

# **Cookbook for Concord Jr. High School**

**Created by HPS Menu Planner**

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# Mini Pancakes or Waffles

<b>Servings:</b>	5.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 pouch	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28201
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 pouch

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Pop-Tarts (2 count)

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Uncrustable

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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### Nutrition - Per 100g

No 100g Conversion Available



# Variety of Muffin

<b>Servings:</b>	9.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 muffin	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28221
<b>School:</b>	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	<b>THAW</b> 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

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

## Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 muffin

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Cereal Bar

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Cereal (2 ounce)

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

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

### Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Variety of Fruit

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	1.306
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 13.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	170.12		
<b>Fat</b>	0.12g		
<b>SaturatedFat</b>	0.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	5.73mg		
<b>Carbohydrates</b>	43.75g		
<b>Fiber</b>	5.60g		
<b>Sugar</b>	31.10g		
<b>Protein</b>	1.54g		
<b>Vitamin A</b>	94.52IU	<b>Vitamin C</b>	11.35mg
<b>Calcium</b>	23.99mg	<b>Iron</b>	0.49mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Lasagna Roll-Ups

<b>Servings:</b>	18.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40326
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 18.00

Serving Size: 1.00 Each

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Hamburger on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23552
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

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

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### Nutrition - Per 100g

No 100g Conversion Available

# Cheeseburger on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23642
<b>School:</b>	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

<b>Meat</b>	3.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

#### Amount Per Serving

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Spicy Chicken Patty Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23553
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

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

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

### Nutrition - Per 100g

No 100g Conversion Available

# Regular Chicken Patty Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23554
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD FC 100-3.1Z	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. <b>MICROWAVE</b> 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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# PBJ Meal

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23558
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Salad Line: Zee Zee Sunflower Seed Salad

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-38078
<b>School:</b>	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

<b>Meat</b>	1.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.250
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 salad

### Amount Per Serving

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

<b>Servings:</b>	42.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23726
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.466
<b>RedVeg</b>	0.060
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 42.00

Serving Size: 1.00 Cup

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

<b>Servings:</b>	9.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 Each

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-39165
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

<b>Servings:</b>	8.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29387
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	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

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

### Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 0.50 Cup

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chocolate Iced Donut

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Donut	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-39405
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Donut

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Refried Beans

<b>Servings:</b>	34.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28970
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 34.00

Serving Size: 0.50 Cup

### Amount Per Serving

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

<b>Servings:</b>	6.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26901
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-37824
<b>School:</b>	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

<b>Meat</b>	1.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-39406
<b>School:</b>	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

<b>Meat</b>	1.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

<b>Servings:</b>	4.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-29008
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Walking Taco

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23690
<b>School:</b>	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 POUC 6-106Z LOL	2 Fluid Ounce		310668

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.130
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Broccoli with Cheese Sauce

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS ULTIM YEL POUC 6-106Z LOL	2 Pound		310668
Broccoli, No salt added, Frozen	10 Pound		110473

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.027
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

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

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

### Nutrition - Per 100g

No 100g Conversion Available

# General Tso Chicken

<b>Servings:</b>	54.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	10.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 54.00

Serving Size: 10.00 Each

#### Amount Per Serving

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

<b>Servings:</b>	54.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	10.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-38423
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 54.00

Serving Size: 10.00 Each

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# BeneFIT Breakfast Bar

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST OATML CHOC CHP BNFT 48-2.5Z	1 Each		240721
BAR BKFST BAN CHOC CHNK IW 48-2.5Z	1 Each		875860
BAR BKFST APPL CINN BENEFIT 48-2.5Z	1 Each		879671

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Fresh Baked Cookies

<b>Servings:</b>	4.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 cookie	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 cookie

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Choice of Cereal

<b>Servings:</b>	10.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-10993
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Each

### Amount Per Serving

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

<b>Servings:</b>	6.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 muffin	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-23643
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 muffin

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40324
<b>School:</b>	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	<b>BOIL</b> 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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Salad Meal

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23560
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 salad

#### Amount Per Serving

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

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### Nutrition - Per 100g

No 100g Conversion Available

# White Peppered Gravy

<b>Servings:</b>	128.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 1.00 Fluid Ounce

#### Amount Per Serving

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

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### Nutrition - Per 100g

No 100g Conversion Available

# Fajita Chicken

<b>Servings:</b>	69.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.30 ounce weight	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40329
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 69.00

Serving Size: 2.30 ounce weight

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# White Rice

<b>Servings:</b>	25.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40331
<b>School:</b>	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)	<b>READY_TO_EAT</b> 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

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

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Cup

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Teriyaki Beef with Noodles

<b>Servings:</b>	25.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40334
<b>School:</b>	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 <b>**Non-Whole Grain**</b>	245302
SAUCE TERIYAKI 4-64FLZ SWTBRAY	1 Quart	<b>READY_TO_EAT</b> 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

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

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Cup

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Doritos

<b>Servings:</b>	3.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28203
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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