

Cookbook for Concord Community Elementary Schools

Created by HPS Menu Planner

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Variety of 100% Juice

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 11.00

Serving Size: 1.00 Each

Amount Per Serving

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

*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

| | | | |
|----------------------|---|-----------------------|---------|
| Servings: | 13.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-28214 |
| School: | Concord Community Elementary Schools | | |

Ingredients

| Description | Measurement | 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

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

Nutrition Facts

Servings Per Recipe: 13.00

Serving Size: 1.00 Each

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Salad Bar- South Side

| | | | |
|----------------------|-------------------------------|-----------------------|---------|
| Servings: | 2.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-11812 |
| School: | Concord South Side Elementary | | |

Ingredients

| Description | Measurement | DistPart # |
|---------------------------------------|----------------------|------------|
| LETTUCE SALAD TINY CHP 55/45 4-5RSS | 1 Pint 1 Cup (3 Cup) | 153121 |
| Cheese, Cheddar Reduced fat, Shredded | 2 Ounce | 100012 |
| DRESSING RNCH ORIG PKT 102-1Z MARZ | 2 Ounce | 554693 |
| BACON TKY CKD 12-50CT JENNO | 7/10 Ounce | 834770 |
| PEPPERS BAN RING MILD 4-1GAL GCHC | 1/4 Cup | 466220 |
| BROCCOLI FLORET BITE SIZE 2-3 RSS | 1/4 Cup | 732451 |
| CARROT BABY WHL PETITE 4-5 RSS | 1/4 Cup | 768146 |
| CAULIFLOWER BITE SIZE 2-3 RSS | 1/4 Cup | 732486 |
| CHIX DCD 1/2 WHT CKD 2-5 GCHC | 2 Ounce | 599697 |
| SAUCE HOT REDHOT ORG 4-1GAL FRNKS | 1 Tablespoon | 282944 |
| CROUTON CHS GARL WGRAIN 250-.5Z | 2 Package | 661022 |
| Whole Grain Garlic Butter Croutons | 2 Package | 111212 |
| CUCUMBER SELECT SUPER 45 MRKN | 1/4 Cup | 198587 |
| EGG HRD CKD DCD IQF 4-5 GCHC | 1 Ounce | 192198 |
| EDAMAME SHELLED SOYBEANS 6-2.5 SIMPL | 1 Ounce | 147270 |
| PEPPERS COLORED MIXED ASST 12CT P/L | 1/4 Cup | 491012 |
| PEPPERS GREEN LRG 5 MRKN | 1/4 Cup | 592315 |
| MUSHROOM LRG XFCY 3 MRKN | 1/4 Cup | 285188 |
| OLIVE RIPE SLCD BLK SPAIN 6-10 GCHC | 1/4 Cup | 324531 |

| Description | Measurement | DistPart # |
|-----------------------------------|-------------|------------|
| OLIVE GRN STFD MANZ W/PIM 6-.5GAL | 1/4 Cup | 485624 |
| ONION RED JUMBO 10 MRKN | 1 Ounce | 596973 |
| PEAS GREEN IQF 30 KE | 1/4 Cup | 283760 |
| TOMATO 5X6 XL 5 MRKN | 1/4 Cup | 438197 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|----------|-------|
| Meat | 2.729 |
| Grain | 1.250 |
| Fruit | 0.000 |
| GreenVeg | 0.644 |
| RedVeg | 0.292 |
| OtherVeg | 2.065 |
| Legumes | 0.379 |
| Starch | 0.093 |

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|---------------|-----------|-----------|---------|
| Calories | 671.46 | | |
| Fat | 37.26g | | |
| SaturatedFat | 9.15g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 117.42mg | | |
| Sodium | 2062.38mg | | |
| Carbohydrates | 46.85g | | |
| Fiber | 10.91g | | |
| Sugar | 10.42g | | |
| Protein | 37.07g | | |
| Vitamin A | 1211.98IU | Vitamin C | 75.07mg |
| Calcium | 154.39mg | Iron | 5.58mg |

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Nutrition - Per 100g

No 100g Conversion Available

Yogurt

| | | | |
|----------------------|--------------------------------------|-----------------------|---------|
| Servings: | 5.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-28222 |
| School: | Concord Community Elementary Schools | | |

Ingredients

| Description | Measurement | 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

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 76.00 |
| Fat | 0.30g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 3.00mg |
| Sodium | 61.00mg |
| Carbohydrates | 14.60g |
| Fiber | 0.00g |
| Sugar | 9.40g |
| Protein | 4.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 124.00mg | Iron 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Uncrustable w/ Yogurt and Goldfish

| | | | |
|----------------------|--------------------------------------|-----------------------|---------|
| Servings: | 2.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-29375 |
| School: | Concord Community Elementary Schools | | |

Ingredients

| Description | Measurement | 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 GLDFSH CHED WGRAIN 300-.75Z | 2 Package | 736280 |
| Yogurt | 2 Serving | R-28222 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 552.00 |
| Fat | 20.10g |
| SaturatedFat | 4.00g |
| Trans Fat | 0.00g |
| Cholesterol | 6.00mg |
| Sodium | 572.00mg |
| Carbohydrates | 75.70g |
| Fiber | 4.00g |
| Sugar | 33.80g |
| Protein | 19.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 311.50mg | Iron 1.70mg |

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Nutrition - Per 100g

No 100g Conversion Available

Uncrustable

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

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

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Nutrition - Per 100g

No 100g Conversion Available

South Side Salad Bar Grain Item

| | | | |
|----------------------|---|-----------------------|---------|
| Servings: | 12.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-29372 |
| School: | Concord Community Elementary Schools | | |

Ingredients

| Description | Measurement | 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 | 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 |
| PRETZEL HEARTZELS 104-0.7Z ROLD GOLD | 1 Package | 893711 |
| CRACKER CHEEZ-IT WGRAIN IW 175-.75Z | 1 Each | 282422 |
| CRACKER GLDFSH WGRAIN COLOR 300-.75Z | 1 Package | 112702 |

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 160.83 | | |
| Fat | 5.21g | | |
| SaturatedFat | 1.25g | | |
| Trans Fat | 0.02g | | |
| Cholesterol | 17.50mg | | |
| Sodium | 132.92mg | | |
| Carbohydrates | 26.00g | | |
| Fiber | 1.50g | | |
| Sugar | 11.67g | | |
| Protein | 2.58g | | |
| Vitamin A | 1.20IU | Vitamin C | 0.00mg |
| Calcium | 26.09mg | Iron | 0.93mg |

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Nutrition - Per 100g

No 100g Conversion Available

Sausage Biscuit

| | | | |
|----------------------|--------------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Sandwich | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-29033 |
| School: | Concord Community Elementary Schools | | |

Ingredients

| Description | Measurement | DistPart # |
|---------------------------------------|-------------|------------|
| SAUSAGE PTY TKY CKD 1Z 10.25 JENNO | 1 Each | 184970 |
| BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS | 1 Each | 120851 |

Preparation Instructions

Cook Sausage: Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.

Bake Biscuits: Place white bakeable tray of biscuits onto sheet pan. Heating time 7-9 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.

Assemble sandwiches together using cooked product/items.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 260.00 |
| Fat | 12.00g |
| SaturatedFat | 5.50g |
| Trans Fat | 0.00g |
| Cholesterol | 30.00mg |
| Sodium | 500.00mg |
| Carbohydrates | 29.00g |
| Fiber | 1.00g |
| Sugar | 3.00g |
| Protein | 11.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 220.00mg | Iron 2.06mg |

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Nutrition - Per 100g

No 100g Conversion Available

Uncrustable w/ String Cheese and Goldfish

| | | | |
|----------------------|----------------------|-----------------------|---------|
| Servings: | 2.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-20102 |
| School: | Concord Intermediate | | |

Ingredients

| Description | Measurement | 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

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 480.00 |
| Fat | 25.50g |
| SaturatedFat | 8.00g |
| Trans Fat | 0.00g |
| Cholesterol | 20.00mg |
| Sodium | 650.00mg |
| Carbohydrates | 48.50g |
| Fiber | 4.00g |
| Sugar | 16.00g |
| Protein | 17.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 261.50mg | Iron 1.70mg |

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Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

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

Ingredients

| Description | Measurement | DistPart # |
|--------------------------------|-----------------------------|------------|
| POTATO PRLS EXCEL 12-28Z BAMER | 1 Pound 12 Ounce (28 Ounce) | 613738 |
| Tap Water for Recipes | 1 Gallon 1 Cup (17 Cup) | 000001WTR |

Preparation Instructions

RECONSTITUTE

1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.435 |

Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 0.50 Cup

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

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Nutrition - Per 100g

No 100g Conversion Available

Powdered Sugar Icing

| | | | |
|----------------------|---------------------|-----------------------|---------------------|
| Servings: | 110.00 | Category: | Condiments or Other |
| Serving Size: | 2.00 Tablespoon | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-28459 |
| School: | Concord High School | | |

Ingredients

| Description | Measurement | DistPart # |
|------------------------------------|-------------------------|------------|
| SUGAR POWDERED 6X 25 GCHC | 2 Quart 1 Pint (10 Cup) | 108693 |
| MARGARINE GLDN SWT ZTF 30-1 GLDSWT | 1 Cup | 840860 |
| 1 % White Milk | 1 Cup | |
| FLAVORING VANILLA IMIT 1-1GAL KE | 1 Tablespoon | 110744 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 110.00

Serving Size: 2.00 Tablespoon

Amount Per Serving

| | | | |
|----------------------|---------|------------------|--------|
| Calories | 59.10 | | |
| Fat | 1.62g | | |
| SaturatedFat | 0.67g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.14mg | | |
| Sodium | 17.12mg | | |
| Carbohydrates | 11.01g | | |
| Fiber | 0.00g | | |
| Sugar | 10.65g | | |
| Protein | 0.07g | | |
| Vitamin A | 0.09IU | Vitamin C | 0.02mg |
| Calcium | 0.44mg | Iron | 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Glazed Carrots

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 105.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Tomato Soup

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

Ingredients

| Description | Measurement | 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

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.465 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 58.00

Serving Size: 0.75 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available

Deli Trio Sub

| | | | |
|----------------------|--------------------------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Sandwich | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-29407 |
| School: | Concord Community Elementary Schools | | |

Ingredients

| Description | Measurement | DistPart # |
|--|-------------|------------|
| MEAT COMBO PK SLCD 12-1 JENNO | 3 Ounce | 236012 |
| CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED | 1 Slice | 100036 |
| BUN SUB SLCD WGRAIN 5 12-8CT GCHC | 1 Each | 276142 |

Preparation Instructions

Layer 2 slices of each type of meat (salami, bologna, and ham) and 1 slice of cheese on each sub bun.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.500 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 339.02 |
| Fat | 14.15g |
| SaturatedFat | 4.54g |
| Trans Fat | 0.00g |
| Cholesterol | 70.55mg |
| Sodium | 1001.19mg |
| Carbohydrates | 31.02g |
| Fiber | 2.00g |
| Sugar | 4.50g |
| Protein | 20.20g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 110.23mg | Iron 3.10mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Ham and Cheese on Pretzel Bun (Hot or Cold)

| | | | |
|----------------------|--------------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-38716 |
| School: | Concord Community Elementary Schools | | |

Ingredients

| Description | Measurement | DistPart # |
|---------------------------------|-------------|------------|
| TURKEY HAM SLCD 12-1 JENNO | 6 Slice | 556121 |
| CHEESE AMER 160CT SLCD 6-5 COMM | 1 Slice | 150260 |
| ROLL PRTZL WGRAIN 120-2.2Z J&J | 1 Each | 500162 |

Preparation Instructions

Layer 6 slices of ham and 1 slice of cheese on each pretzel bun. To serve cold store in cooler until service.

For hot ham and cheese follow above directions and set in oven until hot and cheese is melted. Serve immediately.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.500 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 335.00 | | |
| Fat | 12.50g | | |
| SaturatedFat | 5.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 72.50mg | | |
| Sodium | 730.00mg | | |
| Carbohydrates | 34.00g | | |
| Fiber | 3.00g | | |
| Sugar | 4.50g | | |
| Protein | 22.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 91.50mg | Iron | 3.12mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Sunchips

| | | | |
|----------------------|--------------------------------------|-----------------------|---------|
| Servings: | 2.00 | Category: | Grain |
| Serving Size: | 1.00 Bag | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-29029 |
| School: | Concord Community Elementary Schools | | |

Ingredients

| Description | Measurement | DistPart # |
|-----------------------------------|-------------|------------|
| CHIP HARV CHED 104-SSV SUNCHIP | 1 Package | 105260 |
| CHIP GARDEN SALSA 104-SSV SUNCHIP | 1 Package | 696900 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 1.250 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Bag

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 140.00 |
| Fat | 6.00g |
| SaturatedFat | 0.50g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 155.00mg |
| Carbohydrates | 19.00g |
| Fiber | 2.00g |
| Sugar | 2.00g |
| Protein | 2.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 10.00mg | Iron 0.60mg |

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Pop-Tarts, 1 ct.

| | | | |
|----------------------|-------------------------------|-----------------------|---------|
| Servings: | 3.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-11820 |
| School: | Concord South Side Elementary | | |

Ingredients

| Description | Measurement | DistPart # |
|---------------------------------------|-------------|------------|
| PASTRY POP-TART WGRAIN FUDG 120-1CT | 1 Each | 452062 |
| PASTRY POP-TART WGRAIN CINN 120-1CT | 1 Piece | 695880 |
| PASTRY POP-TART WGRAIN STRAWB 120-1CT | 1 Piece | 695890 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 176.67 | | |
| Fat | 2.83g | | |
| SaturatedFat | 1.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 145.00mg | | |
| Carbohydrates | 36.67g | | |
| Fiber | 3.00g | | |
| Sugar | 15.00g | | |
| Protein | 2.00g | | |
| Vitamin A | 166.67IU | Vitamin C | 0.00mg |
| Calcium | 120.00mg | Iron | 1.80mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Crispy Chicken Sandwich

| | | | |
|----------------------|-------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-9069 |
| School: | Ox Bow Elementary | | |

Ingredients

| Description | Measurement | DistPart # |
|-----------------------------------|-------------|------------|
| CHIX PTY BRD WGRAIN CKD 3.05Z 6-5 | 1 Each | 501861 |
| BUN HAMB WHT WHE 4 10-12CT ALPH | 1 Each | 248151 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Fish Sandwich

| | | | |
|----------------------|--------------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-34882 |
| School: | Concord Community Elementary Schools | | |

Ingredients

| Description | Measurement | DistPart # |
|-------------------------------------|-------------|------------|
| POLLOCK BRD RECT WGRAIN MSC 3.6Z 18 | 1 Each | 643142 |
| BUN HAMB SLCD WGRAIN WHT 4 10-12CT | 1 Each | 266546 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 320.00 | | |
| Fat | 9.00g | | |
| SaturatedFat | 1.50g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 35.00mg | | |
| Sodium | 510.00mg | | |
| Carbohydrates | 41.00g | | |
| Fiber | 4.00g | | |
| Sugar | 5.00g | | |
| Protein | 16.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 30.00mg | Iron | 3.00mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Dog with Bun

| | | | |
|----------------------|--------------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-29498 |
| School: | Concord Community Elementary Schools | | |

Ingredients

| Description | Measurement | DistPart # |
|-----------------------------------|-------------|------------|
| FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS | 1 Each | 304913 |
| BUN HOT DOG WGRAIN WHT 2Z 12-12CT | 1 Each | 270913 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 320.00 | | |
| Fat | 18.00g | | |
| SaturatedFat | 5.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 45.00mg | | |
| Sodium | 810.00mg | | |
| Carbohydrates | 26.00g | | |
| Fiber | 3.00g | | |
| Sugar | 5.00g | | |
| Protein | 11.00g | | |
| Vitamin A | 0.07IU | Vitamin C | 0.00mg |
| Calcium | 70.11mg | Iron | 2.76mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Variety Muffin

| | | | |
|----------------------|----------------------|-----------------------|---------|
| Servings: | 5.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-20140 |
| School: | Concord Intermediate | | |

Ingredients

| Description | Measurement | DistPart # |
|--------------------------------------|-------------|------------|
| MUFFIN APPL CINN WGRAIN IW 72-2Z | 1 Each | 558011 |
| MUFFIN BAN WGRAIN IW 72-2Z ARYZTA | 1 Each | 557981 |
| MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN | 1 Each | 273442 |
| MUFFIN CHOCOLATE CHP WGRAIN IW 96-2Z | 1 Each | 273681 |
| MUFFIN DBL CHOC WGRAIN IW 48-2Z SL | 1 Each | 262343 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 176.00 | | |
| Fat | 5.50g | | |
| SaturatedFat | 1.40g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 25.00mg | | |
| Sodium | 114.00mg | | |
| Carbohydrates | 28.80g | | |
| Fiber | 1.60g | | |
| Sugar | 15.00g | | |
| Protein | 3.00g | | |
| Vitamin A | 2.88IU | Vitamin C | 0.01mg |
| Calcium | 20.95mg | Iron | 0.99mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable with String Cheese

| | | | |
|----------------------|--------------------------------------|-----------------------|---------|
| Servings: | 2.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-28205 |
| School: | Concord Community Elementary Schools | | |

Ingredients

| Description | Measurement | 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 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 380.00 |
| Fat | 22.00g |
| SaturatedFat | 7.50g |
| Trans Fat | 0.00g |
| Cholesterol | 20.00mg |
| Sodium | 480.00mg |
| Carbohydrates | 34.50g |
| Fiber | 4.00g |
| Sugar | 16.00g |
| Protein | 15.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 241.50mg | Iron 1.00mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Muffin

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

Ingredients

| Description | Measurement | 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 | 262362 |
| MUFFIN DBL CHOC WGRAIN IW 48-2Z SL | 1 Each | 262343 |
| MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL | 1 Each | 262370 |
| MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z | 1 Each | 557991 |
| MUFFIN APPL CINN WGRAIN IW 72-2Z | 1 Each | 558011 |
| MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA | 1 Each | 557970 |
| MUFFIN BAN WGRAIN IW 72-2Z ARYZTA | 1 Each | 557981 |

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 muffin

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Walking Taco

| | | | |
|----------------------|--------------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-38709 |
| School: | Concord Community Elementary Schools | | |

Ingredients

| Description | Measurement | DistPart # |
|---------------------------------------|---------------|------------|
| TACO FILLING BEEF REDC FAT 6-5 COMM | 3/8 Cup | 722330 |
| CHIP NACHO CHS R/F TOP N GO 44-1.4Z | 1 Package | 815803 |
| Cheese, Cheddar Reduced fat, Shredded | 1 Fluid Ounce | 100012 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.500 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 344.60 |
| Fat | 14.86g |
| SaturatedFat | 4.82g |
| Trans Fat | 0.29g |
| Cholesterol | 44.45mg |
| Sodium | 679.63mg |
| Carbohydrates | 33.57g |
| Fiber | 4.03g |
| Sugar | 3.03g |
| Protein | 19.47g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 100.67mg | Iron 2.41mg |

*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

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 pouch

Amount Per Serving

| | | | |
|----------------------|----------|------------------|----------|
| Calories | 292.00 | | |
| Fat | 8.60g | | |
| SaturatedFat | 1.40g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 4.00mg | | |
| Sodium | 290.00mg | | |
| Carbohydrates | 50.40g | | |
| Fiber | 3.60g | | |
| Sugar | 13.60g | | |
| Protein | 5.40g | | |
| Vitamin A | 0.00IU** | Vitamin C | 0.00mg** |
| Calcium | 46.00mg | Iron | 2.08mg |

*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

Cheeseburger on Bun*

| | | | |
|----------------------|--------------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-28198 |
| School: | Concord Community Elementary Schools | | |

Ingredients

| Description | Measurement | DistPart # |
|------------------------------------|-------------|------------|
| BEEF PTY CKD 2.5Z 6-5 COMM | 1 Each | 785850 |
| CHEESE AMER 160CT SLCD 6-5 COMM | 1 Slice | 150260 |
| BUN HAMB SLCD WGRAIN WHT 4 10-12CT | 1 Each | 266546 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.500 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 353.00 |
| Fat | 16.50g |
| SaturatedFat | 6.60g |
| Trans Fat | 0.60g |
| Cholesterol | 51.50mg |
| Sodium | 734.00mg |
| Carbohydrates | 28.00g |
| Fiber | 4.00g |
| Sugar | 4.50g |
| Protein | 22.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 144.50mg | Iron 4.00mg |

*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-Elementary

| | | | |
|----------------------|----------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-20105 |
| School: | Concord Intermediate | | |

Ingredients

| Description | Measurement | DistPart # |
|------------------------------------|-------------|------------|
| BEEF PTY CKD 2.5Z 6-5 COMM | 1 Each | 785850 |
| BUN HAMB SLCD WGRAIN WHT 4 10-12CT | 1 Each | 266546 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 298.00 |
| Fat | 12.00g |
| SaturatedFat | 4.10g |
| Trans Fat | 0.60g |
| Cholesterol | 39.00mg |
| Sodium | 509.00mg |
| Carbohydrates | 27.00g |
| Fiber | 4.00g |
| Sugar | 4.00g |
| Protein | 19.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 63.00mg | Iron 4.00mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Sloppy Joe on Bun-Elementary

| | | | |
|----------------------|--------------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-34881 |
| School: | Concord Community Elementary Schools | | |

Ingredients

| Description | Measurement | DistPart # |
|------------------------------------|-------------|------------|
| SLOPPY JOE REDUCED FAT 6-5 COMM | 3 5/8 Ounce | 564790 |
| BUN HAMB SLCD WGRAIN WHT 4 10-12CT | 1 Each | 266546 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.130 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 295.10 | | |
| Fat | 7.80g | | |
| SaturatedFat | 2.70g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 44.00mg | | |
| Sodium | 908.80mg | | |
| Carbohydrates | 35.00g | | |
| Fiber | 3.80g | | |
| Sugar | 12.00g | | |
| Protein | 18.30g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 60.00mg | Iron | 3.80mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Cereal Bar

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

Ingredients

| Description | Measurement | DistPart # |
|--------------------------------------|-------------|------------|
| BAR CEREAL CINN TST WGRAIN 96-1.42Z | 1 Each | 265891 |
| BAR CEREAL TRIX WGRAIN 96-1.42Z GENM | 1 Each | 268690 |
| BAR CEREAL COCOPUFF WGRAIN 96-1.42Z | 1 Each | 265901 |
| BAR CEREAL GLDN GRHM WGRAIN 96-1.42Z | 1 Each | 265921 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 157.50 |
| Fat | 3.50g |
| SaturatedFat | 0.13g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 111.25mg |
| Carbohydrates | 29.75g |
| Fiber | 3.00g |
| Sugar | 8.75g |
| Protein | 2.25g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 250.00mg | Iron 1.60mg |

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

Nutrition - Per 100g

No 100g Conversion Available

French Toast

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

Ingredients

| Description | Measurement | DistPart # |
|---------------------------------------|-------------|------------|
| FRENCH TST CINN WGRAIN 144-2.9Z PAP | 1 Each | 646262 |
| FRENCH TST MINI CHOC CHIP IW 72-3.03Z | 1 Package | 498492 |
| FRENCH TST MINI CINN IW 72-2.64Z | 1 Package | 150291 |
| TOAST TEXAS APPL CINN IW 96-3.3Z S&F | 1 Slice | 152504 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

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

| | | | |
|----------------------|----------------------|-----------------------|---------|
| Servings: | 2.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-40574 |
| School: | Concord Intermediate | | |

Ingredients

| Description | Measurement | 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

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available
