

Cookbook for Concord High School

Created by HPS Menu Planner

Table of Contents

Ham, Egg & Cheese Croissant

Uncrustable

Pop-Tarts (2 count)

BeneFIT Breakfast Bar

Yogurt Parfait*

Variety of 100% Juice

Cheeseburger*

Ham & Cheese Sub

PBJ Meal*

Variety of Fruit

Chicken Sandwich*

Spicy Chicken Patty Sandwich

Grilled Chicken Caesar Salad*

Cereal Bar

Chicken Salad

Chicken Bacon Ranch Wrap

French Toast Sticks with Sausage Links

Buffalo Chicken Wrap

Soft Shell Tacos

Bacon Cheeseburger*

BLT Salad

Turkey & Cheese Sub

Glazed Carrots

Biscuit Sticks & Gravy

Chicken Patty Sandwich++

Minuteman Bowl

Chicken Bacon Salad

Chicken Caesar Wrap

Italian Ham Sub

Mashed Potatoes

Scrambled Eggs with Hash Brown

Chicken Penne Alfredo

Buttered Green Beans

Breakfast Pizza

Hot Dog with Bun

Boom Boom Chicken w/onion rings

Spaghetti and Meat Sauce

Beef Queso Nachos

Mini Corn Dogs with Macaroni and Cheese

Ravioli

Pulled Pork Sandwich

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

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

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

BeneFIT Breakfast Bar

Servings:	3.00	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

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

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

*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	2.000
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	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

Variety of 100% Juice

Servings:	11.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28204
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each		118921
JUICE FRT PNCH 100 FZ 72-4FLZ SNCUP	1 Each		135470
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each		118930
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each		118940
JUICE BOX GRP 100 40-4.23FLZ	1 Each		698211
JUICE BOX ORNG TANGR 100 40-4.23FLZ	1 Each		698251
JUICE STRAWB KIWI 100 40-4.23FLZ	1 Each		214534
JUICE ORNG/PINEAP 100 70-4FLZ SNCUP	1 Each		403021
JUICE CRAN RASPB 100 40-4.23FLZ	1 Each		214524
JUICE BOX APPL 100 40-4.23FLZ	1 Each		698744
JUICE BOX FRT PNCH 100 40-4.23FLZ	1 Each		698240

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 11.00

Serving Size: 1.00 Each

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

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

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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	READY_TO_EAT	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	2.750
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	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

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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 COLBY JK CUBE IW 200-1Z LOL	1 Package		680130

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	26.50g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	610.00mg
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

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

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

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

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	<p>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.</p> <p>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.</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

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

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 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 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	**Non-Whole Grain**	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

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 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

Meat	2.250
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	380.00		
Fat	24.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	145.00mg		
Sodium	830.00mg		
Carbohydrates	27.00g		
Fiber	2.00g		
Sugar	12.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	62.12mg	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

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

Soft Shell Tacos

Servings:	1.00	Category:	Entree
Serving Size:	2.00 TACO	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-37399
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	1/2 Cup	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
TORTILLA FLOUR ULTRGR 6 30-12CT	2 Each		882690
Cheese, Cheddar Reduced fat, Shredded	2 Tablespoon		100012

Preparation Instructions

Cook taco filling according to manufactures directions and hold in warmer until ready for service.

To serve student should get 2 tortillas with 1/4 cup (2 oz spoodle) of taco meat per tortilla (1/2 cup portion in total) and 1 Tablespoon of shredded cheese per tortilla (2 Tablespoons in total)

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: 2.00 TACO

Amount Per Serving

Calories	370.80
Fat	15.40g
SaturatedFat	8.40g
Trans Fat	0.39g
Cholesterol	55.33mg
Sodium	644.26mg
Carbohydrates	37.17g
Fiber	6.67g
Sugar	4.67g
Protein	24.57g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 114.66mg	Iron 4.64mg

*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

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

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	READY_TO_EAT	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	2.500
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	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

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	0.500
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

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	**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

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	374.80
Fat	20.87g
SaturatedFat	13.07g
Trans Fat	0.10g
Cholesterol	13.33mg
Sodium	1534.93mg
Carbohydrates	39.33g
Fiber	0.60g
Sugar	4.67g
Protein	6.87g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 31.98mg	Iron 1.90mg

*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

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

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

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 CKD NAE 3Z 2-5 TYS	1 Each		152121
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 12-12CT GRSZ	1 Each		713370

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	723.15		
Fat	39.82g		
SaturatedFat	11.82g		
Trans Fat	0.00g		
Cholesterol	96.62mg		
Sodium	1606.20mg		
Carbohydrates	58.66g		
Fiber	3.66g		
Sugar	6.00g		
Protein	35.98g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	284.89mg	Iron	4.36mg

*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	3.000
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	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

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

Scrambled Eggs with Hash Brown

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-37390
School:	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

Meat	2.000
Grain	0.000
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 Each

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

*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	**Non-Whole Grain**	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	3.500
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: 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

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

Breakfast Pizza

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-37392
School:	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

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

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

*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

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

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	**Non-Whole Grain**	835910
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	2/3 Cup		573201

Preparation Instructions

Heat Products according to manufactures directions.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
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	427.83
Fat	13.03g
SaturatedFat	3.81g
Trans Fat	0.00g
Cholesterol	55.27mg
Sodium	346.44mg
Carbohydrates	52.04g
Fiber	4.01g
Sugar	9.03g
Protein	23.07g

Vitamin A 650.22IU **Vitamin C** 19.09mg

Calcium 54.22mg **Iron** 4.11mg

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

Nutrition - Per 100g

No 100g Conversion Available

Beef Queso 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 #10 Disher or 2/3 cup	722330
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	3 Fluid Ounce	BOIL KEEP FROZEN Place 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	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	501.58
Fat	26.68g
SaturatedFat	11.48g
Trans Fat	0.31g
Cholesterol	78.95mg
Sodium	1132.28mg
Carbohydrates	35.55g
Fiber	5.16g
Sugar	2.00g
Protein	26.19g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 415.50mg	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

Mini Corn Dogs with Macaroni and Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37408
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX MINI WGRAIN CN 2-5	6 Each		497360
ENTREE MACAR & CHS WGRAIN ELB 6-5	1/2 Cup		609131

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.250
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 Serving

Amount Per Serving	
Calories	507.73
Fat	24.00g
SaturatedFat	10.42g
Trans Fat	0.00g
Cholesterol	79.50mg
Sodium	1064.20mg
Carbohydrates	51.00g
Fiber	3.00g
Sugar	9.75g
Protein	20.25g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 350.23mg	Iron 3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ravioli

Servings:	21.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37404
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	8 Cup		592714
RAVIOLI CHS JMBO WGRAIN 24.91	5 Pound		232950
SEASONING PIZZA ITAL MIX 12Z TRDE	1 Tablespoon		413461
SPICE GARLIC POWDER 21Z TRDE	1 Teaspoon		224839

Preparation Instructions

1. Spray sides and bottom of 4B pans.
2. Place 4 cups of marinara on bottom, add ravioli and cover with 4 cups marinara.
3. Sprinkle Italian seasoning and garlic powder on top.
4. Put in steamer for 30 minutes with no lid.

Frozen, leftover ravioli can be pulled out day of service.

Serving size is 3 ravioli, 21 servings per pan.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 21.00

Serving Size: 3.00 Each

Amount Per Serving

Calories	240.14
Fat	5.68g
SaturatedFat	2.52g
Trans Fat	0.00g
Cholesterol	25.21mg
Sodium	685.90mg
Carbohydrates	30.37g
Fiber	3.54g
Sugar	5.83g
Protein	16.65g
Vitamin A 201.69IU	Vitamin C 6.05mg
Calcium 217.69mg	Iron 1.89mg

*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 SEMI DRY 2-5	3 Ounce	Weight	801860
BUN HAMB WHT WHE 4" 10-12CT ALPH	1 Each		248151

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	2.250
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	372.86
Fat	19.14g
SaturatedFat	6.86g
Trans Fat	0.00g
Cholesterol	68.57mg
Sodium	352.86mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	3.00g
Protein	23.14g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 38.32mg	Iron 2.37mg

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

Nutrition - Per 100g

No 100g Conversion Available
