

# **Cookbook for Concord Intermediate**

**Created by HPS Menu Planner**

# Table of Contents

Variety of 100% Juice

Uncrustable w/ String Cheese and Goldfish

Chicken Patty Sandwich++

Spicy Chicken Patty Sandwich++

Hamburger on Bun ++

Cheeseburger ++

Salad Bar ++

Assortment of Cereal

BeneFIT Breakfast Bar

Macaroni and Cheese ++

Variety of Muffin

Glazed Carrots

Yogurt Parfait++

Chicken Stir-Fry

Ham, Egg & Cheese Croissant

Sausage Egg & Cheese Croissant

Cheesy Refried Beans

Hot Ham & Cheese Sandwich

Loaded Breakfast Pizza Flatbread

Assorted Betty Crocker® Oatmeal Bar

Yogurt

**Pop-Tarts (2 count)**

**Broccoli with Cheese Sauce**

**Walking Taco\***

**Assorted Flavors of Snackn Waffles**

**Cereal Blast Waffles-Choco O' Crisp or Fun N' Frutti**

**Hot Dog with Bun**

**Fresh Baked Cookies**

**Variety of Ice Cream Cups**

**Mini French Toast**

**Tomato Soup**

**Graham Snack**

**Mashed Potatoes**

**Sausage & Cheese Biscuit**

**Mini Pancakes or Waffles**

**Taco Salad**

**Seasoned Refried Beans**

**Vanilla or Chocolate Iced Donut**

# Variety of 100% Juice

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 11.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	62.73		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	5.56mg		
<b>Carbohydrates</b>	15.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	13.82g		
<b>Protein</b>	0.01g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.08mg	<b>Iron</b>	0.12mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Uncrustable w/ String Cheese and Goldfish

<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-20102
<b>School:</b>	Concord Intermediate		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012
CHEESE STRING MOZZ IW 168-1Z LOL	2 Each		786580
CRACKER GLDFSH CHED WGRAIN 300-.75Z	2 Package		736280

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<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>	8.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	650.00mg
<b>Carbohydrates</b>	48.50g
<b>Fiber</b>	4.00g
<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> 261.50mg	<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**

---

# Chicken Patty Sandwich++

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each		281622
BUN HAMB 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 Each

Amount Per Serving	
<b>Calories</b>	390.00
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	690.00mg
<b>Carbohydrates</b>	42.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 62.02mg	<b>Iron</b> 3.33mg

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

### Nutrition - Per 100g

No 100g Conversion Available



# Spicy Chicken Patty Sandwich++

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29410
<b>School:</b>	Concord Intermediate		

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

### Nutrition - Per 100g

No 100g Conversion Available

# Hamburger on Bun ++

<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-29417
<b>School:</b>	Concord Intermediate		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each		203260
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>	2.750
<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 Each

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

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

### Nutrition - Per 100g

No 100g Conversion Available

# Cheeseburger ++

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20108
<b>School:</b>	Concord Intermediate		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each		203260
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	Brown Box/USDA Commodity	100036
BUN HAMB WHT WHE 4 10-12CT ALPH	1 Each		248151

## Preparation Instructions

No Preparation Instructions available.

### 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 Each

#### Amount Per Serving

<b>Calories</b>	390.00
<b>Fat</b>	18.50g
<b>SaturatedFat</b>	7.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	67.50mg
<b>Sodium</b>	520.00mg
<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> 32.02mg	<b>Iron</b> 1.43mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Salad Bar ++

<b>Servings:</b>	165.00	<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-20083
<b>School:</b>	Concord Intermediate		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cheese, Cheddar Reduced fat, Shredded	2 Gallon 1 Pint 3/4 Cup (34 3/4 Cup)		100012
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	8 Pound 7 Ounce (135 Ounce)	UNSPECIFIED Not currently available	570533
TURKEY HAM DCD 2-5 JENNO	3 Pound 5 Ounce (53 Ounce)	READY_TO_EAT Fully Cooked - Ready To Eat This product is fully cooked and is "Ready To Eat".	202150
EGG HARD CKD PLD DRY PK 12-12CT PAP	117 Each		853800
LETTUCE ROMAINE RIBBONS 6-2 RSS	9 Gallon 2 Quart (152 Cup)		451730
SPINACH BABY CLND 2-2 RSS	7 Gallon 1 Pint 1 Cup (115 Cup)		560545
BEANS BLACK LO SOD 6-10 BUSH	3 Quart 1 Pint 1 Cup (15 Cup)		231981
BROCCOLI FLORET REG CUT 4-3 RSS	2 Quart 1 Pint 1 1/4 Cup (11 1/4 Cup)		732478
CARROT BABY WHL PETITE 4-5 RSS	1 Gallon 3 Quart 3/4 Cup (28 3/4 Cup)		768146
CORN CUT IQF 30 KE	3 Quart 1 3/4 Cup (13 3/4 Cup)		283730
CUCUMBER SELECT 24CT MRKN	1 Gallon 2 Quart 1 Cup (25 Cup)		418439
PEPPERS GREEN LRG 5 MRKN	1 Gallon 1 Pint 1/2 Cup (18 1/2 Cup)		592315
OLIVE RIPE SLCD BLK SPAIN 6-10 GCHC	3 Quart 1 1/4 Cup (13 1/4 Cup)		324531

Description	Measurement	Prep Instructions	DistPart #
ONION RED JUMBO 10 MRKN	1 Quart 1 Cup (5 Cup)		596973
PEAS GREEN IQF 30 KE	0 Cup		283760
TOMATO 4X5 VINE-RIPENED 40CT MRKN	3 Quart 1 Pint 1 3/4 Cup (15 3/4 Cup)		703788
Variety of Fruit	6 Gallon 1 Quart 1 Cup (101 Cup)	BAKE dish into 4 oz. portion cups	
MUFFIN CHOCOLATE CHP WGRAIN IW 96-2Z	37 Each		273681
CROUTON CHS GARL WGRAIN 250-.5Z	140 Package	READY_TO_EAT Ready to use.	661022
CRACKER GLDFSH CHED WGRAIN 300-.75Z	166 Package		736280
DRESSING RNCH ORIG PKT 102-1Z MARZ	120 Each		554693
DRESSING ITAL GLDN PKT 60-1.5FLZ KENS	56 Each	READY_TO_EAT All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	195723
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	1 Pint 1 6/13 Cup (3 6/13 Cup)		704229

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.500
<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: 165.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	667.24
<b>Fat</b>	34.60g
<b>SaturatedFat</b>	8.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	166.38mg
<b>Sodium</b>	1259.91mg
<b>Carbohydrates</b>	65.69g
<b>Fiber</b>	6.11g
<b>Sugar</b>	25.32g
<b>Protein</b>	25.13g
<b>Vitamin A</b> 260.26IU	<b>Vitamin C</b> 22.20mg
<b>Calcium</b> 115.35mg	<b>Iron</b> 4.68mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Assortment of Cereal

<b>Servings:</b>	13.00	<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-28214
<b>School:</b>	Concord Community Elementary Schools		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each		270401
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package		265811
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each		365790
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each		388190
CEREAL CINN CHEX BWL 96-1Z GENM	1 Each		453143
CEREAL FRSTD MINI WHE BWL 96CT KELL	1 Each		662186
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	1 Each		264702
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package		265782
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each		509396
CEREAL CHEERIOS FRTY WGRAIN BWL 96CT	1 Package		265803
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each		509434

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

<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: 13.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	107.82		
<b>Fat</b>	1.27g		
<b>SaturatedFat</b>	0.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	147.91mg		
<b>Carbohydrates</b>	23.54g		
<b>Fiber</b>	2.09g		
<b>Sugar</b>	7.08g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	65.97mg	<b>Iron</b>	3.63mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# BeneFIT Breakfast Bar

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Macaroni and Cheese ++

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 8-2.5 PG	4 Pound 6 Ounce (70 Ounce)	4 pounds and 6 ounce weight	664461
MILK PWD FF INST 6-5 P/L	1 1/3 Cup	RECONSTITUTE Use per recipe To make fluid milk, add 3 Tbsp.milk to 1 cup of water.	311065
Tap Water for Recipes	1 Pint 1 3/4 Cup (3 3/4 Cup)	UNPREPARED	000001WTR
Cheese, Cheddar Reduced fat, Shredded	2 Pound 3 Ounce (35 Ounce)	2 pounds and 3 ounce weight	100012
SPICE PEPR BLK 30 MESH REG GRIND 5	2 Teaspoon		225045
SPICE GARLIC POWDER 21Z TRDE	1 Tablespoon		224839
SPICE NUTMEG GRND 16Z TRDE	1/2 Teaspoon		224944
SAUCE CHS ULTIM YEL POU 6-106Z LOL	6 Pound 10 Ounce (106 Ounce)		310668

## Preparation Instructions

1. Heat pot of water to rolling boil.
2. Slowly add macaroni. Stir constantly, until water boils again. Cook about 8 minutes or until tender; stir occasionally.  
DO NOT OVERCOOK. Slightly undercooking pasta will allow it to continue to cook once pasta is in the cheese sauce and in hot holding without getting overcooked and mushy. Drain well.
3. Combine 3.75 cups water with the nonfat dry milk powder and stir well to create skim milk. Add black pepper, garlic powder, and nutmeg. Stir to combine.
4. Heat cheese sauce on stovetop or in steamer. Slowly add the skim milk mixture created in step 3. Add the shredded cheese. Stir until the cheese is melted and mixture is smooth. CCP: Heat to 140°F or higher.
5. Stir pasta into cheese sauce. Pour macaroni and cheese mixture into steamtable pans (12" x 20" x 2 1/2") which have been lightly coated with pan release spray.

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

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

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.500
<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: 46.00

Serving Size: 0.75 Cup

#### Amount Per Serving

<b>Calories</b>	322.47
<b>Fat</b>	15.57g
<b>SaturatedFat</b>	9.19g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	46.38mg
<b>Sodium</b>	726.41mg
<b>Carbohydrates</b>	38.89g
<b>Fiber</b>	1.52g
<b>Sugar</b>	2.57g
<b>Protein</b>	18.52g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 326.95mg	<b>Iron</b> 1.38mg

\*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

<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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Glazed Carrots

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD C/C MED/LRG 30 GCHC	15 Pound		285680
SUGAR BROWN LT 12-2 P/L	1 1/2 Cup		860311
MARGARINE SLD 30-1 GCHC	1/2 Pound		733061

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 105.00

Serving Size: 0.50 Cup

#### Amount Per Serving

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

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



## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Yogurt Parfait++

<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-29418
<b>School:</b>	Concord Intermediate		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	1 Cup		811500
YOGURT STRAWB L/F PARFPR 6-4 YOPL	1/2 Cup		811490
IQF Frozen Sliced Strawberries	1/2 Cup		110860
Wild Blueberries fzn	1/2 Cup		100243
Cherries, Sweet, Frozen	1/2 Cup		110872

## Preparation Instructions

Each parfait get 1/2 cup of yogurt and 1/2 cup fruit. Also make sure to offer a Goldfish graham as the grain.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.933
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	144.44		
<b>Fat</b>	0.75g		
<b>SaturatedFat</b>	0.37g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	3.73mg		
<b>Sodium</b>	60.37mg		
<b>Carbohydrates</b>	31.30g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	21.92g		
<b>Protein</b>	4.40g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	134.33mg	<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**

---

# Chicken Stir-Fry

<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.85 ounce weight	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29511
<b>School:</b>	Concord Intermediate		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP TERYK 6-7.15	2 6/7 Ounce	weight	890911
STIR FRY KIT GEN TSO CHIX 6-7.15	3 9/10 Ounce	weight. Serving has 1/2 Grain equivalents	199341
ENTREE CHIX SWT CHILI THAI 6-7.15	2 6/7 Ounce	weight	536900
CHIX CHNK SWT&SOUR CHRY BLSSM 6-7.15	3 9/10 Ounce	weight. Serving has 1/2 Grain equivalents	653342
STIR FRY CHIX TANGR WGRAIN 6-7.2	3 9/10 Ounce	weight. Serving has 1/2 Grain equivalents	791710

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<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: 5.00

Serving Size: 2.85 ounce weight

### Amount Per Serving

<b>Calories</b>	178.00		
<b>Fat</b>	4.90g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	53.00mg		
<b>Sodium</b>	392.00mg		
<b>Carbohydrates</b>	19.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	11.60g		
<b>Protein</b>	14.60g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.48mg
<b>Calcium</b>	8.00mg	<b>Iron</b>	0.98mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Ham, Egg & Cheese Croissant

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	2 Slice		556121
EGG SCRMBD PTY RND GRLLD 144-1Z PAP	1 Each		208990
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
CROISSANT BKD PLN SLCD 64-2Z	1 Each	**Non-Whole Grain**	120861

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.750
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving			
<b>Calories</b>	328.33		
<b>Fat</b>	17.67g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	102.50mg		
<b>Sodium</b>	610.00mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	4.50g		
<b>Protein</b>	14.67g		
<b>Vitamin A</b>	32.73IU	<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	75.00mg	<b>Iron</b>	1.64mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Sausage Egg & Cheese Croissant

<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-20158
<b>School:</b>	Concord Intermediate		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS	1 Each		138941
EGG SCRMBD PTY RND GRLLD 144-1Z PAP	1 Each		208990
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	USDA Brown Box	100036
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	**NON-WHOLE GRAIN**	172172

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	385.00		
<b>Fat</b>	20.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	127.50mg		
<b>Sodium</b>	730.00mg		
<b>Carbohydrates</b>	31.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	4.50g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	32.73IU	<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	45.00mg	<b>Iron</b>	2.50mg

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



## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Cheesy Refried Beans

<b>Servings:</b>	70.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20129
<b>School:</b>	Concord Intermediate		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED SEAS DEHY 6-1.75 SANTG	4 Each		183910
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	5 Pound		722110

## Preparation Instructions

### BEAS RECONSTITUTE

- 1: Pour 1/2 gallon (1.9L) boiling water into 4" deep half-steamtable pan.
- 2: Quickly pour full pouch of beans into water and cover.
- 3: Allow beans to sit for 25 minutes on steamtable.
- 4: Continue to keep hot for service.

Heat cheese sauce according to directions on case and then hold in warmer until service.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.500
<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: 70.00

Serving Size: 0.75 Cup

#### Amount Per Serving

<b>Calories</b>	241.96
<b>Fat</b>	6.92g
<b>SaturatedFat</b>	3.68g
<b>Trans Fat</b>	0.01g
<b>Cholesterol</b>	16.57mg
<b>Sodium</b>	872.26mg
<b>Carbohydrates</b>	30.28g
<b>Fiber</b>	9.64g
<b>Sugar</b>	0.00g
<b>Protein</b>	13.41g
<b>Vitamin A</b> 0.67IU	<b>Vitamin C</b> 0.95mg
<b>Calcium</b> 173.61mg	<b>Iron</b> 2.31mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Hot Ham & Cheese Sandwich

<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-36893
<b>School:</b>	Concord Intermediate		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	6 Slice		556121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	Brown Box/USDA Commodity	100036
BUN HAMB WHT WHE 4 10-12CT ALPH	1 Each		248151

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	290.00
<b>Fat</b>	9.50g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	67.50mg
<b>Sodium</b>	870.00mg
<b>Carbohydrates</b>	27.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	3.50g
<b>Protein</b>	23.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 32.02mg	<b>Iron</b> 2.15mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Loaded Breakfast Pizza Flatbread

<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-40573
<b>School:</b>	Concord Intermediate		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ 4-5 CARG	2 Ounce	Weight	192330
FLATBREAD W/GRAIN 4 192-1Z RICH	1 Each	Thaw ahead 1. Keep product frozen at 0°F or below until ready to use. 2. Defrost and store thawed flatbread at room temperature. Note: Each "sheet" has four 1 oz., 4" Whole Grain. Simply snap at the seams to break apart.	959048
GRAVY SAUS CNTRY 6- 10 CHEFM	1 Fluid Ounce	N/A	464694
CHEESE MOZZ SHRD 4- 5 LOL	1 Fluid Ounce	N/A	645170

## Preparation Instructions

1. Heat eggs and sausage gravy according to directions on package
2. Place Flatbread in warmer
3. Once eggs and sausage gravy heated to temp take flatbread out of warmer and lay out on sheet pan.
4. On flatbread layer 2 Tablespoons (1/8 cup or 1 oz. spoodle) Sausage Gravy, 2 ounce weight of scrambled eggs, and 2 Tablespoons (1/8 cup or 1 oz. spoodle) shredded mozzarella.
5. Place in warmer to melt cheese and hold for service.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	260.00
<b>Fat</b>	14.50g
<b>SaturatedFat</b>	4.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	202.50mg
<b>Sodium</b>	625.00mg
<b>Carbohydrates</b>	17.50g
<b>Fiber</b>	1.00g
<b>Sugar</b>	1.50g
<b>Protein</b>	13.50g
<b>Vitamin A</b> 0.10IU	<b>Vitamin C</b> 0.03mg
<b>Calcium</b> 149.59mg	<b>Iron</b> 0.73mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Assorted Betty Crocker® Oatmeal Bar

<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>	Breakfast	<b>Recipe ID:</b>	R-40822
<b>School:</b>	Concord Intermediate		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR DBL CHOC OATML 144-1.24Z BTTYCR	1 Each		262103
BAR CHOC CHIP OATML 144-1.24Z BTTYCR	1 Each		194031
BAR BTRSCOTCH OATML 144-1.24Z BTTYCR	1 Each		194041

## 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: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	150.00		
<b>Fat</b>	5.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	106.67mg		
<b>Carbohydrates</b>	24.67g		
<b>Fiber</b>	2.33g		
<b>Sugar</b>	8.67g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.77mg

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



## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Yogurt

<b>Servings:</b>	5.00	<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-28222
<b>School:</b>	Concord Community Elementary Schools		

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<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: 5.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	76.00
<b>Fat</b>	0.30g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.00mg
<b>Sodium</b>	61.00mg
<b>Carbohydrates</b>	14.60g
<b>Fiber</b>	0.00g
<b>Sugar</b>	9.40g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 124.00mg	<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

# Pop-Tarts (2 count)

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

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

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Broccoli with Cheese Sauce

<b>Servings:</b>	82.00	<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-20132
<b>School:</b>	Concord Intermediate		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GCHC	15 Pound		610902
SAUCE CHS ULTIM YEL POUZ 6-106Z LOL	1 Quart 1 Pint (6 Cup)		310668

## 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>	0.500
<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: 82.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	53.67
<b>Fat</b>	2.93g
<b>SaturatedFat</b>	1.76g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	8.78mg
<b>Sodium</b>	175.62mg
<b>Carbohydrates</b>	6.34g
<b>Fiber</b>	2.93g
<b>Sugar</b>	0.98g
<b>Protein</b>	4.98g

**Vitamin A** 0.00IU      **Vitamin C** 0.00mg

**Calcium** 118.16mg      **Iron** 0.98mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Walking Taco\*

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY TACO MEAT FC 4-7 JENNO	3 0 Ounce		768230
CHIP NACHO CHS R/F TOP N GO 44-1.4Z	1 Package	READY_TO_EAT Lay product flat with the front facing you. Pull open the easy open strip to reveal the product. Cover product with toppings (chili, cheese sauce, or other - you provide) Enjoy	815803
Cheese, Cheddar Reduced fat, Shredded	1 Fluid Ounce		100012

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---



# Assorted Flavors of Snackn Waffles

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-40575
<b>School:</b>	Concord Intermediate		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE BLUEB IW 96-2.4Z SNACKN	1 Each		652896
WAFFLE MAPL BUTTERY IW 96-2.4Z	1 Each		657844
WAFFLE CINN SWT IW 96-2.4Z	1 Each		651951

## 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

<b>Amount Per Serving</b>			
<b>Calories</b>	250.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	44.00mg		
<b>Sodium</b>	290.00mg		
<b>Carbohydrates</b>	37.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<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**

---

# Cereal Blast Waffles-Choco O' Crisp or Fun N' Frutti

<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-40574
<b>School:</b>	Concord Intermediate		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE FUN N FRUITTI IW 72-2.4Z	1 Each		353236
Cereal Blast Choco O' Crisp Belgian Waffles, Individually-Wrapped, Frozen	1 Package		358019

## Preparation Instructions

Place waffles in the oven. Leave waffles in the wrapper. Heat waffles in 275°F preheated oven for 6 to 8 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: 2.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	125.00		
<b>Fat</b>	4.50g		
<b>SaturatedFat</b>	1.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	7.50mg		
<b>Sodium</b>	95.00mg		
<b>Carbohydrates</b>	19.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	8.50g		
<b>Protein</b>	2.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.50mg	<b>Iron</b>	0.50mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Hot Dog with Bun

<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-20123
<b>School:</b>	Concord Intermediate		

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<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>	280.00
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	560.00mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	12.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 9.00mg
<b>Calcium</b> 76.00mg	<b>Iron</b> 2.22mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Fresh Baked Cookies

<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**

---

**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

# Mini French Toast

<b>Servings:</b>	2.00	<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-40823
<b>School:</b>	Concord Intermediate		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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

## 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: 2.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	205.00
<b>Fat</b>	6.00g
<b>SaturatedFat</b>	1.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	205.00mg
<b>Carbohydrates</b>	36.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	10.50g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 170.00mg	<b>Iron</b> 2.65mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Tomato Soup

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO 12-5 CAMP	2 #10 CAN 1 5/14 #5 CAN (5 #5 CAN)		101427
FAT FREE SKIM MILK	1 Gallon		

## 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>	0.465
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 58.00

Serving Size: 0.75 Cup

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

\*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>	41.00	<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-40954
<b>School:</b>	Concord Intermediate		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS PREM 10-29.3Z NATROWN	1 Pound 13 3/10 Ounce (29 3/10 Ounce)	1 Package	193610
Tap Water for Recipes	1 Gallon		000001WTR

## Preparation Instructions

### RECONSTITUTE

1: Pour 1 gallon hot water (170-190°F) into 4" 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: 41.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	79.40		
<b>Fat</b>	0.99g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	258.06mg		
<b>Carbohydrates</b>	13.90g		
<b>Fiber</b>	1.99g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	1.99g		
<b>Vitamin A</b>	1.93IU	<b>Vitamin C</b>	6.33mg
<b>Calcium</b>	8.36mg	<b>Iron</b>	0.29mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Sausage & 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-40576
<b>School:</b>	Concord Intermediate		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS	1 Each		138941
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	USDA Brown Box	100036
BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS	1 Each	**NON-WHOLE GRAIN**	120851

## Preparation Instructions

Prepare Biscuit and Sausage Patty according to instructions on case.

For Service: Place sausage patty and cheese slice between split biscuit.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	340.00		
<b>Fat</b>	16.50g		
<b>SaturatedFat</b>	7.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	47.50mg		
<b>Sodium</b>	800.00mg		
<b>Carbohydrates</b>	31.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	3.50g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	230.00mg	<b>Iron</b>	2.70mg

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



## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Mini Pancakes or Waffles

<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 pouch	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-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>	292.00
<b>Fat</b>	8.60g
<b>SaturatedFat</b>	1.40g
<b>Trans Fat</b>	0.00g**
<b>Cholesterol</b>	4.00mg
<b>Sodium</b>	290.00mg
<b>Carbohydrates</b>	50.40g
<b>Fiber</b>	3.60g
<b>Sugar</b>	13.60g
<b>Protein</b>	3.00g**
<b>Vitamin A</b> 0.00IU**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 22.00mg**	<b>Iron</b> 1.22mg**

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

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

No 100g Conversion Available

# Taco Salad

<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-36902
<b>School:</b>	Concord Intermediate		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY TACO MEAT FC 4-7 JENNO	3 1/6 Ounce	Weight	768230
CHIP TORTL TOP N GO WGRAIN 44-1.4Z	1 Package		818222
Cheese, Cheddar Reduced fat, Shredded	1 Fluid Ounce		100012
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<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>	1096.03
<b>Fat</b>	15.27g
<b>SaturatedFat</b>	4.58g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	67.92mg
<b>Sodium</b>	597.01mg
<b>Carbohydrates</b>	180.64g
<b>Fiber</b>	78.02g
<b>Sugar</b>	75.02g
<b>Protein</b>	97.32g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 1261.36mg	<b>Iron</b> 1.74mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Seasoned Refried Beans

<b>Servings:</b>	67.00	<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-40557
<b>School:</b>	Concord Intermediate		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED SEAS DEHY 6-1.75 SANTG	4 Each		183910

## Preparation Instructions

BEAS RECONSTITUTE

- 1: Pour 1/2 gallon (1.9L) boiling water into 4" deep half-steamtable pan.
- 2: Quickly pour full pouch of beans into water and cover.
- 3: Allow beans to sit for 25 minutes on steamtable.
- 4: Continue to keep hot for service.

### 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: 67.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	180.20		
<b>Fat</b>	1.50g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	650.72mg		
<b>Carbohydrates</b>	31.03g		
<b>Fiber</b>	10.01g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	10.01g		
<b>Vitamin A</b>	0.70IU	<b>Vitamin C</b>	0.99mg
<b>Calcium</b>	56.01mg	<b>Iron</b>	2.41mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Vanilla or Chocolate Iced Donut

<b>Servings:</b>	2.00	<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-40558
<b>School:</b>	Concord Intermediate		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN 84-2Z RICH	2 Each	Thaw	556582
ICING CHOC RTU HEAT NICE 1-12 RICH	1 Fluid Ounce	Thaw	155711
ICING VAN RTU HEAT NICE 1-12 RICH	1 Fluid Ounce	Thaw	155722

## 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: 2.00

Serving Size: 1.00 Donut

Amount Per Serving			
<b>Calories</b>	432.30		
<b>Fat</b>	18.10g		
<b>SaturatedFat</b>	8.55g		
<b>Trans Fat</b>	0.12g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	305.60mg		
<b>Carbohydrates</b>	63.00g		
<b>Fiber</b>	2.50g		
<b>Sugar</b>	37.50g		
<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>	1.65mg

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



## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---