

# **Cookbook for Concord High School**

**Created by HPS Menu Planner**

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# Sausage, Egg & Cheese on Croissant

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-45876
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CKD IQF 1.5Z	1 Each		112620
EGG SCRMBD PTY RND GRLLD	1 Each		208990
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
CROISSANT BKD PLN SLCD	1 Each	***Non-Whole Grain***	120872

## Preparation Instructions

Cook each item according to directions on items package. Assembly sandwich for service.

Note: Watch how many times a week these are served so to meet 80% Whole Grain.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving			
<b>Calories</b>	502.00		
<b>Fat</b>	33.20g		
<b>SaturatedFat</b>	12.90g		
<b>Trans Fat</b>	0.12g		
<b>Cholesterol</b>	117.50mg		
<b>Sodium</b>	838.40mg		
<b>Carbohydrates</b>	34.00g		
<b>Fiber</b>	1.10g		
<b>Sugar</b>	5.50g		
<b>Protein</b>	17.60g		
<b>Vitamin A</b>	32.73IU	<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	44.71mg	<b>Iron</b>	1.95mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Bacon, Egg & Cheese on Croissant

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-45875
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD RND	1 Each	N/A	433608
EGG SCRMBD PTY RND GRLLD	1 Each		208990
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice		100036
CROISSANT BKD PLN SLCD	1 Each	***Non-Whole Grain***	120872

## Preparation Instructions

Cook each item according to directions on items package. Assembly sandwich for service.

Note: Watch how many times a week these are served so to meet 80% Whole Grain.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.750
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving			
<b>Calories</b>	412.00		
<b>Fat</b>	22.70g		
<b>SaturatedFat</b>	9.90g		
<b>Trans Fat</b>	0.12g		
<b>Cholesterol</b>	105.00mg		
<b>Sodium</b>	828.41mg		
<b>Carbohydrates</b>	35.00g		
<b>Fiber</b>	1.10g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	17.60g		
<b>Vitamin A</b>	32.73IU	<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	24.71mg	<b>Iron</b>	1.65mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Egg & Cheese on Croissant

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-45878
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND GRLLD	1 Each		208990
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice		100036
CROISSANT BKD PLN SLCD	1 Each	***Non-Whole Grain ***	120872

## Preparation Instructions

Cook each item according to directions on items package. Assembly sandwich for service.

Note: Watch how many times a week these are served so to meet 80% Whole Grain.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.750
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving			
<b>Calories</b>	362.00		
<b>Fat</b>	18.70g		
<b>SaturatedFat</b>	8.40g		
<b>Trans Fat</b>	0.12g		
<b>Cholesterol</b>	90.00mg		
<b>Sodium</b>	618.40mg		
<b>Carbohydrates</b>	35.00g		
<b>Fiber</b>	1.10g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	13.60g		
<b>Vitamin A</b>	32.73IU	<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	24.71mg	<b>Iron</b>	1.65mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Yogurt Parfait\*

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28455
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	6 Gallon 1 Quart (100 Cup)		811500
GRANOLA OATHNY BULK	3 Gallon 1 Pint (50 Cup)		226671
Blueberries, Frozen	1 Gallon 2 Quart 1 Cup (25 Cup)		110624
Strawberries, Whole fzn	1 Gallon 2 Quart 1 Cup (25 Cup)		100253

## Preparation Instructions

Use 12 oz. cup. Layer 1/2 cup yogurt, 1/2 cup fruit, 1/2 cup yogurt add 1/2 cup granola on top in insert cover with lid.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	435.02		
<b>Fat</b>	3.86g		
<b>SaturatedFat</b>	1.12g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	7.46mg		
<b>Sodium</b>	344.78mg		
<b>Carbohydrates</b>	93.58g		
<b>Fiber</b>	4.24g		
<b>Sugar</b>	54.51g		
<b>Protein</b>	11.19g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	298.51mg	<b>Iron</b>	1.34mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Cereal Bar (2 Ounce)

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-41033
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL LUCKY CHARMS 48-2.5Z	1 each		368248
BAR CEREAL CHEERIOS PCH 48-2.5Z	1 Each		368353
BAR CEREAL CINN TST 48-2.5Z GENM	1 Each		811411

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	273.33
<b>Fat</b>	5.67g
<b>SaturatedFat</b>	0.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	180.00mg
<b>Carbohydrates</b>	51.33g
<b>Fiber</b>	5.00g
<b>Sugar</b>	15.00g
<b>Protein</b>	4.33g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 423.33mg	<b>Iron</b> 3.90mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Mini Donut Hole (Blueberry or Powdered)

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-41034
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE CAKE BLUEB WGRAIN 60-3Z	1 Each		371065
DONUT HOLE CAKE PWDRD WGRAIN 60-3.1Z	1 Each		371058

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	270.00
<b>Fat</b>	11.50g
<b>SaturatedFat</b>	4.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	230.00mg
<b>Carbohydrates</b>	40.50g
<b>Fiber</b>	2.00g
<b>Sugar</b>	19.50g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 31.50mg	<b>Iron</b> 1.00mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Variety of 100% Juice

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPLE 100 FRSH	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

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

## Nutrition Facts

Servings Per Recipe: 11.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available



# Spicy Chicken Patty Sandwich\*

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10095
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
CHIX BRST HOTSPCY BRD 3.75Z	1 Each	Or Use GFS#327080	525490

## Preparation Instructions

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

Updated 9.15.23

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	350.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	570.00mg		
<b>Carbohydrates</b>	34.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	24.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	3.00mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Cheeseburger\*

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10134
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SMKY GRLL 100-3Z PIER	1 Each	<b>BAKE</b> From a frozen state: Conventional Oven Bake on a pan in a preheated conventional oven at 350°F for 20-22 minutes. Times given are approximate. <b>CONVECTION</b> From a frozen state: Convection Oven Bake on a pan in a preheated convection oven at 350°F for 8-9 minutes. Times given are approximate.	451400
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

Cook beef patty at 350 ,for 25 min . temp at 165 . Add cheese and place in a hamburger bun . Wrap cheese burger up in a yellow foil wrapper. Hold in warmer and serve .

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	420.00
<b>Fat</b>	21.50g
<b>SaturatedFat</b>	9.00g
<b>Trans Fat</b>	1.00g
<b>Cholesterol</b>	77.50mg
<b>Sodium</b>	750.00mg
<b>Carbohydrates</b>	26.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	4.50g
<b>Protein</b>	24.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.00mg	<b>Iron</b> 2.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Buffalo Chicken Wrap

<b>Servings:</b>	20.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10101
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	3 Pound 2 Ounce (50 Ounce)	Weight 3 1/8 lbs	570533
SAUCE BUFF WNG REDHOT	1 1/2 Cup		704229
DRESSING RNCH	1 Pint 4 Fluid Ounce (40 Tablespoon)	N/A	759082
CHEESE BLND CHED/MONTRY JK SHRD	1 Pint 1/2 Cup (2 1/2 Cup)	N/A	712131
LETTUCE SALAD TINY CHP 55/45	1 Gallon 1 Quart (20 Cup)		153121
TORTILLA WHL WHE 12IN	20 Each		838641

## Preparation Instructions

Start with a large bowl , combined : chicken , hot sauce , ranch dressing , cheese , and mix well . Start with tortilla, layer : 1 1/2 cups of lettuce and 1 cup of the bowl mixture . Fold into a wrap , and cut in half . Place in a 5x5 container. Store in cooler and serve.

Updated 12.19.23

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	3.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	607.17
<b>Fat</b>	30.67g
<b>SaturatedFat</b>	10.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	68.33mg
<b>Sodium</b>	1133.00mg
<b>Carbohydrates</b>	55.10g
<b>Fiber</b>	7.38g
<b>Sugar</b>	6.38g
<b>Protein</b>	26.88g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 254.65mg	<b>Iron</b> 3.06mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Caesar Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10138
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 1/2 Ounce	Weight	570533
CHEESE PARM SHRD FCY	1/4 Cup		460095
LETTUCE SALAD TINY CHP 55/45	1 Cup		153121
DRESSING CAESAR	1/4 Cup	N/A	818201
TORTILLA WHL WHE 12IN	1 Each		838641

## Preparation Instructions

Start with a tortilla. Layer: dressing , lettuce , chicken ,cheese. Fold into a wrap. Place in a 5x5 container, and store in cooler and serve .

Updated 12.19.23

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	725.32
<b>Fat</b>	42.49g
<b>SaturatedFat</b>	12.57g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	82.46mg
<b>Sodium</b>	1266.20mg
<b>Carbohydrates</b>	57.26g
<b>Fiber</b>	8.05g
<b>Sugar</b>	7.38g
<b>Protein</b>	29.37g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 321.87mg	<b>Iron</b> 3.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Bacon Ranch Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10119
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 1/2 Ounce	Weight	570533
BACON TOPPING 3/8IN DCD	1 Fluid Ounce	N/A	104396
LETTUCE SALAD TINY CHP 55/45	1 Cup		153121
DRESSING RNCH	1 Fluid Ounce		759082
TORTILLA WHL WHE 12IN	1 Each		838641

## Preparation Instructions

Start with tortilla shell , Layer : ranch dressing , lettuce. bacon , chicken . Fold into a wrap and put in 5x5 container . Store in cooler and serve .

Updated 12.19.23



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	672.17
<b>Fat</b>	35.17g
<b>SaturatedFat</b>	11.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	105.83mg
<b>Sodium</b>	1450.00mg
<b>Carbohydrates</b>	54.60g
<b>Fiber</b>	7.38g
<b>Sugar</b>	6.38g
<b>Protein</b>	33.38g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 153.65mg	<b>Iron</b> 3.06mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# PBJ Meal\*

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10841
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PBJ GRP WGRAIN	1 Each		527462
CRACKER CHEEZ-IT WGRAIN IW	1 Package		282422
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Package		680130

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	490.00
<b>Fat</b>	26.50g
<b>SaturatedFat</b>	8.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	610.00mg
<b>Carbohydrates</b>	47.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	15.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 337.00mg	<b>Iron</b> 1.72mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Protein Pack

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Pack	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44319
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT GRK VAN FF PRO	4 Ounce	1/2 cup	673251
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Package	N/A	680130
EGG HARD CKD PLD	1 Each	N/A	219160
Variety of Fresh Fruits	1/2 cup	N/A	
Variety of 1 ounce grain items	2 Serving		R-44321

## Preparation Instructions

Pack all items together.

Note: Students should be able to take all vegetable choices from the line, another serving of fruit, and milk.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Pack

Amount Per Serving	
<b>Calories</b>	675.23
<b>Fat</b>	22.17g
<b>SaturatedFat</b>	7.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	191.67mg
<b>Sodium</b>	1001.86mg
<b>Carbohydrates</b>	89.67g
<b>Fiber</b>	8.13g
<b>Sugar</b>	27.67g
<b>Protein</b>	29.67g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 539.79mg	<b>Iron</b> 4.03mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Buttered Green Beans

<b>Servings:</b>	113.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10129
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	5 #10 CAN	BAKE	100307
BUTTER PRINT UNSLTD GRD AA	1/2 Cup		299405

## Preparation Instructions

Open 10 cans of green beans , place them in deep pans . Add 1/2 a cup butter . Cook at 350 for 15 min. or to temp 145 . Place in warmer and serve .

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 113.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	25.39		
<b>Fat</b>	0.78g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.12mg		
<b>Sodium</b>	160.24mg		
<b>Carbohydrates</b>	3.43g		
<b>Fiber</b>	2.29g		
<b>Sugar</b>	1.14g		
<b>Protein</b>	1.14g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.21mg	<b>Iron</b>	0.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Variety of Fruit

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	1.115
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 13.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	163.40		
<b>Fat</b>	0.10g		
<b>SaturatedFat</b>	0.01g**		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	3.90mg		
<b>Carbohydrates</b>	41.94g		
<b>Fiber</b>	5.07g		
<b>Sugar</b>	30.56g		
<b>Protein</b>	1.56g		
<b>Vitamin A</b>	94.52IU	<b>Vitamin C</b>	8.66mg
<b>Calcium</b>	21.07mg	<b>Iron</b>	0.46mg

\*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



# Sausage, Egg & Cheese on Bagel

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-45873
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CKD IQF 1.5Z	1 Each		112620
EGG SCRMBD PTY RND GRLLD	1 Each		208990
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BAGEL WHT WGRAIN 2Z	1 Each		230264

## Preparation Instructions

Cook each item according to directions on items package. Assembly sandwich for service..

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

#### Amount Per Serving

<b>Calories</b>	405.00		
<b>Fat</b>	24.00g		
<b>SaturatedFat</b>	8.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	117.50mg		
<b>Sodium</b>	770.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	5.50g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	32.73IU	<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	65.00mg	<b>Iron</b>	1.90mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Bacon, Egg & Cheese on Bagel

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-45874
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD RND	1 Each	N/A	433608
EGG SCRMBD PTY RND GRLLD	1 Each		208990
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice		100036
BAGEL WHT WGRAIN 2Z	1 Each		230264

## Preparation Instructions

Cook each item according to directions on items package. Assembly sandwich for service..

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.750
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

#### Amount Per Serving

<b>Calories</b>	315.00		
<b>Fat</b>	13.50g		
<b>SaturatedFat</b>	5.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	105.00mg		
<b>Sodium</b>	760.01mg		
<b>Carbohydrates</b>	31.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	32.73IU	<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	45.00mg	<b>Iron</b>	1.60mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Egg & Cheese on Bagel

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-45877
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND GRLLD	1 Each		208990
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice		100036
BAGEL WHT WGRAIN 2Z	1 Each		230264

## Preparation Instructions

Cook each item according to directions on items package. Assembly sandwich for service.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.750
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

#### Amount Per Serving

<b>Calories</b>	265.00		
<b>Fat</b>	9.50g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	90.00mg		
<b>Sodium</b>	550.00mg		
<b>Carbohydrates</b>	31.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	15.00g		
<b>Vitamin A</b>	32.73IU	<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	45.00mg	<b>Iron</b>	1.60mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Pop-Tarts (2 count)

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Beef Fiesta Nachos

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10123
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND R/F	1 Each	N/A	662512
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce	Weight #10 Disher or 3/8 cup	722330
SAUCE CHS CHED	1/4 Cup	N/A	271081

## Preparation Instructions

Updated 2.16.24

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.130
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	421.70
<b>Fat</b>	19.84g
<b>SaturatedFat</b>	7.43g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	62.15mg
<b>Sodium</b>	869.97mg
<b>Carbohydrates</b>	36.01g
<b>Fiber</b>	5.00g
<b>Sugar</b>	3.01g
<b>Protein</b>	22.84g
<b>Vitamin A</b> 390.14IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 293.11mg	<b>Iron</b> 2.58mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Glazed Carrots

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD C/C MED/LRG	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

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

### Nutrition Facts

Servings Per Recipe: 105.00

Serving Size: 0.50 Cup

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Assorted Betty Crocker® Oatmeal Bar

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-40822
<b>School:</b>	Concord Intermediate		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR DBL CHOC OATML	1 Each	N/A	262103
BAR CHOC CHIP OATML	1 Each	N/A	194031

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	150.00		
<b>Fat</b>	5.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	107.50mg		
<b>Carbohydrates</b>	24.50g		
<b>Fiber</b>	2.50g		
<b>Sugar</b>	8.50g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.85mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Graham Snack

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH GRHM VAN	1 Each		198472
CRACKER GLDFSH CINN	1 Package		194510
CRACKER GRHM VAN CHAT	1 Each		774471
CRACKER GRHM TIGER BITE CHOC	1 Package		123171
CRACKER GRHM STCK SCOOPY	1 Package		859550
CRACKER GRHM BUG BITES	1 Package		859560
CRACKER GLDFSH GRHM FREN TST	1 Each		288252
CRACKER GRHM GRIPZ CHOC IW	1 Package		282441

## Preparation Instructions

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

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Pulled Pork Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12668
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ SEMI DRY BROOKWD	3 Ounce	Weight	801860
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

Steam thawed pork in bags for 35 min or until temp is 145.

Place heated pork in sprayed 6" pan and hold to serve.

When serving add to 4" bun.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	372.86
<b>Fat</b>	19.14g
<b>SaturatedFat</b>	7.36g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	68.57mg
<b>Sodium</b>	342.86mg
<b>Carbohydrates</b>	25.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	22.14g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 36.30mg	<b>Iron</b> 2.94mg

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# BBQ Pulled Pork Sandwich

<b>Servings:</b>	20.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 ounce weight	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-46013
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pulled Pork	5 Pound	5 pound Thaw	110730*
SAUCE BBQ	1 Quart		655937
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	20 Each		266546

## Preparation Instructions

Thaw pulled pork and mix bbq sauce with pulled pork and heat according to directions on package.  
For service: Serve 4 ounce weight of pulled pork on hamburger bun.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 4.00 ounce weight

#### Amount Per Serving

<b>Calories</b>	446.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	72.00mg		
<b>Sodium</b>	1108.00mg		
<b>Carbohydrates</b>	53.80g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	31.20g		
<b>Protein</b>	27.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	2.00mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Baked LAY'S®

<b>Servings:</b>	3.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-46006
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP POT SOUR CRM BKD	1 Package	N/A	192331
CHIP POT REG CRISP BKD	1 Package	N/A	714230
CHIP POT BBQ BKD	1 Package	N/A	575570

## Preparation Instructions

Note: This DO NOT count towards component.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	110.00		
<b>Fat</b>	3.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	138.33mg		
<b>Carbohydrates</b>	19.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	2.33g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	0.20mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Glazed Cinnamon Pancakes with Sausage and Scrambled Eggs

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-46018
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE CINN IW WGRAIN	1 Package	Equals 2 Grain	642230
EGG SCRMBD CKD FZ	1/2 Cup	Equals 2 Meat/Meat Alternative	192330
SAUSAGE PTY CKD IQF 1.5Z	1 Each	Equals 3/4 Meat/Meat Alternative	112620

## Preparation Instructions

Cook each product according to directions on case.

For service: Serve 1 package of Pancakes, 1/2 cup of scrambled eggs, and 1 sausage patty together.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	480.00		
<b>Fat</b>	29.00g		
<b>SaturatedFat</b>	9.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	230.00mg		
<b>Sodium</b>	920.00mg		
<b>Carbohydrates</b>	38.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	11.00g		
<b>Protein</b>	17.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	96.00mg	<b>Iron</b>	1.74mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# BeneFIT Breakfast Bar

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST OATML CHOC CHP	1 Each		240721
BAR BKFST BAN CHOC CHNK IW	1 Each		875860
BAR BKFST APPL CINN	1 Each		879671

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

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

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Mini Corn Dogs with Macaroni and Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37408
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX MINI WGRAIN CN 2-5	6 Each		497360
ENTREE MACAR CHS WGRAIN ELB	1/2 Cup		609131

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.250
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	507.73
<b>Fat</b>	24.00g
<b>SaturatedFat</b>	10.42g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	79.50mg
<b>Sodium</b>	1064.20mg
<b>Carbohydrates</b>	51.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	9.75g
<b>Protein</b>	20.25g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 350.23mg	<b>Iron</b> 3.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Apple Cinnamon Texas French Toast with Yogurt and String Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-46015
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOAST TEXAS APPL CINN IW	1 Slice		152504
YOGURT VAR PK L/F	1 Each	N/A	551751
CHEESE STRING MOZZ LT IW	1 Each		786801

## Preparation Instructions

Lay out french toast on paper liner on a sheet pan. Cook at 350° for 5-7 min. Temp at 135 degrees. Keep in warmer and serve.

For service pair 1 piece of French Toast with yogurt and string cheese.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	420.00		
<b>Fat</b>	9.50g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	545.00mg		
<b>Carbohydrates</b>	67.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	32.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	371.00mg	<b>Iron</b>	3.00mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Bacon Cheeseburger\*

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10098
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BACON CKD RND	1 Slice		433608
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
BEEF STK SMKY GRLL 100-3Z PIER	1 Each	<b>BAKE</b> From a frozen state: Conventional Oven Bake on a pan in a preheated conventional oven at 350°F for 20-22 minutes. Times given are approximate. <b>CONVECTION</b> From a frozen state: Convection Oven Bake on a pan in a preheated convection oven at 350°F for 8-9 minutes. Times given are approximate.	451400

## Preparation Instructions

Lay frozen burger on double paper lined sheet tray add bacon on top. Bake at 350 for 10 minutes. Place on bun and add 1 slice of cheese

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	470.00
<b>Fat</b>	25.50g
<b>SaturatedFat</b>	10.50g
<b>Trans Fat</b>	1.00g
<b>Cholesterol</b>	92.50mg
<b>Sodium</b>	960.01mg
<b>Carbohydrates</b>	26.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	4.50g
<b>Protein</b>	28.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.00mg	<b>Iron</b> 2.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chili Cheese Hot Dog with Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-46007
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/	1 Each		304913
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	1 Each		270913
CHILI BEEF W/BEAN 6-5 COMM	1 Fluid Ounce		344012
Cheese, Cheddar Reduced fat, Shredded	1 Fluid Ounce	USDA Brown Box Commodity or Use GFS#861950 2 Tablespoon or 1 Fluid Ounce or 1/8 cup	100012

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	385.33		
<b>Fat</b>	21.83g		
<b>SaturatedFat</b>	7.28g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.17mg		
<b>Sodium</b>	948.33mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	3.67g		
<b>Sugar</b>	5.83g		
<b>Protein</b>	16.67g		
<b>Vitamin A</b>	208.72IU	<b>Vitamin C</b>	3.17mg
<b>Calcium</b>	78.61mg	<b>Iron</b>	3.26mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Hot Dog with Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41588
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

### Nutrition - Per 100g

No 100g Conversion Available

# Sweet & Sour Chicken

<b>Servings:</b>	54.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	10.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-38600

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD	540 Each	3-5 lb bags	536620
SAUCE SWT SOUR	1 Quart 1 Pint (6 Cup)		242292

## Preparation Instructions

Bake popcorn chicken from frozen.

1. Take 3 sheet pans and place 1-5lb bag of popcorn chicken onto each sheet pan.
2. Bake: Conventional oven: 350 degrees for 10-12 minutes OR Convection oven at 350 degrees for 6-8 minutes.
3. Once chicken has reached temperature place all three sheet pans into a 6 inch and add 6 cups of sauce.
4. Toss popcorn chicken in sauce enough to coat.
5. Hold for in warmer until ready for service.

Each student should receive 10 pieces of popcorn chicken.

Updated 2.16.24

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 54.00

Serving Size: 10.00 Each

Amount Per Serving			
<b>Calories</b>	313.33		
<b>Fat</b>	13.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	70.00mg		
<b>Sodium</b>	647.78mg		
<b>Carbohydrates</b>	29.44g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	9.78g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.44mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Mashed Potatoes

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

## Ingredients

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

## Preparation Instructions

### RECONSTITUTE

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

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	78.34		
<b>Fat</b>	0.87g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	322.07mg		
<b>Carbohydrates</b>	14.80g		
<b>Fiber</b>	0.87g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	1.74g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	8.70mg	<b>Iron</b>	0.26mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Mini Waffles with Sausage and Scrambled Eggs

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-46017
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI MAPL IW	1 Package	Equals 2 Grain	284811
EGG SCRMBD CKD FZ	1/2 Cup	Equals 2 Meat/Meat Alternative	192330
SAUSAGE PTY CKD IQF 1.5Z	1 Each	Equals 3/4 Meat/Meat Alternative	112620

## Preparation Instructions

Cook each product according to directions on case.

For service: Serve 1 package of Waffles, 1/2 cup of scrambled eggs, and 1 sausage patty together.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	460.00
<b>Fat</b>	28.00g
<b>SaturatedFat</b>	9.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	225.00mg
<b>Sodium</b>	830.00mg
<b>Carbohydrates</b>	38.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	11.00g
<b>Protein</b>	17.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 316.00mg	<b>Iron</b> 3.90mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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