

Cookbook for Concord Jr. High School

Created by HPS Menu Planner

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Salad Line: Diced Egg Salad

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

Hamburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23552
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB WHT WHE 4"	1 Each		248151
BEEF STK BRGR CHARB	1 Each		203260

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.750
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	350.00
Fat	16.00g
Saturated Fat	6.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	380.00mg
Carbohydrates	26.00g
Fiber	3.00g
Total Sugar	3.00g
Added Sugar	0.00g
Protein	24.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 32.02mg	Iron 1.43mg

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23642
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB	1 Each		203260
BUN HAMB WHT WHE 4"	1 Each		248151
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	USDA Brown Box Commodity---If not available use GFS#499789	100036

Preparation Instructions

Hamburger patty:

Conventional oven: from frozen state: preheat oven to 350° F. Bake in a pan for 20-22 minutes.

Convection oven: from frozen state: preheat oven to 350°F. Bake in a pan for 8-9 minutes.

Updated 5.27.26

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.250
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	390.00
Fat	18.50g
Saturated Fat	7.50g
Trans Fat	0.00g
Cholesterol	67.50mg
Sodium	520.00mg
Carbohydrates	27.00g
Fiber	3.00g
Total Sugar	3.50g
Added Sugar	0.00g
Protein	27.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 32.02mg	Iron 1.43mg

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Patty Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23553
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOTSPCY WGRAIN 3.49Z	1 Each		327080
BUN HAMB WHT WHE 4"	1 Each		248151

Preparation Instructions

No Preparation Instructions available.

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 Sandwich

Amount Per Serving	
Calories	380.00
Fat	15.00g
Saturated Fat	2.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	600.00mg
Carbohydrates	41.00g
Fiber	5.00g
Total Sugar	4.00g
Added Sugar	1.00g
Protein	19.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 62.02mg	Iron 3.43mg

Nutrition - Per 100g

No 100g Conversion Available

Regular Chicken Patty Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23554
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN CKD 3.05Z	1 Each	Or Use GFS#281622	501861
BUN HAMB WHT WHE 4"	1 Each		248151

Preparation Instructions

No Preparation Instructions available.

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 Sandwich

Amount Per Serving	
Calories	340.00
Fat	11.00g
Saturated Fat	2.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	630.00mg
Carbohydrates	39.00g
Fiber	5.00g
Total Sugar	3.00g
Added Sugar	0.00g
Protein	21.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 72.02mg	Iron 3.23mg

Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10152
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD FC	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	209244
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

Place grilled chicken breast on to sheet paper on a sheet pan . Cook at 350 for 25 min. or till temp of 165 . Next put the chicken in a bun , on to a sheet pan . Place in warmer and serve .

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	260.00
Fat	6.50g
Saturated Fat	2.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	770.00mg
Carbohydrates	28.00g
Fiber	3.00g
Total Sugar	6.00g
Added Sugar	5.00g
Protein	19.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 30.00mg	Iron 2.00mg

Nutrition - Per 100g

No 100g Conversion Available

PBJ Meal

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23558
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN	1 Each		527462
SAND UNCRUST PB&J STRAWB	1 Each		536012
CRACKER CHEEZ-IT WGRAIN IW	2 Each		282422
CHEESE STRING MOZZ IW	2 Each		786580

Preparation Instructions

Uncrustable (Strawberry or Grape)= 1 Meat Alternative and 1 Grain

Sunchips® Harvest Cheddar Multigrain Snacks= 1.25 Grain

CHEEZ-IT= 1.0 Grain

Goldfish Cheese Crackers=1.0 Grain

0.75 oz Peanut Butter Cup= Takes two cups to equal 1 Meat Alternative

Note: 1 Meal is 1 Uncrustable, 1 Grain (Sunchips, CHEEZ-IT, Goldfish), 1 Meat Alternative Option (1 String Cheese or 2 Peanut Butter Cups)

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	480.00
Fat	25.50g
Saturated Fat	8.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	620.00mg
Carbohydrates	48.00g
Fiber	5.00g
Total Sugar	16.00g
Added Sugar	12.50g
Protein	17.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 341.50mg	Iron 1.72mg

Nutrition - Per 100g

Calories	2257.76
Fat	119.94g
Saturated Fat	39.98g
Trans Fat	0.00g
Cholesterol	94.07mg
Sodium	2916.28mg
Carbohydrates	225.78g
Fiber	23.52g
Total Sugar	75.26g
Added Sugar	58.80g
Protein	79.96g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 1606.30mg	Iron 8.09mg

Salad Line: Zee Zee Sunflower Seed Salad

Servings:	2.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38078
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	2 Cup	Or GFS#560545 Baby Spinach maybe used 1 cup of dark leafy greens per container	451730
CARROT BABY WHL PETITE	1/2 Cup	Or GFS#169275 Cherry Tomato maybe used 1/4 cup of red/orange vegetable per container	768146
Variety of Fresh Vegetables	1/2 Cup	GFS#231981 Black Beans, GFS#283339 Broccoli and Cauliflower, GFS#418439 Cucumber, GFS#491012 Assorted Peppers, USDA Brown Box Peas (#100350) 1/4 cup of vegetable choice per container	
Zee Zees Sunflower Kernels, Roasted	1 Each		B87860
Zee Zee Honey Roasted Sunflower	1 Package		89000

Preparation Instructions

Wash and cut/dice all vegetables. Put 1 cup of lettuce in container, then add 1/4 cup of carrots top of lettuce, and add 1/4 cup of vegetable of choice (Legume: Black Bean needs to be offered twice a week, Starchy: Peas needs to be offered twice a week, Other: Broccoli/Cauliflower or Cucumbers, or Assorted Peppers needs to be offered once a week). Lastly, put 1 package of sunflower kernels into container and close container.

CCP: Cold foods should be kept at 41° or colder. Food kept at room temperature for serving must be thrown away after 4 hours.

Note: Offer with 1 ounce (1/4 cup) Cheese and 2 ounce of Grain Equivalents (See Recipe#38088 for grain selections).

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
Grain	0.000
Fruit	0.000
DarkGreen	0.500
Red/Orange	0.250
OtherVeg	0.250
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 salad

Amount Per Serving	
Calories	209.53
Fat	15.00g
Saturated Fat	1.75g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	106.41mg
Carbohydrates	13.63g
Fiber	4.97g
Total Sugar	6.19g
Added Sugar	0.00g
Protein	7.50g
Vitamin A 374.85mcg RAE	Vitamin C 6.17mg
Calcium 51.75mg	Iron 1.31mg

Nutrition - Per 100g

Calories	985.57
Fat	70.56g
Saturated Fat	8.23g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	500.50mg
Carbohydrates	64.09g
Fiber	23.37g
Total Sugar	29.10g
Added Sugar	0.00g
Protein	35.28g
Vitamin A 1763.17mcg RAE	Vitamin C 29.00mg
Calcium 243.42mg	Iron 6.16mg

Salad Bar Grains

Servings:	9.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38088

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP HARV CHED	1 Package	Equals 1.25 Grain Equivalents	105260
CHIP GARDEN SALSA	1 Package	Equals 1.25 Grain Equivalents	696900
CHIP COOL RNCH REDC FAT	1 Package	Equals 1.50 Grain Equivalents	541502
CHIP NACHO REDC FAT	1 Package	Equals 1.50 Grain Equivalents	456090
CHIP SPCY SWT REDC	1 Package	Equals 1.50 Grain Equivalents	788670
CRACKER CHEEZ-IT WGRAIN IW	1 Package	Equals 1.00 Grain Equivalents	282422
Whole Grain Veggie Crispy Crackers	1 Each	Equals 1.00 Grain Equivalents	76301
DOUGH ROLL DNNR WGRAIN	1 Each	Equals 1.75 Grain Equivalents	152131
CROUTON CHS GARL WGRAIN	2 Package	Two packages equals 1.00 Grain Equivalents	661022

Preparation Instructions

Note: Students should be allowed to take 2 of the listed grain items to equal 2 oz Grain Equivalents with each salad meal.

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: 9.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	126.67
Fat	4.50g
Saturated Fat	0.56g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	174.44mg
Carbohydrates	19.00g
Fiber	2.11g
Total Sugar	1.11g
Added Sugar	0.67g
Protein	2.67g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 30.78mg	Iron 0.69mg

Nutrition - Per 100g

Calories	2298.85
Fat	81.67g
Saturated Fat	10.08g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	3165.96mg
Carbohydrates	344.83g
Fiber	38.31g
Total Sugar	20.17g
Added Sugar	12.10g
Protein	48.40g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 558.58mg	Iron 12.46mg

Assorted Cereal Bars

Servings:	5.00	Category:	Grain
Serving Size:	1.00 Bar	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-24095
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL TRIX WGRAIN	1 Each	N/A	268690
BAR CEREAL COCOPUFF WGRAIN	1 Each	N/A	265901
BAR CEREAL CINN TST WGRAIN	1 Each	N/A	265891
BAR CEREAL GLDN GRHM WGRAIN	1 Each	N/A	265921
BAR CEREAL CHEERIO WGRAIN IW	1 Each	READY_TO_EAT Ready to eat	265931

Preparation Instructions

Updated 5.27.26

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: 5.00

Serving Size: 1.00 Bar

Amount Per Serving	
Calories	158.00
Fat	3.50g
Saturated Fat	0.10g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	111.00mg
Carbohydrates	29.60g
Fiber	2.80g
Total Sugar	9.00g
Added Sugar	6.60g
Protein	2.20g
Vitamin A 0.00mcg RAE	Vitamin C 0.40mg
Calcium 250.00mg	Iron 2.26mg

Nutrition - Per 100g

No 100g Conversion Available

Variety of Muffin

Servings:	7.00	Category:	Entree
Serving Size:	1.00 muffin	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-58684
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEB WGRAIN IW	1 Each		557970
MUFFIN BLUEBERRY WGRAIN IW	1 Each	N/A	262370
MUFFIN CHOC/CHOC CHP WGRAIN IW	1 Each		557991
MUFFIN BAN WGRAIN IW	1 Each		557981
MUFFIN DBL CHOC WGRAIN IW	1 Each	N/A	262343
MUFFIN APPL CINN WGRAIN IW	1 Each		558011
MUFFIN BANANA WGRAIN IW	1 Each	N/A	262362

Preparation Instructions

Thaw. Store frozen until ready to use. Thaw overnight under refrigeration.

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: 7.00

Serving Size: 1.00 muffin

Amount Per Serving	
Calories	188.57
Fat	6.43g
Saturated Fat	1.71g
Trans Fat	0.03g
Cholesterol	24.29mg
Sodium	123.57mg
Carbohydrates	30.43g
Fiber	1.71g
Total Sugar	15.86g
Added Sugar	15.00g
Protein	2.71g
Vitamin A 2.06mcg RAE	Vitamin C 0.01mg
Calcium 20.15mg	Iron 0.98mg

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Yogurt Parfait

Servings:	16.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-58221
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Yoplait Parfait Pro Lowfat Vanilla Yogurt, Reduced Sugar, Bulk Pouch, 64 Oz Bag, 6/Case	64 Ounce	1 Container	499989
Blueberries, Frozen	4 Cup	N/A	110624
Strawberries, Whole fzn	4 Cup	N/A	100253
Nature Valley Granola Cereal 25% Less Sugar Cinnamon Bulk pack	4 Cup		569744

Preparation Instructions

In 12 oz. cup. Layer 1/4 cup yogurt, 1/4 cup fruit, 1/4 cup yogurt, 1/4 cup fruit add 1/4 cup granola on top in insert cover with lid.

Updated 5.27.26

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
Grain	1.000
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: 16.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	212.26
Fat	2.86g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	3.32mg
Sodium	122.89mg
Carbohydrates	42.38g
Fiber	5.39g
Total Sugar	19.52g
Added Sugar	8.70g
Protein	6.52g
Vitamin A 106.19mcg RAE	Vitamin C 0.00mg
Calcium 146.01mg	Iron 0.00mg

Nutrition - Per 100g

Calories	154.48
Fat	2.08g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	2.42mg
Sodium	89.44mg
Carbohydrates	30.84g
Fiber	3.92g
Total Sugar	14.21g
Added Sugar	6.33g
Protein	4.75g
Vitamin A 77.28mcg RAE	Vitamin C 0.00mg
Calcium 106.27mg	Iron 0.00mg

Assortment of Cereal (1 ounce)

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28214
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	N/A	270401
Lucky Charms Reduced Sugar	1 Each		549485
CEREAL CINN TOAST R/S BWL	1 Each	N/A	365790
CEREAL CINN CHEX BWL	1 Each	N/A	453143
CEREAL TRIX R/S WGRAIN BWL	1 Package	N/A	265782
CEREAL CORN FROSTIES BWLPK	1 Each	N/A	704280
Kellogg's – Kashi Strawberry Banana Smoothie Loops	1 Each	Commercial Foods	11618
Frosted Shredded Wheat Strawberry	1 Each	Commercial Foods	27150

Preparation Instructions

Updated 3.25.26

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: 8.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	108.75
Fat	1.63g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	138.13mg
Carbohydrates	23.13g
Fiber	2.25g
Total Sugar	6.25g
Added Sugar	6.13g
Protein	2.00g
Vitamin A 87.50mcg RAE	Vitamin C 0.45mg
Calcium 61.25mg	Iron 2.49mg

Nutrition - Per 100g

No 100g Conversion Available

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	61.43
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	6.79mg
Carbohydrates	15.14g
Fiber	0.00g
Total Sugar	13.79g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 7.57mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

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

Cinnamon Roll w/ Icing

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-39165
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL CINN LRG	1 Each	***Non-Whole Grain***	222127
ICING VAN RTU HEAT N'ICE	2 Tablespoon	1. STORE AT ROOM TEMPERATURE. 2. PLACE DESIRED AMOUNT OF HEAT 'N ICE ICING IN ICING WARMER, HEAT TO 110°F. 3. DIP OR DRIZZLE ICING ON SWEET GOOD, ALLOW TO DRY 2 - 5 MINUTES. 4. COVER UNUSED ICING.	155722

Preparation Instructions

BAKE

1. KEEP DOUGH FROZEN AT 0°F OR BELOW UNTIL READY TO USE.
2. REMOVE FROZEN DOUGH PIECES AND PLACE 1" APART ON PARCHMENT PAPER LINED FULL SHEET PANS. GREASE PAN EDGES FOR CLUSTERED SOFT SIDED SWEET ROLLS. PLACE 2" APART FOR INDIVIDUAL ROLLS.
3. COVER THE INDIVIDUAL PANS WITH OILED PLASTIC OR COVER FULL PAN RACK WITH A PLASTIC PAN RACK COVER TO PREVENT PRODUCT FROM DRYING OUT.
4. PLACE PRODUCT IN RETARDER 40°F AND DEFROST OVERNIGHT OR AT ROOM TEMPERATURE 45 - 60 MINUTES.
5. PLACE IN PROOFER/WARMER (95°F - 110°F 85% HUMIDITY) AND PROOF UNTIL DOUBLE IN SIZE.
7. BAKE IN A PREHEATED OVEN UNTIL ROLLS ARE GOLDEN BROWN:
325°F CONVECTION OVEN
375°F ALL OTHER TYPES OF OVENS
8. REMOVE FROM OVEN AND DRIZZLE WITH 2 TBSP OF ICING
9. HOLD COOLED BAKED ROLLS COVERED AT ROOM TEMPERATURE TO PREVENT DRYING OUT. SERVE OR PACKAGE FOR SERVICE

Updated 5.27.26

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	320.00
Fat	5.00g
Saturated Fat	2.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	190.00mg
Carbohydrates	66.00g
Fiber	1.00g
Total Sugar	40.00g
Added Sugar	39.00g
Protein	5.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 10.00mg	Iron 1.70mg

Nutrition - Per 100g

No 100g Conversion Available

Graham Snack

Servings:	6.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29387
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH GRHM VAN	1 Each		198472
CRACKER GLDFSH CINN	1 Package		194510
CRACKER GRHM VAN CHAT	1 Each		774471
CRACKER GRHM STCK SCOOBY	1 Package		859550
CRACKER GRHM BUG BITES	1 Package		859560
CRACKER GLDFSH GRHM FREN TST	1 Each		288252

Preparation Instructions

Note: All items count as a dessert grain at lunch. Maximum amount of dessert grain allowed to offer per week is 2 oz equivalents.

Updated 5.27.26

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: 6.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	121.67
Fat	4.08g
Saturated Fat	0.83g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	113.33mg
Carbohydrates	20.33g
Fiber	1.17g
Total Sugar	7.50g
Added Sugar	5.33g
Protein	1.83g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 20.00mg	Iron 0.80mg

Nutrition - Per 100g

No 100g Conversion Available

Glazed Carrots

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

Ingredients

Description	Measurement	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

Romaine Lettuce with Cherry Tomatoes

Servings:	53.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23726
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	5 Pound		735787
TOMATO GRAPE SWT	16 Ounce		129631

Preparation Instructions

Updated 5.27.26

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: 53.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	11.57
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.28mg
Carbohydrates	2.37g
Fiber	1.13g
Total Sugar	1.24g
Added Sugar	0.00g
Protein	1.07g
Vitamin A 170.88mcg RAE	Vitamin C 2.81mg
Calcium 18.28mg	Iron 0.42mg

Nutrition - Per 100g

Calories	22.52
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.55mg
Carbohydrates	4.62g
Fiber	2.20g
Total Sugar	2.42g
Added Sugar	0.00g
Protein	2.09g
Vitamin A 332.77mcg RAE	Vitamin C 5.47mg
Calcium 35.60mg	Iron 0.82mg

Variety of Ice Cream Cups

Servings:	3.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26901
School:	Ox Bow Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ICE CRM CUP CHOC FLAV	1 Each		359720
ICE CRM CUP STRAWB FLAV	1 Each		359730
ICE CRM CUP VAN FLAV	1 Each		359700

Preparation Instructions

Updated 5.27.26

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	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	130.00
Fat	7.00g
Saturated Fat	4.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	43.33mg
Carbohydrates	16.33g
Fiber	0.00g
Total Sugar	11.33g
Added Sugar	8.67g
Protein	2.00g
Vitamin A 266.67mcg RAE	Vitamin C 0.00mg
Calcium 80.00mg	Iron 0.24mg

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Chicken Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-58687
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z	1 Each	N/A	645080
BISCUIT WGRAIN EZ SPLIT	1 Each		631902

Preparation Instructions

Chicken Patty:

Conventional Oven: 10-12 minutes at 400°F from frozen.

Convection Oven: 6-8 minutes at 375°F from frozen.

Biscuit: Place frozen biscuit dough with sides touching on greased or parchment lined backing sheet. Bake at 325°F for 6-7 minutes in a convection oven OR 375°F for 6-8 minutes in a standard/reel oven.

For service: place 1 chicken patty between two biscuit halves.

Meal Components

Amount Per Serving

Component	Amount
Meat/Meat Alternate	1.000
Grain	2.250
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	315.00
Fat	14.50g
Saturated Fat	8.00g
Trans Fat	0.00g
Cholesterol	12.50mg
Sodium	625.00mg
Carbohydrates	33.00g
Fiber	3.50g
Total Sugar	2.00g
Added Sugar	2.00g
Protein	11.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 191.00mg	Iron 2.50mg

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

Mini Pancakes or Waffles

Servings:	5.00	Category:	Entree
Serving Size:	1.00 pouch	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-28201
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package		395303
PANCAKE MINI MAPL IW	1 Package		284831
PANCAKE CINN IW WGRAIN	1 Package		642230
WAFFLE MINI BLUEB WGRAIN IW	1 Package		269240
WAFFLE MINI MAPL WGRAIN IW	1 Package		269260

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 pouch

Amount Per Serving	
Calories	288.00
Fat	8.40g
Saturated Fat	1.40g
Trans Fat	0.00g
Cholesterol	4.00mg
Sodium	332.00mg
Carbohydrates	50.40g
Fiber	4.80g
Total Sugar	15.80g
Added Sugar	13.00g
Protein	5.40g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 54.00mg	Iron 2.80mg

Nutrition - Per 100g

No 100g Conversion Available

Bacon Egg & Cheese English Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-39406
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON TKY CKD	1 Slice		834770
EGG SCRMBD PTY RND GRLLD	1 Each		208990
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	USDA Brown Box Commodity---If not available use GFS#499789	100036
MUFFIN ENG WGRAIN SLCD 2Z	1 Each	Thaw	687131

Preparation Instructions

Bacon: Thaw and warmed until 135 degrees

Egg: Heat according to package directions

English Muffin: Thaw the amount you want to use at room temperature for 3-4 hours or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate.

For service place egg, bacon, slice of cheese between two english muffin halves. Hold in warmer or on steamtable until ready to serve.

Updated 5.27.26

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 Each

Amount Per Serving	
Calories	226.43
Fat	8.93g
Saturated Fat	2.86g
Trans Fat	0.00g
Cholesterol	88.75mg
Sodium	610.73mg
Carbohydrates	23.00g
Fiber	1.00g
Total Sugar	1.50g
Added Sugar	0.18g
Protein	13.79g
Vitamin A 32.73mcg RAE	Vitamin C 0.01mg
Calcium 105.00mg	Iron 1.66mg

Nutrition - Per 100g

Calories	4474.94
Fat	176.46g
Saturated Fat	56.47g
Trans Fat	0.00g
Cholesterol	1753.97mg
Sodium	12069.80mg
Carbohydrates	454.55g
Fiber	19.76g
Total Sugar	29.64g
Added Sugar	3.53g
Protein	272.45g
Vitamin A 646.84mcg RAE	Vitamin C 0.20mg
Calcium 2075.10mg	Iron 32.89mg

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

White Peppered Gravy

Servings:	128.00	Category:	Condiments or Other
Serving Size:	1.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39079

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CNTRY	1 1/2 Pound	1 Package	455555
Tap Water for Recipes	4 Quart	3 quarts Hot Water and 1 quart Cold Water	000001WTR

Preparation Instructions

1. Combine 1 Quart cool tap water and 1 package of gravy mix in a separate container. Mix with a wire whisk until lump free. Set aside for step 3.
2. Bring 3 quarts water to full rolling boil.
3. Pour water and gravy mix blend into boiling water.
4. Stir until gravy returns to a boil. Simmer for 1 minute while stirring constantly.
5. Remove from heat pour gravy into serving container and maintain internal gravy temperature at 165°F during service.

Updated 5.27.26

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	0.000

Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving	
Calories	18.02
Fat	0.60g
Saturated Fat	0.40g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	92.12mg
Carbohydrates	2.80g
Fiber	0.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 1.60mg	Iron 0.00mg

Nutrition - Per 100g

Calories	338.77
Fat	11.29g
Saturated Fat	7.53g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1731.50mg
Carbohydrates	52.70g
Fiber	0.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 30.11mg	Iron 0.00mg

Chocolate Iced Donut

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Donut	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-39405
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Rich's Yeast-Raised Whole-Grain Ring Donuts	24 Each	Thaw	580129
ICING CHOC RTU HEAT N'ICE	48 Tablespoon	Thaw	155711

Preparation Instructions

DONUT:

1. Place on lined sheet pan.
2. Thaw 60 minutes at room temperature.
3. Heat in 375°F oven for 2-3 minutes.
4. Finish: Glaze or granulated sugar immediately, ice or donut sugar when cool. Keep frozen at 0°F or below.

ICING:

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

Updated 5.26.26

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Donut

Amount Per Serving	
Calories	400.00
Fat	13.00g
Saturated Fat	6.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	330.00mg
Carbohydrates	64.00g
Fiber	3.00g
Total Sugar	37.00g
Added Sugar	36.00g
Protein	5.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 220.00mg	Iron 1.90mg

Nutrition - Per 100g

No 100g Conversion Available

Homemade Macaroni & Cheese

Servings:	100.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-58689
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water	6 Gallon		
PASTA ELBOW MACAR 51 WGRAIN	6 Pound + 4 Ounce		229941
SAUCE CHS CHED	13 Pound + 14 Ounce	Thaw	271081

Preparation Instructions

1. Bring water to a boil.
 2. Slowly add macaroni. Stir constantly until water boils again. Cook about 8 minutes, or until tender. Do not overcook. Drain well, rinse with cool water, and drain again.
 3. Transfer cooked macaroni to pans and set aside.
 4. Prepare cheese sauce according to package directions. Heat to 165°F.
 5. Pour hot cheese sauce over macaroni and fold together until mixed.
- CCP: Hold for hot service at 135°F or higher.
6. Serve with a #8 scoop

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
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: 100.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	226.74
Fat	10.26g
Saturated Fat	5.61g
Trans Fat	0.00g
Cholesterol	34.15mg
Sodium	502.55mg
Carbohydrates	22.94g
Fiber	2.00g
Total Sugar	2.72g
Added Sugar	0.00g
Protein	12.04g
Vitamin A 473.27mcg RAE	Vitamin C 0.00mg
Calcium 251.40mg	Iron 1.00mg

Nutrition - Per 100g

Calories	248.37
Fat	11.24g
Saturated Fat	6.15g
Trans Fat	0.00g
Cholesterol	37.41mg
Sodium	550.50mg
Carbohydrates	25.13g
Fiber	2.19g
Total Sugar	2.98g
Added Sugar	0.00g
Protein	13.19g
Vitamin A 518.43mcg RAE	Vitamin C 0.00mg
Calcium 275.38mg	Iron 1.10mg

Breakfast Egg Taco

Servings:	40.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-58688
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD W/BCN CHS	5 Pound	N/A	533034
TORTILLA FLOUR ULTRGR 6"	40 Each		882690

Preparation Instructions

Scrambled Eggs:

Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Begin cook process, stirring product every 10 minutes.

CONVECTION OVEN: 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes

CONVENTIONAL OVEN: 300°F Thawed: 30-35 minutes Frozen: 35-40 minutes

Tortilla: Place package in warmer to warm.

For service: Place 2 ounce weight of scrambled eggs in tortilla.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.750
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	210.00
Fat	12.00g
Saturated Fat	5.00g
Trans Fat	0.00g
Cholesterol	170.00mg
Sodium	355.00mg
Carbohydrates	16.00g
Fiber	2.00g
Total Sugar	2.00g
Added Sugar	0.00g
Protein	10.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 84.00mg	Iron 1.72mg

Nutrition - Per 100g

Calories	370.37
Fat	21.16g
Saturated Fat	8.82g
Trans Fat	0.00g
Cholesterol	299.82mg
Sodium	626.10mg
Carbohydrates	28.22g
Fiber	3.53g
Total Sugar	3.53g
Added Sugar	0.00g
Protein	17.64g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 148.15mg	Iron 3.03mg

Sausage and Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-58690
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY TKY CKD	1 Each		184970
BISCUIT WGRAIN EZ SPLIT	1 Each		631902
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	USDA Brown Box Commodity---If not available use GFS#499789	100036

Preparation Instructions

Sausage Patty: Cook according to directions on case.

Biscuit: Place frozen biscuit dough with sides touching on greased or parchment lined backing sheet. Bake at 325°F for 6-7 minutes in a convection oven OR 375°F for 6-8 minutes in a standard/reel oven.

For service: Place 1 sausage patty between two biscuit halves and top with 1 slice of cheese.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.500
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	320.00
Fat	16.50g
Saturated Fat	9.50g
Trans Fat	0.00g
Cholesterol	37.50mg
Sodium	640.00mg
Carbohydrates	28.00g
Fiber	2.00g
Total Sugar	2.50g
Added Sugar	2.00g
Protein	13.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 170.00mg	Iron 1.86mg

Nutrition - Per 100g

No 100g Conversion Available

Walking Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23690
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce	#10 Disher	722330
CHIP CORN	2 Ounce	N/A	712680

Preparation Instructions

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

To serve student should get 1 bag of chips with #10 Disher of taco meat. Then offered with 1/4 cup of cheese sauce.

Updated 5.27.26

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.500
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	274.00
Fat	15.00g
Saturated Fat	3.30g
Trans Fat	0.00g
Cholesterol	34.00mg
Sodium	466.00mg
Carbohydrates	21.00g
Fiber	3.00g
Total Sugar	2.00g
Added Sugar	0.00g
Protein	15.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 75.00mg	Iron 1.20mg

Nutrition - Per 100g

Calories	186.94
Fat	10.23g
Saturated Fat	2.25g
Trans Fat	0.00g
Cholesterol	23.20mg
Sodium	317.94mg
Carbohydrates	14.33g
Fiber	2.05g
Total Sugar	1.36g
Added Sugar	0.00g
Protein	10.23g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 51.17mg	Iron 0.82mg

Breakfast Burrito

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-20293

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD W/BCN CHS	2 Ounce	Weight	533034
POTATO SEAS DELI ROASTERS	7 Piece	N/A	726590
TORTILLA FLOUR ULTRGR 6"	1 Each		882690
CHEESE BLND CHED/MONTRY JK SHRD	1/8 Cup	2 Tablespoons	712131

Preparation Instructions

Eggs and Potatoes: Cook according to directions on case.

Tortilla: Place in warmer to warm up.

For service: Place tortilla on flat surface and place 2 ounce weight of scrambled eggs in center of tortilla. Then top egg with shredded cheese and then 7 pieces of potato. Fold the sides the left and right sides of the tortilla in, just slightly over the edges of the filling. While holding the sides in place, bring the bottom flap of the tortilla up and over the filling. Use your thumbs to gently tuck the filling tightly underneath, then roll the burrito upward toward the top. Place the finished burrito seam-side down.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.250
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.250

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	331.82
Fat	19.91g
Saturated Fat	8.66g
Trans Fat	0.00g
Cholesterol	183.00mg
Sodium	583.03mg
Carbohydrates	25.67g
Fiber	2.54g
Total Sugar	2.54g
Added Sugar	0.00g
Protein	14.18g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 194.42mg	Iron 1.88mg

Nutrition - Per 100g

Calories	585.21
Fat	35.12g
Saturated Fat	15.27g
Trans Fat	0.00g
Cholesterol	322.75mg
Sodium	1028.27mg
Carbohydrates	45.28g
Fiber	4.48g
Total Sugar	4.48g
Added Sugar	0.00g
Protein	25.01g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 342.90mg	Iron 3.32mg

Chili Cheese Hot Dog with Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39164
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/	1 Each		304913
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	1 Each		270913
CHILI BEEF W/BEAN	1 Fluid Ounce		344012
SAUCE CHS ULTIM YEL POUZ 6-106Z LOL	1/8 Cup	1 Fluid Ounce spoodle	310668

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	387.33
Fat	22.47g
Saturated Fat	7.62g
Trans Fat	0.00g
Cholesterol	60.57mg
Sodium	989.13mg
Carbohydrates	32.06g
Fiber	2.67g
Total Sugar	5.83g
Added Sugar	4.00g
Protein	15.77g
Vitamin A 208.72mcg RAE	Vitamin C 6.34mg
Calcium 162.85mg	Iron 2.76mg

Nutrition - Per 100g

Calories	1406.43
Fat	81.60g
Saturated Fat	27.68g
Trans Fat	0.00g
Cholesterol	219.92mg
Sodium	3591.61mg
Carbohydrates	116.41g
Fiber	9.68g
Total Sugar	21.18g
Added Sugar	14.52g
Protein	57.25g
Vitamin A 757.89mcg RAE	Vitamin C 23.01mg
Calcium 591.32mg	Iron 10.02mg

Doritos

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28203
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP COOL RNCH REDC FAT	1 Package		541502
CHIP NACHO REDC FAT	1 Ounce		456090
CHIP SPCY SWT REDC	1 Package		788670

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	1.500
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	130.00
Fat	5.00g
Saturated Fat	0.67g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	160.00mg
Carbohydrates	19.67g
Fiber	2.33g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	2.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 43.33mg	Iron 0.30mg

Nutrition - Per 100g

Calories	1375.66
Fat	52.91g
Saturated Fat	7.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1693.12mg
Carbohydrates	208.11g
Fiber	24.69g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	21.16g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 458.55mg	Iron 3.17mg

Hot Dog with Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-58691
School:	Concord Jr. High School		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

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	310.00
Fat	18.00g
Saturated Fat	5.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	800.00mg
Carbohydrates	28.00g
Fiber	2.00g
Total Sugar	5.00g
Added Sugar	4.00g
Protein	11.00g
Vitamin A 0.07mcg RAE	Vitamin C 3.17mg
Calcium 70.11mg	Iron 2.26mg

Nutrition - Per 100g

No 100g Conversion Available

Fresh Baked Cookies

Servings:	4.00	Category:	Grain
Serving Size:	1.00 cookie	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29151

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH CKY DBL CHOC BENEFIT R/F	1 Each		230113
DOUGH CKY SGR BENEFIT R/F	1 Each		230031
DOUGH CKY CHOC CHP WGRAIN R/F	1 Each		234430
DOUGH CKY CANDY BENEFIT R/F	1 Each		230011

Preparation Instructions

See individual box for baking instructions as times vary on type of cookie being baked.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.500
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 cookie

Amount Per Serving	
Calories	101.00
Fat	3.03g
Saturated Fat	1.05g
Trans Fat	0.00g
Cholesterol	11.25mg
Sodium	97.18mg
Carbohydrates	18.00g
Fiber	1.98g
Total Sugar	9.00g
Added Sugar	6.75g
Protein	1.68g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 10.08mg	Iron 0.79mg

Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Bacon Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-58693
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD 3Z	1 Each	N/A	152121
BACON TKY CKD	1 Slice		834770
CHEESE PROV NAT SLCD .75Z	1/2 Slice		726532
Whole Wheat Hamburger Bun	1 Each		51458

Preparation Instructions

Grilled Chicken and Bacon: Cook according to directions on package.

For service: Place 1 slice of Bacon and 1/2 slice of cheese on the chicken . Next place the chicken on a bun , wrap with yellow foil paper . Place on to a sheet pan . Place in the warmer , and serve.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.500
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	326.43
Fat	8.93g
Saturated Fat	2.61g
Trans Fat	0.00g
Cholesterol	73.75mg
Sodium	800.73mg
Carbohydrates	27.00g
Fiber	2.50g
Total Sugar	3.00g
Added Sugar	0.18g
Protein	32.29g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 143.50mg	Iron 2.06mg

Nutrition - Per 100g

Calories	6451.23
Fat	176.46g
Saturated Fat	51.53g
Trans Fat	0.00g
Cholesterol	1457.53mg
Sodium	15824.74mg
Carbohydrates	533.60g
Fiber	49.41g
Total Sugar	59.29g
Added Sugar	3.53g
Protein	638.06g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 2835.97mg	Iron 40.80mg

Broccoli with Cheese Sauce

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23727
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS ULTIM YEL POU6 6-106Z LOL	2 Pound		310668
Broccoli, No salt added, Frozen	10 Pound	USDA Brown Box Commodity	110473

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.027
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: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	57.69
Fat	2.05g
Saturated Fat	1.32g
Trans Fat	0.00g
Cholesterol	5.85mg
Sodium	108.93mg
Carbohydrates	6.34g
Fiber	3.28g
Total Sugar	1.09g
Added Sugar	0.00g
Protein	4.74g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 47.41mg	Iron 0.00mg

Nutrition - Per 100g

Calories	52.99
Fat	1.88g
Saturated Fat	1.21g
Trans Fat	0.00g
Cholesterol	5.38mg
Sodium	100.04mg
Carbohydrates	5.83g
Fiber	3.01g
Total Sugar	1.00g
Added Sugar	0.00g
Protein	4.36g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 43.54mg	Iron 0.00mg

Grilled Cheese Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-58694
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA	1 1/2 Cup		299405
BREAD WGRAIN WHT 16-22Z GCHC	200 slices		266547
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	400 Slice	USDA Brown Box Commodity---If not available use GFS#499789	100036

Preparation Instructions

1. Brush approximately ½ oz (1 Tbsp) margarine or butter on each sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans. For 100 servings, use 5 pans. Reserve the remaining butter for step 5
 2. Place 20 slices of bread on each sheet pan, 4 across and 5 down. For 50 servings, one pan will have only 10 slices.
 3. Top each slice of bread with 4 slices (2 oz) of cheese.
 4. Cover with remaining bread slices.
 5. Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz (3 Tbsp) per pan.
 6. Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 350° F for 10-15 minutes DO NOT OVERBAKE
- CCP: Heat to 140° F or higher.
- CCP: Hold for hot service at 135° F or higher. If desired, cut each sandwich diagonally in half.

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: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	344.00
Fat	14.64g
Saturated Fat	7.68g
Trans Fat	0.00g
Cholesterol	37.20mg
Sodium	830.00mg
Carbohydrates	36.00g
Fiber	4.00g
Total Sugar	6.00g
Added Sugar	4.00g
Protein	18.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 60.72mg	Iron 2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Tomato Soup

Servings:	53.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10639
School:	Ox Bow Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO	5 #5 CAN		101427
1% Low Fat White Milk*	35 Carton		13871

Preparation Instructions

Updated 5.28.26

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: 53.00

Serving Size: 0.75 Cup

Amount Per Serving	
Calories	186.63
Fat	1.65g
Saturated Fat	0.99g
Trans Fat	0.00g
Cholesterol	9.91mg
Sodium	722.38mg
Carbohydrates	34.06g
Fiber	1.34g
Total Sugar	23.34g
Added Sugar	9.38g
Protein	7.96g
Vitamin A 92.45mcg RAE	Vitamin C 0.00mg
Calcium 218.31mg	Iron 0.87mg

Nutrition - Per 100g

No 100g Conversion Available

Salad Line: Chicken Fajita Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38070
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup	Or GFS#560545 Baby Spinach maybe used	451730
CARROT BABY WHL PETITE	1/4 Cup	Or GFS#169275 Cherry Tomato maybe used	768146
Variety of Fresh Vegetables	1/4 Cup	GFS#231981 Black Beans, GFS#283339 Broccoli and Cauliflower, GFS#418439 Cucumber, GFS#491012 Assorted Peppers, USDA Brown Box Peas (#100350)	
CHICKEN FAJITA STRIPS, COOKED, FROZEN	1 7/10 Ounce	USDA Brown Box Commodity--Weight---Thaw and portion into individual cup	100117

Preparation Instructions

Wash and cut/dice all vegetables. Put 1 cup of lettuce in container, then add 1/4 cup of carrots top of lettuce, and add 1/4 cup of vegetable of choice (Legume: Black Bean needs to be offered twice a week, Starchy: Peas needs to be offered twice a week, Other: Broccoli/Cauliflower or Cucumbers, or Assorted Peppers needs to be offered once a week). Lastly, put fajita chicken cup into container and close container.

CCP: Cold foods should be kept at 41° or colder. Food kept at room temperature for serving must be thrown away after 4 hours.

Note: Offer with 1 ounce (1/4 cup) Cheese and 2 ounce of Grain Equivalents (See Recipe#38088 for grain selections).

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
Grain	0.000
Fruit	0.000
DarkGreen	0.500
Red/Orange	0.250
OtherVeg	0.250
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving	
Calories	85.53
Fat	2.00g
Saturated Fat	1.00g
Trans Fat	0.00g
Cholesterol	37.00mg
Sodium	321.91mg
Carbohydrates	6.63g
Fiber	1.97g
Total Sugar	4.19g
Added Sugar	0.00g
Protein	10.50g
Vitamin A 374.85mcg RAE	Vitamin C 6.17mg
Calcium 27.25mg	Iron 0.31mg

Nutrition - Per 100g

Calories	123.14
Fat	2.88g
Saturated Fat	1.44g
Trans Fat	0.00g
Cholesterol	53.27mg
Sodium	463.44mg
Carbohydrates	9.54g
Fiber	2.83g
Total Sugar	6.03g
Added Sugar	0.00g
Protein	15.12g
Vitamin A 539.66mcg RAE	Vitamin C 8.88mg
Calcium 39.23mg	Iron 0.45mg

Salad Line: Breaded Regular or Spicy Chicken Salad

Servings:	4.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-38077
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	4 Cup	Or GFS#560545 Baby Spinach maybe used 1 cup dark leafy greens per salad container	451730
CARROT BABY WHL PETITE	1 Cup	Or GFS#169275 Cherry Tomato maybe used 1/4 cup of red/orange vegetable per salad container	768146
Variety of Fresh Vegetables	1 Cup	GFS#231981 Black Beans, GFS#283339 Broccoli and Cauliflower, GFS#418439 Cucumber, GFS#491012 Assorted Peppers, USDA Brown Box Peas (#100350) 1/4 cup vegetable choice per salad container	
CHIX PTY BRD WGRAIN CKD 3.05Z	1 Each	Cut/Dice cooked and cooled chicken patty into chunks and portion into individual cups. 1/2 of chicken patty (1.525 ounce weight) per individual cup	501861
CHIX PTY HOTSPCY WGRAIN 3.49Z	1 Each	Cut/Dice cooked and cooled chicken patty into chunks and portion into individual cups 1/2 of chicken patty (1.745 ounce weight) per individual cup	327080

Preparation Instructions

Chicken Patty: Bake from frozen. CONVENTIONAL OVEN: 350 degrees for 15-20 minutes CONVECTION OVEN: 350 degrees for 8-10 minutes. Temp and cool so that can be cut/diced to portion into individual cups.

Wash and cut/dice all vegetables. Put 1 cup of lettuce in container, then add 1/4 cup of carrots top of lettuce, and add 1/4 cup of vegetable of choice (Legume: Black Bean needs to be offered twice a week, Starchy: Peas needs to be offered twice a week, Other: Broccoli/Cauliflower or Cucumbers, or Assorted Peppers needs to be offered once a week). Lastly, put chicken patty container cup into container and close container.

CCP: Cold foods should be kept at 41° or colder. Food kept at room temperature for serving must be thrown away after 4 hours.

Note: Offer with 1 ounce (1/4 cup) Cheese and 2 ounce of Grain Equivalents (See Recipe#38088 for grain selections).

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
Grain	0.500
Fruit	0.000
DarkGreen	0.500
Red/Orange	0.250
OtherVeg	0.250
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 salad

Amount Per Serving	
Calories	129.53
Fat	5.50g
Saturated Fat	1.13g
Trans Fat	0.00g
Cholesterol	13.75mg
Sodium	201.41mg
Carbohydrates	12.63g
Fiber	2.97g
Total Sugar	3.44g
Added Sugar	0.25g
Protein	8.50g
Vitamin A 374.85mcg RAE	Vitamin C 6.17mg
Calcium 44.75mg	Iron 1.26mg

Nutrition - Per 100g

Calories	609.27
Fat	25.87g
Saturated Fat	5.29g
Trans Fat	0.00g
Cholesterol	64.68mg
Sodium	947.35mg
Carbohydrates	59.38g
Fiber	13.96g
Total Sugar	16.17g
Added Sugar	1.18g
Protein	39.98g
Vitamin A 1763.17mcg RAE	Vitamin C 29.00mg
Calcium 210.49mg	Iron 5.93mg

Salad Line: Diced Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38072
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup	Or GFS#560545 Baby Spinach maybe used	451730
CARROT BABY WHL PETITE	1/4 Cup	Or GFS#169275 Cherry Tomato maybe used	768146
Variety of Fresh Vegetables	1/4 Cup	GFS#231981 Black Beans, GFS#283339 Broccoli and Cauliflower, GFS#418439 Cucumber, GFS#491012 Assorted Peppers, USDA Brown Box Peas (#100350)	
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 Ounce	Weight. Thaw and Portion into individual cup	570533

Preparation Instructions

Wash and cut/dice all vegetables. Put 1 cup of lettuce in container, then add 1/4 cup of carrots top of lettuce, and add 1/4 cup of vegetable of choice (Legume: Black Bean needs to be offered twice a week, Starchy: Peas needs to be offered twice a week, Other: Broccoli/Cauliflower or Cucumbers, or Assorted Peppers needs to be offered once a week). Lastly, put diced chicken cup into container and close container.

CCP: Cold foods should be kept at 41° or colder. Food kept at room temperature for serving must be thrown away after 4 hours.

Note: Offer with 1 ounce (1/4 cup) Cheese and 2 ounce of Grain Equivalents (See Recipe#38088 for grain selections).

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.500
Grain	0.000
Fruit	0.000
DarkGreen	0.500
Red/Orange	0.250
OtherVeg	0.250
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving	
Calories	111.20
Fat	3.33g
Saturated Fat	1.00g
Trans Fat	0.00g
Cholesterol	36.67mg
Sodium	98.91mg
Carbohydrates	6.29g
Fiber	1.97g
Total Sugar	3.19g
Added Sugar	0.00g
Protein	13.50g
Vitamin A 374.85mcg RAE	Vitamin C 6.17mg
Calcium 27.25mg	Iron 0.71mg

Nutrition - Per 100g

Calories	142.63
Fat	4.28g
Saturated Fat	1.28g
Trans Fat	0.00g
Cholesterol	47.03mg
Sodium	126.87mg
Carbohydrates	8.07g
Fiber	2.53g
Total Sugar	4.09g
Added Sugar	0.00g
Protein	17.32g
Vitamin A 480.82mcg RAE	Vitamin C 7.91mg
Calcium 34.95mg	Iron 0.91mg

Salad Line: Turkey Bacon Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38076
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON TKY CKD	6 Slice	Cut/Dice cooked slices and place into individual containers	834770
LETTUCE ROMAINE RIBBONS	1 Cup	Or GFS#560545 Baby Spinach maybe used	451730
CARROT BABY WHL PETITE	1/4 Cup	Or GFS#169275 Cherry Tomato maybe used	768146
Variety of Fresh Vegetables	1/4 Cup	GFS#231981 Black Beans, GFS#283339 Broccoli and Cauliflower, GFS#418439 Cucumber, GFS#491012 Assorted Peppers, USDA Brown Box Peas (#100350)	

Preparation Instructions

Bacon: Cook CONVECTIN OVEN: Preheat to 350 degrees. 16 slices of bacon on cookie sheet in single layer. Heat for 1-2 minutes. The bacon will get crisper the longer it is heated. Remove and cool so that can be broken up/diced into smaller pieces.

Wash and cut/dice all vegetables. Put 1 cup of lettuce in container, then add 1/4 cup of carrots top of lettuce, and add 1/4 cup of vegetable of choice (Legume: Black Bean needs to be offered twice a week, Starchy: Peas needs to be offered twice a week, Other: Broccoli/Cauliflower or Cucumbers, or Assorted Peppers needs to be offered once a week). Lastly, put bacon container cup into container and close container.

CCP: Cold foods should be kept at 41° or colder. Food kept at room temperature for serving must be thrown away after 4 hours.

Note: Offer with 1 ounce (1/4 cup) Cheese and 2 ounce of Grain Equivalents (See Recipe#38088 for grain selections).

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
Grain	0.000
Fruit	0.000
DarkGreen	0.500
Red/Orange	0.250
OtherVeg	0.250
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving	
Calories	153.12
Fat	8.57g
Saturated Fat	2.14g
Trans Fat	0.00g
Cholesterol	37.51mg
Sodium	683.30mg
Carbohydrates	5.63g
Fiber	1.97g
Total Sugar	3.19g
Added Sugar	1.07g
Protein	12.22g
Vitamin A 374.85mcg RAE	Vitamin C 6.17mg
Calcium 27.25mg	Iron 0.70mg

Nutrition - Per 100g

Calories	296.52
Fat	16.60g
Saturated Fat	4.15g
Trans Fat	0.00g
Cholesterol	72.63mg
Sodium	1323.20mg
Carbohydrates	10.89g
Fiber	3.81g
Total Sugar	6.17g
Added Sugar	2.08g
Protein	23.66g
Vitamin A 725.89mcg RAE	Vitamin C 11.94mg
Calcium 52.77mg	Iron 1.35mg

Salad Line: Turkey Ham Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38074
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup	Or GFS#560545 Baby Spinach maybe used	451730
CARROT BABY WHL PETITE	1/4 Cup	Or GFS#169275 Cherry Tomato maybe used	768146
Variety of Fresh Vegetables	1/4 Cup	GFS#231981 Black Beans, GFS#283339 Broccoli and Cauliflower, GFS#418439 Cucumber, GFS#491012 Assorted Peppers, USDA Brown Box Peas (#100350)	
TURKEY HAM DCD	2 Ounce	Weight. Portion into individual cup	202150

Preparation Instructions

Wash and cut/dice all vegetables. Put 1 cup of lettuce in container, then add 1/4 cup of carrots top of lettuce, and add 1/4 cup of vegetable of choice (Legume: Black Bean needs to be offered twice a week, Starchy: Peas needs to be offered twice a week, Other: Broccoli/Cauliflower or Cucumbers, or Assorted Peppers needs to be offered once a week). Lastly, put ham cup into container and close container.

CCP: Cold foods should be kept at 41° or colder. Food kept at room temperature for serving must be thrown away after 4 hours.

Note: Offer with 1 ounce (1/4 cup) Cheese and 2 ounce of Grain Equivalents (See Recipe#38088 for grain selections).

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.250
Grain	0.000
Fruit	0.000
DarkGreen	0.500
Red/Orange	0.250
OtherVeg	0.250
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving	
Calories	97.62
Fat	3.32g
Saturated Fat	1.00g
Trans Fat	0.00g
Cholesterol	36.54mg
Sodium	337.84mg
Carbohydrates	5.63g
Fiber	1.97g
Total Sugar	3.19g
Added Sugar	0.00g
Protein	10.80g
Vitamin A 374.85mcg RAE	Vitamin C 6.17mg
Calcium 27.25mg	Iron 0.79mg

Nutrition - Per 100g

Calories	125.22
Fat	4.26g
Saturated Fat	1.28g
Trans Fat	0.00g
Cholesterol	46.88mg
Sodium	433.35mg
Carbohydrates	7.22g
Fiber	2.53g
Total Sugar	4.09g
Added Sugar	0.00g
Protein	13.86g
Vitamin A 480.82mcg RAE	Vitamin C 7.91mg
Calcium 34.95mg	Iron 1.01mg

Minuteman Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40335
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATLOAF CKD SLCD W/CHS	1 Piece		765641
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

Cook meatloaf/beef according to directions on package. This product is designed to be heated to 140 degrees F before serving

For service: Put patty on hamburger bun and serve.

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	340.00
Fat	14.00g
Saturated Fat	6.50g
Trans Fat	0.50g
Cholesterol	40.00mg
Sodium	630.00mg
Carbohydrates	33.00g
Fiber	4.00g
Total Sugar	9.00g
Added Sugar	3.00g
Protein	16.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 30.00mg	Iron 2.00mg

Nutrition - Per 100g

No 100g Conversion Available

BBQ Rib Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40337
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB PTY BBQ HNY	1 Each		451660
BUN SUB SLCD WGRAIN 5"	1 Each		276142

Preparation Instructions

Cook BBQ rib meat according to directions on case. Place the rib meat inside a sub bun. Keep in warmer and serve.

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	370.00
Fat	14.50g
Saturated Fat	5.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	850.00mg
Carbohydrates	41.00g
Fiber	3.00g
Total Sugar	13.00g
Added Sugar	9.00g
Protein	18.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 76.00mg	Iron 3.08mg

Nutrition - Per 100g

No 100g Conversion Available

Italian Deli Trio Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-40336
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEAT COMBO PK SLCD	3 Ounce		236012
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	USDA Brown Box Commodity---If not available use GFS#499789	100036
BUN SUB SLCD WGRAIN 5"	1 Each		276142

Preparation Instructions

Layer 2 slices of each type of meat (salami, bologna, and ham) and 1 slice of cheese on each sub bun.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.500
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	380.00
Fat	20.00g
Saturated Fat	6.50g
Trans Fat	0.00g
Cholesterol	82.50mg
Sodium	1290.00mg
Carbohydrates	31.50g
Fiber	2.00g
Total Sugar	4.50g
Added Sugar	4.00g
Protein	18.50g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 109.57mg	Iron 2.00mg

Nutrition - Per 100g

Calories	446.80
Fat	23.52g
Saturated Fat	7.64g
Trans Fat	0.00g
Cholesterol	97.00mg
Sodium	1516.75mg
Carbohydrates	37.04g
Fiber	2.35g
Total Sugar	5.29g
Added Sugar	4.70g
Protein	21.75g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 128.82mg	Iron 2.35mg

Meatball Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40338
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z	4 Each	N/A	785860
BUN SUB SLCD WGRAIN 5"	1 Each		276142
CHEESE MOZZ SHRD	1/8 Cup		645170
SAUCE MARINARA	1/4 Cup		502181

Preparation Instructions

Pull the sub buns out of the freezer and place into the cooler the day before you are going to make the subs.

–
Prepare meatballs as stated on package.

CCP: Heat to 165 degrees F or higher.

–
Fill each Sub Bun with...

5 meatballs

1/2 ounce (1/8 cup of cheese)

1/4 cup (2 ounce spoodle) of Marinara Sauce

–
CCP: Hold for hot service at 135 degrees F or higher.

Updated 5.28.26

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.500
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.250
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	390.80
Fat	15.37g
Saturated Fat	5.82g
Trans Fat	0.60g
Cholesterol	43.80mg
Sodium	587.10mg
Carbohydrates	40.52g
Fiber	4.00g
Total Sugar	9.52g
Added Sugar	5.50g
Protein	21.64g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 249.10mg	Iron 3.50mg

Nutrition - Per 100g

Calories	2651.29
Fat	104.27g
Saturated Fat	39.48g
Trans Fat	4.07g
Cholesterol	297.15mg
Sodium	3983.04mg
Carbohydrates	274.90g
Fiber	27.14g
Total Sugar	64.59g
Added Sugar	37.31g
Protein	146.81g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 1689.96mg	Iron 23.74mg

Salad Line: Diced Egg Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-58695
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup	Or GFS#560545 Baby Spinach maybe used	451730
CARROT BABY WHL PETITE	1/4 Cup	Or GFS#169275 Cherry Tomato maybe used	768146
Variety of Fresh Vegetables	1/4 Cup	GFS#231981 Black Beans, GFS#283339 Broccoli and Cauliflower, GFS#418439 Cucumber, GFS#491012 Assorted Peppers, USDA Brown Box Peas (#100350)	
EGG HRD CKD DCD IQF	1/3 Cup		192198

Preparation Instructions

Wash and cut/dice all vegetables. Put 1 cup of lettuce in container, then add 1/4 cup of carrots top of lettuce, and add 1/4 cup of vegetable of choice (Legume: Black Bean needs to be offered twice a week, Starchy: Peas needs to be offered twice a week, Other: Broccoli/Cauliflower or Cucumbers, or Assorted Peppers needs to be offered once a week). Lastly, put diced egg cup into container and close container.

CCP: Cold foods should be kept at 41° or colder. Food kept at room temperature for serving must be thrown away after 4 hours.

Note: Offer with 1 ounce (1/4 cup) Cheese and 2 ounce of Grain Equivalents (See Recipe#38088 for grain selections).

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.250
Grain	0.000
Fruit	0.000
DarkGreen	0.500
Red/Orange	0.250
OtherVeg	0.250
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving	
Calories	83.99
Fat	1.49g
Saturated Fat	1.49g
Trans Fat	0.00g
Cholesterol	153.60mg
Sodium	68.46mg
Carbohydrates	5.63g
Fiber	1.97g
Total Sugar	3.19g
Added Sugar	0.00g
Protein	6.45g
Vitamin A 374.85mcg RAE	Vitamin C 6.17mg
Calcium 47.07mg	Iron 0.81mg

Nutrition - Per 100g

Calories	395.06
Fat	6.99g
Saturated Fat	6.99g
Trans Fat	0.00g
Cholesterol	722.50mg
Sodium	321.99mg
Carbohydrates	26.46g
Fiber	9.26g
Total Sugar	14.99g
Added Sugar	0.00g
Protein	30.36g
Vitamin A 1763.17mcg RAE	Vitamin C 29.00mg
Calcium 221.40mg	Iron 3.79mg