

# **Cookbook for Concord High School**

**Created by HPS Menu Planner**

# Table of Contents

**Biscuit Sticks & Gravy**

**Ham, Egg & Cheese Croissant**

**Uncrustable**

**Yogurt Parfait\***

**Pop-Tarts (2 count)**

**BeneFIT Breakfast Bar**

**Cereal Bar**

**Variety of 100% Juice**

**Spicy Chicken Patty Sandwich**

**Chicken Patty Sandwich++**

**Cheeseburger\***

**Grilled Chicken Caesar Salad\***

**Buffalo Chicken Wrap**

**Ham & Cheese Sub**

**PBJ Meal\***

**Glazed Carrots**

**Variety of Fruit**

**Chicken Stir-Fry with Vegetable Fried Rice**

**Chicken Sandwich\***

**Bacon Cheeseburger\***

**Boom Boom Chicken w/onion rings**

**Scrambled Eggs with Hash Brown**

**Chili Cheese Loaded Potato Wedges**

**Breakfast Pizza**

**Apple Cinnamon Texas French Toast with Sausage Links**

**Chicken Penne Alfredo**

**Chef Salad**

**Italian Ham Sub**

**Chicken Bacon Ranch Wrap**

**Buttered Green Beans**

**French Toast Sticks with Sausage Links**

**Buffalo Chicken Dip with Chips**

**Mashed Potatoes**

**Tomato Soup- HS**

**Chicken & Waffles**

**Mini Pancakes with Scrambled Eggs**

**Walking Taco\***

**Minuteman Bowl**

# Biscuit Sticks & Gravy

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-10706
<b>School:</b>	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	**Non-Whole Grain**	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

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	374.80
<b>Fat</b>	20.87g
<b>SaturatedFat</b>	13.07g
<b>Trans Fat</b>	0.10g
<b>Cholesterol</b>	13.33mg
<b>Sodium</b>	1534.93mg
<b>Carbohydrates</b>	39.33g
<b>Fiber</b>	0.60g
<b>Sugar</b>	4.67g
<b>Protein</b>	6.87g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 31.98mg	<b>Iron</b> 1.90mg

\*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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-29031
<b>School:</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

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

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Uncrustable

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-24449
<b>School:</b>	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

<b>Meat</b>	1.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	300.00
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	280.00mg
<b>Carbohydrates</b>	32.50g
<b>Fiber</b>	4.00g
<b>Sugar</b>	15.00g
<b>Protein</b>	9.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 43.50mg	<b>Iron</b> 1.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Yogurt Parfait\*

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28455
<b>School:</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	435.02
<b>Fat</b>	3.86g
<b>SaturatedFat</b>	1.12g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	7.46mg
<b>Sodium</b>	344.78mg
<b>Carbohydrates</b>	93.58g
<b>Fiber</b>	4.24g
<b>Sugar</b>	54.51g
<b>Protein</b>	11.19g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 298.51mg	<b>Iron</b> 1.34mg

\*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)

<b>Servings:</b>	4.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28215
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

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

\*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

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-24448
<b>School:</b>	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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	280.00
<b>Fat</b>	8.33g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	216.67mg
<b>Carbohydrates</b>	47.00g
<b>Fiber</b>	3.33g
<b>Sugar</b>	21.67g
<b>Protein</b>	4.67g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 26.67mg	<b>Iron</b> 1.90mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Cereal Bar

<b>Servings:</b>	4.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28220
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	157.50
<b>Fat</b>	3.50g
<b>SaturatedFat</b>	0.13g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	111.25mg
<b>Carbohydrates</b>	29.75g
<b>Fiber</b>	3.00g
<b>Sugar</b>	8.75g
<b>Protein</b>	2.25g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 250.00mg	<b>Iron</b> 1.60mg

\*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

<b>Servings:</b>	11.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28204
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 11.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	62.73		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	5.56mg		
<b>Carbohydrates</b>	15.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	13.82g		
<b>Protein</b>	0.01g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.08mg	<b>Iron</b>	0.10mg

\*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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10095
<b>School:</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

\*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++

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20103
<b>School:</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

### Nutrition - Per 100g

No 100g Conversion Available

# Cheeseburger\*

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10134
<b>School:</b>	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

<b>Meat</b>	3.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	420.00
<b>Fat</b>	21.50g
<b>SaturatedFat</b>	8.50g
<b>Trans Fat</b>	1.00g
<b>Cholesterol</b>	77.50mg
<b>Sodium</b>	760.00mg
<b>Carbohydrates</b>	27.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	3.50g
<b>Protein</b>	25.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 32.02mg	<b>Iron</b> 1.43mg

\*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\*

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10099
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	1 Each	<p><b>CONVECTION</b> 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.</p> <p><b>MICROWAVE</b> 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.</p>	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

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	585.00
<b>Fat</b>	32.00g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	87.50mg
<b>Sodium</b>	1340.00mg
<b>Carbohydrates</b>	40.00g
<b>Fiber</b>	2.50g
<b>Sugar</b>	4.00g
<b>Protein</b>	34.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 282.00mg	<b>Iron</b> 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

<b>Servings:</b>	20.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10101
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	20 Each	<b>CONVECTION</b> 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. <b>MICROWAVE</b> 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	<b>READY_TO_EAT</b> 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

<b>Meat</b>	3.000
<b>Grain</b>	3.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	605.00
<b>Fat</b>	28.00g
<b>SaturatedFat</b>	9.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	82.50mg
<b>Sodium</b>	1473.00mg
<b>Carbohydrates</b>	56.50g
<b>Fiber</b>	3.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	33.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 217.67mg	<b>Iron</b> 4.42mg

\*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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12649
<b>School:</b>	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

<b>Meat</b>	2.131
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	318.85
<b>Fat</b>	13.76g
<b>SaturatedFat</b>	6.63g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	58.36mg
<b>Sodium</b>	814.43mg
<b>Carbohydrates</b>	33.26g
<b>Fiber</b>	2.00g
<b>Sugar</b>	6.13g
<b>Protein</b>	20.66g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 206.00mg	<b>Iron</b> 2.00mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# PBJ Meal\*

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10841
<b>School:</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	490.00
<b>Fat</b>	25.50g
<b>SaturatedFat</b>	8.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	630.00mg
<b>Carbohydrates</b>	47.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	15.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 337.00mg	<b>Iron</b> 1.72mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Glazed Carrots

<b>Servings:</b>	105.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11836
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.429
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 105.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	35.88		
<b>Fat</b>	1.68g		
<b>SaturatedFat</b>	0.69g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	45.55mg		
<b>Carbohydrates</b>	4.87g		
<b>Fiber</b>	1.92g		
<b>Sugar</b>	2.95g		
<b>Protein</b>	0.64g		
<b>Vitamin A</b>	114.29IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	25.59mg	<b>Iron</b>	0.23mg

\*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

<b>Servings:</b>	13.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10694
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	1.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 13.00

Serving Size: 1.00 Cup

### Amount Per Serving

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

\*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

<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29058
<b>School:</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	2.300
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	448.00
<b>Fat</b>	7.40g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	53.00mg
<b>Sodium</b>	832.00mg
<b>Carbohydrates</b>	73.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	14.60g
<b>Protein</b>	20.60g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.48mg
<b>Calcium</b> 18.00mg	<b>Iron</b> 1.68mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Sandwich\*

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10156
<b>School:</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	350.00
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	540.00mg
<b>Carbohydrates</b>	35.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	25.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 32.02mg	<b>Iron</b> 2.43mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Bacon Cheeseburger\*

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10098
<b>School:</b>	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

<b>Meat</b>	3.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	470.00
<b>Fat</b>	25.50g
<b>SaturatedFat</b>	10.00g
<b>Trans Fat</b>	1.00g
<b>Cholesterol</b>	92.50mg
<b>Sodium</b>	970.01mg
<b>Carbohydrates</b>	27.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	3.50g
<b>Protein</b>	29.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 32.02mg	<b>Iron</b> 1.43mg

\*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

<b>Servings:</b>	160.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	10.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29515
<b>School:</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.250
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 10.00 Each

### Amount Per Serving

<b>Calories</b>	591.93
<b>Fat</b>	34.39g
<b>SaturatedFat</b>	6.64g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	85.23mg
<b>Sodium</b>	975.28mg
<b>Carbohydrates</b>	47.39g
<b>Fiber</b>	6.14g
<b>Sugar</b>	6.60g
<b>Protein</b>	22.88g
<b>Vitamin A</b> 209.26IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 120.93mg	<b>Iron</b> 2.59mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Scrambled Eggs with Hash Brown

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-37390
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ 4-5 CARG	1/2 Cup		192330
HASHBROWN FAST 2.5Z 6-3.5 LAMB	1 Each		242241

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.250

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	215.00
<b>Fat</b>	12.50g
<b>SaturatedFat</b>	3.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	190.00mg
<b>Sodium</b>	505.00mg
<b>Carbohydrates</b>	16.50g
<b>Fiber</b>	2.00g
<b>Sugar</b>	0.00g
<b>Protein</b>	8.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 44.00mg	<b>Iron</b> 0.35mg

\*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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29060
<b>School:</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.130
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	1.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	472.22
<b>Fat</b>	18.57g
<b>SaturatedFat</b>	8.87g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.95mg
<b>Sodium</b>	888.35mg
<b>Carbohydrates</b>	53.72g
<b>Fiber</b>	6.06g
<b>Sugar</b>	12.57g
<b>Protein</b>	20.69g
<b>Vitamin A</b> 644.25IU	<b>Vitamin C</b> 9.78mg
<b>Calcium</b> 359.24mg	<b>Iron</b> 1.54mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Breakfast Pizza

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-37392
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BKFST SAUS WGRAIN IW 100-3.67Z	1 Each		659981
PIZZA BKFST EGG&BCN WGRAIN 128-2.95Z	1 Each		503660
PIZZA BKFST SAUS&GRVY WGRAIN 128-3Z	1 Piece		503640

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	233.33
<b>Fat</b>	8.57g
<b>SaturatedFat</b>	3.10g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	33.67mg
<b>Sodium</b>	358.27mg
<b>Carbohydrates</b>	27.33g
<b>Fiber</b>	2.80g
<b>Sugar</b>	5.00g
<b>Protein</b>	10.97g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 184.83mg	<b>Iron</b> 1.87mg

\*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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-29070
<b>School:</b>	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	<b>BAKE</b> 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

<b>Meat</b>	2.000
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	400.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	50.00mg		
<b>Sodium</b>	810.00mg		
<b>Carbohydrates</b>	45.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	17.00g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	93.00mg	<b>Iron</b>	3.72mg

\*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

<b>Servings:</b>	31.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10110
<b>School:</b>	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

<b>Meat</b>	3.387
<b>Grain</b>	2.322
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 31.00

Serving Size: 1.00 Cup

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chef Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10153
<b>School:</b>	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

<b>Meat</b>	3.750
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	683.69
<b>Fat</b>	36.92g
<b>SaturatedFat</b>	10.02g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	241.54mg
<b>Sodium</b>	1143.69mg
<b>Carbohydrates</b>	53.75g
<b>Fiber</b>	3.55g
<b>Sugar</b>	18.75g
<b>Protein</b>	29.95g
<b>Vitamin A</b> 5724.90IU	<b>Vitamin C</b> 8.12mg
<b>Calcium</b> 174.00mg	<b>Iron</b> 4.77mg

\*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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29072
<b>School:</b>	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

<b>Meat</b>	3.006
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	368.85
<b>Fat</b>	17.76g
<b>SaturatedFat</b>	8.13g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	65.86mg
<b>Sodium</b>	1089.43mg
<b>Carbohydrates</b>	33.26g
<b>Fiber</b>	2.00g
<b>Sugar</b>	6.13g
<b>Protein</b>	23.16g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 211.00mg	<b>Iron</b> 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 Bacon Ranch Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10119
<b>School:</b>	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

<b>Meat</b>	2.500
<b>Grain</b>	3.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	670.00
<b>Fat</b>	32.50g
<b>SaturatedFat</b>	10.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	120.00mg
<b>Sodium</b>	1790.00mg
<b>Carbohydrates</b>	56.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	40.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 116.67mg	<b>Iron</b> 4.42mg

\*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

<b>Servings:</b>	113.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10129
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 113.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	25.39		
<b>Fat</b>	0.78g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.12mg		
<b>Sodium</b>	160.24mg		
<b>Carbohydrates</b>	3.43g		
<b>Fiber</b>	2.29g		
<b>Sugar</b>	1.14g		
<b>Protein</b>	1.14g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.21mg	<b>Iron</b>	0.00mg

\*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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-14666
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN MAPL 255CT	3 Each		555012
SAUSAGE LNK SMOKEY CKD 16/ 4-3 GFS	2 Each		720038

## 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

<b>Meat</b>	2.250
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	380.00		
<b>Fat</b>	24.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	145.00mg		
<b>Sodium</b>	830.00mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	15.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	62.12mg	<b>Iron</b>	1.60mg

\*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

<b>Servings:</b>	30.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-29073
<b>School:</b>	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

<b>Meat</b>	2.750
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	524.80
<b>Fat</b>	26.13g
<b>SaturatedFat</b>	11.13g
<b>Trans Fat</b>	0.01g
<b>Cholesterol</b>	137.33mg
<b>Sodium</b>	1864.05mg
<b>Carbohydrates</b>	34.00g
<b>Fiber</b>	3.13g
<b>Sugar</b>	2.67g
<b>Protein</b>	35.93g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 280.00mg	<b>Iron</b> 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

<b>Servings:</b>	38.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28210
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

### Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 0.50 Cup

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

\*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

<b>Servings:</b>	23.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12635
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.698
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 23.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	55.58
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	296.40mg
<b>Carbohydrates</b>	12.35g
<b>Fiber</b>	0.62g
<b>Sugar</b>	7.41g
<b>Protein</b>	1.24g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 12.35mg	<b>Iron</b> 0.37mg

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

### Nutrition - Per 100g

No 100g Conversion Available



# Chicken & Waffles

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29457
<b>School:</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	450.00		
<b>Fat</b>	18.00g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	70.00mg		
<b>Sodium</b>	760.00mg		
<b>Carbohydrates</b>	53.00g		
<b>Fiber</b>	7.00g		
<b>Sugar</b>	11.00g		
<b>Protein</b>	23.00g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	280.00mg	<b>Iron</b>	5.04mg

\*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

<b>Servings:</b>	8.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 pouch	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-29039
<b>School:</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 pouch

### Amount Per Serving

<b>Calories</b>	314.38
<b>Fat</b>	12.50g
<b>SaturatedFat</b>	2.88g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	192.19mg
<b>Sodium</b>	477.50mg
<b>Carbohydrates</b>	40.75g
<b>Fiber</b>	2.69g
<b>Sugar</b>	10.94g
<b>Protein</b>	10.13g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 78.50mg	<b>Iron</b> 1.86mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Walking Taco\*

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20124
<b>School:</b>	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

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	340.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	65.00mg		
<b>Sodium</b>	700.00mg		
<b>Carbohydrates</b>	30.50g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	21.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	70.00mg	<b>Iron</b>	1.48mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Minuteman Bowl

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10131
<b>School:</b>	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

<b>Meat</b>	2.500
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	474.33		
<b>Fat</b>	19.48g		
<b>SaturatedFat</b>	5.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	80.00mg		
<b>Sodium</b>	1450.00mg		
<b>Carbohydrates</b>	47.05g		
<b>Fiber</b>	4.48g		
<b>Sugar</b>	0.42g		
<b>Protein</b>	26.55g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	37.00mg	<b>Iron</b>	1.86mg

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

## Nutrition - Per 100g

No 100g Conversion Available