

Cookbook for Concord Community Elementary Schools

Created by HPS Menu Planner

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Mini Pancakes or Waffles

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

Ingredients

Description	Measurement	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package	395303
PANCAKE MINI MAPL IW	1 Package	284831
PANCAKE CINN IW WGRAIN	1 Package	642230
WAFFLE MINI BLUEB WGRAIN IW	1 Package	269240
WAFFLE MINI MAPL WGRAIN IW	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

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	1 Each	283620
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	270401
CEREAL LUCKY CHARMS WGRAIN BWL	1 Package	265811
CEREAL CINN TOAST R/S BWL	1 Each	365790
CEREAL APPLE JACKS R/S BWL	1 Each	283611
CEREAL FRSTD FLKS R/S BWL	1 Each	388190
CEREAL CINN CHEX BWL	1 Each	453143
CEREAL FRSTD MINI WHE BWL	1 Each	662186
CEREAL CHEERIOS WGRAIN BWL	1 Each	264702
CEREAL TRIX R/S WGRAIN BWL	1 Package	265782
CEREAL CHEERIOS HNYNUT BWL	1 Each	509396
CEREAL CHEERIOS FRTY WGRAIN BWL 96CT	1 Package	265803
CEREAL GLDN GRAHAMS BWL	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	107.08		
Fat	1.26g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	146.15mg		
Carbohydrates	23.54g		
Fiber	2.08g		
Sugar	7.08g		
Protein	1.95g		
Vitamin A	46.15IU	Vitamin C	0.55mg
Calcium	60.34mg	Iron	3.58mg

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of 100% Juice

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

Ingredients

Description	Measurement	DistPart #
JUICE APPLE 100 FRSH	1 Each	118921
JUICE FRT PNCH 100 FZ	1 Each	135470
JUICE ORNG 100 FRSH	1 Each	118930
JUICE GRP 100 FRSH	1 Each	118940
JUICE BOX GRP 100	1 Each	698211
JUICE BOX ORNG TANGR 100	1 Each	698251
JUICE STRAWB KIWI 100	1 Each	214534
JUICE ORNG/PINEAP 100	1 Each	403021
JUICE CRAN RASPB 100	1 Each	214524
JUICE BOX APPL 100	1 Each	698744
JUICE BOX FRT PNCH 100	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

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	1 Pint 1 Cup (3 Cup)	153121
Cheese, Cheddar Reduced fat, Shredded	2 Ounce	100012
DRESSING RNCH ORIG PKT	2 Ounce	554693
BACON TKY CKD	7/10 Ounce	834770
PEPPERS BAN RING MILD	1/4 Cup	466220
BROCCOLI FLORET BITE SIZE	1/4 Cup	732451
CARROT BABY WHL PETITE	1/4 Cup	768146
CAULIFLOWER BITE SIZE	1/4 Cup	732486
CHIX DCD 1/2IN WHT CKD	2 Ounce	599697
SAUCE HOT REDHOT ORG	1 Tablespoon	282944
CROUTON CHS GARL WGRAIN	2 Package	661022
CUCUMBER SELECT SUPER	1/4 Cup	198587
EGG HRD CKD DCD IQF	1 Ounce	192198
EDAMAME SHELLED SOYBEANS	1 Ounce	147270
PEPPERS COLORED MIXED ASST	1/4 Cup	491012
PEPPERS GREEN LRG	1/4 Cup	592315
MUSHROOM LRG XFCY	1/4 Cup	285188
OLIVE RIPE SLCD BLK SPAIN	1/4 Cup	324531
OLIVE GRN STFD MANZ W/PIM	1/4 Cup	485624

Description	Measurement	DistPart #
ONION RED JUMBO	1 Ounce	596973
PEAS GREEN IQF	1/4 Cup	283760
TOMATO 5X6 XL	1/4 Cup	438197

Preparation Instructions

Updated 1.16.24

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	591.46		
Fat	35.26g		
SaturatedFat	9.15g		
Trans Fat	0.00g		
Cholesterol	117.42mg		
Sodium	1927.38mg		
Carbohydrates	33.85g		
Fiber	9.91g		
Sugar	9.42g		
Protein	35.07g		
Vitamin A	1211.98IU	Vitamin C	75.07mg
Calcium	154.39mg	Iron	5.58mg

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

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable

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

Ingredients

Description	Measurement	DistPart #
SAND UNCRUST PBJ GRP WGRAIN	1 Each	527462
SAND UNCRUST PBJ STRAWB	1 Each	536012

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

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	1 Each	646262
FRENCH TST MINI CHOC CHIP IW	1 Package	498492
FRENCH TST MINI CINN IW	1 Package	150291
TOAST TEXAS APPL CINN IW	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

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 PBJ GRP WGRAIN	1 Each	527462
SAND UNCRUST PBJ STRAWB	1 Each	536012
CHEESE STRING MOZZ IW	2 Each	786580
CRACKER GLDFSH CHED WGRAIN	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

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

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	1 Each	273681
MUFFIN BLUEBERRY IW	1 Each	273442
MUFFIN BANANA WGRAIN IW	1 Each	262362
MUFFIN DBL CHOC WGRAIN IW	1 Each	262343
MUFFIN BLUEBERRY WGRAIN IW	1 Each	262370
MUFFIN CHOC/CHOC CHP WGRAIN IW	1 Each	557991
MUFFIN APPL CINN WGRAIN IW	1 Each	558011
MUFFIN BLUEB WGRAIN IW	1 Each	557970
MUFFIN BAN WGRAIN IW	1 Each	557981
PRETZEL HEARTZELS	1 Package	893711
CRACKER CHEEZ-IT WGRAIN IW	1 Each	282422
CRACKER GLDFSH WGRAIN COLOR	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

*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

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 PBJ GRP WGRAIN	1 Each	527462
SAND UNCRUST PBJ STRAWB	1 Each	536012
CHEESE STRING MOZZ IW	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

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	1 Each	265891
BAR CEREAL TRIX WGRAIN	1 Each	268690
BAR CEREAL COCOPUFF WGRAIN	1 Each	265901
BAR CEREAL GLDN GRHM WGRAIN	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	29.50g
Fiber	3.00g
Sugar	8.75g
Protein	2.25g
Vitamin A 0.00IU	Vitamin C 0.00mg**
Calcium 235.00mg	Iron 1.58mg

*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

Diced Chicken Taco Meat

Servings:	350.00	Category:	Entree
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45156
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	DistPart #
Chicken, diced, cooked, frozen	40 Pound	100101
SEASONING TACO MIX	2 Pound 4 Ounce (36 Ounce)	159204
Tap Water for Recipes	1 Gallon	000001WTR

Preparation Instructions

Heat chicken, seasoning, and water to boil. Simmer 20-30 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	1.750
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: 350.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	94.99		
Fat	1.83g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	38.40mg		
Sodium	721.94mg		
Carbohydrates	5.83g		
Fiber	2.92g		
Sugar	0.00g		
Protein	10.97g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.05mg

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

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	1 Each	186911
YOGURT STRAWB BAN BASH L/F	1 Each	551760
YOGURT RASPB RNBW L/F	1 Each	551770
YOGURT DANIMAL STRAWB N/F	1 Each	885750
YOGURT DANIMAL STRAWB BAN N/F	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

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

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 PBJ GRP WGRAIN	1 Each	527462
SAND UNCRUST PBJ STRAWB	1 Each	536012
CRACKER GLDFSH CHED WGRAIN	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

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

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	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

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

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

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

Ingredients

Description	Measurement	DistPart #
POTATO PRLS EXCEL	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	0.027

Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	4.90		
Fat	0.05g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	20.13mg		
Carbohydrates	0.92g		
Fiber	0.05g		
Sugar	0.00g		
Protein	0.11g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.54mg	Iron	0.02mg

*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

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	2 Quart 1 Pint (10 Cup)	108693
MARGARINE GLDN SWT ZTF	1 Cup	840860
1 % White Milk	1 Cup	
FLAVORING VANILLA IMIT	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

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

Nutrition - Per 100g

No 100g Conversion Available

Glazed Carrots

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

Ingredients

Description	Measurement	DistPart #
CARROT SLCD C/C MED/LRG	15 Pound	285680
SUGAR BROWN LT	1 1/2 Cup	860311
MARGARINE SLD	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	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	3 Ounce	236012
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
BUN SUB SLCD WGRAIN 5IN	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	380.00
Fat	20.00g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	82.50mg
Sodium	1290.00mg
Carbohydrates	31.50g
Fiber	2.00g
Sugar	4.50g
Protein	18.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 109.57mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

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	6 Slice	556121
CHEESE AMER 160CT SLCD	1 Slice	150260
ROLL PRTZL WGRAIN	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	1 Package	105260
CHIP GARDEN SALSA	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

*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/	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	1 Each	558011
MUFFIN BAN WGRAIN IW	1 Each	557981
MUFFIN BLUEBERRY IW	1 Each	273442
MUFFIN CHOCOLATE CHP WGRAIN IW	1 Each	273681
MUFFIN DBL CHOC WGRAIN IW	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

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	1 Each	273681
MUFFIN BLUEBERRY IW	1 Each	273442
MUFFIN BANANA WGRAIN IW	1 Each	262362
MUFFIN DBL CHOC WGRAIN IW	1 Each	262343
MUFFIN BLUEBERRY WGRAIN IW	1 Each	262370
MUFFIN CHOC/CHOC CHP WGRAIN IW	1 Each	557991
MUFFIN APPL CINN WGRAIN IW	1 Each	558011
MUFFIN BLUEB WGRAIN IW	1 Each	557970
MUFFIN BAN WGRAIN IW	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	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	2.527
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.132
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

Mexican Street Corn

Servings:	55.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45180
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	10 Pound	100348
OIL VEG	1/2 Cup	330282
SPICE CHILI POWDER MILD	1 Tablespoon 1 Teaspoon (4 Teaspoon)	331473
SPICE GARLIC GRANULATED	2 Teaspoon	513881
MAYONNAISE LT	1 Cup	429406
JUICE LIME	1/2 Cup	199028
CHEESE PARM GRTD	1 Cup	164259
SPICE CILANTRO	1/2 Cup	565903

Preparation Instructions

1. Thaw 10# corn, drain completely.
2. Toss the corn with 1/2 cup oil.
3. Divide corn evenly onto sheet pans, but do not over crowd the pans. You want the corn to roast rather than steam. Roast at 450F until the corn has turned deep brown, stirring if necessary.
4. Remove from oven and keep hot.
5. Combine roasted corn with chili powder, garlic, mayo, and lime juice.
6. Stir to combine. Place in warmer to hold for service.
7. Just before serving, top with parmesan cheese and fresh chopped cilantro.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 55.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	101.01		
Fat	3.98g		
SaturatedFat	0.76g		
Trans Fat	0.03g		
Cholesterol	2.91mg		
Sodium	65.73mg		
Carbohydrates	17.31g		
Fiber	2.00g		
Sugar	3.29g		
Protein	2.87g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	24.59mg	Iron	0.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger on Bun*

Servings:	1.00	Category:	Entree
Serving Size:	1.00 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	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

Salisbury Steak

Servings:	30.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12640
School:	Concord High School		

Ingredients

Description	Measurement	DistPart #
BEEF STK SMKY GRLL 100-3Z PIER	30 Each	451400
GRAVY MIX BROWN	7 1/2 Ounce	242450

Preparation Instructions

Make gravy according to package directions.

Pour 1/2 gallon gravy over each pan of 30 Salisbury Steaks.

Heat.

Serve with dinner roll.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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: 30.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	236.33		
Fat	17.13g		
SaturatedFat	7.00g		
Trans Fat	1.00g		
Cholesterol	70.00mg		
Sodium	458.61mg		
Carbohydrates	1.01g		
Fiber	0.00g		
Sugar	0.25g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

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	1 Each	452062
PASTRY POP-TART WGRAIN CINN	1 Piece	695880
PASTRY POP-TART WGRAIN STRAWB	1 Piece	695890

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.167
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	170.00		
Fat	2.83g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	118.33mg		
Carbohydrates	36.33g		
Fiber	3.00g		
Sugar	14.67g		
Protein	2.00g		
Vitamin A	166.67IU	Vitamin C	0.00mg
Calcium	130.00mg	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	1 Each	501861
BUN HAMB WHT WHE 4IN	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	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

BBQ Pulled Pork

Servings:	20.00	Category:	Entree
Serving Size:	4.00 ounce weight	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-44783

Ingredients

Description	Measurement	DistPart #
Pulled Pork	5 Pound	110730*
SAUCE BBQ	1 Quart	655937

Preparation Instructions

Thaw and mix bbq sauce with pulled pork and heat according to directions on package.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 4.00 ounce weight

Amount Per Serving

Calories	296.00		
Fat	10.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	72.00mg		
Sodium	868.00mg		
Carbohydrates	28.80g		
Fiber	0.00g		
Sugar	27.20g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Burrito

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-45195
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	DistPart #
EGG SCRMBD CKD W/BCN CHS	3 Ounce	533034
TORTILLA FLOUR ULTRGR 6IN	1 Each	882690

Preparation Instructions

Start with cooking eggs in steamer , temp at 135 . Take a # 8 scoop of eggs, placing them in the center of a tortilla . Fold and place into a foil wrapper . Then hold in warmer and serve .

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	270.00
Fat	16.50g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	255.00mg
Sodium	495.00mg
Carbohydrates	16.50g
Fiber	2.00g
Sugar	2.50g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 114.00mg	Iron 2.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Beef Rib Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29030
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	451410
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

Cook BBQ rib meat to 165 degrees . Place the rib meat inside a sub bun . Then place on a sheet pan , keep in warmer and serve .

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	350.00
Fat	12.00g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	910.00mg
Carbohydrates	38.00g
Fiber	5.00g
Sugar	14.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 70.00mg	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

Pizza Burger- Elementary

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45181
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each	785850
SAUCE SPAGHETTI POUCH	1 Tablespoon	315729
PEPPERONI SLCD 14-16/Z	3 Each	729981
CHEESE MOZZ SHRD	1 Fluid Ounce	645170
4 inch whole grain hamburger buns - 30 ct	1 bun	3480

Preparation Instructions

Heat burgers. Top with sauce, pepperoni, and cheese. Place in warmer.
Place burger on bun and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	388.00
Fat	17.63g
SaturatedFat	6.35g
Trans Fat	0.60g
Cholesterol	52.13mg
Sodium	710.44mg
Carbohydrates	6.56g
Fiber	3.38g
Sugar	5.75g
Protein	24.88g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 138.00mg	Iron 2.20mg

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

Nutrition - Per 100g

No 100g Conversion Available