

Cookbook for Concord High School

Created by HPS Menu Planner

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Yogurt Parfait*

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28455
School:	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 or can use GFS#811490	499989
Blueberries, Frozen	25 Cup	N/A	110624
Strawberries, Whole fzn	25 Cup	BAKE	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 2.25.26

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

Calories	843.42
Fat	11.21g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	15.55mg
Sodium	543.34mg
Carbohydrates	163.31g
Fiber	18.28g
Total Sugar	73.67g
Added Sugar	38.98g
Protein	29.24g
Vitamin A 497.51mcg RAE	Vitamin C 0.00mg
Calcium 684.08mg	Iron 0.00mg

Variety of 100% Fruit Juice

Servings:	7.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28204
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100% FZ	1 Each		135460
JUICE CUP APPL 100% FZ	1 Each		604559
JUICE CUP ORNG 100%	1 Each		604556
JUICE BOX APPL 100%	1/2 Cup		581193
JUICE BOX FRT PNCH 100%	1 Each		604558
JUICE BOX VERY BERRY 100%	1 Each		581195
JUICE BOX GRP 100%	1 Each		604557

Preparation Instructions

For Frozen Juice Cups (GFS#135460, GFS#604559, GFS#604556): Mark EACH case with the date product was pulled from freezer and thawed. Once thawed keep refrigerated at or below 40 degrees and always store upright. For Best flavor USE WITHIN 10 DAYS of pull date. Do not refreeze thawed juice

Note: All juice has Buy American letter on file as of January 2026

Updated 5.21.2026

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	65.71
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	7.14mg
Carbohydrates	16.14g
Fiber	0.00g
Total Sugar	14.71g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 8.29mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Patty Sandwich*

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
CHIX BRST HOT&SPCY 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

Meat/Meat Alternate	2.000
Grain	3.000
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	
Calories	350.00
Fat	12.00g
Saturated Fat	2.50g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	570.00mg
Carbohydrates	34.00g
Fiber	4.00g
Total Sugar	5.00g
Added Sugar	4.00g
Protein	24.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 30.00mg	Iron 3.00mg

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger*

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10134
School:	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

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	
Calories	420.00
Fat	21.50g
Saturated Fat	9.00g
Trans Fat	1.00g
Cholesterol	77.50mg
Sodium	750.00mg
Carbohydrates	26.00g
Fiber	3.00g
Total Sugar	4.50g
Added Sugar	3.00g
Protein	24.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 30.00mg	Iron 2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Hamburger*

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47865
School:	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

Meat/Meat Alternate	3.000
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	380.00
Fat	19.00g
Saturated Fat	7.50g
Trans Fat	1.00g
Cholesterol	70.00mg
Sodium	610.00mg
Carbohydrates	25.00g
Fiber	3.00g
Total Sugar	4.00g
Added Sugar	3.00g
Protein	21.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 30.00mg	Iron 2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Diced Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42659
School:	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

Meat/Meat Alternate	2.500
Grain	2.000
Fruit	0.000
DarkGreen	0.500
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	383.33
Fat	14.67g
Saturated Fat	4.25g
Trans Fat	0.00g
Cholesterol	55.83mg
Sodium	655.00mg
Carbohydrates	35.33g
Fiber	2.00g
Total Sugar	3.00g
Added Sugar	2.00g
Protein	25.50g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 134.00mg	Iron 3.58mg

Nutrition - Per 100g

Calories	233.34
Fat	8.93g
Saturated Fat	2.59g
Trans Fat	0.00g
Cholesterol	33.99mg
Sodium	398.71mg
Carbohydrates	21.51g
Fiber	1.22g
Total Sugar	1.83g
Added Sugar	1.22g
Protein	15.52g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 81.57mg	Iron 2.18mg

Chicken Bacon Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42658
School:	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

Meat/Meat Alternate	2.500
Grain	2.000
Fruit	0.000
DarkGreen	0.500
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	433.33
Fat	17.67g
Saturated Fat	5.25g
Trans Fat	0.00g
Cholesterol	65.83mg
Sodium	875.00mg
Carbohydrates	35.33g
Fiber	2.00g
Total Sugar	3.00g
Added Sugar	2.00g
Protein	31.50g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 134.00mg	Iron 3.58mg

Nutrition - Per 100g

Calories	263.78
Fat	10.75g
Saturated Fat	3.20g
Trans Fat	0.00g
Cholesterol	40.07mg
Sodium	532.63mg
Carbohydrates	21.51g
Fiber	1.22g
Total Sugar	1.83g
Added Sugar	1.22g
Protein	19.17g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 81.57mg	Iron 2.18mg

Popcorn Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42660
School:	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

Meat/Meat Alternate	2.500
Grain	2.000
Fruit	0.000
DarkGreen	0.500
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	445.00
Fat	20.00g
Saturated Fat	5.00g
Trans Fat	0.00g
Cholesterol	80.00mg
Sodium	885.00mg
Carbohydrates	39.50g
Fiber	4.00g
Total Sugar	3.00g
Added Sugar	2.00g
Protein	27.50g
Vitamin A 200.00mcg RAE	Vitamin C 0.00mg
Calcium 54.00mg	Iron 3.80mg

Nutrition - Per 100g

Calories	229.30
Fat	10.31g
Saturated Fat	2.58g
Trans Fat	0.00g
Cholesterol	41.22mg
Sodium	456.02mg
Carbohydrates	20.35g
Fiber	2.06g
Total Sugar	1.55g
Added Sugar	1.03g
Protein	14.17g
Vitamin A 103.06mcg RAE	Vitamin C 0.00mg
Calcium 27.83mg	Iron 1.96mg

Egg and Cheese Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42663
School:	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

Meat/Meat Alternate	12.261
Grain	2.000
Fruit	0.000
DarkGreen	0.500
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	860.54
Fat	27.01g
Saturated Fat	18.51g
Trans Fat	0.00g
Cholesterol	1416.40mg
Sodium	1110.45mg
Carbohydrates	35.00g
Fiber	2.00g
Total Sugar	3.00g
Added Sugar	2.00g
Protein	59.05g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 314.18mg	Iron 7.58mg

Nutrition - Per 100g

Calories	799.91
Fat	25.11g
Saturated Fat	17.21g
Trans Fat	0.00g
Cholesterol	1316.60mg
Sodium	1032.21mg
Carbohydrates	32.53g
Fiber	1.86g
Total Sugar	2.79g
Added Sugar	1.86g
Protein	54.88g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 292.04mg	Iron 7.05mg

Buffalo Chicken Wrap

Servings:	41.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10101
School:	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 12"	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

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

Nutrition Facts

Servings Per Recipe: 41.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

Calories	382.40
Fat	19.59g
Saturated Fat	6.25g
Trans Fat	0.00g
Cholesterol	48.90mg
Sodium	643.10mg
Carbohydrates	30.09g
Fiber	4.07g
Total Sugar	3.51g
Added Sugar	0.00g
Protein	19.43g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 134.39mg	Iron 1.81mg

Chicken Caesar Wrap

Servings:	41.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10138
School:	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 12"	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 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 8.18.25

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 41.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

Calories	293.23
Fat	14.09g
Saturated Fat	4.46g
Trans Fat	0.00g
Cholesterol	41.13mg
Sodium	448.72mg
Carbohydrates	25.06g
Fiber	3.49g
Total Sugar	2.91g
Added Sugar	0.48g
Protein	15.79g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 108.18mg	Iron 1.48mg

Chicken Bacon Ranch Wrap

Servings:	41.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10119
School:	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 12"	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

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

Nutrition Facts

Servings Per Recipe: 41.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

Calories	349.31
Fat	17.45g
Saturated Fat	5.22g
Trans Fat	0.00g
Cholesterol	55.55mg
Sodium	625.09mg
Carbohydrates	28.11g
Fiber	3.76g
Total Sugar	3.29g
Added Sugar	0.55g
Protein	18.92g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 78.55mg	Iron 1.70mg

PBJ Meal*

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J 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

Meat/Meat Alternate	2.000
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	490.00
Fat	26.50g
Saturated Fat	8.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	600.00mg
Carbohydrates	47.00g
Fiber	5.00g
Total Sugar	15.00g
Added Sugar	12.00g
Protein	18.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 337.00mg	Iron 1.72mg

Nutrition - Per 100g

Calories	987.70
Fat	53.42g
Saturated Fat	17.13g
Trans Fat	0.00g
Cholesterol	40.31mg
Sodium	1209.43mg
Carbohydrates	94.74g
Fiber	10.08g
Total Sugar	30.24g
Added Sugar	24.19g
Protein	36.28g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 679.30mg	Iron 3.47mg

Seasoned Green Beans

Servings:	113.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10129
School:	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

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

Nutrition Facts

Servings Per Recipe: 113.00

Serving Size: 0.50 Cup

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

Nutrition - Per 100g

Calories	3569.31
Fat	77.88g
Saturated Fat	49.56g
Trans Fat	0.00g
Cholesterol	212.39mg
Sodium	16023.51mg
Carbohydrates	479.05g
Fiber	228.91g
Total Sugar	228.91g
Added Sugar	0.00g
Protein	114.45g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 21.24mg	Iron 0.00mg

Variety of Fruit

Servings:	15.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10694
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Pears 6-10	1/2 Cup	USDA Brown Box Commodity	100225
Applesauce cnd	1/2 Cup	USDA Brown Box Commodity	110541comm
Diced Peaches CND 6-10	1/2 Cup	USDA Brown Box Commodity	100220
Peach Cups 96-4.4Z	1 Each	USDA Brown Box Commodity	100241
STRAWBERRIES, DICED, CUPS, FROZEN	1 Each	USDA Brown Box Commodity	100256
ORANGES MAND WHL L/S	1/2 Cup		117897
PINEAPPLE TROPICAL GLD	1/2 Cup	N/A	500471
FRUIT SAL TROP L/S	1/2 Cup	N/A	506109
APPLE BRAEBURN 138CT MRKN	1 Each		569382
APPLE FRSH SLCD	1 Package	N/A	473171
PEAR	1 Each		198056
BANANA TURNING SNGL 150CT	1 Each		197769
GRAPES RED SDLSS	1/2 Cup		197831
ORANGES NAVEL/VALENCIA CHC	1 Each		322326
FRUIT COCKTAIL DCD XL/S	1/2 Cup		258362

Preparation Instructions

Updated 12.16.25

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 15.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	70.75
Fat	0.03g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.72mg
Carbohydrates	17.64g
Fiber	1.77g
Total Sugar	13.16g
Added Sugar	1.87g
Protein	0.55g
Vitamin A 57.21mcg RAE	Vitamin C 8.37mg
Calcium 10.51mg	Iron 0.15mg

Nutrition - Per 100g

Calories	901.29
Fat	0.40g
Saturated Fat	0.06g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	21.97mg
Carbohydrates	224.77g
Fiber	22.53g
Total Sugar	167.59g
Added Sugar	23.78g
Protein	6.99g
Vitamin A 728.82mcg RAE	Vitamin C 106.57mg
Calcium 133.90mg	Iron 1.89mg

Bacon, Egg & Cheese on Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-58647
School:	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
BISCUIT WGRAIN EZ SPLIT	1 Each	N/A	631902

Preparation Instructions

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

Meal Components

Amount Per Serving

Component	Amount
Meat/Meat Alternate	1.750
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 Sandwich

Amount Per Serving	
Calories	395.00
Fat	22.50g
Saturated Fat	12.50g
Trans Fat	0.00g
Cholesterol	105.00mg
Sodium	990.01mg
Carbohydrates	30.00g
Fiber	2.00g
Total Sugar	3.00g
Added Sugar	2.00g
Protein	17.00g
Vitamin A 32.73mcg RAE	Vitamin C 0.01mg
Calcium 185.00mg	Iron 1.50mg

Nutrition - Per 100g

Calories	3291.68
Fat	187.50g
Saturated Fat	104.17g
Trans Fat	0.00g
Cholesterol	875.01mg
Sodium	8250.07mg
Carbohydrates	250.00g
Fiber	16.67g
Total Sugar	25.00g
Added Sugar	16.67g
Protein	141.67g
Vitamin A 272.75mcg RAE	Vitamin C 0.08mg
Calcium 1541.67mg	Iron 12.50mg

Egg & Cheese on Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-58648
School:	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
BISCUIT WGRAIN EZ SPLIT	1 Each	N/A	631902

Preparation Instructions

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.750
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 Sandwich

Amount Per Serving	
Calories	345.00
Fat	18.50g
Saturated Fat	11.00g
Trans Fat	0.00g
Cholesterol	90.00mg
Sodium	780.00mg
Carbohydrates	30.00g
Fiber	2.00g
Total Sugar	3.00g
Added Sugar	2.00g
Protein	13.00g
Vitamin A 32.73mcg RAE	Vitamin C 0.01mg
Calcium 185.00mg	Iron 1.50mg

Nutrition - Per 100g

No 100g Conversion Available

Sausage, Egg & Cheese on Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-58646
School:	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
BISCUIT WGRAIN EZ SPLIT	1 Each	N/A	631902

Preparation Instructions

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

Updated 8.13.25

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.250
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 Sandwich

Amount Per Serving	
Calories	385.00
Fat	22.00g
Saturated Fat	11.00g
Trans Fat	0.00g
Cholesterol	122.50mg
Sodium	910.00mg
Carbohydrates	29.00g
Fiber	2.00g
Total Sugar	2.50g
Added Sugar	2.00g
Protein	16.00g
Vitamin A 32.73mcg RAE	Vitamin C 1.21mg
Calcium 185.00mg	Iron 1.86mg

Nutrition - Per 100g

No 100g Conversion Available

Bacon, Egg & Cheese on English Muffin

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

Ingredients

Description	Measurement	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

Meat/Meat Alternate	1.750
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 Sandwich

Amount Per Serving	
Calories	295.00
Fat	14.00g
Saturated Fat	5.50g
Trans Fat	0.00g
Cholesterol	105.00mg
Sodium	850.01mg
Carbohydrates	24.00g
Fiber	1.00g
Total Sugar	2.00g
Added Sugar	0.00g
Protein	19.00g
Vitamin A 32.73mcg RAE	Vitamin C 0.01mg
Calcium 105.00mg	Iron 1.60mg

Nutrition - Per 100g

Calories	2458.35
Fat	116.67g
Saturated Fat	45.83g
Trans Fat	0.00g
Cholesterol	875.01mg
Sodium	7083.40mg
Carbohydrates	200.00g
Fiber	8.33g
Total Sugar	16.67g
Added Sugar	0.00g
Protein	158.33g
Vitamin A 272.75mcg RAE	Vitamin C 0.08mg
Calcium 875.00mg	Iron 13.33mg

Egg & Cheese on English Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-41903
School:	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	
Meat/Meat Alternate	1.750
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 Sandwich

Amount Per Serving	
Calories	245.00
Fat	10.00g
Saturated Fat	4.00g
Trans Fat	0.00g
Cholesterol	90.00mg
Sodium	640.00mg
Carbohydrates	24.00g
Fiber	1.00g
Total Sugar	2.00g
Added Sugar	0.00g
Protein	15.00g
Vitamin A 32.73mcg RAE	Vitamin C 0.01mg
Calcium 105.00mg	Iron 1.60mg

Nutrition - Per 100g

No 100g Conversion Available

Sausage, Egg & Cheese on English Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-41904
School:	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

Meat/Meat Alternate	2.250
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 Sandwich

Amount Per Serving	
Calories	285.00
Fat	13.50g
Saturated Fat	4.00g
Trans Fat	0.00g
Cholesterol	122.50mg
Sodium	770.00mg
Carbohydrates	23.00g
Fiber	1.00g
Total Sugar	1.50g
Added Sugar	0.00g
Protein	18.00g
Vitamin A 32.73mcg RAE	Vitamin C 1.21mg
Calcium 105.00mg	Iron 1.96mg

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Fruit Pizza Kit

Servings:	32.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-58389

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD WGRAIN	32 Each		863913
STRAWBERRY SMALL DCD 1/2IN IQF	8 Cup		630480
Free-Flow Cultivated Blueberries, Grade A, IQF, 30 Lb Bag	8 Cup		119873
Gordon Choice Strawberry Cream Cheese	32 Each		417357

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. Spread dough out and poke holes in the dough.
6. Place dough in a preheated 325°F Convection Oven and bake 8-10 minutes or until crust is light golden brown.
7. Once dough is baked cut into four triangles.

Package together: 4 triangles of cooked pizza dough, cup of strawberry and blueberry, and

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	248.65
Fat	6.85g
Saturated Fat	3.30g
Trans Fat	0.01g
Cholesterol	15.00mg
Sodium	199.30mg
Carbohydrates	40.00g
Fiber	4.95g
Total Sugar	11.75g
Added Sugar	7.00g
Protein	8.45g
Vitamin A 3.40mcg RAE**	Vitamin C 17.57mg**
Calcium 28.76mg	Iron 1.98mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

Calories	350.85
Fat	9.67g
Saturated Fat	4.66g
Trans Fat	0.01g
Cholesterol	21.17mg
Sodium	281.22mg
Carbohydrates	56.44g
Fiber	6.98g
Total Sugar	16.58g
Added Sugar	9.88g
Protein	11.92g
Vitamin A 4.80mcg RAE**	Vitamin C 24.79mg**
Calcium 40.58mg	Iron 2.79mg

**One or more nutritional components are missing from at least one item on this recipe.

Homemade Crispito

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47816

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	10 Pound	Weight USDA Brown Box Commodity Thaw	100101
SEASONING TACO MIX	9 Ounce	1 Package	222313
Tap Water	1 1/2 Quart		
CHEESE CHED MLD SHRD 4-5 LOL	20 Cup		150250
TORTILLA SHELL SAL ULTRGR 10" BK	80 Each		720526

Preparation Instructions

Chicken: Heat chicken, taco seasoning and 1.5 quarts water to a boil. Reduce heat and simmer 15 minutes stirring occasionally.

Assemble: On one tortilla shell place 2 ounce weight of chicken and 1/4 cup of cheese. Roll up and place on tray to bake. Bake for 8 minutes.

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.000
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: 80.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	422.63
Fat	25.00g
Saturated Fat	8.50g
Trans Fat	0.00g
Cholesterol	72.00mg
Sodium	756.18mg
Carbohydrates	26.13g
Fiber	2.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	21.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 211.13mg	Iron 1.00mg

Nutrition - Per 100g

Calories	478.96
Fat	28.33g
Saturated Fat	9.63g
Trans Fat	0.00g
Cholesterol	81.60mg
Sodium	856.96mg
Carbohydrates	29.61g
Fiber	2.27g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	23.80g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 239.26mg	Iron 1.13mg

Glazed Carrots

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

Ingredients

Description	Measurement	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

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

Nutrition Facts

Servings Per Recipe: 105.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	35.88
Fat	1.68g
Saturated Fat	0.69g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	45.55mg
Carbohydrates	4.87g
Fiber	1.92g
Total Sugar	2.95g
Added Sugar	0.39g
Protein	0.64g
Vitamin A 114.29mcg RAE	Vitamin C 0.00mg
Calcium 25.59mg	Iron 0.23mg

Nutrition - Per 100g

Calories	53.59
Fat	2.50g
Saturated Fat	1.02g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	68.02mg
Carbohydrates	7.27g
Fiber	2.87g
Total Sugar	4.40g
Added Sugar	0.58g
Protein	0.96g
Vitamin A 170.68mcg RAE	Vitamin C 0.00mg
Calcium 38.21mg	Iron 0.34mg

Refried Beans with Queso

Servings:	66.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47892
School:	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

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

Nutrition Facts

Servings Per Recipe: 66.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	325.05
Fat	13.54g
Saturated Fat	7.42g
Trans Fat	0.01g
Cholesterol	35.15mg
Sodium	1227.01mg
Carbohydrates	30.40g
Fiber	11.54g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	19.54g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 317.99mg	Iron 2.66mg

Nutrition - Per 100g

Calories	281.99
Fat	11.75g
Saturated Fat	6.44g
Trans Fat	0.01g
Cholesterol	30.49mg
Sodium	1064.46mg
Carbohydrates	26.37g
Fiber	10.01g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	16.95g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 275.87mg	Iron 2.31mg

Sausage, Egg & Cheese on Croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-45876
School:	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

Meat/Meat Alternate	2.250
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 Sandwich

Amount Per Serving	
Calories	405.00
Fat	22.00g
Saturated Fat	8.50g
Trans Fat	0.00g
Cholesterol	122.50mg
Sodium	750.00mg
Carbohydrates	34.00g
Fiber	1.10g
Total Sugar	5.50g
Added Sugar	4.00g
Protein	17.00g
Vitamin A 32.73mcg RAE	Vitamin C 1.21mg
Calcium 15.00mg	Iron 2.06mg

Nutrition - Per 100g

No 100g Conversion Available

Bacon, Egg & Cheese on Croissant

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

Ingredients

Description	Measurement	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

Meat/Meat Alternate	1.250
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 Sandwich

Amount Per Serving	
Calories	375.00
Fat	20.00g
Saturated Fat	8.50g
Trans Fat	0.00g
Cholesterol	97.50mg
Sodium	690.01mg
Carbohydrates	34.00g
Fiber	1.10g
Total Sugar	5.50g
Added Sugar	4.00g
Protein	15.00g
Vitamin A 32.73mcg RAE	Vitamin C 0.01mg
Calcium 15.00mg	Iron 1.70mg

Nutrition - Per 100g

Calories	3125.02
Fat	166.67g
Saturated Fat	70.83g
Trans Fat	0.00g
Cholesterol	812.51mg
Sodium	5750.07mg
Carbohydrates	283.33g
Fiber	9.17g
Total Sugar	45.83g
Added Sugar	33.33g
Protein	125.00g
Vitamin A 272.75mcg RAE	Vitamin C 0.08mg
Calcium 125.00mg	Iron 14.17mg

Egg & Cheese on Croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-45878
School:	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

Meat/Meat Alternate	1.250
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 Sandwich

Amount Per Serving	
Calories	325.00
Fat	16.00g
Saturated Fat	7.00g
Trans Fat	0.00g
Cholesterol	82.50mg
Sodium	480.00mg
Carbohydrates	34.00g
Fiber	1.10g
Total Sugar	5.50g
Added Sugar	4.00g
Protein	11.00g
Vitamin A 32.73mcg RAE	Vitamin C 0.01mg
Calcium 15.00mg	Iron 1.70mg

Nutrition - Per 100g

No 100g Conversion Available

Pop-Tarts (2 count)

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28215
School:	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 BLUEB WGRAIN	1 Package	Equal 2.25 grains	865101

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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: 4.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	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	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

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.218

Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	78.34
Fat	0.87g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	356.89mg
Carbohydrates	14.80g
Fiber	0.87g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	1.74g
Vitamin A	0.00mcg RAE
Vitamin C	0.00mg
Calcium	8.70mg
Iron	0.26mg

Nutrition - Per 100g

Calories	375.02
Fat	4.17g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1708.41mg
Carbohydrates	70.84g
Fiber	4.17g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	8.33g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 41.67mg	Iron 1.25mg

Seasoned Corn

Servings:	165.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20143
School:	Concord Intermediate		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF	30 Pound		283730
BUTTER PRINT SLTD GRD AA	1/2 Pound		191205

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 165.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	109.18
Fat	1.70g
Saturated Fat	0.69g
Trans Fat	0.00g
Cholesterol	2.95mg
Sodium	15.06mg
Carbohydrates	22.35g
Fiber	2.48g
Total Sugar	2.48g
Added Sugar	0.00g
Protein	3.73g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 4.22mg	Iron 0.50mg

Nutrition - Per 100g

Calories	130.21
Fat	2.03g
Saturated Fat	0.82g
Trans Fat	0.00g
Cholesterol	3.52mg
Sodium	17.96mg
Carbohydrates	26.66g
Fiber	2.96g
Total Sugar	2.96g
Added Sugar	0.00g
Protein	4.44g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 5.04mg	Iron 0.59mg

Boom Boom Chicken

Servings:	160.00	Category:	Entree
Serving Size:	10.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-24386
School:	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

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

Nutrition - Per 100g

Calories	315.43
Fat	20.69g
Saturated Fat	4.03g
Trans Fat	0.00g
Cholesterol	66.81mg
Sodium	550.32mg
Carbohydrates	16.84g
Fiber	2.46g
Total Sugar	1.25g
Added Sugar	1.25g
Protein	15.58g
Vitamin A 164.04mcg RAE	Vitamin C 0.00mg
Calcium 16.40mg	Iron 1.18mg

Sweet Hawaiian Roll

Servings:	40.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-58644
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Hawaiian Roll	40 roll		149052

Preparation Instructions

1. Remove desired amount of product from freezer and place frozen dough on oiled parchment lined sheet pan (5x8) 5 rows of 8 pieces per full sheet pan. Cover individual pans with plastic wrap sprayed with pan release.
 2. Place individual covered pans on speed rack and place in cooler 12-18 hours or overnight.
 3. Floor Proof: keep dough covered and hold at room temperature for 60-90 minutes or until doubled in size.
 4. Bake--
Conventional Oven: 350°F for 8-10 minutes
Convection Oven: 300°F for 6-8 minutes
 5. Bake until rolls are golden brown and reach 200°F rotating pans halfway through baking.
- Note: Do NOT overbake as product will continue to bake on hot pans while cooling. Set aside to cool for 5-6 minutes for easier handling.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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: 40.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	110.00
Fat	2.00g
Saturated Fat	1.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	180.00mg
Carbohydrates	18.00g
Fiber	1.00g
Total Sugar	4.00g
Added Sugar	4.00g
Protein	4.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 10.00mg	Iron 0.90mg

Nutrition - Per 100g

No 100g Conversion Available

Beef Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54900
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce	Cook--3.17 ounce Weight or 3/8 cup or #10 Disher	722330
LETTUCE ROMAINE RIBBONS	1 Cup		451730
Cheese, Cheddar Reduced fat, Shredded	2 Tablespoon		100012
CHIP NACHO CHS R/F TOP N GO	1 Each	N/A	815803

Preparation Instructions

Taco Meat: Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches serving temperature.

For Service: Layer 1 cup of lettuce in container. Then layer taco meat and cheese on top. Open bag of chips and put into corner of container. Serve with option of salsa and sour cream packet.

Meal Components

Amount Per Serving

Amount Per Serving	
Meat/Meat Alternate	2.500
Grain	2.000
Fruit	0.000
DarkGreen	0.500
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	354.00
Fat	15.00g
Saturated Fat	4.80g
Trans Fat	0.00g
Cholesterol	44.00mg
Sodium	596.00mg
Carbohydrates	34.50g
Fiber	6.00g
Total Sugar	3.00g
Added Sugar	0.00g
Protein	20.50g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 131.00mg	Iron 1.40mg

Nutrition - Per 100g

Calories	340.25
Fat	14.42g
Saturated Fat	4.61g
Trans Fat	0.00g
Cholesterol	42.29mg
Sodium	572.86mg
Carbohydrates	33.16g
Fiber	5.77g
Total Sugar	2.88g
Added Sugar	0.00g
Protein	19.70g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 125.91mg	Iron 1.35mg

Chicken Ramen Bowl

Servings:	51.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57794
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL BLND CNOLA/XVRGN 90/10	1/2 Cup		732900
GARLIC MINCED IN WTR	1 Cup		463996
SPICE GINGER GRND	3/4 Cup		513695
SAUCE SOY LITE	1/2 Cup		466425
Chicken, Diced, Cooked, Frozen	102 Ounce	USDA Brown Box Commodity--Thaw---102 ounces or 6 pounds 6 ounces	100101
VEG BLND STIR FRY	25 1/2 Cup		473324
Woodles Ramen Noodles, Shelf-Stable, 2.96 Oz Package, 48/Case	51 Each		481514
Tap Water	25 1/2 Cup	Boiling Water for Chicken Base	
BASE CHIX LO SOD NO MSG	1 1/2 Tablespoon	N/A	580589

Preparation Instructions

- 1) Heat olive oil in skillet and cook minced garlic, ginger, soy sauce and chicken together for 10-15 minutes or until internal temperature reaches 165°F for 15 seconds.
- 2) Cook mixed vegetables until reaches 135°F temperature is reached.
- 3) Cook Woodles in boiling water for 3 minutes (or until desired firmness) or pour boiling water over the noodles and let soak for 5 minutes before draining.
- 4) Mix 25 1/2 cups of boiling water and 1 1/2 Tablespoon chicken base together until chicken base is dissolved. Keep hot in warmer.

For service: Place 1 cup of cooked woodles into bowl then add 1/2 cup of chicken broth, 2 ounce weight of diced chicken, and 1/4 cup cooked vegetable.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.250
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 51.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	483.61**
Fat	18.98g**
Saturated Fat	0.13g**
Trans Fat	0.00g**
Cholesterol	42.00mg**
Sodium	415.02mg**
Carbohydrates	57.80g**
Fiber	8.06g**
Total Sugar	1.00g**
Added Sugar	0.00g**
Protein	22.14g**
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 38.42mg**	Iron 6.46mg**

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

Calories	852.93**
Fat	33.48g**
Saturated Fat	0.23g**
Trans Fat	0.00g**
Cholesterol	74.07mg**
Sodium	731.96mg**
Carbohydrates	101.94g**
Fiber	14.22g**
Total Sugar	1.76g**
Added Sugar	0.00g**
Protein	39.05g**
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 67.77mg**	Iron 11.39mg**

**One or more nutritional components are missing from at least one item on this recipe.

Roasted Broccoli

Servings:	27.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-55622
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS	6 Pound	1/4 of a box for each full sheet pan	610902
SEASONING GARDEN NO SALT	1/8 Cup		565148
SPICE GARLIC POWDER	2 Tablespoon		224839
SPICE ONION POWDER	2 Tablespoon		195173
OIL BLND CANOLA/XVGRN 80/20	1/4 Cup		645182

Preparation Instructions

Toss or coat frozen broccoli well with olive oil and seasonings.

Bake on full size cooking sheet at 365 for 19 minutes.

Use 4 oz spoodle to cup broccoli

24/25 kj jh

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 27.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	58.22
Fat	2.07g
Saturated Fat	0.15g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	34.22mg
Carbohydrates	9.59g
Fiber	4.67g
Total Sugar	1.56g
Added Sugar	0.00g
Protein	4.67g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 36.30mg	Iron 1.56mg

Nutrition - Per 100g

Calories	57.76
Fat	2.06g
Saturated Fat	0.15g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	33.95mg
Carbohydrates	9.52g
Fiber	4.63g
Total Sugar	1.54g
Added Sugar	0.00g
Protein	4.63g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 36.01mg	Iron 1.54mg

Bacon Cheeseburger*

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10098
School:	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

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	
Calories	470.00
Fat	25.50g
Saturated Fat	10.50g
Trans Fat	1.00g
Cholesterol	92.50mg
Sodium	960.01mg
Carbohydrates	26.00g
Fiber	3.00g
Total Sugar	4.50g
Added Sugar	3.00g
Protein	28.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 30.00mg	Iron 2.00mg

Nutrition - Per 100g

Calories	3916.68
Fat	212.50g
Saturated Fat	87.50g
Trans Fat	8.33g
Cholesterol	770.84mg
Sodium	8000.07mg
Carbohydrates	216.67g
Fiber	25.00g
Total Sugar	37.50g
Added Sugar	25.00g
Protein	233.33g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 250.00mg	Iron 16.67mg

Homemade Chicken Quesadilla

Servings:	40.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-58645
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	5 Pound		100101
TORTILLA FLOUR ULTRGR 9"	40 Each		523610
SEASONING TACO SLT FR	1/2 Cup		605062
CHEESE BLND CHED/MONTRY JK SHRD	10 Cup	N/A	712131

Preparation Instructions

Thaw Chicken under refrigeration 1-2 days in advance.

1. Cook chicken in steamer until reaches temperature
2. Leave tortillas in packaging and place on parchment lined sheet pan then place in warmer for easier assembly the day of service
3. Toss the cooked chicken with taco seasoning.
4. Lay the warm tortillas out on a flat surface and place 2 ounce weight of chicken and 1/4 cup (2 oz spoodle or #16 Disher) of cheese
5. Fold tortilla over and place on to a lightly greased or parchment lined baking tray. Repeat until tray is full.
6. Bake quesadillas in preheated oven 350°F until the cheese has melted, range of 5-10 minutes.
7. Hold in warmer until ready to serve. Critical Control Point: Hold for hot service at 135 °F or higher.

Meal Components

Amount Per Serving

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: 40.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	358.00
Fat	15.50g
Saturated Fat	8.50g
Trans Fat	0.00g
Cholesterol	67.00mg
Sodium	402.00mg
Carbohydrates	31.20g
Fiber	3.30g
Total Sugar	2.00g
Added Sugar	0.00g
Protein	23.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 242.00mg	Iron 1.74mg

Nutrition - Per 100g

Calories	631.39
Fat	27.34g
Saturated Fat	14.99g
Trans Fat	0.00g
Cholesterol	118.17mg
Sodium	709.00mg
Carbohydrates	55.03g
Fiber	5.82g
Total Sugar	3.53g
Added Sugar	0.00g
Protein	40.56g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 426.81mg	Iron 3.07mg

Caesar Side Salad

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD TINY CHP 55/45	18 Pound	6 pounds per pan	153121
CHEESE PARM SHVD	3 Pound	1 pound per pan	140560
DRESSING CAESAR	1 Gallon	5 1/3 cups per pan	818201
CROUTON MULTIGR CHS GARL	2 Pound	Approximately 5 1/2 cups per pan--- ***Non-Whole Grain***	748510

Preparation Instructions

Divide ingredients among 3 pans.

Each pan provides 45, 1 cup servings.

Updated 5.22.2026

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 135.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	184.02
Fat	15.17g
Saturated Fat	3.67g
Trans Fat	0.00g
Cholesterol	18.36mg
Sodium	456.05mg
Carbohydrates	9.07g
Fiber	1.19g
Total Sugar	2.13g
Added Sugar	0.95g
Protein	5.35g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 113.83mg	Iron 0.43mg

Nutrition - Per 100g

Calories	176.74
Fat	14.57g
Saturated Fat	3.53g
Trans Fat	0.00g
Cholesterol	17.63mg
Sodium	438.01mg
Carbohydrates	8.72g
Fiber	1.14g
Total Sugar	2.05g
Added Sugar	0.91g
Protein	5.14g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 109.33mg	Iron 0.41mg