Cookbook for Concord Community Schools IN

Created by HPS Menu Planner

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Variety Muffin

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

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

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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

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Nutrition - Per 100g

No 100g Conversion Available

Salad Bar- South Side

Servings:	2.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-11812
School:	Concord South Side Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD TINY CHP 55/45 4-5RSS	3 Cup		153121
Cheese, Cheddar Reduced fat, Shredded	2 Ounce		100012
DRESSING RNCH ORIG PKT 102-1Z MARZ	2 Ounce		554693
BACON TKY CKD 12-50CT JENNO	7/10 Ounce		834770
PEPPERS BAN RING MILD 4-1GAL GCHC	1/4 Cup		466220
BROCCOLI FLORET BITE SIZE 2-3 RSS	1/4 Cup		732451
CARROT BABY WHL PETITE 4-5 RSS	1/4 Cup		768146
CAULIFLOWER BITE SIZE 2-3 RSS	1/4 Cup		732486
CHIX DCD 1/2 WHT CKD 2-5 GCHC	2 Ounce		599697
SAUCE HOT REDHOT ORG 4-1GAL FRNKS	1 Tablespoon		282944
Whole Grain Garlic Butter Croutons	2 Package		111212
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
EGG HRD CKD DCD IQF 4-5 GCHC	1 Ounce		192198

Description	Measurement	Prep Instructions	DistPart #
EDAMAME SHELLED SOYBEANS 6-2.5 SIMPL	1 Ounce	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. 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. 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.	147270
PEPPERS COLORED MIXED ASST 12CT P/L	1/4 Cup		491012
PEPPERS GREEN LRG 5 MRKN	1/4 Cup		592315
MUSHROOM LRG XFCY 3 MRKN	1/4 Cup		285188
OLIVE RIPE SLCD BLK SPAIN 6-10 GCHC	1/4 Cup		324531
OLIVE GRN STFD MANZ W/PIM 6-.5GAL	1/4 Cup		485624
ONION RED JUMBO 10 MRKN	1 Ounce		596973
PEAS GREEN IQF 30 KE	1/4 Cup		283760
TOMATO 5X6 XL 5 MRKN	1/4 Cup		438197

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.729
Grain	0.750
Fruit	0.000
GreenVeg	0.644
RedVeg	0.208
OtherVeg	2.065
Legumes	0.379
Starch	0.093

Nutrition Facts

Servings Per Recipe: 2.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	606.63		
Fat	35.21g		
SaturatedFat	9.14g		
Trans Fat	0.00g		
Cholesterol	117.25mg		
Sodium	1908.50mg		
Carbohydrates	36.85g		
Fiber	10.58g		
Sugar	9.05g		
Protein	34.71g		
Vitamin A	1134.29IU	**Vitamin C**	64.74mg
Calcium	139.00mg	**Iron**	4.48mg

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Nutrition - Per 100g

No 100g Conversion Available

Uncrustable with String Cheese

Servings:	2.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Breakfast	**Recipe ID:**	R-28205
School:	Concord Community Elementary Schools		

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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	380.00		
Fat	22.00g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	480.00mg		
Carbohydrates	34.50g		
Fiber	4.00g		
Sugar	16.00g		
Protein	15.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	241.50mg	**Iron**	1.00mg

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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

Graham Snack

Servings:	8.00	**Category:**	Grain
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-29387
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH GRHM VAN 300-.9Z PEPP	1 Each		198472
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package		194510
CRACKER GRHM VAN CHAT 210-1Z KELL	1 Each		774471
CRACKER GRHM CHARACT CHOC 150-1Z KEEB	1 Package		123171
CRACKER GRHM STCK SCOOBY 210-1Z	1 Package		859550
CRACKER GRHM BUG BITES 210CT KEEB	1 Package		859560
CRACKER GLDFSH GRHM FREN TST 300-1Z	1 Each		288252
CRACKER GRHM GRIPZ CHOC IW 150CT KEEB	1 Package		282441

Preparation Instructions

Note: All items count as a dessert grain at lunch. Maximum amount of dessert grain allowed to offer per week is 2 oz equivalents.

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: 8.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	121.25		
Fat	3.88g		
SaturatedFat	0.94g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	114.38mg		
Carbohydrates	20.38g		
Fiber	1.25g		
Sugar	7.25g		
Protein	1.88g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	15.00mg	**Iron**	0.92mg

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Nutrition - Per 100g

No 100g Conversion Available

Yogurt

Servings:	5.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Breakfast	**Recipe ID:**	R-28222
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each		186911
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each		551760
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each		551770
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each		885750
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each		869921

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 1.00 Each

Amount Per Serving			
Calories	76.00		
Fat	0.30g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	3.00mg		
Sodium	61.00mg		
Carbohydrates	14.60g		
Fiber	0.00g		
Sugar	9.40g		
Protein	4.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	124.00mg	**Iron**	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Uncrustable w/ Yogurt and Goldfish

Servings:	2.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-29375
School:	Concord Community Elementary Schools		

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 GLDFSH CHED WGRAIN 300-.75Z	2 Package		736280
Yogurt	2 Serving		R-28222

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	552.00		
Fat	20.10g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	6.00mg		
Sodium	572.00mg		
Carbohydrates	75.70g		
Fiber	4.00g		
Sugar	33.80g		
Protein	19.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	311.50mg	**Iron**	1.70mg

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Nutrition - Per 100g

No 100g Conversion Available

South Side Salad Bar Grain Item

Servings:	12.00	**Category:**	Grain
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-29372
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		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
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	1 Package		893711
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Each		282422
CRACKER GLDFSH WGRAIN COLOR 300-.75Z	1 Package		112702

Preparation Instructions

Muffins: 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: 12.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories		160.83	
Fat		5.21g	
SaturatedFat		1.25g	
Trans Fat		0.02g	
Cholesterol		17.50mg	
Sodium		132.92mg	
Carbohydrates		26.00g	
Fiber		1.50g	
Sugar		11.67g	
Protein		2.58g	
Vitamin A	1.20IU	**Vitamin C**	0.00mg
Calcium	26.09mg	**Iron**	0.93mg

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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

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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

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Nutrition - Per 100g

No 100g Conversion Available

Sausage Biscuit

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Sandwich	**HACCP Process:**	Same Day Service
Meal Type:	Breakfast	**Recipe ID:**	R-29033
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	1 Each	BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS	1 Each	**Non-Whole Grain**	120851

Preparation Instructions

Cook Sausage: Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.

Bake Biscuits: Place white bakeable tray of biscuits onto sheet pan. Heating time 7-9 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.

Assemble sandwiches together using cooked product/items.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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 Sandwich

Amount Per Serving			
Calories	321.00		
Fat	18.00g		
SaturatedFat	8.20g		
Trans Fat	0.00g		
Cholesterol	26.00mg		
Sodium	582.00mg		
Carbohydrates	30.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	11.00g		
Vitamin A	56.00IU	**Vitamin C**	0.00mg
Calcium	236.00mg	**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 & Noodles

Servings:	512.00	**Category:**	Entree
Serving Size:	1.00 Cup	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-29144

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	40 Pound		100101
PASTA NOODL EGG FZ 4-3 REAMES	72 Pound		245046
Tap Water for Recipes	14 Gallon	UNPREPARED	000001WTR
BROTH CHIX 12-5 COLLEGE INN	12 #5 CAN		264865
BASE CHIX LO SOD NO MSG 6-1 MINR	8 Cup		580589

Preparation Instructions

1. Add the water, base, broth, and meat to a pot.
2. Bring to a boil.
3. Add the noodles.
4. Return to a boil and lower the heat to a simmer.
5. Simmer for 1 hour.
6. Distribute evenly into 8 pans.
7. Cover and store in the hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	1.250
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 512.00
Serving Size: 1.00 Cup

Amount Per Serving			
Calories		227.73	
Fat		3.67g	
SaturatedFat		0.56g	
Trans Fat		0.00g	
Cholesterol		93.75mg	
Sodium		189.75mg	
Carbohydrates		33.95g	
Fiber		0.00g	
Sugar		0.17g	
Protein		13.13g	
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	1.33mg	**Iron**	2.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Powdered Sugar Icing

Servings:	110.00	**Category:**	Condiments or Other
Serving Size:	2.00 Tablespoon	**HACCP Process:**	No Cook
Meal Type:	Breakfast	**Recipe ID:**	R-28459
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR POWDERED 6X 25 GCHC	10 Cup		108693
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1 Cup		840860
1 % White Milk	1 Cup		
FLAVORING VANILLA IMIT 1-1GAL KE	1 Tablespoon		110744

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: 110.00
Serving Size: 2.00 Tablespoon

Amount Per Serving			
Calories	59.10		
Fat	1.62g		
SaturatedFat	0.67g		
Trans Fat	0.00g		
Cholesterol	0.14mg		
Sodium	17.12mg		
Carbohydrates	11.01g		
Fiber	0.00g		
Sugar	10.65g		
Protein	0.07g		
Vitamin A	0.09IU	**Vitamin C**	0.02mg
Calcium	0.44mg	**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

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	Prep Instructions	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	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.429
OtherVeg	0.000
Legumes	0.000
Starch	0.000

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

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

Nutrition - Per 100g

No 100g Conversion Available

Tomato Soup

Servings:	58.00	**Category:**	Vegetable
Serving Size:	0.75 Cup	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-10639
School:	Ox Bow Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO 12-5 CAMP	5 #5 CAN		101427
FAT FREE SKIM MILK	1 Gallon		

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	1.384
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 58.00
Serving Size: 0.75 Cup

Amount Per Serving			
Calories	135.06		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	1.38mg		
Sodium	616.70mg		
Carbohydrates	28.08g		
Fiber	1.22g		
Sugar	18.01g		
Protein	4.66g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	110.97mg	**Iron**	0.73mg

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

Nutrition - Per 100g

No 100g Conversion Available

Crispy Chicken Sandwich

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-9069
School:	Ox Bow Elementary		

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 Each

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

Assorted Pop-Tarts, 1 ct.

Servings:	3.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Breakfast	**Recipe ID:**	R-11820
School:	Concord South Side Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each	1.25 Grain Equivalents	452062
PASTRY POP-TART WGRAIN CINN 120-1CT	1 Piece	1.25 Grain Equivalents	695880
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece	1.00 Grain Equivalents	695890

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: 3.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	176.67		
Fat	2.83g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	145.00mg		
Carbohydrates	36.67g		
Fiber	3.00g		
Sugar	15.00g		
Protein	2.00g		
Vitamin A	166.67IU	**Vitamin C**	0.00mg
Calcium	120.00mg	**Iron**	1.80mg

*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

Broccoli & Cheese

Servings:	164.00	**Category:**	Vegetable
Serving Size:	0.50 Cup	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-9517
School:	Ox Bow Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	30 Pound		110473
SAUCE CHS CHED POUCH 6-106Z LOL	6 5/8 Pound	1 bag of cheese sauce	135261

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.216
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: 164.00
Serving Size: 0.50 Cup

Amount Per Serving			
Calories	284.73		
Fat	18.11g		
SaturatedFat	11.64g		
Trans Fat	0.00g		
Cholesterol	51.75mg		
Sodium	1056.93mg		
Carbohydrates	12.76g		
Fiber	3.00g		
Sugar	1.00g		
Protein	15.94g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	540.75mg	**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

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

BBQ Beef Rib Sandwich

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-29030
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each		451410
BUN HAMB WHT WHE 4" 10-12CT ALPH	1 Each		248151

Preparation Instructions

Cook BBQ rib meat to 165 degrees . Place the rib meat inside a sub bun . Then place on a sheet pan , keep 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	350.00		
Fat	12.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	920.00mg		
Carbohydrates	39.00g		
Fiber	5.00g		
Sugar	13.00g		
Protein	20.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	72.02mg	**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

Doritos

Servings:	3.00	**Category:**	Grain
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-28203
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP COOL RNCH REDC FAT 72-1Z DORIT	1 Package		541502
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Ounce		456090
CHIP SPCY SWT REDC 72-1Z SSV DORIT	1 Package		788670

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 3.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	130.00		
Fat	5.00g		
SaturatedFat	0.67g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	193.33mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	0.67g		
Protein	2.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	33.33mg	**Iron**	0.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Deli Trio Sub

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Sandwich	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-29407
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEAT COMBO PK SLCD 12-1 JENNO	3 Ounce		236012
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142

Preparation Instructions

Layer 2 slices of each type of meat (salami, bologna, and ham) and 1 slice of cheese on each sub bun.

Meal Components (SLE)

Amount Per Serving

Meat	2.534
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	339.02		
Fat	14.15g		
SaturatedFat	4.54g		
Trans Fat	0.00g		
Cholesterol	70.55mg		
Sodium	1001.19mg		
Carbohydrates	31.02g		
Fiber	2.00g		
Sugar	4.50g		
Protein	20.20g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	110.23mg	**Iron**	3.10mg

*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

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

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

Cheeseburger on Bun*

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-28198
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each		785850
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
BUN HAMB WHT WHE 4" 10-12CT ALPH	1 Each		248151

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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	353.00		
Fat	16.50g		
SaturatedFat	6.10g		
Trans Fat	0.60g		
Cholesterol	51.50mg		
Sodium	744.00mg		
Carbohydrates	29.00g		
Fiber	4.00g		
Sugar	3.50g		
Protein	23.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	146.52mg	**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

Hamburger on Bun-Elementary

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-20105
School:	Concord Intermediate		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each		785850
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	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	298.00		
Fat	12.00g		
SaturatedFat	3.60g		
Trans Fat	0.60g		
Cholesterol	39.00mg		
Sodium	519.00mg		
Carbohydrates	28.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	20.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	65.02mg	**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

Sloppy Joe on Bun-Elementary

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-34881
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	3 5/8 Ounce	#10 Disher or 3/8 cup	564790
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	2.000
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	295.10		
Fat	7.80g		
SaturatedFat	2.20g		
Trans Fat	0.00g		
Cholesterol	44.00mg		
Sodium	918.80mg		
Carbohydrates	36.00g		
Fiber	3.80g		
Sugar	11.00g		
Protein	19.30g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	62.02mg	**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

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

Hot Dog with Bun

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-29498
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each		304913
BUN HOT DOG WGRAIN SLCD 144-6	1 Each		733411

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: 1.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	320.00		
Fat	18.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	880.00mg		
Carbohydrates	28.00g		
Fiber	2.00g		
Sugar	5.00g		
Protein	11.00g		
Vitamin A	0.07IU	**Vitamin C**	0.00mg
Calcium	76.11mg	**Iron**	2.26mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fish Sandwich

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-34882
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD RECT WGRAIN MSC 3.6Z 18	1 Each		643142
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 Each

Amount Per Serving			
Calories	320.00		
Fat	9.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	520.00mg		
Carbohydrates	42.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	17.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	32.02mg	**Iron**	2.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Concord Baked Beans

Servings:	129.00	**Category:**	Vegetable
Serving Size:	0.50 Cup	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-34850
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED 6-10 BUSH	3 #10 CAN		520098
Beans, Vegetarian, Low-sodium, Canned	2 #10 CAN		100364

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	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 129.00
Serving Size: 0.50 Cup

Amount Per Serving			
Calories	134.35		
Fat	0.70g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	387.00mg		
Carbohydrates	26.07g		
Fiber	5.01g		
Sugar	9.22g		
Protein	7.02g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	30.08mg	**Iron**	1.14mg

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

Nutrition - Per 100g

No 100g Conversion Available

Variety Muffin

Servings:	5.00	**Category:**	Grain
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Breakfast	**Recipe ID:**	R-20140
School:	Concord Intermediate		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN APPL CINN WGRAIN IW 72-2Z	1 Each		558011
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each		557981
MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN	1 Each		273442
MUFFIN CHOCOLATE CHP WGRAIN IW 96-2Z	1 Each		273681
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each		262343

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: 5.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	176.00		
Fat	5.50g		
SaturatedFat	1.40g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	114.00mg		
Carbohydrates	28.80g		
Fiber	1.60g		
Sugar	15.00g		
Protein	3.00g		
Vitamin A	2.88IU	**Vitamin C**	0.01mg
Calcium	20.95mg	**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

Cookbook for Concord East Side Elementary

Created by HPS Menu Planner

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Cookbook for Concord High School

Created by HPS Menu Planner

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PBJ Meal*

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BeneFIT Breakfast Bar

Uncrustable

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Pulled Pork Sandwich

New Orleans Chicken with Rice & Egg Roll

BBQ Rib Sandwich

Caesar Salad

Chicken Teriyaki Sandwich

Loaded Baked Potato

Rice Bowl

Choice of Cereal

Chicken Caesar Salad Meal

Breakfast Kit

Pop-Tarts (2 count)

Variety of 100% Juice

Assortment of Cereal

Yogurt Parfait*

Breakfast Pizza

Cinnamon Roll w/ Icing

Ham, Egg & Cheese Croissant

Mini Pancakes with Scrambled Eggs

Cereal Bar

Chicken Patty Sandwich++

Glazed Carrots

Chicken Stir-Fry with Vegetable Fried Rice

Boom Boom Chicken w/onion rings

Breakfast Pancake Tacos

Chili Cheese Loaded Potato Wedges

Apple Cinnamon Texas French Toast with Sausage Links

Italian Ham Sub

Mini Pancakes with Sausage

Buffalo Chicken Dip with Chips

Mashed Potatoes

Chicken & Waffles

Walking Taco*

Chicken Salad

Chicken Bacon Salad

Breakfast Burrito

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Breakfast	**Recipe ID:**	R-10158
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD W/BCN & CHS 4-5 SNY	3 Ounce	Use 1/2 cup (4 fl. oz. scoop)	533034
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let standin bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heatto 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). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour toprevent drying).	690141

Preparation Instructions

Start with cooking eggs in steamer , temp at 135 . Take a # 8 scoop of eggs, placing them in the center of a tortilla . Fold and place into a foil wrapper . Then hold in warmer and serve .

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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	360.00		
Fat	18.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	255.00mg		
Sodium	640.00mg		
Carbohydrates	30.50g		
Fiber	3.00g		
Sugar	3.50g		
Protein	17.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	210.00mg	**Iron**	3.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese Sandwich and Choice of Soup

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-10122
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	4 Slice		722360
380 - Aunt Millie's WG Honey White Bread	2 Each		380

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: 1.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	320.00		
Fat	10.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	1160.00mg		
Carbohydrates	38.00g		
Fiber	4.00g		
Sugar	8.00g		
Protein	20.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	388.00mg	**Iron**	12.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Nachos

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-10123
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Each	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. UNSPECIFIED	662512
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce	Weigh	722330
BEAN REFRD VEGTAR 6-27.09Z SANTG	1/2 Cup	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.	703753
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	3 Fluid Ounce		722110
SALSA CHUNKY 6-70Z GCHC	1/4 Cup		886450

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.550
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	1.620
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	971.38		
Fat	31.54g		
SaturatedFat	13.10g		
Trans Fat	0.31g		
Cholesterol	78.95mg		
Sodium	3262.69mg		
Carbohydrates	114.07g		
Fiber	35.32g		
Sugar	4.00g		
Protein	56.15g		
Vitamin A	309.72IU	**Vitamin C**	13.54mg
Calcium	587.30mg	**Iron**	9.72mg

*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-10124
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARNITA MEAT 6-5AVG CAFEH	4 Ounce	Weigh	147830
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
BEAN REFRD VEGTAR 6-27.09Z SANTG	1/2 Cup	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.	703753
SALSA CHUNKY 6-70Z GCHC	1/4 Cup		886450
LETTUCE ROMAINE CHOP 6-2 RSS	2 Cup		735787
TORTILLA SHELL SAL ULTRGR 10 BK 24-6	1 Each		720526

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	989.80		
Fat	35.86g		
SaturatedFat	14.12g		
Trans Fat	0.00g		
Cholesterol	110.00mg		
Sodium	3290.41mg		
Carbohydrates	106.52g		
Fiber	34.16g		
Sugar	4.00g		
Protein	62.29g		
Vitamin A	309.72IU	**Vitamin C**	13.54mg
Calcium	412.80mg	**Iron**	9.82mg

*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 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-10095
School:	Concord 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

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	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

Tenderloin Sandwich

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-10125
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PTY BRD WGRAIN 3.35Z 6-5 JTM	1 Each		661950
Whole Wheat Hamburger Bun	1 Each		51458

Preparation Instructions

Lay out tenderloins on sheet tray with paper. Cook for 15 min or until 165. Place on bun and wrap.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
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	410.00		
Fat	19.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	610.00mg		
Carbohydrates	37.00g		
Fiber	4.50g		
Sugar	4.00g		
Protein	22.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	94.00mg	**Iron**	2.62mg

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

Nutrition - Per 100g

No 100g Conversion Available

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	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.500
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	585.00		
Fat	32.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	87.50mg		
Sodium	1340.00mg		
Carbohydrates	40.00g		
Fiber	2.50g		
Sugar	4.00g		
Protein	34.50g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	282.00mg	**Iron**	4.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

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	3.000
Grain	3.500
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

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

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

Nutrition - Per 100g

No 100g Conversion Available

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	2.750
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	674.21		
Fat	39.55g		
SaturatedFat	16.51g		
Trans Fat	0.00g		
Cholesterol	315.00mg		
Sodium	1981.17mg		
Carbohydrates	38.91g		
Fiber	3.29g		
Sugar	5.65g		
Protein	40.21g		
Vitamin A	194.92IU	**Vitamin C**	3.21mg
Calcium	376.34mg	**Iron**	4.50mg

*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:	100.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Breakfast	**Recipe ID:**	R-10103
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR BROWN LT 12-2 P/L	4 Cup		860311
HONEY 4-6 GCHC	4 Cup		225614
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Cup		299405
OIL SALAD VEG SOY CLR NT 6-1GAL GCHC	3 Cup		292702
SPICE CINNAMON GRND 15Z TRDE	1 Cup		224723
SPICE CLOVES GRND 16Z TRDE	1 Tablespoon		224774
OATS QUICK HOT CEREAL 12-42Z QUAK	50 Cup		467251
YOGURT VAN L/F 6-32Z DANN	100 Cup		541966
Blueberries, Frozen	25 Cup	THAW Thaw and use	110624
Strawberries, Whole fzn	25 Cup	BAKE	100253

Preparation Instructions

For granola:

1. Preheat oven to 350.
2. In a large bowl, combine sugar, honey,butter, oil, cinnamon, and cloves. Whisk well with a fork.
3. Add the oats to the bowl, stir until combined with the honey mixture.
4. Line baking sheets with parchment paper. Spray to coat. Evenly distribute the mixture amongest the pans.
5. Bake 15-20 minutes until lightly browned, stirring every 5 minutes.
6. Allow to cool completely. Combine with the dried fruit.
7. Store in an airtight container for up to three weeks.

For parfait:

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	2.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	510.80		
Fat	14.81g		
SaturatedFat	4.58g		
Trans Fat	0.00g		
Cholesterol	18.13mg		
Sodium	141.50mg		
Carbohydrates	82.41g		
Fiber	6.00g		
Sugar	50.08g		
Protein	14.33g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	387.15mg	**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

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	2.527
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	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

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

Nutrition - Per 100g

No 100g Conversion Available

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	2.000
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	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

Nutrition - Per 100g

No 100g Conversion Available

Green Beans

Servings:	144.00	**Category:**	Vegetable
Serving Size:	0.50 Cup	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-8972
School:	Ox Bow Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV LO SOD 6-10	6 #10 CAN	BAKE HEAT_AND_SERVE EMPTY CONTENTS OF CAN INTO CONTAINER SUITABLE FOR HEATING AND HEAT TO 165 DEGREES	221990
MARGARINE SLD ZT 30-1 GFS	1/2 Pound		557482
SALT IODIZED 24-26Z GFS	1/4 Cup		108308

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	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 144.00
Serving Size: 0.50 Cup

Amount Per Serving			
Calories	32.67		
Fat	1.22g		
SaturatedFat	0.56g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	326.18mg		
Carbohydrates	4.31g		
Fiber	2.16g		
Sugar	2.16g		
Protein	1.08g		
Vitamin A	55.56IU	**Vitamin C**	0.00mg
Calcium	32.48mg	**Iron**	0.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

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	BAKE	100225
Applesauce cnd	1 Cup		110541comm
Diced Peaches CND 6-10	1 Cup		100220
Peach Cups 96-4.4Z	1 Each	BAKE	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	READY_TO_EAT Ready to Eat	500471
FRUIT SAL TROP L/S 6-10 DOLE	1 Cup		506109
APPLE BRAEBURN 138CT MRKN	1 Each		569382
Apple slices - 2 oz	1 1 pkg		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	1.000
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 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

Scrambled Eggs & Crescent

Servings:	2.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Breakfast	**Recipe ID:**	R-10702
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD W/BCN & CHS 4-5 SNY	8 Fluid Ounce	3 oz. weight	533034
CRESCENT CHOC FILLD IW 72-2.29Z PILLS	1 Each	HEAT_AND_SERVE Heat & Serve: Heat frozen Crescent Rolls in ovenable pouch Preheat oven to 350 degrees F Place pouch flat on a baking sheet and heat in convection oven for 5-7 minutes* or conventional oven from 10-12 minutes* For warming unit preheat to 150 degrees F and heat for 1 hour and 30 minutes For thaw and serve, thaw at room temperature for 2 hours 15 minutes prior to serving *Do not place pouches directly on oven rack or let pouches touch oven sides Bake times will vary by oven type of load Consumer within READY_TO_EAT Heat & Serve: Heat frozen Crescent Rolls in ovenable pouch. Preheat oven to 350 degrees F. Place pouch flat on a baking sheet and heat in convection oven for 5-7 minutes* or conventional oven from 10-12 minutes*. For warming unit preheat to 150 degrees F and heat for 1 hour and 30 minutes. For thaw and serve, thaw at room temperature for 2 hours 15 minutes prior to serving. *Do not place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consumer within	321722
CRESCENT FILLD GRP 72-2.29Z PILLS	1 Each	READY_TO_EAT Heat & Serve: Heat frozen Crescent Rolls in ovenable pouch. Preheat oven to 350 degrees F. Place pouch flat on a baking sheet and heat in convection oven for 5-7 minutes* or conventional oven from 10-12 minutes*. For warming unit preheat to 150 degrees F and heat for 1 hour and 30 minutes. For thaw and serve, thaw at room temperature for 2 hours 15 minutes prior to serving. *Do not place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consumer within	321752

Preparation Instructions

Place eggs in steam pan, and cook to 135 for 20 min.

Place crescents on sheet tray and place in warmer until service.

Meal Components (SLE)

Amount Per Serving

Meat	3.150
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	430.00		
Fat	22.55g		
SaturatedFat	5.95g		
Trans Fat	0.18g		
Cholesterol	424.50mg		
Sodium	650.05mg		
Carbohydrates	35.30g		
Fiber	2.15g		
Sugar	10.80g		
Protein	19.35g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	123.06mg	**Iron**	2.98mg

*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

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	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	2 Tablespoon		100012
POTATO PRLS EXCEL 12-28Z BAMER	1/2 Cup	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.	613738
CORN CUT IQF 30 GCHC	1/4 Cup	Order and use commodity first	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	2.500
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	474.33		
Fat	19.48g		
SaturatedFat	5.50g		
Trans Fat	0.00g		
Cholesterol	80.00mg		
Sodium	1450.00mg		
Carbohydrates	47.05g		
Fiber	4.48g		
Sugar	0.42g		
Protein	26.55g		
Vitamin A	200.00IU	**Vitamin C**	0.00mg
Calcium	37.00mg	**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

Cheeseburger

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-9516
School:	Ox Bow Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
White Wheat Hamburger Bun	1 Each	READY_TO_EAT	51022
BEEF STK PTY CKD 2.45Z 6-5 JTM	1 Each		661851
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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	360.00		
Fat	19.00g		
SaturatedFat	7.80g		
Trans Fat	0.80g		
Cholesterol	61.50mg		
Sodium	661.00mg		
Carbohydrates	28.00g		
Fiber	3.00g		
Sugar	3.50g		
Protein	21.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	168.50mg	**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

Chicken Fajita Salad

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-10135
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 Ounce	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREEES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/8 Cup		129631
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
DRESSING FREN HNY PKT 120-1.5Z MARZ	1 Each		266515
CHIP HARV CHED 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.	105260
Whole Grain Garlic Butter Croutons	1 Package		111212

Preparation Instructions

Start with a 9x9 container. Layer: lettuce , cheese , fajita meat, and tomato. Add dressing , croutons, and sunchips. Place in cooler and serve .

Meal Components (SLE)

Amount Per Serving

Meat	2.760
Grain	2.250
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	641.86		
Fat	35.58g		
SaturatedFat	10.78g		
Trans Fat	0.00g		
Cholesterol	95.29mg		
Sodium	1320.88mg		
Carbohydrates	50.67g		
Fiber	4.29g		
Sugar	18.41g		
Protein	27.09g		
Vitamin A	194.92IU	**Vitamin C**	3.21mg
Calcium	227.34mg	**Iron**	1.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

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	3.006
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	388.85		
Fat	17.26g		
SaturatedFat	7.63g		
Trans Fat	0.00g		
Cholesterol	65.86mg		
Sodium	1219.43mg		
Carbohydrates	38.26g		
Fiber	4.00g		
Sugar	8.13g		
Protein	24.16g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	159.00mg	**Iron**	12.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

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 GRLLD 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 PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let standin bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heatto 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). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour toprevent 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	2.500
Grain	3.500
Fruit	0.000
GreenVeg	0.500
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	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

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

Nutrition - Per 100g

No 100g Conversion Available

Corn

Servings:	330.00	**Category:**	Vegetable
Serving Size:	0.50 Cup	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-8995
School:	Ox Bow Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 GCHC	60 Pound	BAKE	285620
MARGARINE SLD ZT 30-1 GFS	1 Pound		557482

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	0.500

Nutrition Facts

Servings Per Recipe: 330.00
Serving Size: 0.50 Cup

Amount Per Serving			
Calories	30.61		
Fat	0.34g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.33mg		
Carbohydrates	6.36g		
Fiber	0.30g		
Sugar	1.52g		
Protein	0.91g		
Vitamin A	1.52IU	**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

Nutrition - Per 100g

No 100g Conversion Available

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	Prep Instructions	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	0.000
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	428.50		
Fat	23.42g		
SaturatedFat	14.67g		
Trans Fat	0.13g		
Cholesterol	13.33mg		
Sodium	1725.33mg		
Carbohydrates	45.83g		
Fiber	0.75g		
Sugar	5.17g		
Protein	7.92g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	39.98mg	**Iron**	2.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

Macaroni & Cheese

Servings:	48.00	**Category:**	Entree
Serving Size:	1.00 Cup	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-10707
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Three Cheese Sauce	20 Pound		920338
Cooked Macaroni	9 Pound		36328

Preparation Instructions

Place three cheese sauce in a steam pan . Put in steamer for 20 min. or to temp of 145 . Open bag and place in deep pan . Place cooked macaroni into a strainer and run hot water until it temps 135 . Add the macaroni to the three cheese sauce , mix well. Place in warmer and serve . Place apple sticks on a parchment paper on to a sheet pan . Cook at 350 for 10 min and temp to 165 . Store in warmer and serve.

Meal Components (SLE)

Amount Per Serving

Meat	3.500
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: 48.00
Serving Size: 1.00 Cup

Amount Per Serving			
Calories	522.23		
Fat	30.40g		
SaturatedFat	17.13g		
Trans Fat	0.00g		
Cholesterol	104.28mg		
Sodium	1550.90mg		
Carbohydrates	30.85g		
Fiber	0.60g		
Sugar	4.32g		
Protein	30.27g		
Vitamin A	1344.51IU	**Vitamin C**	0.00mg
Calcium	767.23mg	**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

Spicy Thai Chicken with Rice & Egg Roll

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-10809
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE CHIX SWT CHILI THAI 6-7.15	2 6/7 Ounce		536900
RICE FRIED VEG WGRAIN 6-5.16 MINH	1/2 Cup		676463
EGG ROLL VEG WGRAIN 130-3.1Z MINH	1 Each	BAKE HEATING INSTRUCTIONS. HEAT BEFORE SERVING. Heating instructions are based on a full size sheet pan (with approximately 54 Egg Rolls). For food safety and quality, heat before serving to an internal temperature of 160°F. Convection Oven: Preheat oven to 350°F. Fill large (16"x24") baking tray with frozen egg rolls and cook for 21 - 22 minutes. Rotate tray halfway through baking time.	521450

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.169
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	331.88		
Fat	9.81g		
SaturatedFat	2.10g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	719.99mg		
Carbohydrates	40.58g		
Fiber	3.74g		
Sugar	13.25g		
Protein	22.01g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	44.95mg	**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

Boom Boom Chicken w/cheesy bread

Servings:	160.00	**Category:**	Entree
Serving Size:	10.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-10150
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	45 Pound	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
SAUCE BOOM BOOM 4-1GAL KENS	1 Gallon		877930
BREADSTICK CHS WGRAIN 105-4Z	160 Each		723880

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.

Meal Components (SLE)

Amount Per Serving

Meat	4.000
Grain	3.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 160.00
Serving Size: 10.00 Each

Amount Per Serving			
Calories		651.93	
Fat		37.39g	
SaturatedFat		11.14g	
Trans Fat		0.00g	
Cholesterol		90.23mg	
Sodium		1195.28mg	
Carbohydrates		46.39g	
Fiber		6.14g	
Sugar		4.60g	
Protein		33.88g	
Vitamin A	209.26IU	**Vitamin C**	0.00mg
Calcium	129.93mg	**Iron**	2.51mg

*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

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

Nutrition - Per 100g

No 100g Conversion Available

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	Prep Instructions	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	weight	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	3.750
Grain	2.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.500
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	683.69		
Fat	36.92g		
SaturatedFat	10.02g		
Trans Fat	0.00g		
Cholesterol	241.54mg		
Sodium	1143.69mg		
Carbohydrates	53.75g		
Fiber	3.55g		
Sugar	18.75g		
Protein	29.95g		
Vitamin A	5724.90IU	**Vitamin C**	8.12mg
Calcium	174.00mg	**Iron**	4.77mg

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

Nutrition - Per 100g

No 100g Conversion Available

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	2.131
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	297.61		
Fat	13.24g		
SaturatedFat	6.47g		
Trans Fat	0.00g		
Cholesterol	58.36mg		
Sodium	931.73mg		
Carbohydrates	29.66g		
Fiber	2.36g		
Sugar	5.13g		
Protein	20.44g		
Vitamin A	0.02IU	**Vitamin C**	0.00mg
Calcium	189.18mg	**Iron**	1.34mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fajita Wrap

Servings:	20.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-10154
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	5 Pound	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREEES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117
CHEESE BLND CHED/MONTRY JK SHRD 4-5	5 Cup		712131
SALSA 103Z 6-10 REDG	20 Tablespoon	READY_TO_EAT None	452841
DRESSING RNCH 4-1GAL HVALL	20 Tablespoon	READY_TO_EAT Ready to use.	759082
LETTUCE ROMAINE CHOP 6-2 RSS	20 Cup		735787
TORTILLA FLOUR 12 PRSD ULTRGR 6-12CT	20 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let standin bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heatto 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). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour toprevent drying).	690151

Preparation Instructions

Start with large bowl combine: fajita meat , cheese , salsa , and ranch dressing then mix well. Start with a 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	3.353
Grain	3.500
Fruit	0.000
GreenVeg	0.500
RedVeg	0.083
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 20.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	628.53		
Fat	28.21g		
SaturatedFat	12.35g		
Trans Fat	0.00g		
Cholesterol	117.06mg		
Sodium	1422.61mg		
Carbohydrates	56.35g		
Fiber	6.00g		
Sugar	7.19g		
Protein	37.18g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	432.34mg	**Iron**	3.42mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Bacon Melt

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-10691
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD PTY FC 100-3.1Z TYS	1 Each		209244
BACON CKD RND 192CT HRML	1 Each		433608
CHEESE PROV NAT SLCD .75Z 6-1.5 GCHC	1 Slice		726532
SAUCE BBQ SWEET 4-1GAL GCHC	1 Tablespoon		435170
Whole Wheat Hamburger Bun	1 Each		51458

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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	420.00		
Fat	16.50g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	80.00mg		
Sodium	1355.01mg		
Carbohydrates	39.00g		
Fiber	2.50g		
Sugar	14.00g		
Protein	29.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	209.00mg	**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

Spicy Chicken Strips

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-10812
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDRLN BRD WGRAIN SPCY CKD 6-5	3 Each		399806

Preparation Instructions

Lay out chicken on sheet pan with paper. Bake at 350 for 15 min or until temp is 135.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.250
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	230.00		
Fat	8.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	55.00mg		
Sodium	450.00mg		
Carbohydrates	0.00g		
Fiber	3.00g		
Sugar	0.00g		
Protein	22.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	20.00mg	**Iron**	1.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

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	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	1 Each		525480
BUN HAMB WHT WHE 4" 10-12CT ALPH	1 Each		248151

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	2.000
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	350.00		
Fat	11.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	540.00mg		
Carbohydrates	35.00g		
Fiber	6.00g		
Sugar	3.00g		
Protein	25.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	32.02mg	**Iron**	2.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

6 French Toast Bites & 2 Sausage Links

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Breakfast	**Recipe ID:**	R-10693
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST BITES WGRAIN 384-.51Z	6 Each		391073
SAUSAGE LNK SMOKEY CKD 16/ 4-3 GFS	2 Each		720038

Preparation Instructions

Lay out french toast bites on paper liner on a sheet pan , cook at 350 , for 7 min. temp at 145 . keep in warmer and serve . Lay out sausage links 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	1.250
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	554.20		
Fat	38.60g		
SaturatedFat	15.60g		
Trans Fat	0.22g		
Cholesterol	76.00mg		
Sodium	1078.40mg		
Carbohydrates	39.00g		
Fiber	2.60g		
Sugar	15.00g		
Protein	11.80g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	19.98mg	**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

Chicken Wings with Cheesy Bread

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Serving	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-10811
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX WNG CKD OVN RSTD 6-5 GOLDKIST	4 Each		159883
BREADSTICK CHS WGRAIN 105-4Z	1 Each		723880
SAUCE BUFF HOT DIP CUP 60-2Z HEINZ	1 Each		852822

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.500
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: 1.00
Serving Size: 1.00 Serving

Amount Per Serving	
Calories	472.00
Fat	24.60g
SaturatedFat	9.20g
Trans Fat	0.00g
Cholesterol	89.00mg
Sodium	2270.00mg
Carbohydrates	32.40g
Fiber	3.00g
Sugar	3.00g
Protein	26.80g

Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	109.00mg	**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

Spaghetti and Meat Sauce

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-10108
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI CKD 4-5 PG	1 Cup	NOT whole grain- waiver	835910
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	1/2 Cup		573201

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.107
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.277
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	352.45		
Fat	9.88g		
SaturatedFat	2.55g		
Trans Fat	0.00g		
Cholesterol	30.45mg		
Sodium	215.54mg		
Carbohydrates	47.98g		
Fiber	3.11g		
Sugar	5.88g		
Protein	16.30g		
Vitamin A	358.16IU	**Vitamin C**	10.52mg
Calcium	34.36mg	**Iron**	3.21mg

*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

Chicken Smackers

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-10113
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620

Preparation Instructions

Start with laying out popcorn chicken on a paper sheet on to a sheet pan . Cook at 350 for 20 min. Temp at 165 . Using 6 once boats , put 10 popcorn chicken in boat , and place boat on sheet pan . Store in warmer and serve . Dinner rolls . Place on paper sheet on to a sheet pan . cook at 350 for 7 to 8 min . Temp at 145 , place on cooling rack . Wrap rolls individually with cellophane . Place in deep container and serve .

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 1.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	260.00		
Fat	13.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	70.00mg		
Sodium	550.00mg		
Carbohydrates	17.00g		
Fiber	3.00g		
Sugar	0.00g		
Protein	19.00g		
Vitamin A	200.00IU	**Vitamin C**	0.00mg
Calcium	20.00mg	**Iron**	1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

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	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BACON CKD RND 192CT HRML	1 Slice		433608
BUN HAMB WHT WHE 4" 10-12CT ALPH	1 Each		248151
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	3.500
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	470.00		
Fat	25.50g		
SaturatedFat	10.00g		
Trans Fat	1.00g		
Cholesterol	92.50mg		
Sodium	970.01mg		
Carbohydrates	27.00g		
Fiber	3.00g		
Sugar	3.50g		
Protein	29.00g		
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

Spicy Chicken Salad w/ sunchips

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-10100
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDRLN BRD WGRAIN SPCY CKD 6-5	3 Each		399806
TOMATO GRAPE SWT 10 MRKN	1/8 Cup		129631
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
Cheese, Cheddar Reduced fat, Shredded	1/4 Cup		100012
Whole Grain Garlic Butter Croutons	1 Package		111212
CHIP HARV CHED 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.	105260
DRESSING FREN HNY PKT 120-1.5Z MARZ	1 Each		266515

Preparation Instructions

Start with a 9x9 container , Layer : lettuce , spicy chicken , cheese , tomato . Add dressing , croutons, and chips. Place in cooler and serve .

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	3.250
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		734.21	
Fat		37.05g	
SaturatedFat		8.01g	
Trans Fat		0.00g	
Cholesterol		75.00mg	
Sodium		1246.17mg	
Carbohydrates		48.91g	
Fiber		7.29g	
Sugar		16.65g	
Protein		34.21g	
Vitamin A	194.92IU	**Vitamin C**	3.21mg
Calcium	48.34mg	**Iron**	2.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

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	2.500
Grain	3.500
Fruit	0.000
GreenVeg	0.500
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	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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Pot Pie

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-10157
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FILLING POT PIE CHIX 4-5 JTM	1 Cup		513242
DOUGH BISC STHRN STYL 216-2.6Z PION	1 Each	Not whole grain- has waiver	444695

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	0.000
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	451.45		
Fat	18.96g		
SaturatedFat	10.93g		
Trans Fat	0.06g		
Cholesterol	46.74mg		
Sodium	1509.32mg		
Carbohydrates	51.48g		
Fiber	3.02g		
Sugar	7.05g		
Protein	19.54g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	103.16mg	**Iron**	2.91mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Gravy on Biscuit

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-10107
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY & GRAVY CKD 4-7 JENNO	1 Cup		653171
DOUGH BISC STHRN STYL 216-2.6Z PION	1 Each	Not whole grain- has waiver Stanz 14153	444695

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	5.330
Grain	2.500
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	549.91		
Fat	24.33g		
SaturatedFat	10.00g		
Trans Fat	0.00g		
Cholesterol	119.97mg		
Sodium	2186.27mg		
Carbohydrates	35.33g		
Fiber	1.00g		
Sugar	2.00g		
Protein	51.99g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	40.00mg	**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

Hot Ham & Cheese with Choice of Soup

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-10682
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	3 Ounce		100187
CHEESE COLBY JK SLCD 6-1.5 GCHC	1 Each		105988
380 - Aunt Millie's WG Honey White Bread	2 Each		380

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.459
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	350.98		
Fat	13.92g		
SaturatedFat	6.46g		
Trans Fat	0.00g		
Cholesterol	64.26mg		
Sodium	1020.49mg		
Carbohydrates	38.92g		
Fiber	4.00g		
Sugar	8.46g		
Protein	23.30g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	154.00mg	**Iron**	12.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken & Noodle Bake with Breadstick

Servings:	250.00	**Category:**	Entree
Serving Size:	1.00 Cup	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-10148
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	52 Pound		100101
SOUP CRM OF CHIX 12-5 HLTHYREQ	17 #5 CAN		695513
MILK WHT 2 4-1GAL RGNLBRND	2 3/5 Gallon	2 gallons + 9 cups + 2/3 cup	504602
ONION DCD 1/4 2-5 RSS	1 3/10 Gallon		198307
CHEESE CHED MLD SHRD 4-5 LOL	21 Pound		150250
BREAD CRUMB PANKO COARSE 25 GCHC	2 3/5 Gallon	2 gallons + 9 cups + 2/3 cup	175691
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 3/10 Gallon	2 gallons + 9 cups + 2/3 cup	299405
BREADSTICK GARL WGRAIN TWST 54-2.1Z	250 Each		644051
PASTA NOODL EGG 1/2 XTRA WD 2-5	1 Ounce		292346

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.694
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.023
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 250.00
Serving Size: 1.00 Cup

Amount Per Serving			
Calories		647.35	
Fat		35.17g	
SaturatedFat		19.47g	
Trans Fat		0.00g	
Cholesterol		161.44mg	
Sodium		813.20mg	
Carbohydrates		44.03g	
Fiber		0.27g	
Sugar		3.68g	
Protein		36.56g	
Vitamin A	324.61IU	**Vitamin C**	0.41mg
Calcium	348.60mg	**Iron**	1.16mg

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

Nutrition - Per 100g

No 100g Conversion Available

General Tso Chicken with Rice & Egg Roll

Servings:	80.00	**Category:**	Entree
Serving Size:	1.00 Serving	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-10810
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BNLS CHNK BRD WGRAIN 6-5.03	4 Package	CONVECTION Appliances vary, adjust accordingly. Convection Oven 1. Pre-heat oven to 350°F. 2. Heat product for 6-8 minutes from frozen.	652891
SAUCE GEN TSO 4-.5GAL ASIAN	1 Gallon		802850
RICE FRIED VEG WGRAIN 6-5.16 MINH	40 Cup		676463
EGG ROLL VEG WGRAIN 130-3.1Z MINH	80 Each	BAKE HEATING INSTRUCTIONS. HEAT BEFORE SERVING. Heating instructions are based on a full size sheet pan (with approximately 54 Egg Rolls). For food safety and quality, heat before serving to an internal temperature of 160°F. Convection Oven: Preheat oven to 350°F. Fill large (16"x24") baking tray with frozen egg rolls and cook for 21 - 22 minutes. Rotate tray halfway through baking time.	521450

Preparation Instructions

Mix popcorn chicken and sauce. Heat.

1 serving= 4 oz. scoop chicken, 1/2 cup fried rice, and 1 egg roll

Meal Components (SLE)

Amount Per Serving

Meat	2.682
Grain	1.169
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 80.00
Serving Size: 1.00 Serving

Amount Per Serving			
Calories	521.72		
Fat	18.72g		
SaturatedFat	3.78g		
Trans Fat	0.00g		
Cholesterol	120.68mg		
Sodium	1094.82mg		
Carbohydrates	56.83g		
Fiber	3.74g		
Sugar	25.63g		
Protein	29.14g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	49.70mg	**Iron**	2.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

French Toast, Eggs, & Hashbrown

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Serving	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-12644
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN 6-2 RICH	3 Each		652370
HASHBROWN RND 6-5 MCCAIN	1 Each		389003
EGG SCRMBD CKD W/BCN & CHS 4-5 SNY	1/2 Cup		533034
SYRUP PANCK CUP 200-1.5Z GCHC	1 Each		160090

Preparation Instructions

Lay out french toast sticks on to a paper , on a sheet pan . Cook at 350 , temp at 165 . Place in warmer and serve . Place hash browns on paper onto a sheet pan , cook at 350 . Temp at 165 and place in warmer and serve. Next spay well with pan coating on holy deep pans . Place scrambled eggs in pans , cook in the steamer . Temp at 165 , place in warmer and serve with syrup packets .

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.250

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

Amount Per Serving			
Calories	630.00		
Fat	24.50g		
SaturatedFat	5.25g		
Trans Fat	0.00g		
Cholesterol	212.50mg		
Sodium	855.00mg		
Carbohydrates	83.75g		
Fiber	4.00g		
Sugar	32.25g		
Protein	18.00g		
Vitamin A	5.81IU	**Vitamin C**	0.00mg
Calcium	107.90mg	**Iron**	3.29mg

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

Nutrition - Per 100g

No 100g Conversion Available

Boom Boom Chicken

Servings:	160.00	**Category:**	Entree
Serving Size:	10.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-24386
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	45 Pound	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
SAUCE BOOM BOOM 4-1GAL KENS	1 Gallon		877930

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.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 160.00
Serving Size: 10.00 Each

Amount Per Serving			
Calories	391.93		
Fat	26.39g		
SaturatedFat	5.14g		
Trans Fat	0.00g		
Cholesterol	85.23mg		
Sodium	775.28mg		
Carbohydrates	19.39g		
Fiber	3.14g		
Sugar	1.60g		
Protein	19.88g		
Vitamin A	209.26IU	**Vitamin C**	0.00mg
Calcium	20.93mg	**Iron**	1.51mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Caesar Salad

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-12641
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD 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
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
DRESSING CAESAR CRMY PKT 60-1.5FLZ	1 Each		824950
CHEESE PARM SHRD FCY 10-2 PG	1 Tablespoon		460095

Preparation Instructions

Start with 9x9 container , layer : lettuce , cheese , chicken . Add dressing , croutons and muffin . Keep in cooler and serve .

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.500
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	410.00		
Fat	30.50g		
SaturatedFat	9.50g		
Trans Fat	0.00g		
Cholesterol	90.00mg		
Sodium	1220.00mg		
Carbohydrates	10.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	25.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	293.00mg	**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

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	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
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	2.131
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	318.85		
Fat	13.76g		
SaturatedFat	6.63g		
Trans Fat	0.00g		
Cholesterol	58.36mg		
Sodium	814.43mg		
Carbohydrates	33.26g		
Fiber	2.00g		
Sugar	6.13g		
Protein	20.66g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	206.00mg	**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

Turkey & Cheese Sub

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-12651
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
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142

Preparation Instructions

Lay out sub buns on Friday. Bake according to box instructions on Monday and slice. lay out buns open face on sheet tray add 4 slices of turkey and 1 slice of provolone cover and hole in pass through until service.

Meal Components (SLE)

Amount Per Serving

Meat	2.527
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	311.66		
Fat	9.52g		
SaturatedFat	4.51g		
Trans Fat	0.00g		
Cholesterol	55.83mg		
Sodium	829.31mg		
Carbohydrates	29.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	28.37g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	211.00mg	**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

Taco

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-12652
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Fluid Ounce		722330
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
BEAN REFRD VEGTAR 6-27.09Z SANTG	1/2 Cup	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.	703753
LETTUCE SHRD 3/8 CUT 4-5 RSS	1/4 Cup		678791
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let standin bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heatto 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). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour toprevent drying).	690141
CHIP TORTL RND R/F 104-.88Z TOSTIT	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.	284751

Preparation Instructions

Heat thawed taco meat in bag in steam pan temp for 30 min until temps at 135. Put meat in 6" pan to hold for service. Prepare beans according to instructions.

Meal Components (SLE)

Amount Per Serving

Meat	3.196
Grain	3.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.125
Legumes	1.620
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	990.26		
Fat	28.13g		
SaturatedFat	10.60g		
Trans Fat	0.32g		
Cholesterol	67.32mg		
Sodium	2617.88mg		
Carbohydrates	128.51g		
Fiber	36.61g		
Sugar	4.45g		
Protein	56.21g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	561.39mg	**Iron**	10.98mg

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

Nutrition - Per 100g

No 100g Conversion Available

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	Prep Instructions	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	2.000
Grain	2.500
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	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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Bacon Cheese Sandwich

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-12665
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
BACON CKD RND 192CT HRML	1 Each		433608
CHEESE PROV NAT SLCD .75Z 6-1.5 GCHC	1 Slice		726532
Whole Wheat Hamburger Bun	1 Each		51458

Preparation Instructions

Lay out grilled chicken on sheet paper on to a sheet pan . Cook at 350 for 20 min. or to temp of 165 . Place Bacon and cheese on the chicken . Next place the chicken on a bun , wrap with yellow foil paper . Place on to a sheet pan . Place in the warmer , and serve.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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	390.00		
Fat	14.50g		
SaturatedFat	5.50g		
Trans Fat	0.00g		
Cholesterol	90.00mg		
Sodium	990.01mg		
Carbohydrates	27.00g		
Fiber	2.50g		
Sugar	3.00g		
Protein	37.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	221.00mg	**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

Philly Beef Steak Sandwich

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-18724
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	1 Each		720861
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	1 Ounce		722110
PEPPERS & ONION FLME RSTD 6-2.5	1/8 Cup		847208
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.125
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	387.61		
Fat	16.23g		
SaturatedFat	6.70g		
Trans Fat	0.53g		
Cholesterol	54.50mg		
Sodium	875.79mg		
Carbohydrates	36.72g		
Fiber	3.10g		
Sugar	8.63g		
Protein	21.78g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	181.54mg	**Iron**	3.65mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fish Sandwich

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-24458
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD RECT WGRAIN MSC 3.6Z 18	1 Each		643142
Whole Wheat Hamburger Bun	1 Each		51458

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	320.00		
Fat	9.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	550.00mg		
Carbohydrates	42.00g		
Fiber	3.50g		
Sugar	4.00g		
Protein	17.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	54.00mg	**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

Salad Bar

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Serving	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-12648
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	1 7/10 Ounce	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREEES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
EGG HARD CKD PLD BIB 4-2.5 GCHC	1/2 Each		229431
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
CUCUMBER ENG SDLSS 12-1CT P/L	1/8 Cup		532312
PEPPERS GREEN LRG 5 MRKN	1/8 Cup		592315
CARROT SHRD MED 2-5 RSS	1/8 Cup		313408
TOMATO GRAPE SWT 10 MRKN	1/8 Cup		129631
OLIVE RIPE PTTD MED 6-10 GCHC	1 Tablespoon		440809
BEANS BLACK LO SOD 6-10 BUSH	1/8 Cup		231981
Whole Grain Garlic Butter Croutons	1 Package		111212
HAM FLKD W/A 3-4 GFS	1 Ounce		199958

Preparation Instructions

Heat fajita meat then cool and cut into bite size pieces place all meat choices in 4 oz cups with lids. place in cooler to hold for service.

Cup diced eggs and shredded cheese and place in 2 ounce cups.

Prep vegetables and place in long half pans.

45 min prior to serving bake cheese sticks at 350 for 12 min.

Meal Components (SLE)

Amount Per Serving

Meat	2.875
Grain	0.750
Fruit	0.000
GreenVeg	0.500
RedVeg	0.130
OtherVeg	0.260
Legumes	0.130
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

Amount Per Serving			
Calories	378.48		
Fat	17.25g		
SaturatedFat	8.38g		
Trans Fat	0.00g		
Cholesterol	174.50mg		
Sodium	1027.09mg		
Carbohydrates	26.17g		
Fiber	4.41g		
Sugar	5.75g		
Protein	27.85g		
Vitamin A	2746.58IU	**Vitamin C**	19.87mg
Calcium	258.51mg	**Iron**	1.75mg

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

Nutrition - Per 100g

No 100g Conversion Available

Wet Burrito

Servings:	75.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-12661
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	10 Pound		722330
ONION DEHY SUPER TOPPER 6-2 P/L	2 Cup		223255
SAUCE ENCHILADA MILD 4-1GAL GRSZ	1 Quart		598461
CHEESE CHED MLD SHRD 4-5 LOL	2 Pound		150250
CHEESE MOZZ SHRD 4-5 LOL	2 Pound		645170
BEAN REFRD VEGTAR 6-27.09Z SANTG	1 Package	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.	703753
SALSA 6-10 COMM	1/2 #10 CAN		150570
TORTILLA FLOUR 10 ULTRGR 12-12CT	75 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let standin bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heatto 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). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour toprevent drying).	690141

Preparation Instructions

Day 1 thaw taco meat in cooler overnight.

Day 2 put 10 lb meat in large bowl add #10 can refried beans, 2 cups dehydrated onion, 1/2 #10 salsa, and 1 qt enchilada sauce mix together. Let set overnight.

Day 3 Spray sheet tray with pan spray coat bottom of tray with enchilada sauce. Take 10" tortilla shell add 4 oz. meat mixture place in center of shell and wrap then place seam side down on tray.

Bake at 350 for 30 min covered. Uncover and bake 10 min longer or until temperature is 165. Spread 4 lb mixture of mozzarella and cheddar over top and place in warmer to hold.

Meal Components (SLE)

Amount Per Serving

Meat	2.199
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.086
OtherVeg	0.000
Legumes	0.361
Starch	0.000

Nutrition Facts

Servings Per Recipe: 75.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	453.93		
Fat	15.22g		
SaturatedFat	6.13g		
Trans Fat	0.20g		
Cholesterol	42.08mg		
Sodium	1004.07mg		
Carbohydrates	52.55g		
Fiber	11.18g		
Sugar	4.94g		
Protein	25.97g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	364.16mg	**Iron**	4.88mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salisbury Steak

Servings:	30.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-12640
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SMKY GRLL 100-3Z PIER	30 Each	BAKE 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.	451400
GRAVY MIX BROWN 12-15Z GCHC	7 1/2 Ounce		242450

Preparation Instructions

Make gravy according to package directions.

Pour 1/2 gallon gravy over each pan of 30 Salisbury Steaks.

Heat.

Serve with dinner roll.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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: 30.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	236.33		
Fat	17.13g		
SaturatedFat	7.00g		
Trans Fat	1.00g		
Cholesterol	70.00mg		
Sodium	458.61mg		
Carbohydrates	1.01g		
Fiber	0.00g		
Sugar	0.25g		
Protein	16.00g		
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

Nutrition - Per 100g

No 100g Conversion Available

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	Prep Instructions	DistPart #
Green Beans cnd	5 #10 CAN	BAKE	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	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Bacon Ranch Pasta

Servings:	30.00	**Category:**	Entree
Serving Size:	1.00 Cup	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-12667
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ 6-5 JTM	1 1/2 Package		155661
PASTA PENNE CKD 4-5 PG	1 1/2 Package		835900
Chicken, Diced, Cooked, Frozen	2 1/2 Pound		100101
DRESSING MIX RNCH 18-3.2Z HVALL	1/4 Cup		192716
BACON TOPPING 3/8 DCD 2-5 HRML	2 Cup		104396
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	2 Cup	UNPREPARED	100012

Preparation Instructions

Start with sprayed foil pan place that pan in 2" pan for support. Rinse 1.5 bags penne pasta place in pan with 1.5 bags of heated sauce and 1.5 bags of heated diced chicken stir together with 1/4 cup ranch seasoning. Sprinkle with 2 cups bacon. Bake covered at 350 for 30 minutes. Uncover and bake an additional 10-15 minutes or until pan temps 165. Add 2 cups of cheese and place in warmer.

Meal Components (SLE)

Amount Per Serving

Meat	1.898
Grain	0.809
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 30.00
Serving Size: 1.00 Cup

Amount Per Serving			
Calories	236.57		
Fat	9.43g		
SaturatedFat	3.49g		
Trans Fat	0.01g		
Cholesterol	52.03mg		
Sodium	567.52mg		
Carbohydrates	19.26g		
Fiber	0.81g		
Sugar	1.70g		
Protein	17.47g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	60.63mg	**Iron**	0.85mg

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

Nutrition - Per 100g

No 100g Conversion Available

Teriyaki Chicken with Rice

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-12666
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP TERYK 6-7.15	2 6/7 Ounce		890911
RICE FRIED VEG WGRAIN 6-5.16 MINH	1/2 Cup		676463

Preparation Instructions

Lay out bags of chicken and sauce and mix one bag per tray. Cook at 350 for 15 min or until temps at 165. Pull rice out of freezer to thaw and place in steam pans steam for 25 min or until temp is 135.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.169
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	162.88		
Fat	5.21g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	407.29mg		
Carbohydrates	11.58g		
Fiber	0.34g		
Sugar	7.25g		
Protein	17.51g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	10.85mg	**Iron**	0.86mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza Burger

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-12669
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260
SAUCE SPAGHETTI POUCH 6-106Z PREGO	1 Tablespoon		315729
PEPPERONI SLCD 14-16/Z 2-5 GCHC	3 Each		729981
CHEESE MOZZ SHRD 4-5 LOL	2 Tablespoon		645170
4 inch whole grain hamburger buns - 30 ct	1 bun		3480

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.391
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.141
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	440.00		
Fat	21.63g		
SaturatedFat	8.75g		
Trans Fat	0.00g		
Cholesterol	73.13mg		
Sodium	571.44mg		
Carbohydrates	4.56g		
Fiber	2.38g		
Sugar	5.75g		
Protein	28.88g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	105.00mg	**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

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	Prep Instructions	DistPart #
BEEF STK SMKY GRLL 100-3Z PIER	1 Each		451400
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN HAMB WHT WHE 4" 10-12CT ALPH	1 Each		248151

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	3.500
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	420.00		
Fat	21.50g		
SaturatedFat	8.50g		
Trans Fat	1.00g		
Cholesterol	77.50mg		
Sodium	760.00mg		
Carbohydrates	27.00g		
Fiber	3.00g		
Sugar	3.50g		
Protein	25.00g		
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

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

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

Assorted Pop-Tart

Servings:	2.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Breakfast	**Recipe ID:**	R-24447
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package		123081
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package		123031

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: 2.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	345.00		
Fat	5.50g		
SaturatedFat	1.75g		
Trans Fat	0.00g		
Cholesterol	115.00mg		
Sodium	235.00mg		
Carbohydrates	73.00g		
Fiber	6.00g		
Sugar	29.50g		
Protein	4.50g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	260.00mg	**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

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	Prep Instructions	DistPart #
SOUP TOMATO 12-5 CAMP	1 #5 CAN		101427
Tap Water for Recipes	1 #5 CAN	UNPREPARED	000001WTR

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	0.698
OtherVeg	0.000
Legumes	0.000
Starch	0.000

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**	0.37mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pulled Pork Sandwich

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-12668
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	4 Ounce		498702
Whole Wheat Hamburger Bun	1 Each		51458

Preparation Instructions

Steam thawed pork in bags for 35 min or until temp is 145.
Place heated pork in sprayed 6" pan and hold to serve.
When serving add to 4" bun.

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	380.00		
Fat	10.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	530.00mg		
Carbohydrates	42.00g		
Fiber	2.50g		
Sugar	3.00g		
Protein	27.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	54.00mg	**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

New Orleans Chicken with Rice & Egg Roll

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-24455
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STIR FRY KIT NEW ORLEANS CHIX 6-7.2#	2 6/7 Ounce		791701
RICE FRIED VEG WGRAIN 6-5.16 MINH	1/2 Cup		676463
EGG ROLL VEG WGRAIN 130-3.1Z MINH	1 Each	BAKE HEATING INSTRUCTIONS. HEAT BEFORE SERVING. Heating instructions are based on a full size sheet pan (with approximately 54 Egg Rolls). For food safety and quality, heat before serving to an internal temperature of 160°F. Convection Oven: Preheat oven to 350°F. Fill large (16"x24") baking tray with frozen egg rolls and cook for 21 - 22 minutes. Rotate tray halfway through baking time.	521450

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.169
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	341.88		
Fat	9.81g		
SaturatedFat	2.10g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	739.99mg		
Carbohydrates	42.58g		
Fiber	3.74g		
Sugar	17.25g		
Protein	21.01g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	54.95mg	**Iron**	2.16mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Rib Sandwich

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-10155
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Heat for 13 minutes. Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes.	451410
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142

Preparation Instructions

Cook BBQ rib meat to 165 degrees . Place the rib meat inside a sub bun . Then place on a sheet pan , keep 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	360.00		
Fat	12.50g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	860.00mg		
Carbohydrates	42.00g		
Fiber	4.00g		
Sugar	14.00g		
Protein	19.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	96.00mg	**Iron**	3.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Caesar Salad

Servings:	135.00	**Category:**	Entree
Serving Size:	1.00 Cup	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-18695
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	18 Pound		451730
CHEESE PARM SHRD FCY 10-2 PG	3 Pound	1.5 bags	460095
DRESSING CAESAR 4-1 GAL GFS	1 Gallon		818201
CROUTON MULTIGR CHS GARL 10-2# GCHC	1/3 Each	1/3 bag	748510

Preparation Instructions

Divide ingredients among 3 pans.

Each pan provides 45, 1 cup servings.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 135.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	143.55		
Fat	14.21g		
SaturatedFat	3.67g		
Trans Fat	0.00g		
Cholesterol	18.36mg		
Sodium	345.87mg		
Carbohydrates	2.30g		
Fiber	0.38g		
Sugar	0.97g		
Protein	3.22g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	94.94mg	**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 Teriyaki Sandwich

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-24385
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
SAUCE TERIYAKI 4-64FLZ SWTBRAY	1 Tablespoon		417622
CHEESE PROV NAT SLCD .75Z 6-1.5 GCHC	1 Slice		726532
Whole Wheat Hamburger Bun	1 Each		51458

Preparation Instructions

Lay out grilled chicken on sheet paper on to a sheet pan . Cook at 350 for 20 min. or to temp of 165 . Place sauce and cheese on the chicken . Next place the chicken on a bun , wrap with yellow foil paper . Place on to a sheet pan . Place in the warmer , and serve.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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	380.00		
Fat	10.50g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	75.00mg		
Sodium	1100.00mg		
Carbohydrates	36.00g		
Fiber	2.50g		
Sugar	11.00g		
Protein	33.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	221.00mg	**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

Loaded Baked Potato

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-18725
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER IDAHO 100CT MRKN	1 Each		233285
Broccoli, No salt added, Frozen	1/2 Cup		110473
SAUCE CHS CHED POUCH 6-106Z LOL	3 Ounce		135261
BACON TOPPING 3/8 DCD 2-5 HRML	1 Ounce		104396

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.115
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: 1.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	283.93		
Fat	18.66g		
SaturatedFat	10.21g		
Trans Fat	0.00g		
Cholesterol	77.59mg		
Sodium	1213.72mg		
Carbohydrates	9.14g		
Fiber	3.00g		
Sugar	1.00g		
Protein	19.90g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	288.28mg	**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

Rice Bowl

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-12653
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Fluid Ounce		722330
BEAN REFRD VEGTAR 6-27.09Z SANTG	1/2 Cup	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.	703753
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	3 Fluid Ounce		722110
RICE BRN MEXICAN WGRAIN 6-26Z GCHC	3 Tablespoon	6 Tbsp uncooked rice= 1 cup cooked rice	576280
CHIP TORTL RND R/F 104-.88Z TOSTIT	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.	284751

Preparation Instructions

Steam thawed taco meat and Queso for 35 min to 135. open bags and place in sprayed 6" pan and hold to serve.

Place beans in sprayed pan add 1 gallon of water let set for 20 min. before serving.

Mix rice according to package instructions. Steam for 45 min.

Meal Components (SLE)

Amount Per Serving

Meat	3.746
Grain	1.630
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	1.620
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	986.24		
Fat	30.51g		
SaturatedFat	12.78g		
Trans Fat	0.33g		
Cholesterol	82.27mg		
Sodium	3033.20mg		
Carbohydrates	120.56g		
Fiber	34.51g		
Sugar	2.20g		
Protein	59.60g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	585.39mg	**Iron**	9.34mg

*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

Chicken Caesar Salad Meal

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-27156
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD PTY FC 100-3.1Z TYS	1 Each		209244
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
DRESSING CAESAR CRMY PKT 60-1.5FLZ	1 Each		824950
CHEESE PARM SHRD FCY 2-5 STLL	1/2 Cup		871380
CHIP HARV CHED 104-SSV SUNCHIP	1 Package		105260
CROUTON SEAS PC PKT 500-.25Z FRSHGOUR	3 Package		175400
DRESSING RNCH BTRMLK PKT 120-1.5Z	1 Each		266523

Preparation Instructions

Start vwith 9x9 container, layer : lettuce , cheese , chicken, Add dressing , chips , crouton . Keep in cooler and serve .

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.500
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	950.00		
Fat	69.50g		
SaturatedFat	18.50g		
Trans Fat	0.00g		
Cholesterol	125.00mg		
Sodium	2355.00mg		
Carbohydrates	49.00g		
Fiber	5.00g		
Sugar	10.00g		
Protein	39.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	546.00mg	**Iron**	0.96mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Kit

Servings:	3.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Breakfast	**Recipe ID:**	R-26961
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL COKRPY BAR BKFST KIT 56CT	1 Package		676242
CEREAL COCO PUFFS BKFST KIT R/S 60CT	1 Package	READY_TO_EAT Ready-to-eat	533130
CEREAL CINN TST RS BKFST KIT 2-36CT	1 Each	READY_TO_EAT Ready-to-eat	150471

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
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	163.33		
Fat	3.83g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	135.00mg		
Carbohydrates	30.33g		
Fiber	2.00g		
Sugar	14.00g		
Protein	2.00g		
Vitamin A	333.33IU	**Vitamin C**	40.00mg
Calcium	106.67mg	**Iron**	0.71mg

*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

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

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

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	2.985
Grain	1.493
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

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	7.46mg
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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Pizza

Servings:	5.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Breakfast	**Recipe ID:**	R-28458
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT PORK SAUS WGRAIN 100CT COMM	1 Each	1 Piece = 1 Meat/Meat Alternative and 1.75 Grain equivalents	451650
PIZZA WGRAIN BKFST TKY SAUS 128-3.31Z	1 Each	1 Piece = 1 Meat/Meat Alternative and 1.75 Grain equivalents	160432
PIZZA BKFST SAUS WGRAIN IW 100-3.67Z	1 Each	1 Piece = 1 Meat/Meat Alternative and 1.75 Grain equivalents	659981
PIZZA BKFST SAUS&GRVY WGRAIN 128-3Z	1 Piece	1 Piece = 1 Meat/Meat Alternative and 1.50 Grain equivalents	503640
PIZZA BKFST EGG&BCN WGRAIN 128-2.95Z	1 Each	1 Piece = 1 Meat/Meat Alternative and 1.50 Grain equivalents	503660

Preparation Instructions

Bake according to box directions.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 5.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	228.60		
Fat	8.62g		
SaturatedFat	3.18g		
Trans Fat	0.00g		
Cholesterol	28.40mg		
Sodium	393.04mg		
Carbohydrates	27.00g		
Fiber	2.72g		
Sugar	4.80g		
Protein	10.50g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	142.82mg	**Iron**	1.48mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Roll w/ Icing

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Complex Food Prep
Meal Type:	Breakfast	**Recipe ID:**	R-28460
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL CINN LRG 120-2.25Z RICH	1 Each	BAKE 1. KEEP DOUGH FROZEN AT 0 F OR BELOW UNTIL READY TO USE. 2. REMOVE FROZEN DOUGH PIECES AND PLACE 1" APART ON PARCHMENT PAPER LINED FULL SHEET PANS. GREASE PAN EDGES FOR CLUSTERED SOFT SIDED SWEET ROLLS. PLACE 2" APART FOR INDIVIDUAL ROLLS: FULL SHEET PAN PANNING CHART ---------- OZ. INDIVIDUAL CLUSTERED ---------- 2.25 OZ. 3 X 5 5 X 8 3. COVER THE INDIVIDUAL PANS WITH OILED PLASTIC OR COVER FULL PAN RACK WITH A PLASTIC PAN RACK COVER TO PREVENT PRODUCT FROM DRYING OUT. 4. PLACE PRODUCT IN RETARDER 40 F AND DEFROST OVERNIGHT OR AT ROOM TEMPERATURE 45 - 60 MINUTES. 5. OPTIONAL: REMOVE DOUGHS THAT HAVE BEEN IN THE RETARDER OVERNIGHT AND WARM TO ROOM TEMPERATURE 30 - 45 MINUTES. REMOVE PLASTIC COVER. 6. PLACE IN PROOFER (95 F - 110 F 85% HUMIDITY) AND PROOF UNITL DOUBLE IN SIZE. 7. BAKE IN A PREHEATED OVEN UNTIL ROLLS ARE GOLDEN BROWN: 325 F CONVECTION OVEN 375 F ALL OTHER TYPES OF OVENS 8. REMOVE FROM OVEN AND BRUSH WITH RICH'S GLAZE 'N SHINE (PC 21784). 9. COOL SLIGHTLY AND ICE WITH RICH'S CREME CHEESE ICING (PC 20036) OR RICH'S WARM HEAT N ICE (PC 21952). 10. HOLD COOLED BAKED ROLLS COVERED AT ROOM TEMPERATURE TO PREVENT DRYING OUT. SERVE OR PACKAGE AND LABEL FOR SELLING.	222127
Powdered Sugar Icing	2 Serving		R-28459

Preparation Instructions

BAKE

1. KEEP DOUGH FROZEN AT 0 F OR BELOW UNTIL READY TO USE.

2. REMOVE FROZEN DOUGH PIECES AND PLACE 1" APART ON PARCHMENT PAPER LINED FULL SHEET PANS. GREASE PAN EDGES FOR CLUSTERED SOFT SIDED SWEET ROLLS. PLACE 2" APART FOR INDIVIDUAL ROLLS: FULL SHEET PAN PANNING CHART

3. COVER THE INDIVIDUAL PANS WITH OILED PLASTIC OR COVER FULL PAN RACK WITH A PLASTIC PAN RACK COVER TO PREVENT PRODUCT FROM DRYING OUT.

4. PLACE PRODUCT IN RETARDER 40 F AND DEFROST OVERNIGHT OR AT ROOM TEMPERATURE 45 - 60 MINUTES.

5. PLACE IN PROOFER/WARMER (95 F - 110 F 85% HUMIDITY) AND PROOF UNITL DOUBLE IN SIZE.

7. BAKE IN A PREHEATED OVEN UNTIL ROLLS ARE GOLDEN BROWN: 325 F CONVECTION OVEN 375 F ALL

OTHER TYPES OF OVENS

8. REMOVE FROM OVEN AND DRIZZLE WITH 2 TBSP OF ICING

10. HOLD COOLED BAKED ROLLS COVERED AT ROOM TEMPERATURE TO PREVENT DRYING OUT. SERVE OR PACKAGE FOR SERVICE

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: 1.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	288.19		
Fat	6.25g		
SaturatedFat	2.34g		
Trans Fat	0.00g		
Cholesterol	5.27mg		
Sodium	224.24mg		
Carbohydrates	54.02g		
Fiber	1.00g		
Sugar	28.29g		
Protein	5.15g		
Vitamin A	0.18IU	**Vitamin C**	0.04mg
Calcium	10.88mg	**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

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

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	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
EGG SCRMBD CKD FZ 4-5 CARG	4 Cup	1/2 cup serving	192330

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: 8.00
Serving Size: 1.00 pouch

Amount Per Serving			
Calories	314.38		
Fat	12.50g		
SaturatedFat	2.88g		
Trans Fat	0.00g		
Cholesterol	192.19mg		
Sodium	477.50mg		
Carbohydrates	40.75g		
Fiber	2.69g		
Sugar	10.94g		
Protein	10.13g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	78.50mg	**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

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

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

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

Nutrition - Per 100g

No 100g Conversion Available

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	Prep Instructions	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	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.429
OtherVeg	0.000
Legumes	0.000
Starch	0.000

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

*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 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	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. Also has 1/2 grain component equivalent	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. Also has 1/2 grain component equivalent	653342
STIR FRY CHIX TANGR WGRAIN 6-7.2	3 9/10 Ounce	weight. Also has 1/2 grain component equivalent	791710
RICE FRIED VEG WGRAIN 6-5.16 MINH	5 Cup	1 cup is serving per student	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	2.000
Grain	2.300
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: 1.00 Serving

Amount Per Serving			
Calories	448.00		
Fat	7.40g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	53.00mg		
Sodium	832.00mg		
Carbohydrates	73.00g		
Fiber	5.00g		
Sugar	14.60g		
Protein	20.60g		
Vitamin A	0.00IU	**Vitamin C**	0.48mg
Calcium	18.00mg	**Iron**	1.68mg

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

Nutrition - Per 100g

No 100g Conversion Available

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	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	45 Pound	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	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	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.250
Legumes	0.000
Starch	0.000

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

Nutrition - Per 100g

No 100g Conversion Available

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	Prep Instructions	DistPart #
PANCAKE 1.2Z 12-12CT MBTRWR	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	3.000
Grain	1.250
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: 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	134.67mg	**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

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	Prep Instructions	DistPart #
Potatoes, Wedges, Low-sodium Frozen	1 Cup		100355
CHILI BEEF W/BEAN 6-5 COMM	3 Ounce	weight	344012
SAUCE CHS CHED DIP CUP 140-3Z LOL	1 Each	Warm	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	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	1.000

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

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

Nutrition - Per 100g

No 100g Conversion Available

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	Prep Instructions	DistPart #
TOAST TEXAS APPL CINN IW 96-3.3Z S&F	1 Slice		152504
SAUSAGE LNK PORK 1.2Z 250CT COMM	2 Each	BAKE Conventional oven: from frozen state, bake on a pan in a preheated conventional oven at 350 degrees f for 8-10 minutes. Convection oven: from frozen state, bake on a pan in a preheated convection oven at 350 degrees f for 5-8 minutes microwave: on high for about 45 seconds. Microwave ovens vary. Times given are approximate.	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	2.000
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: 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

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

Nutrition - Per 100g

No 100g Conversion Available

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	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
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	3.006
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	368.85		
Fat	17.76g		
SaturatedFat	8.13g		
Trans Fat	0.00g		
Cholesterol	65.86mg		
Sodium	1089.43mg		
Carbohydrates	33.26g		
Fiber	2.00g		
Sugar	6.13g		
Protein	23.16g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	211.00mg	**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

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	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	N/A	269220
PANCAKE STRAWB WGRAIN IW 72-3.17Z	1 Package	N/A	269230
WAFFLE MINI BLUEB WGRAIN IW 72-2.47Z	1 Package	N/A	269240
WAFFLE MINI MAPL WGRAIN IW 72-2.47Z	1 Package	N/A	269260
SAUSAGE LNK PORK 1.2Z 250CT COMM	16 Each		344090

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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	364.38		
Fat	16.50g		
SaturatedFat	3.88g		
Trans Fat	0.00g		
Cholesterol	52.19mg		
Sodium	737.50mg		
Carbohydrates	38.75g		
Fiber	2.69g		
Sugar	10.94g		
Protein	18.13g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	82.50mg	**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

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	Prep Instructions	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	Diced	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	2.750
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: 30.00
Serving Size: 0.50 Cup

Amount Per Serving			
Calories	524.80		
Fat	26.13g		
SaturatedFat	11.13g		
Trans Fat	0.01g		
Cholesterol	137.33mg		
Sodium	1864.05mg		
Carbohydrates	34.00g		
Fiber	3.13g		
Sugar	2.67g		
Protein	35.93g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	280.00mg	**Iron**	0.90mg

*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

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	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	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	2.000
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 Serving

Amount Per Serving			
Calories	450.00		
Fat	18.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	70.00mg		
Sodium	760.00mg		
Carbohydrates	53.00g		
Fiber	7.00g		
Sugar	11.00g		
Protein	23.00g		
Vitamin A	200.00IU	**Vitamin C**	0.00mg
Calcium	280.00mg	**Iron**	5.04mg

*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-20124
School:	Concord Intermediate		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY TACO MEAT FC 4-7 JENNO	3 Ounce		768230
CHIP NACHO CHS R/F TOP N GO 44-1.4Z	1 Package	READY_TO_EAT Lay product flat with the front facing you. Pull open the easy open strip to reveal the product. Cover product with toppings (chili, cheese sauce, or other - you provide) Enjoy	815803
Cheese, Cheddar Reduced fat, Shredded	2 Tablespoon		100012

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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	15.00g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	700.00mg
Carbohydrates	30.50g
Fiber	2.00g
Sugar	1.00g
Protein	21.50g

Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	70.00mg	**Iron**	1.48mg

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

Nutrition - Per 100g

No 100g Conversion Available

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	3.000
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	592.00		
Fat	30.50g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	62.00mg		
Sodium	796.00mg		
Carbohydrates	50.00g		
Fiber	3.00g		
Sugar	16.00g		
Protein	27.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	150.00mg	**Iron**	3.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

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	2.500
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	597.00		
Fat	30.50g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	62.00mg		
Sodium	1016.00mg		
Carbohydrates	49.50g		
Fiber	3.00g		
Sugar	16.00g		
Protein	29.50g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	150.00mg	**Iron**	3.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cookbook for Concord Intermediate

Created by HPS Menu Planner

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Uncrustable

Variety of 100% Juice

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Yogurt

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Glazed Carrots

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Powdered Sugar Icing

Uncrustable with String Cheese

Pop-Tarts (2 count)

Baked Potato or Potato Wedges

BeneFIT Breakfast Bar

Variety of Muffin

Broccoli & Cheese

Hot Dog with Bun

Fresh Baked Cookies

French Toast

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Mini Pancakes or Waffles

Ham, Egg, & Cheese English Muffin

Chicken Stir-Fry

Fruit:

Buffalo Chicken (For Salad)

Uncrustable Meal

Hot Ham & Cheese Sandwich

Ham, Egg & Cheese Croissant

Sausage Egg & Cheese Croissant

Taco Salad

Graham Snack

Variety of Cereal

Servings:	4.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Breakfast	**Recipe ID:**	R-20115
School:	Concord Intermediate		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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 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 LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
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

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	110.30		
Fat	1.63g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	149.80mg		
Carbohydrates	23.50g		
Fiber	2.20g		
Sugar	7.50g		
Protein	1.65g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	101.30mg	**Iron**	2.66mg

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Nutrition - Per 100g

No 100g Conversion Available

Hamburger on Bun-Elementary

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-20105
School:	Concord Intermediate		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each		785850
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	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	298.00		
Fat	12.00g		
SaturatedFat	3.60g		
Trans Fat	0.60g		
Cholesterol	39.00mg		
Sodium	519.00mg		
Carbohydrates	28.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	20.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	65.02mg	**Iron**	3.43mg

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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

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

*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 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-10095
School:	Concord 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

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	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

Soy Uncrustable w/ String Cheese and Goldfish

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-20109
School:	Concord Intermediate		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND SOY BTR & JAM WGRAIN IW 72-2.4Z	1 Each		630302
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
CRACKER GLDFSH WGRAIN COLOR 300-.75Z	1 Package		112702

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: 1.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	460.00		
Fat	23.50g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	570.00mg		
Carbohydrates	44.00g		
Fiber	5.00g		
Sugar	13.00g		
Protein	17.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	319.00mg	**Iron**	2.72mg

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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

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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 SHELLED SOYBEANS 6-2.5 SIMPL	1 1/2 Cup	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. 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. 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.	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	READY_TO_EAT Fully Cooked - Ready To Eat This product is fully cooked and is "Ready To Eat".	202150
TURKEY TACO MEAT FC 4-7 JENNO	72 Ounce		768230
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	READY_TO_EAT Ready to Enjoy	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	READY_TO_EAT All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	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	568.44		
Fat	28.19g		
SaturatedFat	7.56g		
Trans Fat	0.00g		
Cholesterol	102.56mg		
Sodium	999.77mg		
Carbohydrates	59.42g		
Fiber	4.64g		
Sugar	29.51g		
Protein	20.27g		
Vitamin A	835.38IU	**Vitamin C**	6.80mg
Calcium	48.06mg	**Iron**	2.42mg

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Nutrition - Per 100g

No 100g Conversion Available

Cheesy Black Beans

Servings:	75.00	**Category:**	Vegetable
Serving Size:	0.75 Cup	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-20145
School:	Concord Intermediate		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEANS BLACK LO SOD 6-10 BUSH	4 #10 CAN		231981
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	0.750
Starch	0.000

Nutrition Facts

Servings Per Recipe: 75.00
Serving Size: 0.75 Cup

Amount Per Serving			
Calories	216.60		
Fat	5.12g		
SaturatedFat	2.99g		
Trans Fat	0.01g		
Cholesterol	15.47mg		
Sodium	412.14mg		
Carbohydrates	28.12g		
Fiber	6.95g		
Sugar	1.38g		
Protein	13.23g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	222.36mg	**Iron**	2.21mg

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Corn

Servings:	165.00	**Category:**	Vegetable
Serving Size:	0.50 Cup	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-20143
School:	Concord Intermediate		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 KE	30 Pound		283730
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1/2 Pound		191205

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	0.500

Nutrition Facts

Servings Per Recipe: 165.00
Serving Size: 0.50 Cup

Amount Per Serving			
Calories	109.18		
Fat	1.70g		
SaturatedFat	0.69g		
Trans Fat	0.00g		
Cholesterol	2.95mg		
Sodium	15.06mg		
Carbohydrates	22.35g		
Fiber	2.48g		
Sugar	2.48g		
Protein	3.73g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	4.22mg	**Iron**	0.50mg

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Nutrition - Per 100g

No 100g Conversion Available

Variety Muffin

Servings:	5.00	**Category:**	Grain
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Breakfast	**Recipe ID:**	R-20140
School:	Concord Intermediate		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN APPL CINN WGRAIN IW 72-2Z	1 Each		558011
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each		557981
MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN	1 Each		273442
MUFFIN CHOCOLATE CHP WGRAIN IW 96-2Z	1 Each		273681
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each		262343

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: 5.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	176.00		
Fat	5.50g		
SaturatedFat	1.40g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	114.00mg		
Carbohydrates	28.80g		
Fiber	1.60g		
Sugar	15.00g		
Protein	3.00g		
Vitamin A	2.88IU	**Vitamin C**	0.01mg
Calcium	20.95mg	**Iron**	0.99mg

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Nutrition - Per 100g

No 100g Conversion Available

Sloppy Joe Sandwich

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-20126
School:	Concord Intermediate		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	3 5/8 Ounce	Weight	564790
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	2.000
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	295.10		
Fat	7.80g		
SaturatedFat	2.20g		
Trans Fat	0.00g		
Cholesterol	44.00mg		
Sodium	918.80mg		
Carbohydrates	36.00g		
Fiber	3.80g		
Sugar	11.00g		
Protein	19.30g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	62.02mg	**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

Broccoli with Cheese Sauce

Servings:	82.00	**Category:**	Vegetable
Serving Size:	0.50 Cup	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-20132
School:	Concord Intermediate		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GCHC	15 Pound		610902
SAUCE CHS ULTIM YEL POUC 6-106Z LOL	6 Cup		310668

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	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 82.00
Serving Size: 0.50 Cup

Amount Per Serving			
Calories	49.44		
Fat	1.73g		
SaturatedFat	1.16g		
Trans Fat	0.00g		
Cholesterol	5.78mg		
Sodium	91.66mg		
Carbohydrates	5.84g		
Fiber	2.93g		
Sugar	0.98g		
Protein	4.28g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	77.10mg	**Iron**	0.98mg

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Nutrition - Per 100g

No 100g Conversion Available

Fruit and Yogurt Parfait

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Breakfast	**Recipe ID:**	R-20162
School:	Concord Intermediate		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY WHL IQF 4-5 GCHC	1/2 Cup		244630
YOGURT STRAWB L/F PARFPR 6-4 YOPL	1/2 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811490
CEREAL GRANOLA HNY OATS 4-44Z	1/3 Cup	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	818961

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	0.500
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	267.43		
Fat	4.19g		
SaturatedFat	0.87g		
Trans Fat	0.00g		
Cholesterol	3.73mg		
Sodium	86.79mg		
Carbohydrates	51.29g		
Fiber	2.98g		
Sugar	26.81g		
Protein	7.19g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	145.33mg	**Iron**	1.29mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Taco

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-20125
School:	Concord Intermediate		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CKD SHRD WHT IQF 2-5 GCHC	2 Ounce		617760
TORTILLA FLOUR 6" PRSD ULTRGR 24-12CT	1 Each		690120

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 1.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	168.20		
Fat	3.23g		
SaturatedFat	0.07g		
Trans Fat	0.00g		
Cholesterol	35.33mg		
Sodium	132.13mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	21.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	62.33mg	**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

Chips and Salsa

Servings:	1.00	**Category:**	Grain
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-20127
School:	Concord Intermediate		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND R/F 104-.88Z TOSTIT	1 Package		284751
SALSA CUP 84-3Z REDG	1 Each		677802

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
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	149.30		
Fat	4.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	290.50mg		
Carbohydrates	18.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	2.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	23.00mg	**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

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

Uncrustable w/ Yogurt and Goldfish

Servings:	2.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-29375
School:	Concord Community Elementary Schools		

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 GLDFSH CHED WGRAIN 300-.75Z	2 Package		736280
Yogurt	2 Serving		R-28222

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	552.00		
Fat	20.10g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	6.00mg		
Sodium	572.00mg		
Carbohydrates	75.70g		
Fiber	4.00g		
Sugar	33.80g		
Protein	19.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	311.50mg	**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

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

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

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

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

*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 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

Yogurt

Servings:	5.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Breakfast	**Recipe ID:**	R-28222
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each		186911
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each		551760
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each		551770
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each		885750
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each		869921

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 1.00 Each

Amount Per Serving			
Calories	76.00		
Fat	0.30g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	3.00mg		
Sodium	61.00mg		
Carbohydrates	14.60g		
Fiber	0.00g		
Sugar	9.40g		
Protein	4.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	124.00mg	**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

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

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	Prep Instructions	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	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.429
OtherVeg	0.000
Legumes	0.000
Starch	0.000

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

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

Nutrition - Per 100g

No 100g Conversion Available

Tomato Soup

Servings:	58.00	**Category:**	Vegetable
Serving Size:	0.75 Cup	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-10639
School:	Ox Bow Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO 12-5 CAMP	5 #5 CAN		101427
FAT FREE SKIM MILK	1 Gallon		

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	1.384
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 58.00
Serving Size: 0.75 Cup

Amount Per Serving			
Calories	135.06		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	1.38mg		
Sodium	616.70mg		
Carbohydrates	28.08g		
Fiber	1.22g		
Sugar	18.01g		
Protein	4.66g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	110.97mg	**Iron**	0.73mg

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

Nutrition - Per 100g

No 100g Conversion Available

Powdered Sugar Icing

Servings:	110.00	**Category:**	Condiments or Other
Serving Size:	2.00 Tablespoon	**HACCP Process:**	No Cook
Meal Type:	Breakfast	**Recipe ID:**	R-28459
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR POWDERED 6X 25 GCHC	10 Cup		108693
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1 Cup		840860
1 % White Milk	1 Cup		
FLAVORING VANILLA IMIT 1-1GAL KE	1 Tablespoon		110744

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: 110.00
Serving Size: 2.00 Tablespoon

Amount Per Serving			
Calories	59.10		
Fat	1.62g		
SaturatedFat	0.67g		
Trans Fat	0.00g		
Cholesterol	0.14mg		
Sodium	17.12mg		
Carbohydrates	11.01g		
Fiber	0.00g		
Sugar	10.65g		
Protein	0.07g		
Vitamin A	0.09IU	**Vitamin C**	0.02mg
Calcium	0.44mg	**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

Uncrustable with String Cheese

Servings:	2.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Breakfast	**Recipe ID:**	R-28205
School:	Concord Community Elementary Schools		

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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	380.00		
Fat	22.00g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	480.00mg		
Carbohydrates	34.50g		
Fiber	4.00g		
Sugar	16.00g		
Protein	15.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	241.50mg	**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

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

Baked Potato or Potato Wedges

Servings:	3.00	**Category:**	Vegetable
Serving Size:	0.50 Cup	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-29428
School:	Concord Intermediate		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER IDAHO 2 6Z 50 MRKN	1 Each	FBG states that 6 ounce weight potato equals 1/2 cup of starchy vegetable	328731
POTATO BAKER BABY WHL 6-2.5 RSTWRKS	3 2/7 Ounce	3.29 ounce weight equals 1/2 cup starchy vegetable	697990
Potatoes, Wedges, Low-sodium Frozen	1/2 Cup		100355

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	0.500

Nutrition Facts

Servings Per Recipe: 3.00
Serving Size: 0.50 Cup

Amount Per Serving			
Calories	100.67		
Fat	1.67g		
SaturatedFat	0.33g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	101.67mg		
Carbohydrates	19.00g		
Fiber	2.33g		
Sugar	0.67g		
Protein	2.67g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	8.00mg	**Iron**	0.60mg

*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

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

Broccoli & Cheese

Servings:	164.00	**Category:**	Vegetable
Serving Size:	0.50 Cup	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-9517
School:	Ox Bow Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	30 Pound		110473
SAUCE CHS CHED POUCH 6-106Z LOL	6 5/8 Pound	1 bag of cheese sauce	135261

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.216
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: 164.00
Serving Size: 0.50 Cup

Amount Per Serving			
Calories	284.73		
Fat	18.11g		
SaturatedFat	11.64g		
Trans Fat	0.00g		
Cholesterol	51.75mg		
Sodium	1056.93mg		
Carbohydrates	12.76g		
Fiber	3.00g		
Sugar	1.00g		
Protein	15.94g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	540.75mg	**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

Hot Dog with Bun

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-20123
School:	Concord Intermediate		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS TKY UNCURED 2Z 4-5 JENNO	1 Each		656882
BUN HOT DOG WGRAIN SLCD 144-6	1 Each		733411

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: 1.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	280.00		
Fat	12.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	560.00mg		
Carbohydrates	28.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	12.00g		
Vitamin A	0.00IU	**Vitamin C**	9.00mg
Calcium	76.00mg	**Iron**	2.22mg

*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

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-20124
School:	Concord Intermediate		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY TACO MEAT FC 4-7 JENNO	3 Ounce		768230
CHIP NACHO CHS R/F TOP N GO 44-1.4Z	1 Package	READY_TO_EAT Lay product flat with the front facing you. Pull open the easy open strip to reveal the product. Cover product with toppings (chili, cheese sauce, or other - you provide) Enjoy	815803
Cheese, Cheddar Reduced fat, Shredded	2 Tablespoon		100012

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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	15.00g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	700.00mg
Carbohydrates	30.50g
Fiber	2.00g
Sugar	1.00g
Protein	21.50g

Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	70.00mg	**Iron**	1.48mg

*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	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.	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

Macaroni and Cheese ++

Servings:	46.00	**Category:**	Entree
Serving Size:	0.75 Cup	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-29501
School:	Concord Intermediate		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 8-2.5 PG	70 Ounce	4 pounds and 6 ounce weight	664461
MILK PWD FF INST 6-5 P/L	1 1/3 Cup	RECONSTITUTE Use per recipe To make fluid milk, add 3 Tbsp.milk to 1 cup of water.	311065
Tap Water for Recipes	3 3/4 Cup	UNPREPARED	000001WTR
Cheese, Cheddar Reduced fat, Shredded	35 Ounce	2 pounds and 3 ounce weight	100012
SPICE PEPR BLK 30 MESH REG GRIND 5	2 Teaspoon		225045
SPICE GARLIC POWDER 21Z TRDE	1 Tablespoon		224839
SPICE NUTMEG GRND 16Z TRDE	1/2 Teaspoon		224944
SAUCE CHS ULTIM YEL POUC 6-106Z LOL	106 Ounce		310668

Preparation Instructions

1. Heat pot of water to rolling boil.

2. Slowly add macaroni. Stir constantly, until water boils again. Cook about 8 minutes or until tender; stir occasionally.

DO NOT OVERCOOK. Slightly undercooking pasta will allow it to continue to cook once pasta is in the cheese sauce and in hot holding without getting overcooked and mushy. Drain well.

3. Combine 3.75 cups water with the nonfat dry milk powder and stir well to create skim milk. Add black pepper, garlic powder, and nutmeg. Stir to combine.

4. Heat cheese sauce on stovetop or in steamer. Slowly add the skim milk mixture created in step 3. Add the shredded cheese. Stir until the cheese is melted and mixture is smooth. CCP: Heat to 140°F or higher.

5. Stir pasta into cheese sauce. Pour macaroni and cheese mixture into steamtable pans (12" x 20" x 2 1/2") which have been lightly coated with pan release spray.

6. CCP: Hold for hot service at 135°F or higher.

Portion with 3/4 cup ladle (6 oz). This should weigh about 8.25 ounces.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
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: 46.00
Serving Size: 0.75 Cup

Amount Per Serving			
Calories	307.64		
Fat	11.39g		
SaturatedFat	7.09g		
Trans Fat	0.00g		
Cholesterol	35.87mg		
Sodium	432.64mg		
Carbohydrates	37.14g		
Fiber	1.52g		
Sugar	2.57g		
Protein	16.07g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	183.27mg	**Iron**	1.38mg

*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

Ham, Egg, & Cheese English Muffin

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Sandwich	**HACCP Process:**	Same Day Service
Meal Type:	Breakfast	**Recipe ID:**	R-29510
School:	Concord Intermediate		

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
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	1 Each		687131

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.167
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	243.33
Fat	9.17g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	127.50mg
Sodium	695.00mg
Carbohydrates	22.00g
Fiber	1.00g
Sugar	1.50g
Protein	16.67g

Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	111.00mg	**Iron**	1.84mg

*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

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

Nutrition - Per 100g

No 100g Conversion Available

Fruit:

Servings:	1.00	**Category:**	Fruit
Serving Size:	0.50 Cup	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-31026
School:	Concord Intermediate		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Variety of Fruit	1/2 Cup	BAKE dish into 4 oz. portion cups	

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: 1.00
Serving Size: 0.50 Cup

Amount Per Serving			
Calories	62.82		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	6.29mg		
Carbohydrates	15.43g		
Fiber	1.21g		
Sugar	12.52g		
Protein	0.00g		
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

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Chicken (For Salad)

Servings:	26.00	**Category:**	Entree
Serving Size:	3.00 ounce weight	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-36952
School:	Concord Intermediate		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	5 Pound		570533
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	4 Cup		704229

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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: 26.00
Serving Size: 3.00 ounce weight

Amount Per Serving			
Calories	133.33		
Fat	5.13g		
SaturatedFat	1.54g		
Trans Fat	0.00g		
Cholesterol	56.41mg		
Sodium	1526.38mg		
Carbohydrates	1.03g		
Fiber	0.00g		
Sugar	0.00g		
Protein	18.46g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	0.00mg	**Iron**	0.62mg

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

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable Meal

Servings:	2.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-36892
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
CRACKER GLDFSH CHED WGRAIN 300-.75Z	2 Package		736280
CHEESE STRING MOZZ IW 168-1Z LOL	2 Each		786580

Preparation Instructions

Package together: 1 Uncrustable, 1 goldfish cracker, and 1 string cheese.

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

Hot Ham & Cheese Sandwich

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-36893
School:	Concord Intermediate		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	6 Slice		556121
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	2.500
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	290.00		
Fat	9.50g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	67.50mg		
Sodium	860.00mg		
Carbohydrates	26.00g		
Fiber	3.00g		
Sugar	4.50g		
Protein	22.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	30.00mg	**Iron**	2.72mg

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

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

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 #
TURKEY TACO MEAT FC 4-7 JENNO	3 1/6 Ounce	Weight	768230
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	361.81		
Fat	15.27g		
SaturatedFat	4.58g		
Trans Fat	0.00g		
Cholesterol	67.92mg		
Sodium	597.01mg		
Carbohydrates	33.80g		
Fiber	4.60g		
Sugar	1.60g		
Protein	23.89g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	86.60mg	**Iron**	1.74mg

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

Nutrition - Per 100g

No 100g Conversion Available

Graham Snack

Servings:	8.00	**Category:**	Grain
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-29387
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH GRHM VAN 300-.9Z PEPP	1 Each		198472
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package		194510
CRACKER GRHM VAN CHAT 210-1Z KELL	1 Each		774471
CRACKER GRHM CHARACT CHOC 150-1Z KEEB	1 Package		123171
CRACKER GRHM STCK SCOOBY 210-1Z	1 Package		859550
CRACKER GRHM BUG BITES 210CT KEEB	1 Package		859560
CRACKER GLDFSH GRHM FREN TST 300-1Z	1 Each		288252
CRACKER GRHM GRIPZ CHOC IW 150CT KEEB	1 Package		282441

Preparation Instructions

Note: All items count as a dessert grain at lunch. Maximum amount of dessert grain allowed to offer per week is 2 oz equivalents.

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: 8.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	121.25		
Fat	3.88g		
SaturatedFat	0.94g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	114.38mg		
Carbohydrates	20.38g		
Fiber	1.25g		
Sugar	7.25g		
Protein	1.88g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	15.00mg	**Iron**	0.92mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cookbook for Concord Jr. High School

Created by HPS Menu Planner

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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

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Nutrition - Per 100g

No 100g Conversion Available

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	BAKE	100225
Applesauce cnd	1 Cup		110541comm
Diced Peaches CND 6-10	1 Cup		100220
Peach Cups 96-4.4Z	1 Each	BAKE	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	READY_TO_EAT Ready to Eat	500471
FRUIT SAL TROP L/S 6-10 DOLE	1 Cup		506109
APPLE BRAEBURN 138CT MRKN	1 Each		569382
Apple slices - 2 oz	1 1 pkg		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	1.000
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 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

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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

Sloppy Joe Sandwich

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-20126
School:	Concord Intermediate		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	3 5/8 Ounce	Weight	564790
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	2.000
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	295.10		
Fat	7.80g		
SaturatedFat	2.20g		
Trans Fat	0.00g		
Cholesterol	44.00mg		
Sodium	918.80mg		
Carbohydrates	36.00g		
Fiber	3.80g		
Sugar	11.00g		
Protein	19.30g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	62.02mg	**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

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

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

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

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

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

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

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 alternativecken (3 oz w
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

Honey BBQ Rib Sandwich

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Sandwich	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-23655
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Heat for 13 minutes. Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes.	451410
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142

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: 1.00
Serving Size: 1.00 Sandwich

Amount Per Serving			
Calories	360.00		
Fat	12.50g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	860.00mg		
Carbohydrates	42.00g		
Fiber	4.00g		
Sugar	14.00g		
Protein	19.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	96.00mg	**Iron**	3.80mg

*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 POUC 6-106Z 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	53.46		
Fat	1.73g		
SaturatedFat	1.16g		
Trans Fat	0.00g		
Cholesterol	5.78mg		
Sodium	101.07mg		
Carbohydrates	6.43g		
Fiber	3.28g		
Sugar	1.09g		
Protein	4.63g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	42.94mg	**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

Hot Dog with Bun

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-20123
School:	Concord Intermediate		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS TKY UNCURED 2Z 4-5 JENNO	1 Each		656882
BUN HOT DOG WGRAIN SLCD 144-6	1 Each		733411

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: 1.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	280.00		
Fat	12.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	560.00mg		
Carbohydrates	28.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	12.00g		
Vitamin A	0.00IU	**Vitamin C**	9.00mg
Calcium	76.00mg	**Iron**	2.22mg

*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	401.39		
Fat	23.68g		
SaturatedFat	9.22g		
Trans Fat	0.29g		
Cholesterol	63.61mg		
Sodium	860.44mg		
Carbohydrates	25.93g		
Fiber	3.00g		
Sugar	2.00g		
Protein	21.71g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	300.07mg	**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

Turkey Ham Sub Sandwich

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-23656
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	6 Slice		556121
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142

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: 1.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	411.08		
Fat	16.80g		
SaturatedFat	5.94g		
Trans Fat	0.00g		
Cholesterol	130.15mg		
Sodium	1356.18mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	4.50g		
Protein	35.45g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	137.50mg	**Iron**	3.41mg

*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

Grilled Chicken Sandwich

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-37044
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	1 Each		152121
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	2.500
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	270.00		
Fat	4.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	570.00mg		
Carbohydrates	27.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	28.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	44.02mg	**Iron**	2.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sunchips

Servings:	2.00	**Category:**	Grain
Serving Size:	1.00 Bag	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-29029
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP HARV CHED 104-SSV SUNCHIP	1 Package		105260
CHIP GARDEN SALSA 104-SSV SUNCHIP	1 Package		696900

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.250
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 Bag

Amount Per Serving			
Calories	140.00		
Fat	6.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	155.00mg		
Carbohydrates	19.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	2.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	10.00mg	**Iron**	0.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Doritos

Servings:	3.00	**Category:**	Grain
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-28203
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP COOL RNCH REDC FAT 72-1Z DORIT	1 Package		541502
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Ounce		456090
CHIP SPCY SWT REDC 72-1Z SSV DORIT	1 Package		788670

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 3.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	130.00		
Fat	5.00g		
SaturatedFat	0.67g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	193.33mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	0.67g		
Protein	2.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	33.33mg	**Iron**	0.30mg

*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

Graham Snack

Servings:	8.00	**Category:**	Grain
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-29387
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH GRHM VAN 300-.9Z PEPP	1 Each		198472
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package		194510
CRACKER GRHM VAN CHAT 210-1Z KELL	1 Each		774471
CRACKER GRHM CHARACT CHOC 150-1Z KEEB	1 Package		123171
CRACKER GRHM STCK SCOOBY 210-1Z	1 Package		859550
CRACKER GRHM BUG BITES 210CT KEEB	1 Package		859560
CRACKER GLDFSH GRHM FREN TST 300-1Z	1 Each		288252
CRACKER GRHM GRIPZ CHOC IW 150CT KEEB	1 Package		282441

Preparation Instructions

Note: All items count as a dessert grain at lunch. Maximum amount of dessert grain allowed to offer per week is 2 oz equivalents.

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: 8.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	121.25		
Fat	3.88g		
SaturatedFat	0.94g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	114.38mg		
Carbohydrates	20.38g		
Fiber	1.25g		
Sugar	7.25g		
Protein	1.88g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	15.00mg	**Iron**	0.92mg

*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 WHT WHE 4" 10-12CT ALPH	1 Each		248151
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	470.00		
Fat	25.50g		
SaturatedFat	10.00g		
Trans Fat	1.00g		
Cholesterol	92.50mg		
Sodium	970.01mg		
Carbohydrates	27.00g		
Fiber	3.00g		
Sugar	3.50g		
Protein	29.00g		
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

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

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

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 POUC 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	418.29		
Fat	17.88g		
SaturatedFat	7.09g		
Trans Fat	0.00g		
Cholesterol	50.87mg		
Sodium	589.68mg		
Carbohydrates	48.65g		
Fiber	4.60g		
Sugar	3.43g		
Protein	17.68g		
Vitamin A	859.01IU	**Vitamin C**	13.04mg
Calcium	255.06mg	**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

Cookbook for Concord South Side Elementary

Created by HPS Menu Planner

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Corn

Turkey Sub- South Side

Ham Sub- South Side

Cole Slaw

Bacon, Egg, & Cheese Sandwich

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

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Nutrition - Per 100g

No 100g Conversion Available

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	BAKE	100225
Applesauce cnd	1 Cup		110541comm
Diced Peaches CND 6-10	1 Cup		100220
Peach Cups 96-4.4Z	1 Each	BAKE	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	READY_TO_EAT Ready to Eat	500471
FRUIT SAL TROP L/S 6-10 DOLE	1 Cup		506109
APPLE BRAEBURN 138CT MRKN	1 Each		569382
Apple slices - 2 oz	1 1 pkg		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	1.000
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 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

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Nutrition - Per 100g

No 100g Conversion Available

Salad Bar- South Side

Servings:	2.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-11812
School:	Concord South Side Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD TINY CHP 55/45 4-5RSS	3 Cup		153121
Cheese, Cheddar Reduced fat, Shredded	2 Ounce		100012
DRESSING RNCH ORIG PKT 102-1Z MARZ	2 Ounce		554693
BACON TKY CKD 12-50CT JENNO	7/10 Ounce		834770
PEPPERS BAN RING MILD 4-1GAL GCHC	1/4 Cup		466220
BROCCOLI FLORET BITE SIZE 2-3 RSS	1/4 Cup		732451
CARROT BABY WHL PETITE 4-5 RSS	1/4 Cup		768146
CAULIFLOWER BITE SIZE 2-3 RSS	1/4 Cup		732486
CHIX DCD 1/2 WHT CKD 2-5 GCHC	2 Ounce		599697
SAUCE HOT REDHOT ORG 4-1GAL FRNKS	1 Tablespoon		282944
Whole Grain Garlic Butter Croutons	2 Package		111212
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
EGG HRD CKD DCD IQF 4-5 GCHC	1 Ounce		192198

Description	Measurement	Prep Instructions	DistPart #
EDAMAME SHELLED SOYBEANS 6-2.5 SIMPL	1 Ounce	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. 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. 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.	147270
PEPPERS COLORED MIXED ASST 12CT P/L	1/4 Cup		491012
PEPPERS GREEN LRG 5 MRKN	1/4 Cup		592315
MUSHROOM LRG XFCY 3 MRKN	1/4 Cup		285188
OLIVE RIPE SLCD BLK SPAIN 6-10 GCHC	1/4 Cup		324531
OLIVE GRN STFD MANZ W/PIM 6-.5GAL	1/4 Cup		485624
ONION RED JUMBO 10 MRKN	1 Ounce		596973
PEAS GREEN IQF 30 KE	1/4 Cup		283760
TOMATO 5X6 XL 5 MRKN	1/4 Cup		438197

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.729
Grain	0.750
Fruit	0.000
GreenVeg	0.644
RedVeg	0.208
OtherVeg	2.065
Legumes	0.379
Starch	0.093

Nutrition Facts

Servings Per Recipe: 2.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	606.63		
Fat	35.21g		
SaturatedFat	9.14g		
Trans Fat	0.00g		
Cholesterol	117.25mg		
Sodium	1908.50mg		
Carbohydrates	36.85g		
Fiber	10.58g		
Sugar	9.05g		
Protein	34.71g		
Vitamin A	1134.29IU	**Vitamin C**	64.74mg
Calcium	139.00mg	**Iron**	4.48mg

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli & Cheese- South Side

Servings:	164.00	**Category:**	Vegetable
Serving Size:	0.50 Cup	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-13046
School:	Concord South Side Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET BITE SIZE 2-3 RSS	30 Pound		732451
SAUCE CHS CHED MILD 6-10 THNKU	1 #10 CAN	READY_TO_EAT Ready to eat. Serve at a minimum temperature of 140 °F.	563005

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.499
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 164.00
Serving Size: 0.50 Cup

Amount Per Serving			
Calories	34.36		
Fat	1.41g		
SaturatedFat	0.37g		
Trans Fat	0.00g		
Cholesterol	1.58mg		
Sodium	172.70mg		
Carbohydrates	4.57g		
Fiber	1.20g		
Sugar	1.63g		
Protein	1.61g		
Vitamin A	283.12IU	**Vitamin C**	40.54mg
Calcium	33.98mg	**Iron**	0.33mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peanut Butter Sandwich

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-13044
School:	Concord South Side Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN HNY WHT 16-24Z GCHC	2 Slice		204822
PEANUT BUTTER SMOOTH 6-5 COMM	2 Tablespoon		110780

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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	380.00		
Fat	18.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	370.00mg		
Carbohydrates	40.00g		
Fiber	4.00g		
Sugar	9.00g		
Protein	13.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	96.00mg	**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

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	Prep Instructions	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	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.429
OtherVeg	0.000
Legumes	0.000
Starch	0.000

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

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

Nutrition - Per 100g

No 100g Conversion Available

Green Beans

Servings:	144.00	**Category:**	Vegetable
Serving Size:	0.50 Cup	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-8972
School:	Ox Bow Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV LO SOD 6-10	6 #10 CAN	BAKE HEAT_AND_SERVE EMPTY CONTENTS OF CAN INTO CONTAINER SUITABLE FOR HEATING AND HEAT TO 165 DEGREES	221990
MARGARINE SLD ZT 30-1 GFS	1/2 Pound		557482
SALT IODIZED 24-26Z GFS	1/4 Cup		108308

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	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 144.00
Serving Size: 0.50 Cup

Amount Per Serving			
Calories	32.67		
Fat	1.22g		
SaturatedFat	0.56g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	326.18mg		
Carbohydrates	4.31g		
Fiber	2.16g		
Sugar	2.16g		
Protein	1.08g		
Vitamin A	55.56IU	**Vitamin C**	0.00mg
Calcium	32.48mg	**Iron**	0.43mg

*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 Sandwich

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Breakfast	**Recipe ID:**	R-11835
School:	Concord South Side Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	1 Each	READY_TO_EAT Handling Instructions: Product will arrive frozen. Store in the freezer. Thaw the amount you want to use at room temperature for 3-4 hours or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate.	687131
EGG SCRMBD PTY RND 3.25 200-1Z GCHC	1 Each		462519
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	READY_TO_EAT	100036
SAUSAGE PTY CKD 1.5Z 10 OWENS	1 Each		748048

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: 1.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	315.00		
Fat	16.50g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	102.50mg		
Sodium	770.00mg		
Carbohydrates	24.00g		
Fiber	1.00g		
Sugar	1.50g		
Protein	20.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	105.00mg	**Iron**	2.32mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Bacon Sandwich

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-12873
School:	Concord South Side Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD NAE 4Z 2-5 TYS	1 Each		185243
BACON CKD RND 192CT HRML	1 Each		433608
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	READY_TO_EAT No baking necessary.	676151

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
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	290.00		
Fat	8.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	110.00mg		
Sodium	815.01mg		
Carbohydrates	20.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	34.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	31.00mg	**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

Corn

Servings:	330.00	**Category:**	Vegetable
Serving Size:	0.50 Cup	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-8995
School:	Ox Bow Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 GCHC	60 Pound	BAKE	285620
MARGARINE SLD ZT 30-1 GFS	1 Pound		557482

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	0.500

Nutrition Facts

Servings Per Recipe: 330.00
Serving Size: 0.50 Cup

Amount Per Serving			
Calories	30.61		
Fat	0.34g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.33mg		
Carbohydrates	6.36g		
Fiber	0.30g		
Sugar	1.52g		
Protein	0.91g		
Vitamin A	1.52IU	**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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Sub- South Side

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-13056
School:	Concord South Side Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST DELI SLCD CKD 6-2 GFS	2 Ounce		680613
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142

Preparation Instructions

No Preparation Instructions available.

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	260.00		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	22.50mg		
Sodium	730.00mg		
Carbohydrates	32.00g		
Fiber	2.00g		
Sugar	5.50g		
Protein	17.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	56.00mg	**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

Ham Sub- South Side

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-13058
School:	Concord South Side Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM VIRGINIA BKD DELI SLCD 6-2 GFS	2 Ounce		680656
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142

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: 1.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	250.00		
Fat	6.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	27.50mg		
Sodium	730.00mg		
Carbohydrates	31.00g		
Fiber	2.00g		
Sugar	5.50g		
Protein	17.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	56.00mg	**Iron**	2.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cole Slaw

Servings:	65.00	**Category:**	Vegetable
Serving Size:	0.50 Cup	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-11838
School:	Concord South Side Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW SHRED SEP BAG 1/8 4-5 RSS	5 Pound		198226
DRESSING COLESLAW 4-1GAL LTHSE	1 Quart		132151

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	0.087
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 65.00
Serving Size: 0.50 Cup

Amount Per Serving			
Calories	72.63		
Fat	4.43g		
SaturatedFat	0.74g		
Trans Fat	0.00g		
Cholesterol	2.46mg		
Sodium	198.86mg		
Carbohydrates	7.14g		
Fiber	0.69g		
Sugar	5.96g		
Protein	0.35g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	12.12mg	**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

Bacon, Egg, & Cheese Sandwich

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Breakfast	**Recipe ID:**	R-11819
School:	Concord South Side Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND 3.25 200-1Z GCHC	1 Each		462519
BACON CKD RND 192CT HRML	1 Each		433608
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	READY_TO_EAT	100036
CROISSANT WGRAIN SLCD 2.2Z 6-24CT	1 Each		662882

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.250
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	325.00		
Fat	18.00g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	102.50mg		
Sodium	710.01mg		
Carbohydrates	28.00g		
Fiber	2.00g		
Sugar	3.50g		
Protein	15.00g		
Vitamin A	300.00IU	**Vitamin C**	0.00mg
Calcium	75.00mg	**Iron**	1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cookbook for Concord West Side Elementary

Created by HPS Menu Planner

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Cookbook for Headstart

Created by HPS Menu Planner

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Sloppy Joe on Bun-Elementary

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

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

Yogurt

Servings:	5.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Breakfast	**Recipe ID:**	R-28222
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each		186911
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each		551760
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each		551770
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each		885750
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each		869921

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 1.00 Each

Amount Per Serving			
Calories	76.00		
Fat	0.30g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	3.00mg		
Sodium	61.00mg		
Carbohydrates	14.60g		
Fiber	0.00g		
Sugar	9.40g		
Protein	4.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	124.00mg	**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

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	BAKE	100225
Applesauce cnd	1 Cup		110541comm
Diced Peaches CND 6-10	1 Cup		100220
Peach Cups 96-4.4Z	1 Each	BAKE	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	READY_TO_EAT Ready to Eat	500471
FRUIT SAL TROP L/S 6-10 DOLE	1 Cup		506109
APPLE BRAEBURN 138CT MRKN	1 Each		569382
Apple slices - 2 oz	1 1 pkg		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	1.000
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 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

Sausage Biscuit

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Sandwich	**HACCP Process:**	Same Day Service
Meal Type:	Breakfast	**Recipe ID:**	R-29033
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	1 Each	BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS	1 Each	**Non-Whole Grain**	120851

Preparation Instructions

Cook Sausage: Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.

Bake Biscuits: Place white bakeable tray of biscuits onto sheet pan. Heating time 7-9 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.

Assemble sandwiches together using cooked product/items.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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 Sandwich

Amount Per Serving			
Calories	321.00		
Fat	18.00g		
SaturatedFat	8.20g		
Trans Fat	0.00g		
Cholesterol	26.00mg		
Sodium	582.00mg		
Carbohydrates	30.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	11.00g		
Vitamin A	56.00IU	**Vitamin C**	0.00mg
Calcium	236.00mg	**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

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

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	Prep Instructions	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	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.429
OtherVeg	0.000
Legumes	0.000
Starch	0.000

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

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

Nutrition - Per 100g

No 100g Conversion Available

Crispy Chicken Sandwich

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-9069
School:	Ox Bow Elementary		

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 Each

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

Fish Sandwich

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-34882
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD RECT WGRAIN MSC 3.6Z 18	1 Each		643142
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 Each

Amount Per Serving			
Calories	320.00		
Fat	9.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	520.00mg		
Carbohydrates	42.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	17.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	32.02mg	**Iron**	2.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Dog with Bun

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-29498
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each		304913
BUN HOT DOG WGRAIN SLCD 144-6	1 Each		733411

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: 1.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	320.00		
Fat	18.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	880.00mg		
Carbohydrates	28.00g		
Fiber	2.00g		
Sugar	5.00g		
Protein	11.00g		
Vitamin A	0.07IU	**Vitamin C**	0.00mg
Calcium	76.11mg	**Iron**	2.26mg

*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

Cheeseburger on Bun*

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-28198
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each		785850
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
BUN HAMB WHT WHE 4" 10-12CT ALPH	1 Each		248151

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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	353.00		
Fat	16.50g		
SaturatedFat	6.10g		
Trans Fat	0.60g		
Cholesterol	51.50mg		
Sodium	744.00mg		
Carbohydrates	29.00g		
Fiber	4.00g		
Sugar	3.50g		
Protein	23.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	146.52mg	**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

Hamburger on Bun-Elementary

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-20105
School:	Concord Intermediate		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each		785850
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	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	298.00		
Fat	12.00g		
SaturatedFat	3.60g		
Trans Fat	0.60g		
Cholesterol	39.00mg		
Sodium	519.00mg		
Carbohydrates	28.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	20.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	65.02mg	**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

Sloppy Joe on Bun-Elementary

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-34881
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	3 5/8 Ounce	#10 Disher or 3/8 cup	564790
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	2.000
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	295.10		
Fat	7.80g		
SaturatedFat	2.20g		
Trans Fat	0.00g		
Cholesterol	44.00mg		
Sodium	918.80mg		
Carbohydrates	36.00g		
Fiber	3.80g		
Sugar	11.00g		
Protein	19.30g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	62.02mg	**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

Cookbook for Ox Bow Elementary

Created by HPS Menu Planner

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Crispy Chicken Sandwich

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-9069
School:	Ox Bow Elementary		

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 Each

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

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Nutrition - Per 100g

No 100g Conversion Available

Green Beans

Servings:	144.00	**Category:**	Vegetable
Serving Size:	0.50 Cup	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-8972
School:	Ox Bow Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV LO SOD 6-10	6 #10 CAN	BAKE HEAT_AND_SERVE EMPTY CONTENTS OF CAN INTO CONTAINER SUITABLE FOR HEATING AND HEAT TO 165 DEGREES	221990
MARGARINE SLD ZT 30-1 GFS	1/2 Pound		557482
SALT IODIZED 24-26Z GFS	1/4 Cup		108308

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	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 144.00
Serving Size: 0.50 Cup

Amount Per Serving			
Calories	32.67		
Fat	1.22g		
SaturatedFat	0.56g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	326.18mg		
Carbohydrates	4.31g		
Fiber	2.16g		
Sugar	2.16g		
Protein	1.08g		
Vitamin A	55.56IU	**Vitamin C**	0.00mg
Calcium	32.48mg	**Iron**	0.43mg

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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-9516
School:	Ox Bow Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
White Wheat Hamburger Bun	1 Each	READY_TO_EAT	51022
BEEF STK PTY CKD 2.45Z 6-5 JTM	1 Each		661851
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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	360.00		
Fat	19.00g		
SaturatedFat	7.80g		
Trans Fat	0.80g		
Cholesterol	61.50mg		
Sodium	661.00mg		
Carbohydrates	28.00g		
Fiber	3.00g		
Sugar	3.50g		
Protein	21.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	168.50mg	**Iron**	2.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Broccoli & Cheese

Servings:	164.00	**Category:**	Vegetable
Serving Size:	0.50 Cup	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-9517
School:	Ox Bow Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	30 Pound		110473
SAUCE CHS CHED POUCH 6-106Z LOL	6 5/8 Pound	1 bag of cheese sauce	135261

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.216
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: 164.00
Serving Size: 0.50 Cup

Amount Per Serving			
Calories	284.73		
Fat	18.11g		
SaturatedFat	11.64g		
Trans Fat	0.00g		
Cholesterol	51.75mg		
Sodium	1056.93mg		
Carbohydrates	12.76g		
Fiber	3.00g		
Sugar	1.00g		
Protein	15.94g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	540.75mg	**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

Corn

Servings:	330.00	**Category:**	Vegetable
Serving Size:	0.50 Cup	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-8995
School:	Ox Bow Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 GCHC	60 Pound	BAKE	285620
MARGARINE SLD ZT 30-1 GFS	1 Pound		557482

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	0.500

Nutrition Facts

Servings Per Recipe: 330.00
Serving Size: 0.50 Cup

Amount Per Serving			
Calories	30.61		
Fat	0.34g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.33mg		
Carbohydrates	6.36g		
Fiber	0.30g		
Sugar	1.52g		
Protein	0.91g		
Vitamin A	1.52IU	**Vitamin C**	0.00mg
Calcium	0.00mg	**Iron**	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Ham Sandwich

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-9577
School:	Ox Bow Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 2/9 Ounce		100187
White Wheat Hamburger Bun	1 Each	READY_TO_EAT	51022

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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	177.00		
Fat	4.50g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	18.00mg		
Sodium	482.00mg		
Carbohydrates	28.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	11.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	66.00mg	**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

Sausage, Egg, & Cheese Muffin- Ox Bow

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Breakfast	**Recipe ID:**	R-14965
School:	Ox Bow Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CKD 1.5Z 10 OWENS	1 Each		748048
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	1 Each		592625
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
MUFFIN ENG 100WHLWHT 2Z 6-12CT THMAS	1 Each		880111

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 Each

Amount Per Serving			
Calories	345.00		
Fat	18.50g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	127.50mg		
Sodium	835.00mg		
Carbohydrates	26.00g		
Fiber	3.00g		
Sugar	1.50g		
Protein	19.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	189.50mg	**Iron**	2.32mg

*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 Muffin- Ox Bow

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Breakfast	**Recipe ID:**	R-14966
School:	Ox Bow Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD RND 192CT HRML	1 Gram		433608
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	1 Each		592625
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
MUFFIN ENG 100WHLWHT 2Z 6-12CT THMAS	1 Each		880111

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
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	239.17		
Fat	9.83g		
SaturatedFat	4.13g		
Trans Fat	0.00g		
Cholesterol	108.75mg		
Sodium	582.50mg		
Carbohydrates	25.00g		
Fiber	3.00g		
Sugar	1.50g		
Protein	11.33g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	189.50mg	**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

Baked Beans

Servings:	168.00	**Category:**	Vegetable
Serving Size:	0.50 Cup	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-9610

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Vegetarian, Low Sodium, Canned	7 #10 CAN	BAKE Bake	100364
KETCHUP DISPENSER PK 2-1.5GAL HNZ	3/4 #10 CAN		819492
SPICE ONION MINCED 12Z TRDE	1 Cup		513997
MUSTARD DISPNSR PK 2-1.5GAL HNZ	1/2 Cup		819506
SAUCE WORCESTERSHIRE 4-1GAL FRENC	1/2 Cup		109843
SUGAR BROWN MED 25 GCHC	4 Cup	UNSPECIFIED	108626

Preparation Instructions

Mix all ingredients together. Divide evenly between 2-4" pans. Bake at 350 degrees for 3 hours.

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: 168.00
Serving Size: 0.50 Cup

Amount Per Serving			
Calories	1062.13		
Fat	9.33g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1531.38mg		
Carbohydrates	196.97g		
Fiber	46.66g		
Sugar	54.93g		
Protein	65.32g		
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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese Sandwich

Servings:	1.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-10638
School:	Ox Bow Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	2 Slice		722360
School White Wheat Sandwich Bread	2 Slice		12385

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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	208.76		
Fat	5.98g		
SaturatedFat	2.84g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	727.30mg		
Carbohydrates	27.40g		
Fiber	2.36g		
Sugar	4.00g		
Protein	11.78g		
Vitamin A	0.02IU	**Vitamin C**	0.00mg
Calcium	231.18mg	**Iron**	1.34mg

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

Nutrition - Per 100g

No 100g Conversion Available

Steamed Carrots

Servings:	148.00	**Category:**	Vegetable
Serving Size:	0.50 Cup	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-10140
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	30 Pound		100352
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/2 Cup		299405

Preparation Instructions

Steam carrots add 1/2 cup before serving.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 148.00
Serving Size: 0.50 Cup

Amount Per Serving			
Calories	39.34		
Fat	1.85g		
SaturatedFat	0.38g		
Trans Fat	0.00g		
Cholesterol	31.78mg		
Sodium	54.04mg		
Carbohydrates	7.54g		
Fiber	2.51g		
Sugar	3.77g		
Protein	0.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	0.16mg	**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

Chocolate Chip or Blueberry Muffin

Servings:	2.00	**Category:**	Grain
Serving Size:	1.00 muffin	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-26906
School:	Ox Bow Elementary		

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

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: 2.00
Serving Size: 1.00 muffin

Amount Per Serving			
Calories	165.00		
Fat	4.75g		
SaturatedFat	0.75g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	105.00mg		
Carbohydrates	27.50g		
Fiber	1.00g		
Sugar	14.00g		
Protein	3.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	21.00mg	**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

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

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Nutrition - Per 100g

No 100g Conversion Available