

Cookbook for Concord Community Elementary Schools

Created by HPS Menu Planner

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Breakfast Burrito

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 |

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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 |

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Nutrition - Per 100g

No 100g Conversion Available

Salad Bar- South Side

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

Ingredients

| Description | Measurement | DistPart # |
|---------------------------------------|----------------------|------------|
| LETTUCE SALAD TINY CHP 55/45 | 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 | 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 |

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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 |

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Nutrition - Per 100g

No 100g Conversion Available

Uncrustable w/ String Cheese and Goldfish

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

Ingredients

| Description | Measurement | DistPart # |
|-----------------------------|-------------|------------|
| SAND UNCRUST 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 |

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Nutrition - Per 100g

No 100g Conversion Available

South Side Salad Bar Grain Item

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

Ingredients

| Description | Measurement | DistPart # |
|--------------------------------|-------------|------------|
| MUFFIN CHOCOLATE CHP WGRAIN IW | 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: | Grain |
| 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 |

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Nutrition - Per 100g

No 100g Conversion Available

Cereal Bar

| | | | |
|----------------------|---|-----------------------|---------|
| Servings: | 6.00 | Category: | Entree |
| 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 |
| BAR DBL CHOC OATML | 1 Each | 262103 |
| BAR CHOC CHIP OATML | 1 Each | 194031 |

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: 6.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 155.00 |
| Fat | 4.00g |
| SaturatedFat | 0.42g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 110.00mg |
| Carbohydrates | 27.83g |
| Fiber | 2.83g |
| Sugar | 8.67g |
| Protein | 2.17g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 156.67mg | Iron 1.33mg |

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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

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

BeneFIT Breakfast Bar

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

Ingredients

| Description | Measurement | 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

| | |
|-----------------|-------|
| 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: 3.00

Serving Size: 1.00 Each

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

*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

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

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 | 0.500 |

Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 0.50 Cup

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

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

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 |

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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

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 |

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Pop-Tart

| | | | |
|----------------------|---------------------|-----------------------|---------|
| Servings: | 4.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-24447 |
| School: | Concord High School | | |

Ingredients

| Description | Measurement | DistPart # |
|-------------------------------|-------------|------------|
| PASTRY POP-TART WGRAIN CINN | 1 Package | 123081 |
| PASTRY POP-TART WGRAIN STRAWB | 1 Package | 123031 |
| PASTRY POP-TART WGRAIN FUDG | 1 Package | 452082 |
| PASTRY POP-TART WGRAIN BLUEB | 1 Package | 865101 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 2.250 |
| 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 | 355.75 |
| Fat | 5.63g |
| SaturatedFat | 1.83g |
| Trans Fat | 0.03g |
| Cholesterol | 0.00mg |
| Sodium | 305.00mg |
| Carbohydrates | 74.50g |
| Fiber | 5.90g |
| Sugar | 29.75g |
| Protein | 4.58g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 230.00mg | Iron 3.60mg |

*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 | 0.00g |
| 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

Bacon, Egg & Cheese on English Muffin

| | | | |
|----------------------|---------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Sandwich | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-41902 |
| School: | Concord High School | | |

Ingredients

| Description | Measurement | DistPart # |
|--|-------------|------------|
| BACON CKD RND | 1 Each | 433608 |
| EGG SCRMBD PTY RND GRLLD | 1 Each | 208990 |
| CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED | 2 Slice | 100036 |
| MUFFIN ENG WGRAIN SLCD 2Z | 1 Each | 687131 |

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.750 |
| 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 | 295.00 | | |
| Fat | 14.00g | | |
| SaturatedFat | 5.50g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 105.00mg | | |
| Sodium | 850.01mg | | |
| Carbohydrates | 24.00g | | |
| Fiber | 1.00g | | |
| Sugar | 2.00g | | |
| Protein | 19.00g | | |
| Vitamin A | 32.73IU | Vitamin C | 0.01mg |
| Calcium | 105.00mg | Iron | 1.60mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Bacon, Egg & Cheese on Bagel

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

Ingredients

| Description | Measurement | DistPart # |
|--|-------------|------------|
| BACON CKD RND | 1 Each | 433608 |
| 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.

Updated 5.6.24

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.250 |
| 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 | 285.00 | | |
| Fat | 11.50g | | |
| SaturatedFat | 4.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 97.50mg | | |
| Sodium | 600.01mg | | |
| Carbohydrates | 30.00g | | |
| Fiber | 4.00g | | |
| Sugar | 5.50g | | |
| Protein | 16.00g | | |
| Vitamin A | 32.73IU | Vitamin C | 0.01mg |
| Calcium | 45.00mg | Iron | 1.20mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Bacon, Egg & Cheese on Croissant

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

Ingredients

| Description | Measurement | DistPart # |
|--|-------------|------------|
| BACON CKD RND | 1 Each | 433608 |
| EGG SCRMBD PTY RND GRLLD | 1 Each | 208990 |
| CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED | 1 Slice | 100036 |
| CROISSANT BKD PLN SLCD | 0 Each | 120872 |
| CROISSANT BKD PLN SLCD 64-2Z | 1 Each | 120861 |

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.

Updated 5.6.24

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.250 |
| Grain | 1.750 |
| 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 | 325.00 | | |
| Fat | 18.00g | | |
| SaturatedFat | 7.50g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 97.50mg | | |
| Sodium | 640.01mg | | |
| Carbohydrates | 28.00g | | |
| Fiber | 1.00g | | |
| Sugar | 4.50g | | |
| Protein | 14.00g | | |
| Vitamin A | 32.73IU | Vitamin C | 0.01mg |
| Calcium | 75.00mg | Iron | 1.30mg |

*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

Vanilla or Chocolate Iced Donut

| | | | |
|----------------------|----------------------|-----------------------|---------|
| Servings: | 2.00 | Category: | Entree |
| Serving Size: | 1.00 Donut | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-40558 |
| School: | Concord Intermediate | | |

Ingredients

| Description | Measurement | DistPart # |
|--------------------------|---------------|------------|
| DONUT YST RNG WGRAIN | 2 Each | 556582 |
| ICING CHOC RTU HEAT NICE | 1 Fluid Ounce | 155711 |
| ICING VAN RTU HEAT NICE | 1 Fluid Ounce | 155722 |

Preparation Instructions

ICING:

1. STORE AT ROOM TEMPERATURE.
2. PLACE DESIRED AMOUNT OF HEAT 'N ICE ICING IN WARMER, HEAT TO 110 F (43 C).
3. DIP OR DRIZZLE ICING ON SWEET GOOD, ALLOW TO DRY 2 - 5 MINUTES.

May add sprinkles or small amount of crushed cereal, as desired.

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 Donut

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 432.30 | | |
| Fat | 18.10g | | |
| SaturatedFat | 8.55g | | |
| Trans Fat | 0.12g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 305.60mg | | |
| Carbohydrates | 63.00g | | |
| Fiber | 2.50g | | |
| Sugar | 37.50g | | |
| Protein | 4.30g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 13.88mg | Iron | 1.65mg |

*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

Cheesy Meatloaf Burger

| | | | |
|----------------------|--------------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-47903 |
| School: | Concord Community Elementary Schools | | |

Ingredients

| Description | Measurement | DistPart # |
|---|-------------|------------|
| MEATLOAF CKD SLCD W/CHS | 1 Piece | 765641 |
| 4 inch whole grain hamburger buns - 30 ct | 1 bun | 3480 |

Preparation Instructions

Place burger on bun 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 | 14.00g | | |
| SaturatedFat | 6.00g | | |
| Trans Fat | 0.50g | | |
| Cholesterol | 40.00mg | | |
| Sodium | 580.00mg | | |
| Carbohydrates | 8.00g | | |
| Fiber | 3.00g | | |
| Sugar | 9.00g | | |
| Protein | 17.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Philly Beef & Cheese Sandwich

| | | | |
|----------------------|--------------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-47904 |
| School: | Concord Community Elementary Schools | | |

Ingredients

| Description | Measurement | DistPart # |
|---------------------------------------|---------------|------------|
| BEEF SLCD CKD | 2 1/2 Ounce | 598762 |
| Shredded Mozzarella Cheese, Part Skim | 1 Fluid Ounce | 100021 |
| BUN SUB SLCD WGRAIN 5IN | 1 Each | 276142 |

Preparation Instructions

Heat beef according to package directions. Put beef on bun. Top with shredded cheese.

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 | 345.00 |
| Fat | 15.00g |
| SaturatedFat | 6.50g |
| Trans Fat | 0.00g |
| Cholesterol | 47.50mg |
| Sodium | 505.00mg |
| Carbohydrates | 33.50g |
| Fiber | 2.00g |
| Sugar | 6.50g |
| Protein | 20.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 73.00mg | 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

Chicken Bacon Ranch

| | | | |
|----------------------|------------|-----------------------|---------|
| Servings: | 64.00 | Category: | Entree |
| Serving Size: | 2.50 Ounce | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-47913 |

Ingredients

| Description | Measurement | DistPart # |
|--------------------------------|-------------|------------|
| Chicken, Diced, Cooked, Frozen | 10 Pound | 100101 |
| BACON TKY CKD | 8 Ounce | 834770 |
| SEASONING MIX RNCH | 1/2 Cup | 618684 |

Preparation Instructions

Crumble bacon. Mix chicken, bacon, and ranch seasoning. Heat.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.500 |
| 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: 64.00

Serving Size: 2.50 Ounce

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 112.50 | | |
| Fat | 3.50g | | |
| SaturatedFat | 0.25g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 56.88mg | | |
| Sodium | 237.51mg | | |
| Carbohydrates | 1.50g | | |
| Fiber | 0.00g | | |
| Sugar | 0.00g | | |
| Protein | 16.25g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.05mg |

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

Nutrition - Per 100g

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 158.73 | | |
| Fat | 4.94g | | |
| SaturatedFat | 0.35g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 80.25mg | | |
| Sodium | 335.12mg | | |
| Carbohydrates | 2.12g | | |
| Fiber | 0.00g | | |
| Sugar | 0.00g | | |
| Protein | 22.93g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.06mg |

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

Wet Burrito

| | | | |
|----------------------|---|-----------------------|------------------|
| Servings: | 75.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-47914 |
| School: | Concord Community Elementary Schools | | |

Ingredients

| Description | Measurement | DistPart # |
|-------------------------|-------------|------------|
| BURRITO BEAN/CHS WGRAIN | 75 Each | 150852 |
| SAUCE ENCHILADA MILD | 1 1/2 Quart | 598461 |

Preparation Instructions

Thaw burritos.

Apply a light coating of enchilada sauce to the bottom of a 2 hotel serving pans.

Place burritos in pans.

Top with remaining enchilada sauce.

Heat.

Convection Oven: 325F. Thawed = 14-20 minutes. Convection Oven: 300F. Thawed = 12-18 minutes. Internal temperature should reach 160F.

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: 75.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|---------------------------|-------------------------|
| Calories | 316.40 |
| Fat | 9.00g |
| SaturatedFat | 4.00g |
| Trans Fat | 0.00g |
| Cholesterol | 10.00mg |
| Sodium | 675.97mg |
| Carbohydrates | 41.28g |
| Fiber | 9.00g |
| Sugar | 4.64g |
| Protein | 16.00g |
| Vitamin A 400.00IU | Vitamin C 3.60mg |
| Calcium 200.00mg | Iron 2.70mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage, Egg, & Cheese Pancake Sandwich

| | | | |
|----------------------|--------------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-47902 |
| School: | Concord Community Elementary Schools | | |

Ingredients

| Description | Measurement | DistPart # |
|--|-------------|------------|
| PANCAKE WGRAIN | 2 Each | 353705 |
| EGG SCRMBD PTY RND GRLLD | 1 Each | 208990 |
| SAUSAGE PTY TKY CKD 1Z | 1 Each | 184970 |
| CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED | 1 Slice | 100036 |

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.250 |
| Grain | 1.750 |
| 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 | 285.00 | | |
| Fat | 12.00g | | |
| SaturatedFat | 3.83g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 112.50mg | | |
| Sodium | 686.67mg | | |
| Carbohydrates | 29.33g | | |
| Fiber | 3.33g | | |
| Sugar | 5.83g | | |
| Protein | 15.33g | | |
| Vitamin A | 32.73IU | Vitamin C | 0.01mg |
| Calcium | 48.33mg | Iron | 1.36mg |

*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
