

# **Cookbook for Concord High School**

**Created by HPS Menu Planner**

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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

\*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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# 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

No 100g Conversion Available

# Pop-Tarts (2 count)

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB	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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# 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

# 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

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## Nutrition - Per 100g

No 100g Conversion Available

# Boom Boom Chicken

<b>Servings:</b>	160.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	10.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-24386
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD	45 Pound	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
SAUCE BOOM BOOM	1 Gallon		877930

## Preparation Instructions

Place one bag of frozen chicken at a time in a metal bowl. Add 1 & 3/4 cup boom boom sauce, toss until chicken is coated. Place chicken on a sheet tray that has been sprayed with pan spray. When all Chicken is coated and on Sheet trays, bake in a convection oven at 350 degrees for 15 to 20 minutes. (Oven Settings breaded product)

Before meal service place 10 Chicken smackers in food boats. Place in warmer till needed.

### 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: 160.00

Serving Size: 10.00 Each

Amount Per Serving			
<b>Calories</b>	391.93		
<b>Fat</b>	26.39g		
<b>SaturatedFat</b>	5.14g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	85.23mg		
<b>Sodium</b>	775.28mg		
<b>Carbohydrates</b>	19.39g		
<b>Fiber</b>	3.14g		
<b>Sugar</b>	1.60g		
<b>Protein</b>	19.88g		
<b>Vitamin A</b>	209.26IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.93mg	<b>Iron</b>	1.51mg

\*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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# 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	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

# Hamburger\*

<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-47865
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SMKY GRLL	1 Each		451400
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

Cook beef patty at 350° for 25 minutes temp at 165°. Place on a hamburger bun. Wrap hamburger up in a yellow foil wrapper. Hold in warmer and serve.

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	380.00
<b>Fat</b>	19.00g
<b>SaturatedFat</b>	7.50g
<b>Trans Fat</b>	1.00g
<b>Cholesterol</b>	70.00mg
<b>Sodium</b>	610.00mg
<b>Carbohydrates</b>	25.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	21.00g
<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

# Diced Chicken Salad

<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-42659
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1 Cup		735787
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 1/2 Ounce	Weight	570533
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1 Fluid Ounce		100012
CROUTON CHS GARL WGRAIN	2 Package		661022
CRACKER CHEEZ-IT WGRAIN IW	1 Package		282422

## Preparation Instructions

Start with laying out 9x9 containers, add and layer: lettuce, chicken, and cheese. Then add 2 packages of croutons and 1 package of cheez-its. Keep in cooler and serve.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.000
<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>	383.33
<b>Fat</b>	14.67g
<b>SaturatedFat</b>	4.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	55.83mg
<b>Sodium</b>	655.00mg
<b>Carbohydrates</b>	35.33g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	25.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 134.00mg	<b>Iron</b> 3.58mg

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## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Chicken Bacon Salad

<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-42658
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1 Cup		735787
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 1/2 Ounce	Weight	570533
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1 Fluid Ounce		100012
BACON TOPPING CKD 1/2IN DCD	1 Fluid Ounce		814781
CROUTON CHS GARL WGRAIN	2 Package		661022
CRACKER CHEEZ-IT WGRAIN IW	1 Package		282422

## Preparation Instructions

Start with laying out 9x9 containers, add and layer: lettuce, chicken, cheese, and bacon. Then add 2 packages of croutons and 1 package of cheez-its. Keep in cooler and serve.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.000
<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>	433.33
<b>Fat</b>	17.67g
<b>SaturatedFat</b>	5.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	65.83mg
<b>Sodium</b>	875.00mg
<b>Carbohydrates</b>	35.33g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	31.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 134.00mg	<b>Iron</b> 3.58mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Popcorn Chicken Salad

<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-42660
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1 Cup		735787
CHIX PCORN LRG WGRAIN CKD	10 Each		536620
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1 Fluid Ounce		100012
CROUTON CHS GARL WGRAIN	2 Package		661022

## Preparation Instructions

Start with laying out 9x9 containers, add and layer: lettuce, popcorn chicken, and cheese. Then add 2 packages of croutons. Keep in cooler and serve.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.000
<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>	435.00
<b>Fat</b>	20.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	80.00mg
<b>Sodium</b>	955.00mg
<b>Carbohydrates</b>	37.50g
<b>Fiber</b>	4.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	27.50g
<b>Vitamin A</b> 200.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 54.00mg	<b>Iron</b> 3.80mg

\*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 and Cheese Salad

<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-42663
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1 Cup		735787
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1/4 Cup		100012
EGG HRD CKD DCD IQF	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		192198
CROUTON CHS GARL WGRAIN	2 Package		661022
CRACKER CHEEZ-IT WGRAIN IW	1 Package		282422

## Preparation Instructions

Start with laying out 9x9 containers, add and layer: lettuce, cheese, and egg. Then add 2 packages of croutons and 1 package of cheez-its. Keep in cooler and serve.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.750
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	400.00
<b>Fat</b>	18.50g
<b>SaturatedFat</b>	6.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	205.00mg
<b>Sodium</b>	720.00mg
<b>Carbohydrates</b>	36.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 159.00mg	<b>Iron</b> 4.08mg

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

## 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

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

## 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

\*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 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

No 100g Conversion Available

# 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>	495.23
<b>Fat</b>	16.83g
<b>SaturatedFat</b>	6.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	191.67mg
<b>Sodium</b>	635.19mg
<b>Carbohydrates</b>	60.33g
<b>Fiber</b>	5.46g
<b>Sugar</b>	27.00g
<b>Protein</b>	25.67g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 439.79mg	<b>Iron</b> 2.55mg

\*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>	163.85
<b>Fat</b>	0.10g
<b>SaturatedFat</b>	0.02g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	3.90mg
<b>Carbohydrates</b>	42.14g
<b>Fiber</b>	5.07g
<b>Sugar</b>	30.56g
<b>Protein</b>	1.54g
<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

## Nutrition - Per 100g

No 100g Conversion Available



# Sausage, Egg & Cheese on English Muffin

<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-41904
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CHIX CKD 1.5Z	1 Each	N/A	588510
EGG SCRMBD PTY RND GRLLD	1 Each		208990
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
MUFFIN ENG WGRAIN SLCD 2Z	1 Each	N/A	687131

## Preparation Instructions

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

Updated 8.14.24

### 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 Sandwich

Amount Per Serving	
<b>Calories</b>	285.00
<b>Fat</b>	13.50g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	122.50mg
<b>Sodium</b>	770.00mg
<b>Carbohydrates</b>	23.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	1.50g
<b>Protein</b>	18.00g
<b>Vitamin A</b>	32.73IU
<b>Vitamin C</b>	1.21mg
<b>Calcium</b>	105.00mg
<b>Iron</b>	1.96mg

\*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 English Muffin

<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-41902
<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
MUFFIN ENG WGRAIN SLCD 2Z	1 Each	N/A	687131

## 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>	295.00
<b>Fat</b>	14.00g
<b>SaturatedFat</b>	5.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	105.00mg
<b>Sodium</b>	850.01mg
<b>Carbohydrates</b>	24.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 32.73IU	<b>Vitamin C</b> 0.01mg
<b>Calcium</b> 105.00mg	<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 English Muffin

<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-41903
<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
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

<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>	245.00
<b>Fat</b>	10.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	90.00mg
<b>Sodium</b>	640.00mg
<b>Carbohydrates</b>	24.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	15.00g
<b>Vitamin A</b> 32.73IU	<b>Vitamin C</b> 0.01mg
<b>Calcium</b> 105.00mg	<b>Iron</b> 1.60mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Carnitas 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-47891
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND R/F	1 Each	N/A	662512
SAUCE CHS NACHO DLX	1 Fluid Ounce 1 1/3 Tablespoon (3 1/3 Tablespoon)	#20 Disher	323616
Carnitas (Pulled Pork)	1 Serving	Take thaw pulled pork and 1 package of taco mix seasoning with 6 cups of water. Bring to boil and reduce heat to simmer for 20-30 minutes, stirring occasionally. Temp to make sure that reached temperature before placing in warmer for service.	R-47890

## Preparation Instructions

Place 4-ounce weight of Carnita meat on top bag of chip tortilla with #20 disher of cheese sauce.

### 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			
<b>Calories</b>	320.22		
<b>Fat</b>	13.25g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	18.00mg		
<b>Sodium</b>	1102.34mg		
<b>Carbohydrates</b>	37.18g		
<b>Fiber</b>	4.59g		
<b>Sugar</b>	1.67g		
<b>Protein</b>	9.33g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	82.46mg	<b>Iron</b>	1.17mg

\*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 NACHO DLX	1 Fluid Ounce 1 1/3 Tablespoon (3 1/3 Tablespoon)	#20 Disher	323616

## Preparation Instructions

Updated 2.27.24

### 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>	0.130
<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>	371.38
<b>Fat</b>	15.55g
<b>SaturatedFat</b>	2.80g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	34.00mg
<b>Sodium</b>	930.23mg
<b>Carbohydrates</b>	39.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	3.67g
<b>Protein</b>	16.63g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 132.46mg	<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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# Refried Beans with Queso

<b>Servings:</b>	66.00	<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-47892
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD VEGTAR	6 Pound 12 5/14 Ounce (108 4/11 Ounce)	4 Bags	703753
Tap Water for Recipes	2 Gallon		000001WTR
SAUCE CHS QUESO BLANCO FZ	10 Pound	2 Bags or 1/2 bag per bag of beans	722110

## Preparation Instructions

Beans

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

Queso: Place sealed bags in a steamer or boiling water. Heat approximately 30 minutes or until product reaches serving temperature.

Before service add queso to top of bean stir, 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>	0.500
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 66.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	325.05
<b>Fat</b>	13.54g
<b>SaturatedFat</b>	7.42g
<b>Trans Fat</b>	0.01g
<b>Cholesterol</b>	35.15mg
<b>Sodium</b>	1227.01mg
<b>Carbohydrates</b>	30.40g
<b>Fiber</b>	11.54g
<b>Sugar</b>	0.00g
<b>Protein</b>	19.54g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 317.99mg	<b>Iron</b> 2.66mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Variety of Muffin

<b>Servings:</b>	9.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 muffin	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28221
<b>School:</b>	Concord Community Elementary Schools		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CHOCOLATE CHP WGRAIN IW	1 Each		273681
MUFFIN BLUEBERRY IW	1 Each		273442
MUFFIN BANANA WGRAIN IW	1 Each	<b>THAW</b> Store frozen until ready to use. Thaw overnight under refrigeration.	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

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

## Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 muffin

Amount Per Serving	
<b>Calories</b>	183.33
<b>Fat</b>	6.06g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.02g
<b>Cholesterol</b>	23.33mg
<b>Sodium</b>	119.44mg
<b>Carbohydrates</b>	29.78g
<b>Fiber</b>	1.56g
<b>Sugar</b>	15.44g
<b>Protein</b>	2.78g
<b>Vitamin A</b> 1.60IU	<b>Vitamin C</b> 0.01mg
<b>Calcium</b> 20.34mg	<b>Iron</b> 0.99mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# 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 CHIX CKD 1.5Z	1 Each	N/A	588510
EGG SCRMBD PTY RND GRLLD	1 Each		208990
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
CROISSANT BKD PLN MARG 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.

Updated 8.14.24

### 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 Sandwich

Amount Per Serving			
<b>Calories</b>	405.00		
<b>Fat</b>	22.00g		
<b>SaturatedFat</b>	8.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	122.50mg		
<b>Sodium</b>	750.00mg		
<b>Carbohydrates</b>	34.00g		
<b>Fiber</b>	1.10g		
<b>Sugar</b>	5.50g		
<b>Protein</b>	17.00g		
<b>Vitamin A</b>	32.73IU	<b>Vitamin C</b>	1.21mg
<b>Calcium</b>	15.00mg	<b>Iron</b>	2.06mg

\*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	1 Slice		100036
CROISSANT BKD PLN MARG 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.

Updated 8.14.24

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.250
<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 Sandwich

Amount Per Serving			
<b>Calories</b>	375.00		
<b>Fat</b>	20.00g		
<b>SaturatedFat</b>	8.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	97.50mg		
<b>Sodium</b>	690.01mg		
<b>Carbohydrates</b>	34.00g		
<b>Fiber</b>	1.10g		
<b>Sugar</b>	5.50g		
<b>Protein</b>	15.00g		
<b>Vitamin A</b>	32.73IU	<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	15.00mg	<b>Iron</b>	1.70mg

\*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 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	1 Slice		100036
CROISSANT BKD PLN MARG 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.

Updated 8.14.24

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.250
<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 Sandwich

Amount Per Serving	
<b>Calories</b>	325.00
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	82.50mg
<b>Sodium</b>	480.00mg
<b>Carbohydrates</b>	34.00g
<b>Fiber</b>	1.10g
<b>Sugar</b>	5.50g
<b>Protein</b>	11.00g
<b>Vitamin A</b>	32.73IU
<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	15.00mg
<b>Iron</b>	1.70mg

\*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)	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.	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>	0.500

## 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

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 CHIX CKD 1.5Z	1 Each	N/A	588510
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 8.14.24

### 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 Sandwich

Amount Per Serving			
<b>Calories</b>	315.00		
<b>Fat</b>	13.50g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	122.50mg		
<b>Sodium</b>	660.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	5.50g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	32.73IU	<b>Vitamin C</b>	1.21mg
<b>Calcium</b>	45.00mg	<b>Iron</b>	1.56mg

\*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.

Updated 5.6.24

### 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>	325.00		
<b>Fat</b>	14.00g		
<b>SaturatedFat</b>	5.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	105.00mg		
<b>Sodium</b>	740.01mg		
<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>	1.20mg

\*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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# 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.

Updated 5.6.24

### 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>	275.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	90.00mg		
<b>Sodium</b>	530.00mg		
<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>	1.20mg

\*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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# 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

No 100g Conversion Available

# BBQ Rib 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-10155
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY	1 Each		451410
BUN SUB SLCD WGRAIN 5IN	1 Each		276142

## 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

<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>	360.00
<b>Fat</b>	12.50g
<b>SaturatedFat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	860.00mg
<b>Carbohydrates</b>	42.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	14.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 96.00mg	<b>Iron</b> 3.80mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Soft Shell Tacos

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 TACO	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37399
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	1/2 Cup		722330
TORTILLA FLOUR ULTRGR 9IN	1 Each		523610
Cheese, Cheddar Reduced fat, Shredded	1 Fluid Ounce		100012

## Preparation Instructions

Cook taco filling according to manufactures directions and hold in warmer until ready for service.

To serve student should get 1 tortilla with 1/2 cup (4 oz spoodle) of taco meat and 2 Tablespoon of shredded cheese.

Updated 3.6.23

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<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 TACO

Amount Per Serving	
<b>Calories</b>	360.80
<b>Fat</b>	13.90g
<b>SaturatedFat</b>	7.40g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	55.33mg
<b>Sodium</b>	641.26mg
<b>Carbohydrates</b>	37.17g
<b>Fiber</b>	6.67g
<b>Sugar</b>	4.67g
<b>Protein</b>	25.57g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 111.66mg	<b>Iron</b> 4.64mg

\*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>	4.500
<b>Grain</b>	4.500
<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>	967.46mg
<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

# Orange Chicken

<b>Servings:</b>	55.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	10.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39013

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD	15 Pound		536620
SAUCE ORNG GINGR	1 Quart 1 Pint (6 Cup)		802860

## 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 8 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.

### 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: 55.00

Serving Size: 10.00 Each

Amount Per Serving	
<b>Calories</b>	316.16
<b>Fat</b>	13.19g
<b>SaturatedFat</b>	3.04g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	71.02mg
<b>Sodium</b>	671.49mg
<b>Carbohydrates</b>	31.21g
<b>Fiber</b>	3.04g
<b>Sugar</b>	12.22g
<b>Protein</b>	19.28g
<b>Vitamin A</b> 202.92IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 20.29mg	<b>Iron</b> 1.46mg

\*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 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	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

# Grilled Cheese Sandwich

<b>Servings:</b>	24.00	<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-10122
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F	96 Slice	N/A	722360
BREAD WHT PULLMN SLCD 1/2IN	48 Slice	***Non-Whole Grain***	710640
BUTTER PRINT UNSLTD GRD AA	1 Cup	Melted	299405

## Preparation Instructions

Brush melted butter on a large bun pan. Place 24 slices of bread on each pan and top with 2 ounce of cheese (4 slices).

Cover with another piece of bread. Brush tops of sandwiches with melted butter and bake until lightly browned.

Conventional oven: 400 degrees for 15-20 minutes

Convection oven: 350 degrees for 10-15 minutes

DO NOT OVER BAKE

Serve immediately.

CCP: Hot foods should be held at 140 degrees or higher.

Updated 11.27.24

## 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: 24.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	346.67
<b>Fat</b>	17.33g
<b>SaturatedFat</b>	9.67g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	1090.00mg
<b>Carbohydrates</b>	32.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 466.00mg	<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



# Tomato Soup\*

<b>Servings:</b>	14.00	<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-12635
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO	1 #5 CAN		101427
Tap Water for Recipes	1 #5 CAN		000001WTR

## 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>	0.385
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 14.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	91.30
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	486.94mg
<b>Carbohydrates</b>	20.29g
<b>Fiber</b>	1.01g
<b>Sugar</b>	12.17g
<b>Protein</b>	2.03g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 20.29mg	<b>Iron</b> 0.61mg

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

### Nutrition - Per 100g

No 100g Conversion Available