

# **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 #
Yoplait Parfait Pro Lowfat Vanilla Yogurt, Reduced Sugar, Bulk Pouch, 64 Oz Bag, 6/Case	100 Cup	Updated for 25-26 School Year requirements	499989
Blueberries, Frozen	25 Cup	N/A	110624
Strawberries, Whole fzn	25 Cup		100253
Nature Valley Granola Cereal 25% Less Sugar Cinnamon Bulk pack	50 Cup	Updated for 25-26 School Year requirements	569744

## 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.

Updated 5.19.25

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.500
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	404.84
<b>Fat</b>	5.38g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	7.46mg
<b>Sodium</b>	260.80mg
<b>Carbohydrates</b>	78.39g
<b>Fiber</b>	8.77g
<b>Total Sugar</b>	35.36g
<b>Added Sugar</b>	18.71g
<b>Protein</b>	14.03g
<b>Vitamin A</b> 238.81mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 328.36mg	<b>Iron</b> 0.00mg

## **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

Amount Per Serving

	Amount
Meat/Meat Alternate	0.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	273.33
Fat	5.67g
Saturated Fat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	180.00mg
Carbohydrates	51.67g
Fiber	5.00g
Total Sugar	15.00g
Added Sugar	9.67g
Protein	4.33g
Vitamin A	0.00mcg
Vitamin C	0.00mg
Calcium	423.33mg
Iron	3.90mg

### Nutrition - Per 100g

No 100g Conversion Available

# 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

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	275.00		
<b>Fat</b>	10.50g		
<b>Saturated Fat</b>	4.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	225.00mg		
<b>Carbohydrates</b>	41.50g		
<b>Fiber</b>	2.00g		
<b>Total Sugar</b>	20.50g		
<b>Added Sugar</b>	19.50g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	35.00mg	<b>Iron</b>	1.00mg

### 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

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</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>Saturated Fat</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>Total Sugar</b>	13.82g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.01g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 4.08mg	<b>Iron</b> 0.12mg

## Nutrition - Per 100g

No 100g Conversion Available

# Chili Cheese Hot Dog with Bun

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/	1 Each		304913
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	1 Each		270913
CHILI BEEF W/BEAN	1 Fluid Ounce	N/A	344012
Cheese, Cheddar Reduced fat, Shredded	2 Tablespoon	USDA Brown Box Commodity or Use GFS#150250 2 Tablespoon or 1 Fluid Ounce or 1/8 cup	100012

## Preparation Instructions

Updated 12.10.25

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	375.33
<b>Fat</b>	21.83g
<b>Saturated Fat</b>	7.28g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	60.17mg
<b>Sodium</b>	938.33mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	2.67g
<b>Total Sugar</b>	5.83g
<b>Added Sugar</b>	4.00g
<b>Protein</b>	16.67g
<b>Vitamin A</b> 208.72mcg	<b>Vitamin C</b> 6.34mg
<b>Calcium</b> 78.61mg	<b>Iron</b> 2.76mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Hot Dog with Bun

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	310.00
<b>Fat</b>	18.00g
<b>Saturated Fat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	800.00mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	5.00g
<b>Added Sugar</b>	4.00g
<b>Protein</b>	11.00g
<b>Vitamin A</b> 0.07mcg	<b>Vitamin C</b> 3.17mg
<b>Calcium</b> 70.11mg	<b>Iron</b> 2.26mg

### Nutrition - Per 100g

No 100g Conversion Available

# Spicy Chicken Patty Sandwich\*

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

## Ingredients

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

## Preparation Instructions

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

Updated 9.15.23

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</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>Saturated Fat</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>Total Sugar</b>	5.00g		
<b>Added Sugar</b>	4.00g		
<b>Protein</b>	24.00g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	3.00mg

### 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	N/A	451400
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	USDA Brown Box Commodity---Use GFS#499789 when Brown Box not available	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 .

Updated 8.13.25

### Meal Components

Amount Per Serving

Component	Amount
Meat/Meat Alternate	3.500
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	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>Saturated Fat</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>Total Sugar</b>	4.50g		
<b>Added Sugar</b>	3.00g		
<b>Protein</b>	24.00g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	2.00mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Buffalo Chicken Wrap

<b>Servings:</b>	41.00	<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	10 Pound	Weight	570533
SAUCE BUFF WNG REDHOT	3 Cup		704229
DRESSING RNCH BTRMLK	5 Cup	N/A	426598
CHEESE BLND CHED/MONTRY JK SHRD	5 Cup	N/A	712131
LETTUCE SALAD TINY CHP 55/45	41 Cup		153121
TORTILLA WHL WHE PRSD 12IN	41 Each		838641

## Preparation Instructions

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

Updated 8.14.25

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	3.500
<b>Grain</b>	3.500
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.500
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 41.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	692.94
<b>Fat</b>	35.50g
<b>Saturated Fat</b>	11.32g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	88.62mg
<b>Sodium</b>	1165.37mg
<b>Carbohydrates</b>	54.53g
<b>Fiber</b>	7.38g
<b>Total Sugar</b>	6.36g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	35.21g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 243.52mg	<b>Iron</b> 3.28mg

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Caesar Wrap

<b>Servings:</b>	41.00	<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	10 Pound	Weight	570533
CHEESE PARM SHRD FCY	5 1/2 Cup		460095
DRESSING CAESAR	5 1/2 Cup	N/A	818201
LETTUCE SALAD TINY CHP 55/45	41 Cup		153121
TORTILLA WHL WHE PRSD 12IN	41 Each		838641

## Preparation Instructions

Mix chicken, parm cheese, and Caesar dressing together. Start with tortilla shell layer 1 cup of lettuce and 1 cup of chicken mixture (using #8 Dish- not packed but filled and shaken level) onto tortilla. Fold into a wrap and put in 5x5 container . Store in cooler and serve .

Updated 8.18.25

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	3.250
<b>Grain</b>	3.500
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.500
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 41.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	650.24
<b>Fat</b>	31.24g
<b>Saturated Fat</b>	9.88g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	91.20mg
<b>Sodium</b>	995.03mg
<b>Carbohydrates</b>	55.57g
<b>Fiber</b>	7.74g
<b>Total Sugar</b>	6.46g
<b>Added Sugar</b>	1.07g
<b>Protein</b>	35.01g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 239.90mg	<b>Iron</b> 3.28mg

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Bacon Ranch Wrap

<b>Servings:</b>	41.00	<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	10 Pound	Weight	570533
BACON TOPPING 3/8IN DCD	5 1/2 Cup	N/A	104396
DRESSING RNCH	5 1/2 Cup	READY_TO_EAT Ready to use.	759082
LETTUCE SALAD TINY CHP 55/45	41 Cup		153121
TORTILLA WHL WHE PRSD 12IN	41 Each		838641

## Preparation Instructions

Mix chicken, bacon, and ranch together. Start with tortilla shell layer 1 cup of lettuce and 1 cup of chicken mixture (using #8 Disher-not packed but filled and shaken level) onto tortilla. Fold into a wrap and put in 5x5 container . Store in cooler and serve .

Updated 2.25.25

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	3.250
<b>Grain</b>	3.500
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.500
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 41.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	686.11
<b>Fat</b>	34.28g
<b>Saturated Fat</b>	10.24g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	109.11mg
<b>Sodium</b>	1227.80mg
<b>Carbohydrates</b>	55.21g
<b>Fiber</b>	7.38g
<b>Total Sugar</b>	6.46g
<b>Added Sugar</b>	1.07g
<b>Protein</b>	37.16g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 154.29mg	<b>Iron</b> 3.34mg

## 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

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</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>Saturated Fat</b>	8.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	600.00mg
<b>Carbohydrates</b>	47.00g
<b>Fiber</b>	5.00g
<b>Total Sugar</b>	15.00g
<b>Added Sugar</b>	12.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 337.00mg	<b>Iron</b> 1.72mg

### Nutrition - Per 100g

No 100g Conversion Available

# Seasoned 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
SEASONING GARLIC HRB NO SALT	2 Tablespoon		565164

## Preparation Instructions

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

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.500
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 113.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	35.69		
<b>Fat</b>	0.78g		
<b>Saturated Fat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.12mg		
<b>Sodium</b>	160.24mg		
<b>Carbohydrates</b>	4.79g		
<b>Fiber</b>	2.29g		
<b>Total Sugar</b>	2.29g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	1.14g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.21mg	<b>Iron</b>	0.00mg

### 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

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	1.115
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</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>	0.07g
<b>Saturated Fat</b>	0.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	3.81mg
<b>Carbohydrates</b>	42.14g
<b>Fiber</b>	5.07g
<b>Total Sugar</b>	30.56g
<b>Added Sugar</b>	4.31g
<b>Protein</b>	1.52g
<b>Vitamin A</b> 94.52mcg	<b>Vitamin C</b> 8.66mg
<b>Calcium</b> 21.07mg	<b>Iron</b> 0.46mg

## 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	USDA Brown Box Commodity Use GFS #499789 when Brown Box not available	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 8.13.25

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</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>Saturated Fat</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>Total Sugar</b>	1.50g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 32.73mcg	<b>Vitamin C</b> 1.21mg
<b>Calcium</b> 105.00mg	<b>Iron</b> 1.96mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Sausage, Egg & Cheese Pancake Sandwich

<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-52210

## 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	USDA Brown Box Commodity Use GFS #499789 when Brown Box not available	100036
PANCAKE CINN IW WGRAIN	1 Package		642230

## Preparation Instructions

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

Updated 8.13.25

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</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>	18.00g
<b>Saturated Fat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	127.50mg
<b>Sodium</b>	800.00mg
<b>Carbohydrates</b>	38.00g
<b>Fiber</b>	3.00g
<b>Total Sugar</b>	11.50g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 32.73mcg	<b>Vitamin C</b> 1.21mg
<b>Calcium</b> 55.00mg	<b>Iron</b> 1.80mg

## **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	USDA Brown Box Commodity Use GFS #499789 when Brown Box not available	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 8.13.25

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.750
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</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>Saturated Fat</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>Total Sugar</b>	2.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 32.73mcg	<b>Vitamin C</b> 0.01mg
<b>Calcium</b> 105.00mg	<b>Iron</b> 1.60mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Bacon, Egg & Cheese Pancake Sandwich

<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-52212

## 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	USDA Brown Box Commodity--- Use GFS#499789 when Brown Box not available	100036
PANCAKE CINN IW WGRAIN	1 Package		642230

## Preparation Instructions

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

Updated 8.13.25

### Meal Components

Amount Per Serving

Amount Per Serving	
<b>Meat/Meat Alternate</b>	1.750
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
<b>Calories</b>	385.00
<b>Fat</b>	18.50g
<b>Saturated Fat</b>	6.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	110.00mg
<b>Sodium</b>	880.01mg
<b>Carbohydrates</b>	39.00g
<b>Fiber</b>	3.00g
<b>Total Sugar</b>	12.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	17.00g
<b>Vitamin A</b> 32.73mcg	<b>Vitamin C</b> 0.01mg
<b>Calcium</b> 55.00mg	<b>Iron</b> 1.44mg

## **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	USDA Brown Box Commodity Use GFS #499789 when Brown Box not available	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 8.13.25

### Meal Components

Amount Per Serving

Amount Per Serving	
<b>Meat/Meat Alternate</b>	1.750
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</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>Saturated Fat</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>Total Sugar</b>	2.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	15.00g
<b>Vitamin A</b> 32.73mcg	<b>Vitamin C</b> 0.01mg
<b>Calcium</b> 105.00mg	<b>Iron</b> 1.60mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Egg & Cheese Pancake Sandwich

<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-52211

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND GRLLD	1 Each		208990
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice	USDA Brown Box Commodity Use GFS #499789 when Brown Box not available	100036
PANCAKE CINN IW WGRAIN	1 Package		642230

## Preparation Instructions

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

Updated 8.13.25

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.750
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving			
<b>Calories</b>	335.00		
<b>Fat</b>	14.50g		
<b>Saturated Fat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	95.00mg		
<b>Sodium</b>	670.00mg		
<b>Carbohydrates</b>	39.00g		
<b>Fiber</b>	3.00g		
<b>Total Sugar</b>	12.00g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	13.00g		
<b>Vitamin A</b>	32.73mcg	<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	55.00mg	<b>Iron</b>	1.44mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Pop-Tarts (2 count)

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	350.75
<b>Fat</b>	5.63g
<b>Saturated Fat</b>	1.83g
<b>Trans Fat</b>	0.03g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	267.50mg
<b>Carbohydrates</b>	73.75g
<b>Fiber</b>	5.90g
<b>Total Sugar</b>	29.50g
<b>Added Sugar</b>	14.25g
<b>Protein</b>	4.58g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 230.00mg	<b>Iron</b> 3.65mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# 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

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</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>	4.00g
<b>Saturated Fat</b>	0.94g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	110.63mg
<b>Carbohydrates</b>	20.38g
<b>Fiber</b>	1.25g
<b>Total Sugar</b>	7.25g
<b>Added Sugar</b>	4.88g
<b>Protein</b>	1.88g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 15.00mg	<b>Iron</b> 0.92mg

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken 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-10156
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z	1 Each		525480
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

Lay out chicken on paper then on sheet pan . Cook at 350 for 25 min , temp at 165 . Place chicken on a bun , and fold in a foil wrap . Place on sheet pan in the warmer and serve .

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</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>	11.00g		
<b>Saturated Fat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	530.00mg		
<b>Carbohydrates</b>	34.00g		
<b>Fiber</b>	6.00g		
<b>Total Sugar</b>	4.00g		
<b>Added Sugar</b>	3.00g		
<b>Protein</b>	24.00g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	3.00mg

### 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	2 Tablespoon		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

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.500
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</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>Saturated Fat</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>Total Sugar</b>	3.00g
<b>Added Sugar</b>	2.00g
<b>Protein</b>	25.50g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 134.00mg	<b>Iron</b> 3.58mg

## **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	2 Tablespoon		100012
BACON TOPPING CKD 1/2IN DCD	2 Tablespoon		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

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.500
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</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>Saturated Fat</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>Total Sugar</b>	3.00g
<b>Added Sugar</b>	2.00g
<b>Protein</b>	31.50g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 134.00mg	<b>Iron</b> 3.58mg

## 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	2 Tablespoon		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

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.500
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	445.00
<b>Fat</b>	20.00g
<b>Saturated Fat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	80.00mg
<b>Sodium</b>	885.00mg
<b>Carbohydrates</b>	39.50g
<b>Fiber</b>	4.00g
<b>Total Sugar</b>	3.00g
<b>Added Sugar</b>	2.00g
<b>Protein</b>	27.50g
<b>Vitamin A</b> 200.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 54.00mg	<b>Iron</b> 3.80mg

## **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	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

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.750
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.500
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</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>Saturated Fat</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>Total Sugar</b>	4.00g		
<b>Added Sugar</b>	2.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	159.00mg	<b>Iron</b>	4.08mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# 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

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</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>Saturated Fat</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>Total Sugar</b>	15.44g
<b>Added Sugar</b>	13.00g
<b>Protein</b>	2.78g
<b>Vitamin A</b> 1.60mcg	<b>Vitamin C</b> 0.01mg
<b>Calcium</b> 20.34mg	<b>Iron</b> 0.99mg

## Nutrition - Per 100g

No 100g Conversion Available

# 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 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

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.500
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</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>Saturated Fat</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>Total Sugar</b>	2.95g
<b>Added Sugar</b>	0.39g
<b>Protein</b>	0.64g
<b>Vitamin A</b> 114.29mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 25.59mg	<b>Iron</b> 0.23mg

### Nutrition - Per 100g

No 100g Conversion Available

# 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	108 5/14 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

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.500
<b>Starchy</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>Saturated Fat</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>Total Sugar</b>	0.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	19.54g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 317.99mg	<b>Iron</b> 2.66mg

## Nutrition - Per 100g

No 100g Conversion Available

# Soft Shell Taco

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<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	N/A	722330
TORTILLA FLOUR ULTRGR 9IN	1 Each		523610
Cheese, Cheddar Reduced fat, Shredded	2 Tablespoon	USDA Brown Box Commodity---If not available use GFS#150250	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 12.11.25

### Meal Components

Amount Per Serving

Component	Amount
Meat/Meat Alternate	3.000
Grain	2.250
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	362.00
Fat	14.17g
Saturated Fat	6.90g
Trans Fat	0.00g
Cholesterol	55.33mg
Sodium	644.66mg
Carbohydrates	36.17g
Fiber	5.67g
Total Sugar	4.67g
Added Sugar	0.00g
Protein	24.83g
Vitamin A	0.00mcg
Vitamin C	0.00mg
Calcium	100.00mg
Iron	2.77mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Sausage, Egg & Cheese on Croissant

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY 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	USDA Brown Box Commodity---Use GFS#499789 when Brown Box not available	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 8.13.25

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</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>Saturated Fat</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>Total Sugar</b>	5.50g
<b>Added Sugar</b>	4.00g
<b>Protein</b>	17.00g
<b>Vitamin A</b> 32.73mcg	<b>Vitamin C</b> 1.21mg
<b>Calcium</b> 15.00mg	<b>Iron</b> 2.06mg

## Nutrition - Per 100g

No 100g Conversion Available

# 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	Use Brown Box Commodity---Use GFS#499789 when Brown Box not available	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 8.13.25

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</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>Saturated Fat</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>Total Sugar</b>	5.50g
<b>Added Sugar</b>	4.00g
<b>Protein</b>	15.00g
<b>Vitamin A</b> 32.73mcg	<b>Vitamin C</b> 0.01mg
<b>Calcium</b> 15.00mg	<b>Iron</b> 1.70mg

## Nutrition - Per 100g

No 100g Conversion Available

# 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	USDA Brown Box Commodity---Use GFS#499789 when Brown Box not available	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 8.13.25

### Meal Components

Amount Per Serving

Amount Per Serving	
<b>Meat/Meat Alternate</b>	1.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</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>Saturated Fat</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>Total Sugar</b>	5.50g
<b>Added Sugar</b>	4.00g
<b>Protein</b>	11.00g
<b>Vitamin A</b> 32.73mcg	<b>Vitamin C</b> 0.01mg
<b>Calcium</b> 15.00mg	<b>Iron</b> 1.70mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Spaghetti and Meat Sauce

<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-10108
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI CKD	1 Cup	**Non-Whole Grain**	835910
SAUCE SPAGHETTI BF REDC FAT	2/3 Cup		573201

## Preparation Instructions

Heat Products according to manufactures directions.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.500
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	520.46
<b>Fat</b>	24.97g
<b>Saturated Fat</b>	7.39g
<b>Trans Fat</b>	1.00g
<b>Cholesterol</b>	53.88mg
<b>Sodium</b>	418.22mg
<b>Carbohydrates</b>	49.97g
<b>Fiber</b>	4.00g
<b>Total Sugar</b>	8.98g
<b>Added Sugar</b>	2.00g
<b>Protein</b>	21.97g
<b>Vitamin A</b> 645.61mcg	<b>Vitamin C</b> 18.96mg
<b>Calcium</b> 45.92mg	<b>Iron</b> 3.70mg

### 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

Amount Per Serving

<b>Meat/Meat Alternate</b>	3.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</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>Saturated Fat</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>Total Sugar</b>	4.00g		
<b>Added Sugar</b>	3.00g		
<b>Protein</b>	21.00g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	2.00mg

### Nutrition - Per 100g

No 100g Conversion Available

# Side Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10696
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1 1/2 Cup		735787
TOMATO GRAPE SWT	2 Each		129631

## Preparation Instructions

Start with 12 ounce container , Layer : 1 1/2 cup of lettuce , and 2 tomatoes . Place in cooler and serve .

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.750
<b>Red/Orange</b>	0.125
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	19.05
<b>Fat</b>	0.05g
<b>Saturated Fat</b>	0.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1.13mg
<b>Carbohydrates</b>	3.88g
<b>Fiber</b>	1.78g
<b>Total Sugar</b>	2.13g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	1.70g
<b>Vitamin A</b> 187.43mcg	<b>Vitamin C</b> 3.08mg
<b>Calcium</b> 26.25mg	<b>Iron</b> 0.60mg

### Nutrition - Per 100g

No 100g Conversion Available

# Apple Cinnamon Texas French Toast with Sausage

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-29070
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOAST TEXAS APPL CINN IW	1 Slice		152504
SAUSAGE PTY CHIX CKD 1.5Z	2 Each	N/A	588510

## Preparation Instructions

Cook French Toast and Sausage according to directions listed on case.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</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>	18.00g
<b>Saturated Fat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	80.00mg
<b>Sodium</b>	830.00mg
<b>Carbohydrates</b>	45.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	17.00g
<b>Added Sugar</b>	13.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 2.40mg
<b>Calcium</b> 53.00mg	<b>Iron</b> 3.72mg

### Nutrition - Per 100g

No 100g Conversion Available

# 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

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</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>	8.67g		
<b>Saturated Fat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	216.67mg		
<b>Carbohydrates</b>	46.33g		
<b>Fiber</b>	3.33g		
<b>Total Sugar</b>	21.67g		
<b>Added Sugar</b>	13.33g		
<b>Protein</b>	4.67g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	33.33mg	<b>Iron</b>	1.87mg

### Nutrition - Per 100g

No 100g Conversion Available

# Caesar Side Salad

<b>Servings:</b>	135.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18695
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD TINY CHP 55/45	18 Pound		153121
CHEESE PARM SHRD FCY	3 Pound	1.5 bags	460095
DRESSING CAESAR	1 Gallon	N/A	818201
CROUTON MULTIGR CHS GARL	1/3 Each	1/3 bag	748510

## Preparation Instructions

Divide ingredients among 3 pans.

Each pan provides 45, 1 cup servings.

Updated 12.19.23

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.500
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 135.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>	155.17		
<b>Fat</b>	14.21g		
<b>Saturated Fat</b>	3.67g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	18.36mg		
<b>Sodium</b>	345.87mg		
<b>Carbohydrates</b>	4.62g		
<b>Fiber</b>	1.54g		
<b>Total Sugar</b>	2.13g		
<b>Added Sugar</b>	0.95g		
<b>Protein</b>	4.39g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	109.99mg	<b>Iron</b>	0.43mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# 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

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</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>Saturated Fat</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>Total Sugar</b>	14.00g		
<b>Added Sugar</b>	4.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	96.00mg	<b>Iron</b>	3.80mg

### 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	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

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	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>Saturated Fat</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>Total Sugar</b>	1.67g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	9.33g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	82.46mg	<b>Iron</b>	1.17mg

## **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	3 1/3 Tablespoon	#20 Disher	323616

## Preparation Instructions

Updated 2.27.24

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	372.28
<b>Fat</b>	15.75g
<b>Saturated Fat</b>	2.80g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	34.00mg
<b>Sodium</b>	930.53mg
<b>Carbohydrates</b>	39.00g
<b>Fiber</b>	5.00g
<b>Total Sugar</b>	3.67g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	16.83g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 127.46mg	<b>Iron</b> 1.60mg

### 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

Amount Per Serving

Component	Amount
Meat/Meat Alternate	2.000
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

### Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 10.00 Each

Amount Per Serving	
<b>Calories</b>	402.39
<b>Fat</b>	26.39g
<b>Saturated Fat</b>	5.14g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	85.23mg
<b>Sodium</b>	702.04mg
<b>Carbohydrates</b>	21.48g
<b>Fiber</b>	3.14g
<b>Total Sugar</b>	1.60g
<b>Added Sugar</b>	1.60g
<b>Protein</b>	19.88g
<b>Vitamin A</b> 209.26mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 20.93mg	<b>Iron</b> 1.51mg

## **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

Amount Per Serving

<b>Meat/Meat Alternate</b>	3.495
<b>Grain</b>	2.745
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</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>Saturated Fat</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>Total Sugar</b>	9.75g
<b>Added Sugar</b>	6.00g
<b>Protein</b>	20.25g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 350.23mg	<b>Iron</b> 3.00mg

### 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

Amount Per Serving

<b>Meat/Meat Alternate</b>	4.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.500
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</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>Saturated Fat</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>Total Sugar</b>	27.00g
<b>Added Sugar</b>	7.33g
<b>Protein</b>	25.67g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 439.79mg	<b>Iron</b> 2.55mg

## **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	USDA Brown Box Commodity---Use GFS#499789 when Brown Box not available	100036
BACON CKD RND	1 Slice	N/A	433608
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
BEEF STK SMKY GRLL	1 Each	N/A	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

Updated 8.13.25

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	3.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</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>Saturated Fat</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>Total Sugar</b>	4.50g
<b>Added Sugar</b>	3.00g
<b>Protein</b>	28.00g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.00mg	<b>Iron</b> 2.00mg

## Nutrition - Per 100g

No 100g Conversion Available

# Turkey & Provolone Cheese Sub

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12651
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD	4 Slice	Thaw	689541
CHEESE PROV NAT SLCD .75Z	1 Slice		726532
BUN SUB SLCD WGRAIN 5IN	1 Each		276142

## Preparation Instructions

Lay out buns open face on sheet tray add 4 slices of turkey and 1 slice of provolone cover and hole in pass through until service.

Updated 12.10.25

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	311.66
<b>Fat</b>	9.52g
<b>Saturated Fat</b>	4.51g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	55.83mg
<b>Sodium</b>	829.31mg
<b>Carbohydrates</b>	29.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	4.00g
<b>Added Sugar</b>	4.00g
<b>Protein</b>	28.37g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 211.00mg	<b>Iron</b> 2.00mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Ham & Colby Jack Cheese Sub

<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-12649
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 3/5 Ounce	Weight USDA Brown Box Commodity	100187
CHEESE COLBY JK SLCD	1 Each		105988
BUN SUB SLCD WGRAIN 5IN	1 Each		276142

## Preparation Instructions

Start with laying out sub buns on a sheet pan . Add 2.60 ounce weight of ham and colby jack cheese . Place parchment paper on top. Store in cooler and serve .

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.750
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	318.85
<b>Fat</b>	13.76g
<b>Saturated Fat</b>	6.13g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	58.36mg
<b>Sodium</b>	814.43mg
<b>Carbohydrates</b>	34.26g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	6.13g
<b>Added Sugar</b>	4.00g
<b>Protein</b>	20.66g
<b>Vitamin A</b> 50.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 206.00mg	<b>Iron</b> 2.20mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Sunchips

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP HARV CHED	1 Package		105260
CHIP GARDEN SALSA	1 Package		696900

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	1.250
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Bag

Amount Per Serving			
<b>Calories</b>	140.00		
<b>Fat</b>	6.00g		
<b>Saturated Fat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	155.00mg		
<b>Carbohydrates</b>	19.00g		
<b>Fiber</b>	2.00g		
<b>Total Sugar</b>	2.00g		
<b>Added Sugar</b>	2.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	0.60mg

### Nutrition - Per 100g

No 100g Conversion Available

# Homemade Pizza Roll Up

<b>Servings:</b>	32.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-56746
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD WGRAIN	32 Each		863913
BUTTER PRINT UNSLTD GRD AA	1 Pound		299405
SPICE GARLIC POWDER	8 Teaspoon		224839
CHEESE MOZZ SHRD	16 Cup	N/A	645170
PEPPERONI SLICED BULK	128 Each		596961
CHEESE PARM GRTD	1 Cup		445401

## Preparation Instructions

Dough Prep:

1. Store frozen dough at 0 to -10°F until ready to pan.
2. Remove frozen piece from the case and place on parchment lined sheet pans.
3. Cover the pan of frozen dough with a sheet of plastic sprayed with pan release oil and thaw in the cooler overnight.
4. The next day, remove covered pan of dough from the cooler and set at room temperature for 45 minutes to warm.
5. Garlic Butter: Melt butter and add garlic powder. Mix well.
6. Brush 1/2 Tablespoon of Garlic Butter and then place 1/2 cup of shredded mozzarella cheese in middle of each dough circle and add 4 pepperoni slices on top of cheese.
7. Fold in the sides of dough over the filling, tuck the bottom flap tightly over the filling, and roll it forward snugly to create a seal. Brush the edges of the dough with water and pinch to seal dough.
8. Brush the top of the pizza roll with 1/2 Tablespoon Garlic Butter mixture and sprinkle with 1/2 Tablespoon of parmesan cheese.
9. Place on lined sheet pan.
10. Place the filled pizza doughs in a preheated 325°F Convection Oven.
11. Bake for 12-15 minutes or until crust is light golden brown and filling reaches 165°F.
12. Hold at 145°F until ready to serve.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	492.25
<b>Fat</b>	28.93g
<b>Saturated Fat</b>	16.25g
<b>Trans Fat</b>	0.01g
<b>Cholesterol</b>	62.67mg
<b>Sodium</b>	657.11mg
<b>Carbohydrates</b>	32.27g
<b>Fiber</b>	3.20g
<b>Total Sugar</b>	6.00g
<b>Added Sugar</b>	3.00g
<b>Protein</b>	24.10g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 462.77mg	<b>Iron</b> 1.81mg

## Nutrition - Per 100g

No 100g Conversion Available