package	2 Grain Equivalent	498492
FRENCH TST MINI CINN IW 72-2.64Z	1 Package	2 Grain Equivalent	150291
TOAST TEXAS APPL CINN IW 96-3.3Z S&F	1 Slice	2.25 Grain Equivalents	152504

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	220.00
Fat	6.50g
SaturatedFat	1.38g
Trans Fat	0.00g
Cholesterol	27.50mg
Sodium	247.50mg
Carbohydrates	35.75g
Fiber	2.50g
Sugar	12.25g
Protein	6.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 113.00mg	Iron 2.33mg

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

Nutrition - Per 100g

No 100g Conversion Available

Walking Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23690
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722330
CHIP CORN 64-LSSV FRITOS	2 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	712680
SAUCE CHS ULTIM YEL POUC 6-106Z LOL	3 Fluid Ounce		310668

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
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	403.10
Fat	23.80g
SaturatedFat	9.30g
Trans Fat	0.29g
Cholesterol	64.00mg
Sodium	865.70mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	2.00g
Protein	21.80g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 303.00mg	Iron 2.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli with Cheese Sauce

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23727
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS ULTIM YEL POU6-106Z LOL	2 Pound		310668
Broccoli, No salt added, Frozen	10 Pound		110473

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.027
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	53.79		
Fat	1.76g		
SaturatedFat	1.17g		
Trans Fat	0.00g		
Cholesterol	5.85mg		
Sodium	102.10mg		
Carbohydrates	6.44g		
Fiber	3.28g		
Sugar	1.09g		
Protein	4.65g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	43.51mg	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

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	Prep Instructions	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	0.000
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: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	282.50
Fat	8.50g
SaturatedFat	2.88g
Trans Fat	0.00g
Cholesterol	17.50mg
Sodium	212.50mg
Carbohydrates	47.00g
Fiber	3.25g
Sugar	21.50g
Protein	4.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 21.00mg	Iron 3.93mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Baked Cookies

Servings:	4.00	Category:	Grain
Serving Size:	1.00 cookie	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29151

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH CKY DBL CHOC BENEFIT R/F 384-1Z	1 Each		230113
DOUGH CKY SGR BENEFIT R/F 384-1Z	1 Each		230031
DOUGH CKY CHOC CHP WGRAIN R/F 384-1Z	1 Each		234430
DOUGH CKY CANDY BENEFIT R/F 384-1Z	1 Each		230011

Preparation Instructions

See individual box for baking instructions as times vary on type of cookie being baked.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 cookie

Amount Per Serving			
Calories	103.15		
Fat	3.10g		
SaturatedFat	1.10g		
Trans Fat	0.00g		
Cholesterol	11.25mg		
Sodium	98.65mg		
Carbohydrates	18.50g		
Fiber	1.98g		
Sugar	9.00g		
Protein	1.70g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.93mg	Iron	0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Choice of Cereal

Servings:	10.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-10993
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each		388190
CEREAL FRSTD FLKS CHOC WGRAIN 96CT	1 Each		618902
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 1 oz	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CEREAL FRSTD MINI WHE CHOC BWL 96CT	1 Each		805630
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	266052

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: 10.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	105.47		
Fat	1.14g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	148.27mg		
Carbohydrates	23.60g		
Fiber	2.21g		
Sugar	7.50g		
Protein	1.99g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.36mg	Iron	2.96mg

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

Nutrition - Per 100g

No 100g Conversion Available

Choice of Muffin

Servings:	6.00	Category:	Grain
Serving Size:	1.00 muffin	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-23643
School:	Concord Jr. High School		

Ingredients

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

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: 6.00

Serving Size: 1.00 muffin

Amount Per Serving

Calories	185.00
Fat	6.33g
SaturatedFat	1.50g
Trans Fat	0.03g
Cholesterol	20.00mg
Sodium	116.67mg
Carbohydrates	30.33g
Fiber	1.50g
Sugar	15.50g
Protein	2.67g
Vitamin A 2.40IU	Vitamin C 0.01mg
Calcium 17.67mg	Iron 1.04mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chili Cheese Loaded Potatoes

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36583
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WEDGE 8CUT CNTRY 6-5 MCC	13 Piece	Wedges GFS 509661- 13 pieces= approximately 5.5 oz. weight= 1 cup starchy vegetable Tater Tots GFS 141510- 16 each= approximately 5.25 z. weight= 1 cup starchy vegetable Baked potato GFS 322385 (80 count)- 1 potato= 10 oz. weight= 1 cup starchy vegetable	509661
CHILI BEEF W/BEAN 6-5 COMM	4 Ounce	4 oz. weight OR #8 scoop OR 4 fl. oz. = 1.25 M/MA	344012
SAUCE CHS ULTIM YEL POUCC 6-106Z LOL	3 Fluid Ounce	Warm	310668

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
Will need to offer with grain item.

Meal Components (SLE)

Amount Per Serving

Meat	1.372
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.261
OtherVeg	0.000
Legumes	0.000
Starch	0.929

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	420.00
Fat	18.00g
SaturatedFat	7.17g
Trans Fat	0.00g
Cholesterol	51.27mg
Sodium	594.95mg
Carbohydrates	48.72g
Fiber	4.60g
Sugar	3.43g
Protein	17.78g
Vitamin A 859.01IU	Vitamin C 13.04mg
Calcium 257.99mg	Iron 2.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Cereal Bars

Servings:	6.00	Category:	Grain
Serving Size:	1.00 Bar	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-24095
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	1 Each	READY_TO_EAT Ready to eat cereal bars	268690
BAR CEREAL CINN TST WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265891
BAR CEREAL APPLCINN RICE KRPY96-1.27Z	1 Each		833830
BAR CEREAL COCOPUFF WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265901
BAR CEREAL COCOA RICE KRISPY 96-1.34Z	1 Each		282431
BAR CEREAL RICE KRISPIE MXD BRY 4-24	1 Each		123141

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: 6.00

Serving Size: 1.00 Bar

Amount Per Serving

Calories	150.00
Fat	3.50g
SaturatedFat	0.42g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	116.67mg
Carbohydrates	28.50g
Fiber	3.00g
Sugar	9.00g
Protein	2.17g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 160.00mg	Iron 1.35mg

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

Nutrition - Per 100g

No 100g Conversion Available