

# **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 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

<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 RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 328.36mg	<b>Iron</b> 0.00mg

## Nutrition - Per 100g

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

# Variety of 100% Fruit Juice

<b>Servings:</b>	7.00	<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 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

<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: 7.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	65.71
<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>	7.14mg
<b>Carbohydrates</b>	16.14g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	14.71g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 8.29mg	<b>Iron</b> 0.00mg

## 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 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

<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 RAE	<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

<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>	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 RAE	<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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# 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 RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.00mg	<b>Iron</b> 2.00mg

### 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 RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 134.00mg	<b>Iron</b> 3.58mg

## Nutrition - Per 100g

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

# 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 RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 134.00mg	<b>Iron</b> 3.58mg

## Nutrition - Per 100g

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

# 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 RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 54.00mg	<b>Iron</b> 3.80mg

## Nutrition - Per 100g

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

# 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>	12.261
<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>	860.54
<b>Fat</b>	27.01g
<b>Saturated Fat</b>	18.51g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	1416.40mg
<b>Sodium</b>	1110.45mg
<b>Carbohydrates</b>	35.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	3.00g
<b>Added Sugar</b>	2.00g
<b>Protein</b>	59.05g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 314.18mg	<b>Iron</b> 7.58mg

## Nutrition - Per 100g

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

# 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 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

<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 RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 243.52mg	<b>Iron</b> 3.28mg

## Nutrition - Per 100g

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

# 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 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

<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 RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 239.90mg	<b>Iron</b> 3.28mg

## Nutrition - Per 100g

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

# 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 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

<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 RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 154.29mg	<b>Iron</b> 3.34mg

## Nutrition - Per 100g

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

# 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 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

<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 RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 337.00mg	<b>Iron</b> 1.72mg

## Nutrition - Per 100g

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

# 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 RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.21mg	<b>Iron</b> 0.00mg

## Nutrition - Per 100g

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

# Variety of Fruit

<b>Servings:</b>	15.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 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	1/2 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

<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: 15.00

Serving Size: 0.50 Cup

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

## Nutrition - Per 100g

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

# Bacon, Egg & Cheese on Biscuit

<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-58647
<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
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	
<b>Calories</b>	395.00
<b>Fat</b>	22.50g
<b>Saturated Fat</b>	12.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	105.00mg
<b>Sodium</b>	990.01mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	3.00g
<b>Added Sugar</b>	2.00g
<b>Protein</b>	17.00g
<b>Vitamin A</b> 32.73mcg RAE	<b>Vitamin C</b> 0.01mg
<b>Calcium</b> 185.00mg	<b>Iron</b> 1.50mg

## Nutrition - Per 100g

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

# Egg & Cheese on Biscuit

<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-58648
<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
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

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Sausage, Egg & Cheese on Biscuit

<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-58646
<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
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

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

## **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 RAE	<b>Vitamin C</b> 0.01mg
<b>Calcium</b> 105.00mg	<b>Iron</b> 1.60mg

## Nutrition - Per 100g

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

# 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 RAE	<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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# 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 RAE	<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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# Breakfast Fruit Pizza Kit

<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>	Breakfast	<b>Recipe ID:</b>	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

<b>Meat/Meat Alternate</b>	0.000
<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: 32.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	248.65
<b>Fat</b>	6.85g
<b>Saturated Fat</b>	3.30g
<b>Trans Fat</b>	0.01g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	199.30mg
<b>Carbohydrates</b>	40.00g
<b>Fiber</b>	4.95g
<b>Total Sugar</b>	11.75g
<b>Added Sugar</b>	5.00g
<b>Protein</b>	8.45g
<b>Vitamin A</b> 3.40mcg RAE	<b>Vitamin C</b> 17.57mg
<b>Calcium</b> 28.76mg	<b>Iron</b> 1.98mg

## Nutrition - Per 100g

<b>Calories</b>	350.85
<b>Fat</b>	9.67g
<b>Saturated Fat</b>	4.66g
<b>Trans Fat</b>	0.01g
<b>Cholesterol</b>	21.17mg
<b>Sodium</b>	281.22mg
<b>Carbohydrates</b>	56.44g
<b>Fiber</b>	6.98g
<b>Total Sugar</b>	16.58g
<b>Added Sugar</b>	7.06g
<b>Protein</b>	11.92g
<b>Vitamin A</b> 4.80mcg RAE	<b>Vitamin C</b> 24.79mg
<b>Calcium</b> 40.58mg	<b>Iron</b> 2.79mg

# Homemade Crispito

<b>Servings:</b>	80.00	<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-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

<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: 80.00

Serving Size: 1.00 Each

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

## Nutrition - Per 100g

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

# 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 RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 25.59mg	<b>Iron</b> 0.23mg

## Nutrition - Per 100g

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

# 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 RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 317.99mg	<b>Iron</b> 2.66mg

## Nutrition - Per 100g

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

# 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 RAE	<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 RAE	<b>Vitamin C</b> 0.01mg
<b>Calcium</b> 15.00mg	<b>Iron</b> 1.70mg

## Nutrition - Per 100g

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

# 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

<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 RAE	<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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# 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 2.00 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 2.00 grains	865101

## 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: 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 RAE	<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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# Mashed Potatoes

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	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

<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>	0.000
<b>Starchy</b>	0.218

### Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 0.50 Cup

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

## Nutrition - Per 100g

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

# Seasoned Corn

<b>Servings:</b>	165.00	<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-20143
<b>School:</b>	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

<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>	0.000
<b>Starchy</b>	0.500

### Nutrition Facts

Servings Per Recipe: 165.00

Serving Size: 0.50 Cup

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

## Nutrition - Per 100g

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

# 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

Amount Per Serving	
<b>Meat/Meat Alternate</b>	2.000
<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: 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 RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 20.93mg	<b>Iron</b> 1.51mg

## Nutrition - Per 100g

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

# Sweet Hawaiian Roll

<b>Servings:</b>	40.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-58644
<b>School:</b>	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

<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: 40.00

Serving Size: 1.00 Each

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

## Nutrition - Per 100g

No 100g Conversion Available

# Beef Taco Salad

<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-54900
<b>School:</b>	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	
<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>	354.00
<b>Fat</b>	15.00g
<b>Saturated Fat</b>	4.80g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	44.00mg
<b>Sodium</b>	596.00mg
<b>Carbohydrates</b>	34.50g
<b>Fiber</b>	6.00g
<b>Total Sugar</b>	3.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	20.50g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 131.00mg	<b>Iron</b> 1.40mg

## Nutrition - Per 100g

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

# Chicken Ramen Bowl

<b>Servings:</b>	25.00	<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-58391

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water	25 Cup	Boiling Water for Chicken Base	
BASE CHIX LO SOD NO MSG	1 1/2 Tablespoon	N/A	580589
GARLIC MINCED IN WTR	1 Cup		463996
SPICE GINGER GRND	3/4 Cup		513695
SAUCE SOY ORIENTAL PKT	16 Each		602841
VEG BLND STIR FRY	6 1/4 Cup		473324
Woodles Ramen Noodles, Shelf-Stable, 2.96 Oz Package, 48/Case	17 Each		481514
Chicken, Diced, Cooked, Frozen	50 Ounce	USDA Brown Box Commodity--Thaw---102 ounces or 6 pounds 6 ounces	100101

## Preparation Instructions

- 1) Mix 25 1/2 cups of boiling water and 1 1/2 Tablespoon chicken base together until chicken base is dissolved.
- 2) Place minced garlic, ginger, and soy sauce in chicken base/water. Keep hot in warmer.
- 3) Cook vegetables until reaches 135°F temperature is reached.
- 4) 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. Note: will want to batch cook so that noodles don't become mushy.
- 5) Heat chicken according to directions on package.

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

Note: If pre-portioning ramen bowl don't put broth in ahead of time as noodles will soak up broth.

## 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>	0.250
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	347.79
<b>Fat</b>	12.30g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	42.00mg
<b>Sodium</b>	485.79mg
<b>Carbohydrates</b>	40.43g
<b>Fiber</b>	5.12g
<b>Total Sugar</b>	0.50g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	18.75g
<b>Vitamin A</b> 0.91mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 26.44mg	<b>Iron</b> 4.37mg

## Nutrition - Per 100g

<b>Calories</b>	613.39
<b>Fat</b>	21.70g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	74.07mg
<b>Sodium</b>	856.78mg
<b>Carbohydrates</b>	71.31g
<b>Fiber</b>	9.03g
<b>Total Sugar</b>	0.88g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	33.06g
<b>Vitamin A</b> 1.60mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 46.64mg	<b>Iron</b> 7.70mg

# Roasted Broccoli

<b>Servings:</b>	27.00	<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-55622
<b>School:</b>	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

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<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: 27.00

Serving Size: 0.50 Cup

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

## Nutrition - Per 100g

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

# 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 RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.00mg	<b>Iron</b> 2.00mg

## Nutrition - Per 100g

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

# Homemade Chicken Quesadilla

<b>Servings:</b>	40.00	<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-58645
<b>School:</b>	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

<b>Meat/Meat Alternate</b>	3.000
<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: 40.00

Serving Size: 1.00 Each

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

## Nutrition - Per 100g

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

# 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	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

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

## Nutrition - Per 100g

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