

Cookbook for Concord Jr. High School

Created by HPS Menu Planner

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Mini Pancakes or Waffles

Servings:	5.00	Category:	Grain
Serving Size:	1.00 pouch	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-28201
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package		395303
PANCAKE MINI MAPL IW 72-3.03Z EGGO	1 Package		284831
PANCAKE CINN IW WGRAIN 80-2CT THE MAX	1 Package		642230
WAFFLE MINI BLUEB WGRAIN IW 72-2.47Z	1 Package		269240
WAFFLE MINI MAPL WGRAIN IW 72-2.47Z	1 Package		269260

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 pouch

Amount Per Serving			
Calories	229.00		
Fat	6.80g		
SaturatedFat	1.10g		
Trans Fat	0.00g		
Cholesterol	2.50mg		
Sodium	200.00mg		
Carbohydrates	39.60g		
Fiber	2.70g		
Sugar	10.30g		
Protein	4.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	34.00mg	Iron	1.65mg

*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

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Nutrition - Per 100g

No 100g Conversion Available

Uncrustable

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-24449
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Muffin

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 muffin

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Cereal Bar

Servings:	4.00	Category:	Grain
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

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Nutrition - Per 100g

No 100g Conversion Available

Cereal (2 ounce)

Servings:	6.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37626

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS CUP 60-2Z GENM	1 Container		105840
CEREAL COCOA PUFFS CUP 60-2Z GENM	1 Each		105850
CEREAL CINN TST CRNCH CUP 60-2Z GENM	1 Each		105931
CEREAL RICE CHEX BLUEB CUP 60-2Z GENM	1 Each		806114
CEREAL RICE CHEX CINN CUP 60-2Z GENM	1 Each		105357
CEREAL CHEERIOS HNYNUT CUP 60-2Z	1 Each		105307

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: 6.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	216.67
Fat	3.58g
SaturatedFat	0.25g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	301.67mg
Carbohydrates	43.50g
Fiber	3.17g
Sugar	14.17g
Protein	3.33g
Vitamin A 83.33IU	Vitamin C 1.00mg
Calcium 118.33mg	Iron 7.08mg

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Nutrition - Per 100g

No 100g Conversion Available

Variety of Fruit

Servings:	13.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10694
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Pears 6-10	1 Cup	BAKE	100225
Applesauce cnd	1 Cup		110541comm
Diced Peaches CND 6-10	1 Cup		100220
Peach Cups 96-4.4Z	1 Each	BAKE	100241
STRAWBERRIES, DICED, CUPS, FROZEN	1 Each		100256
ORANGES MAND WHL L/S 6-10 GCHC	1 Cup		117897
PINEAPPLE TROPICAL GLD 6-81Z DOLE	1 Cup	READY_TO_EAT Ready to Eat	500471
FRUIT SAL TROP L/S 6-10 DOLE	1 Cup		506109
APPLE BRAEBURN 138CT MRKN	1 Each		569382
Apple slices - 2 oz	1 1 pkg		04134
PEAR 95-110CT MRKN	1 Each		198056
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769
GRAPES RED SDLSS 18AVG MRKN	1 Cup		197831
ORANGES NAVEL/VALENCIA CHC 125-138CT	1 Cup		322326
FRUIT COCKTAIL DCD XL/S 6-10 P/L	1 Cup		258362

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	1.306
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	170.12		
Fat	0.12g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.73mg		
Carbohydrates	43.75g		
Fiber	5.60g		
Sugar	31.10g		
Protein	1.54g		
Vitamin A	94.52IU	Vitamin C	11.35mg
Calcium	23.99mg	Iron	0.49mg

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Nutrition - Per 100g

No 100g Conversion Available

Lasagna Roll-Ups

Servings:	18.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40326
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	18 Each		234041
SAUCE MARINARA A/P 6-10 REDPK	2 Quart		592714
CHEESE MOZZ SHRD 4-5 LOL	1 Cup		645170

Preparation Instructions

Put 5 cups of spaghetti sauce on bottom of 2 in. pan. Place roll-up into Sauce. Put remaining sauce (3 cups) on top of each roll-up. Foil and bake at 350° F for 45 min. Top with cheese and hold in warmer.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 18.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	304.44
Fat	8.67g
SaturatedFat	4.28g
Trans Fat	0.00g
Cholesterol	23.33mg
Sodium	776.67mg
Carbohydrates	36.33g
Fiber	3.78g
Sugar	9.67g
Protein	18.33g
Vitamin A 400.00IU	Vitamin C 6.00mg
Calcium 364.22mg	Iron 1.97mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hamburger on Bun

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

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

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger on Bun

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	3.250
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Patty Sandwich

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

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

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

Nutrition - Per 100g

No 100g Conversion Available

Regular Chicken Patty Sandwich

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN CKD 3.05Z 6-5	1 Each	Or Use GFS#281622	501861
BUN HAMB WHT WHE 4 10-12CT ALPH	1 Each		248151

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

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

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Sandwich

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD FC 100-3.1Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	209244
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	260.00
Fat	6.50g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	770.00mg
Carbohydrates	28.00g
Fiber	3.00g
Sugar	6.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

PBJ Meal

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23558
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	2 Each		282422
CHEESE STRING MOZZ IW 168-1Z LOL	2 Each		786580

Preparation Instructions

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

Sunchips® Harvest Cheddar Multigrain Snacks= 1.25 Grain

CHEEZ-IT= 1.0 Grain

Goldfish Cheese Crackers=1.0 Grain

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	480.00
Fat	25.50g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	630.00mg
Carbohydrates	48.50g
Fiber	5.00g
Sugar	16.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 341.50mg	Iron 1.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salad Line: Zee Zee Sunflower Seed Salad

Servings:	2.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38078
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Pint	Or GFS#560545 Baby Spinach maybe used 1 cup of dark leafy greens per container	451730
CARROT BABY WHL PETITE 4-5 RSS	1/2 Cup	Or GFS#169275 Cherry Tomato maybe used 1/4 cup of red/orange vegetable per container	768146
Variety of Fresh Vegetables	1/2 Cup	GFS#231981 Black Beans, GFS#283339 Broccoli and Cauliflower, GFS#418439 Cucumber, GFS#491012 Assorted Peppers, USDA Brown Box Peas (#100350) 1/4 cup of vegetable choice per container	
Zee Zees Sunflower Kernels, Roasted	1 Each		B87860
Zee Zee Honey Roasted Sunflower	1 Package		89000

Preparation Instructions

Wash and cut/dice all vegetables. Put 1 cup of lettuce in container, then add 1/4 cup of carrots top of lettuce, and add 1/4 cup of vegetable of choice (Legume: Black Bean needs to be offered twice a week, Starchy: Peas needs to be offered twice a week, Other: Broccoli/Cauliflower or Cucumbers, or Assorted Peppers needs to be offered once a week). Lastly, put 1 package of sunflower kernels into container and close container.

CCP: Cold foods should be kept at 41° or colder. Food kept at room temperature for serving must be thrown away after 4 hours.

Note: Offer with 1 ounce (1/4 cup) Cheese and 2 ounce of Grain Equivalents (See Recipe#38088 for grain selections).

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	211.17		
Fat	15.00g		
SaturatedFat	1.75g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	104.67mg		
Carbohydrates	13.75g		
Fiber	5.17g		
Sugar	6.25g		
Protein	7.67g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	51.67mg	Iron	1.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

Romaine Lettuce with Cherry Tomatoes

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	5 Pound		735787
TOMATO GRAPE SWT 10 MRKN	1 Pound		129631

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.466
RedVeg	0.060
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 42.00

Serving Size: 1.00 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available

Salad Bar Grains

Servings:	9.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38088

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP HARV CHED 104-SSV SUNCHIP	1 Package	Equals 1.25 Grain Equivalents	105260
CHIP GARDEN SALSA 104-SSV SUNCHIP	1 Package	Equals 1.25 Grain Equivalents	696900
CHIP COOL RNCH REDC FAT 72-1Z DORIT	1 Package	Equals 1.50 Grain Equivalents	541502
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Package	Equals 1.50 Grain Equivalents	456090
CHIP SPCY SWT REDC 72-1Z SSV DORIT	1 Package	Equals 1.50 Grain Equivalents	788670
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package	Equals 1.00 Grain Equivalents	282422
Whole Grain Veggie Crispy Crackers	1 Each	Equals 1.00 Grain Equivalents	76301
DOUGH ROLL DNNR WGRAIN 180-2.1Z RICH	1 Each	Equals 1.75 Grain Equivalents	152131
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package	Two packages equals 1.00 Grain Equivalents	661022

Preparation Instructions

Note: Students should be allowed to take 2 of the listed grain items to equal 2 oz Grain Equivalents with each salad meal.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	126.67		
Fat	4.50g		
SaturatedFat	0.56g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	185.56mg		
Carbohydrates	19.11g		
Fiber	2.00g		
Sugar	1.33g		
Protein	2.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	27.44mg	Iron	0.69mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Roll w/ Icing

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-39165
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL CINN LRG 120-2.25Z RICH	1 Each		222127
ICING VAN RTU HEAT NICE 1-12 RICH	1 Fluid Ounce		155722

Preparation Instructions

BAKE

1. KEEP DOUGH FROZEN AT 0 F OR BELOW UNTIL READY TO USE.
2. REMOVE FROZEN DOUGH PIECES AND PLACE 1" APART ON PARCHMENT PAPER LINED FULL SHEET PANS. GREASE PAN EDGES FOR CLUSTERED SOFT SIDED SWEET ROLLS. PLACE 2" APART FOR INDIVIDUAL ROLLS: FULL SHEET PAN PANNING CHART
3. COVER THE INDIVIDUAL PANS WITH OILED PLASTIC OR COVER FULL PAN RACK WITH A PLASTIC PAN RACK COVER TO PREVENT PRODUCT FROM DRYING OUT.
4. PLACE PRODUCT IN RETARDER 40 F AND DEFROST OVERNIGHT OR AT ROOM TEMPERATURE 45 - 60 MINUTES.
5. PLACE IN PROOFER/WARMER (95 F - 110 F 85% HUMIDITY) AND PROOF UNTIL DOUBLE IN SIZE.
7. BAKE IN A PREHEATED OVEN UNTIL ROLLS ARE GOLDEN BROWN: 325 F CONVECTION OVEN 375 F ALL OTHER TYPES OF OVENS
8. REMOVE FROM OVEN AND DRIZZLE WITH 2 TBSP OF ICING
10. HOLD COOLED BAKED ROLLS COVERED AT ROOM TEMPERATURE TO PREVENT DRYING OUT. SERVE OR PACKAGE FOR SERVICE

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	320.00
Fat	5.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	190.00mg
Carbohydrates	66.00g
Fiber	1.00g
Sugar	40.00g
Protein	5.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.00mg	Iron 1.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Graham Snack

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	38.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28210
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	1 Pound 12 Ounce (28 Ounce)		613738
Tap Water for Recipes	1 Gallon 1 Cup (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

Chocolate Iced Donut

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Donut	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-39405
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN 84-2Z RICH	1 Each	Thaw	556582
ICING CHOC RTU HEAT NICE 1-12 RICH	1 Fluid Ounce	Thaw	155711

Preparation Instructions

ICING:

1. STORE AT ROOM TEMPERATURE.
2. PLACE DESIRED AMOUNT OF HEAT 'N ICE ICING IN WARMER, HEAT TO 110 F (43 C).
3. DIP OR DRIZZLE ICING ON SWEET GOOD, ALLOW TO DRY 2 - 5 MINUTES.

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 Donut

Amount Per Serving			
Calories	437.30		
Fat	18.60g		
SaturatedFat	8.80g		
Trans Fat	0.12g		
Cholesterol	0.00mg		
Sodium	305.60mg		
Carbohydrates	62.00g		
Fiber	2.50g		
Sugar	36.00g		
Protein	4.30g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.88mg	Iron	1.85mg

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

Nutrition - Per 100g

No 100g Conversion Available

Refried Beans

Servings:	34.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28970
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED VEGTAR LO SOD 6-26.25Z	3 Pound 4 1/2 Ounce (52 1/2 Ounce)	2 Packages	668341
Tap Water for Recipes	2 Gallon	UNPREPARED	000001WTR
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 Pound 8 Ounce (40 Ounce)	1/2 Bag	722110

Preparation Instructions

RECONSTITUTE

- 1: Pour 2 gallon boiling water into 4" deep half-steamtable pan with each package of beans.
- 2: Quickly pour full pouch of beans into water and cover.
- 3: Allow beans to sit for 25 minutes on steamtable.
- 4: Add cheese sauce, stir, serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 34.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	235.30
Fat	6.23g
SaturatedFat	3.29g
Trans Fat	0.01g
Cholesterol	17.06mg
Sodium	420.53mg
Carbohydrates	28.66g
Fiber	10.59g
Sugar	0.00g
Protein	14.47g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 182.02mg	Iron 2.46mg

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Ice Cream Cups

Servings:	6.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26901
School:	Ox Bow Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ICE CRM CUP VAN LT 4FLZ 3-24CT DEANS	1 Each		400783
ICE CRM CUP STRAWB LT 4FLZ 3-24CT	1 Each		400895
ICE CRM CUP CHOC LT 4FLZ 3-24CT	1 Each		400713
ICE CRM CUP CHOC FLAV 48-4FLZ BLBNY	1 Each		359720
ICE CRM CUP STRAWB FLAV 48-4FLZ BLBNY	1 Each		359730
ICE CRM CUP VAN FLAV 48-4FLZ BLBNY	1 Each		359700

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	115.00		
Fat	4.50g		
SaturatedFat	2.58g		
Trans Fat	0.00g		
Cholesterol	16.67mg		
Sodium	42.50mg		
Carbohydrates	17.67g		
Fiber	0.17g		
Sugar	12.83g		
Protein	2.17g		
Vitamin A	133.33IU	Vitamin C	0.00mg
Calcium	79.33mg	Iron	0.22mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bacon Egg & Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-37824
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD RND 192CT HRML	1 Slice		433608
EGG SCRMBD PTY RND GRLLD 144-1Z PAP	1 Each		208990
CHEESE AMER 184CT SLCD 4-5 GCHC	1 Slice		272744
DOUGH BISC WGRAIN 216-2.51Z PILLS	1 Each		269200

Preparation Instructions

Bacon: Thaw and warmed until 135 degrees

Egg: Heat according to package directions

Biscuit: Heat according to package directions

For service place egg, bacon, slice of cheese between biscuit. Hold in warmer or on steamtable until ready to serve.

Updated 3.8.23

Meal Components (SLE)

Amount Per Serving

Meat	1.250
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	350.00
Fat	20.00g
SaturatedFat	9.25g
Trans Fat	0.00g
Cholesterol	102.50mg
Sodium	805.01mg
Carbohydrates	29.50g
Fiber	2.00g
Sugar	3.50g
Protein	14.00g
Vitamin A 32.73IU	Vitamin C 0.01mg
Calcium 207.50mg	Iron 2.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bacon Egg & Cheese English Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-39406
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD RND 192CT HRML	1 Slice		433608
EGG SCRMBD PTY RND GRLLD 144-1Z PAP	1 Each		208990
CHEESE AMER 184CT SLCD 4-5 GCHC	1 Slice		272744
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	1 Each	Thaw	687131

Preparation Instructions

Bacon: Thaw and warmed until 135 degrees

Egg: Heat according to package directions

English Muffin: Thaw the amount you want to use at room temperature for 3-4 hours or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate.

For service place egg, bacon, slice of cheese between two english muffin halves. Hold in warmer or on steamtable until ready to serve.

Meal Components (SLE)

Amount Per Serving

Meat	1.250
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	260.00
Fat	12.50g
SaturatedFat	4.75g
Trans Fat	0.00g
Cholesterol	102.50mg
Sodium	745.01mg
Carbohydrates	22.50g
Fiber	1.00g
Sugar	1.50g
Protein	15.00g
Vitamin A 32.73IU	Vitamin C 0.01mg
Calcium 177.50mg	Iron 2.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

French Toast

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Walking Taco

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce		722330
CHIP CORN 64-LSSV FRITOS	2 Ounce		712680
SAUCE CHS ULTIM YEL POU 6-106Z LOL	2 Fluid Ounce		310668

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	371.78
Fat	21.71g
SaturatedFat	7.74g
Trans Fat	0.29g
Cholesterol	53.74mg
Sodium	751.88mg
Carbohydrates	23.96g
Fiber	3.00g
Sugar	2.00g
Protein	19.73g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 239.87mg	Iron 2.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli with Cheese Sauce

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	57.31		
Fat	2.02g		
SaturatedFat	1.30g		
Trans Fat	0.00g		
Cholesterol	5.78mg		
Sodium	107.81mg		
Carbohydrates	6.33g		
Fiber	3.28g		
Sugar	1.09g		
Protein	4.72g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	46.79mg	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

General Tso Chicken

Servings:	54.00	Category:	Entree
Serving Size:	10.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-38599

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	540 Each	3-5 lb bags Or Use GFS#394053 (same serving)	536620
SAUCE GEN TSO 4-.5GAL ASIAN	1 Quart 1 Pint (6 Cup)		802850

Preparation Instructions

Heat chicken and sauce separately.

Serve 10 pieces of chicken per serving and 1/8 cup (1 fluid ounce) sauce on top of chicken.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 54.00

Serving Size: 10.00 Each

Amount Per Serving

Calories	322.22
Fat	13.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	852.22mg
Carbohydrates	31.22g
Fiber	3.00g
Sugar	12.44g
Protein	19.00g
Vitamin A 200.00IU	Vitamin C 0.00mg
Calcium 20.00mg	Iron 1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Siracha Honey Chicken

Servings:	54.00	Category:	Entree
Serving Size:	10.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-38423
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	540 Each	3-5 lb bags Or Use GFS#394053 (same serving)	536620
SAUCE SRIRACHA HNY 4-64FLZ	1 Quart 1 Pint (6 Cup)		113552

Preparation Instructions

Heat chicken and sauce separately.

Serve 10 pieces of chicken per serving and 1/8 cup (1 fluid ounce) sauce on top of chicken.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 54.00

Serving Size: 10.00 Each

Amount Per Serving			
Calories	322.22		
Fat	13.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	70.00mg		
Sodium	870.00mg		
Carbohydrates	32.11g		
Fiber	3.00g		
Sugar	14.22g		
Protein	19.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	22.16mg	Iron	1.48mg

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

Nutrition - Per 100g

No 100g Conversion Available

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

Fresh Baked Cookies

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 cookie

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Choice of Cereal

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Choice of Muffin

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 muffin

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

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-40324
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX MINI WGRAIN CN 2-5	4 Each		497360
ENTREE MACAR & CHS WGRAIN ELB 6-5	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.	609131

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	417.73
Fat	20.00g
SaturatedFat	9.17g
Trans Fat	0.00g
Cholesterol	64.50mg
Sodium	904.20mg
Carbohydrates	41.00g
Fiber	2.50g
Sugar	7.25g
Protein	17.25g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 325.23mg	Iron 2.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salad Meal

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Quart 1/2 Cup (4 1/2 Cup)		735787
Variety of Fresh Vegetables	1 1/2 Cup		
Cheese, Cheddar Reduced fat, Shredded	1/4 Cup		100012
EGG HRD CKD DCD IQF 4-5 GCHC	1 Fluid Ounce		192198
TURKEY HAM DCD 2-5 JENNO	3 Ounce		202150
CHIX STRP FAJT SEAS FC 8-4.99 TYS	3 Ounce		150160
BACON TKY CKD 12-50CT JENNO	1 Ounce		834770
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	1 Each		786520
CHIP GARDEN SALSA 104-SSV SUNCHIP	1 Package		696900
SNACK MUNCHIE MIX 104-SSV QUAK	1 Package		251670
CRACKER GLDFSH CHS 300-.75Z PEPPFM	1 Each		110431
DOUGH ROLL DNNR WGRAIN 180-2.1Z RICH	3 Each		152131
Whole Grain Veggie Crispy Crackers	1 Each		76301
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package		661022

Preparation Instructions

Salad Bar has a choice of two of the above proteins

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

Fajita Chicken)= 2 meat alternative

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

Turkey Bacon (1 oz weight)=1 meat alternative
 Grilled Chicken (1 each)= 2 meat alternative
 Diced Hard Cooked Egg (2 Tbsp.)=1 meat alternative
 Sunchips=1.25 grain
 Munchie=1.00 grain
 Goldfish=1.00 grain
 Dinner Roll= 1.75 grain

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	584.32
Fat	23.11g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	134.38mg
Sodium	1217.80mg
Carbohydrates	58.06g
Fiber	9.83g
Sugar	9.22g
Protein	37.15g
Vitamin A 749.70IU	Vitamin C 12.33mg
Calcium 70.89mg	Iron 4.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

White Peppered Gravy

Servings:	128.00	Category:	Condiments or Other
Serving Size:	1.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39079

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX PEPR DRY 12-24Z GCHC	1 Pound 8 Ounce (24 Ounce)	1 package	701450
Tap Water for Recipes	1 Gallon	Hot Water	000001WTR

Preparation Instructions

SLOWLY ADD 24 OZ. DRY MIX TO 1 GALLON HOT WATER (180-200 F) WHILE MIXING WITH A WIRE WHIP. MIX WELL UNTIL SMOOTH. COVER AND LET STAND 10 MINUTES. REMOVE COVER, MIX WELL 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	0.000

Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving

Calories	23.38		
Fat	1.04g		
SaturatedFat	0.52g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	129.90mg		
Carbohydrates	3.12g		
Fiber	0.00g		
Sugar	0.52g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.16mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fajita Chicken

Servings:	69.00	Category:	Entree
Serving Size:	2.30 ounce weight	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40329
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	10 Pound	Thaw	570533
SEASONING FAJITA MIX 6-8.9Z LAWR	8 9/10 Ounce	1 Package	518298
Tap Water for Recipes	1 Pint 1 Cup (3 Cup)		000001WTR

Preparation Instructions

Add 10 pounds of thawed diced chicken to 1 package of fajita mix and 3 cups water. Bring to boil, reduce heat and simmer for 20-30 minutes. Stirring occasionally.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 69.00

Serving Size: 2.30 ounce weight

Amount Per Serving			
Calories	107.80		
Fat	3.86g		
SaturatedFat	1.16g		
Trans Fat	0.00g		
Cholesterol	42.51mg		
Sodium	334.05mg		
Carbohydrates	2.97g		
Fiber	0.00g		
Sugar	0.00g		
Protein	13.91g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.46mg

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

Nutrition - Per 100g

No 100g Conversion Available

White Rice

Servings:	25.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40331
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE WHT PARBL ORIG 25 BENS	1 Quart 1 Pint 1/4 Cup (6 1/4 Cup)		243565
Tap Water for Recipes	3 Quart 1/2 Cup (12 1/2 Cup)		000001WTR
MARGARINE SLD 30-1 GCHC	3 Fluid Ounce 1/4 Tablespoon (6 1/4 Tablespoon)	READY_TO_EAT This ready-to-use margarine simplifies back-of-house prep and goes best with cooking, grilling, baking and topping popcorn.	733061

Preparation Instructions

Stovetop:

Bring water to a boil. Add rice and butter (optional). Stir. Cover tightly and simmer over a low heat until most of the water is absorbed. Transfer to serving pan and keep warm. Fluff with fork before serving.

Oven:

Combine rice, hot water and butter (optional) in a shallow pan. Stir. Cover and bake in a 350 degree F oven until most of the water is absorbed. Remove from oven and keep warm. Fluff with fork before serving.

Steamer:

Combine rice, hot water, and butter (optional) in a steam table pan. Stir. Cover and steam according to manufacturer's directions or until most of the water is absorbed. Remove from steamer and keep warm. Fluff with fork before serving.

Note: For firmer rice, use less water and reduce cooking time. For softer rice, use more water and increase cooking time.

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: 25.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	185.00		
Fat	2.75g		
SaturatedFat	1.13g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	27.50mg		
Carbohydrates	35.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	4.00g		
Vitamin A	187.50IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	2.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Teriyaki Beef with Noodles

Servings:	25.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40334
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
NOODLE YAKISOBA 4-5 AMOY	3 Pound 2 Ounce (50 Ounce)	2 ounce Weight Dry or 1 cup cooked **Non-Whole Grain**	245302
SAUCE TERIYAKI 4-64FLZ SWTBRAY	1 Quart	READY_TO_EAT All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	417622
BEEF DIPPERS WONDER BITE 400-.7Z PIER	125 Each	5 per serving	770817

Preparation Instructions

Noodles: From frozen, cook noodles in boiling water for 8 - 8.5 min. Remove from boiling water. (Product will be hot. Please handle with care.) Rinse with cold water and allow any excess water to drain. Mix noodles and sauce together and warm. Hold in hot hold until ready to serve.

Beef Dippers:

Conventional Oven: From a frozen state, bake at 350 in conventional oven for 14 minutes.

Convection Oven: From a frozen state, bake at 350 in convection oven for 10 minutes.

Serving Size: 1 cup of noodles with 5 Beef Dippers.

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: 25.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	441.90
Fat	11.60g
SaturatedFat	4.58g
Trans Fat	0.00g
Cholesterol	43.75mg
Sodium	1464.20mg
Carbohydrates	59.74g
Fiber	1.65g
Sugar	25.48g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 41.00mg	Iron 3.33mg

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

Nutrition - Per 100g

No 100g Conversion Available

Doritos

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available
