

Cookbook for Concord Community Elementary Schools

Created by HPS Menu Planner

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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 2.84mg

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

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

Salad Bar- South Side

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11812
School:	Concord South Side Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD TINY CHP 55/45	3 Cup		153121
Cheese, Cheddar Reduced fat, Shredded	2 Ounce		100012
DRESSING RNCH ORIG PKT	2 Ounce		554693
BACON TKY CKD	7/10 Ounce		834770
PEPPERS BAN RING MILD	1/4 Cup		466220
BROCCOLI FLORET BITE SIZE	1/4 Cup		732451
CARROT BABY WHL PETITE	1/4 Cup		768146
CAULIFLOWER BITE SIZE	1/4 Cup		732486
CHIX DCD 1/2" WHT CKD	2 Ounce		599697
SAUCE HOT REDHOT ORG	1 Tablespoon		282944
CROUTON CHS GARL WGRAIN	2 Package	N/A	661022
CUCUMBER SUPER SELECT	1/4 Cup		198587
EGG HRD CKD DCD IQF	1 Ounce		192198
EDAMAME SHELLED SOYBEANS	1 Ounce	N/A	147270
PEPPERS COLORED MIXED ASST	1/4 Cup		491012
PEPPERS GREEN LRG	1/4 Cup		592315
MUSHROOM LRG XFCY	1/4 Cup		285188
OLIVE RIPE SLCD BLK SPAIN	1/4 Cup		324531
OLIVE GRN STFD MANZ W/PIM	1/4 Cup		485624
ONION RED JUMBO	1 Ounce		596973

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN IQF	1/4 Cup		283760
TOMATO 5X6 XL	1/4 Cup		438197

Preparation Instructions

Updated 1.16.24

Meal Components

Amount Per Serving

Meat/Meat Alternate	6.104
Grain	0.500
Fruit	0.000
DarkGreen	0.644
Red/Orange	0.367
OtherVeg	1.399
Beans, Peas, and Lentils	0.379
Starchy	0.093

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	740.74
Fat	37.07g
Saturated Fat	12.65g
Trans Fat	0.00g
Cholesterol	521.22mg
Sodium	1680.62mg
Carbohydrates	32.98g
Fiber	8.61g
Total Sugar	10.65g
Added Sugar	1.35g
Protein	48.22g
Vitamin A 1399.40mcg RAE	Vitamin C 78.15mg
Calcium 182.75mg	Iron 6.99mg

Nutrition - Per 100g

Calories	279.91
Fat	14.01g
Saturated Fat	4.78g
Trans Fat	0.00g
Cholesterol	196.95mg
Sodium	635.06mg
Carbohydrates	12.46g
Fiber	3.25g
Total Sugar	4.03g
Added Sugar	0.51g
Protein	18.22g
Vitamin A 528.79mcg RAE	Vitamin C 29.53mg
Calcium 69.06mg	Iron 2.64mg

Uncrustable

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-24449
School:	Concord 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

Preparation Instructions

No Preparation Instructions available.

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	300.00
Fat	16.00g
Saturated Fat	3.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	270.00mg
Carbohydrates	32.00g
Fiber	4.00g
Total Sugar	15.00g
Added Sugar	12.50g
Protein	9.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 43.50mg	Iron 1.00mg

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable w/ String Cheese and Goldfish

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20102
School:	Concord Intermediate		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN	1 Each		527462
SAND UNCRUST PB&J STRAWB	1 Each		536012
CHEESE STRING MOZZ IW	2 Each		786580
CRACKER GLDFSH CHED WGRAIN	2 Package		736280

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	480.00
Fat	25.50g
Saturated Fat	8.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	640.00mg
Carbohydrates	48.00g
Fiber	4.00g
Total Sugar	16.00g
Added Sugar	12.50g
Protein	17.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 261.50mg	Iron 1.70mg

Nutrition - Per 100g

No 100g Conversion Available

South Side Salad Bar Grain Item

Servings:	10.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29372
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BANANA WGRAIN IW	1 Each		262362
MUFFIN DBL CHOC WGRAIN IW	1 Each		262343
MUFFIN BLUEBERRY WGRAIN IW	1 Each		262370
MUFFIN CHOC/CHOC CHP WGRAIN IW	1 Each		557991
MUFFIN APPL CINN WGRAIN IW	1 Each		558011
MUFFIN BLUEB WGRAIN IW	1 Each		557970
MUFFIN BAN WGRAIN IW	1 Each		557981
PRETZEL HEARTZELS	1 Package		893711
CRACKER CHEEZ-IT WGRAIN IW	1 Each		282422
CRACKER GLDFSH WGRAIN COLOR	1 Package		112702

Preparation Instructions

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

Updated: 6.18.26

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: 10.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	160.00
Fat	5.30g
Saturated Fat	1.35g
Trans Fat	0.02g
Cholesterol	17.00mg
Sodium	138.50mg
Carbohydrates	25.70g
Fiber	1.60g
Total Sugar	11.20g
Added Sugar	10.50g
Protein	2.50g
Vitamin A 1.44mcg RAE	Vitamin C 0.01mg
Calcium 27.10mg	Iron 0.91mg

Nutrition - Per 100g

Calories	7511.74
Fat	248.83g
Saturated Fat	63.38g
Trans Fat	0.94g
Cholesterol	798.12mg
Sodium	6502.35mg
Carbohydrates	1206.57g
Fiber	75.12g
Total Sugar	525.82g
Added Sugar	492.96g
Protein	117.37g
Vitamin A 67.65mcg RAE	Vitamin C 0.23mg
Calcium 1272.40mg	Iron 42.82mg

Uncrustable with String Cheese

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28205
School:	Concord Community Elementary Schools		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	380.00
Fat	22.00g
Saturated Fat	7.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	470.00mg
Carbohydrates	34.00g
Fiber	4.00g
Total Sugar	16.00g
Added Sugar	12.50g
Protein	15.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 241.50mg	Iron 1.00mg

Nutrition - Per 100g

No 100g Conversion Available

Diced Chicken Taco Meat

Servings:	350.00	Category:	Entree
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45156
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	40 Pound		100101
SEASONING TACO MIX	36 Ounce		159204
Tap Water for Recipes	1 Gallon	UNPREPARED	000001WTR

Preparation Instructions

Heat chicken, seasoning, and water to boil. Simmer 20-30 minutes.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.750
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: 350.00

Serving Size: 0.25 Cup

Amount Per Serving	
Calories	94.99
Fat	1.83g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	38.40mg
Sodium	721.94mg
Carbohydrates	5.83g
Fiber	2.92g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	10.97g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 1.05mg

Nutrition - Per 100g

Calories	173.47
Fat	3.34g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	70.12mg
Sodium	1318.38mg
Carbohydrates	10.65g
Fiber	5.33g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	20.04g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 1.92mg

Cilantro Lime Rice

Servings:	200.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-76290
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE JASMINE	13 Pound	***Non-Whole Grain***	230782
OIL OLIVE POMACE	2 Cup		270819
Tap Water	4 Gallon		
JUICE LIME	2 Quart		199028
CILANTRO CLEANED	2 Quart		219550

Preparation Instructions

1. Preheat oven to 350° F or steamer. Add rice, olive oil, water, and lime juice into a hotel pan. Stir to combine.
2. Cook in oven for 1 hour or in steamer for 30-40 minutes.
3. Remove from steamer. Let sit for 15 minutes.
4. Roughly chop cilantro and gently stir into rice.

CCP: Hold above 135° F, serve warm.

Note: This is a Non-Whole Grain Item

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: 200.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	158.73
Fat	2.24g
Saturated Fat	0.32g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	31.39g
Fiber	0.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	2.62g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 1.92mg	Iron 0.31mg

Nutrition - Per 100g

Calories	538.44
Fat	7.60g
Saturated Fat	1.09g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	106.49g
Fiber	0.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	8.87g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 6.51mg	Iron 1.06mg

Spanish Rice

Servings:	50.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-76292
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE ONION MINCED	1/2 Cup		513997
SAUCE TOMATO	2 Quart	N/A	306347
Tap Water	1 Gallon		
RICE JASMINE	3 Pound + 12 Ounce	***Non-Whole Grain***	230782
SPICE GARLIC POWDER	2 Tablespoon		224839
SPICE CUMIN GRND	2 Tablespoon		273945
SPICE PAPRIKA SPANISH	2 Tablespoon		225002
SAUCE HOT	1/4 Cup	N/A	839852
CHILIES GREEN DCD	1/2 Cup	Drained	131460

Preparation Instructions

1. Lightly coat 2 full size 2-inch steam table pan with food release spray.
2. Pour 1 quart tomato sauce, 1/4 cup minced onion and 2 quarts water into each pan. Whisk together.
3. Add 1 pound 14 ounces of uncooked rice to each pan.
4. Add 1 tablespoon of each seasoning (garlic, cumin, and paprika) into each pan.
5. Add 2 tablespoons of hot sauce and ¼ cup green chilies to each pan. Whisk together to combine.
6. Steam for approximately 25 minutes, or until the rice is al dente.
*Critical Control Point: Heat to 165°F or higher for at least 15 seconds.
7. Fluff with utensil and cover with plastic wrap.
8. Serve ½ cup using a No. 8 scoop.
*Critical Control Point: Hold for service at 135°F or higher.

Note: This is a Non-Whole Grain item.

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: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	174.60
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	224.81mg
Carbohydrates	40.86g
Fiber	0.64g
Total Sugar	1.36g
Added Sugar	0.00g
Protein	3.66g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.80mg	Iron 0.83mg

Nutrition - Per 100g

Calories	513.22
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	660.80mg
Carbohydrates	120.12g
Fiber	1.88g
Total Sugar	4.00g
Added Sugar	0.00g
Protein	10.75g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 2.35mg	Iron 2.45mg

White Rice

Servings:	37.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-76294
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	12 1/2 Cup		000001WTR
RICE JASMINE	6 1/4 Cup		230782
MARGARINE SLD	6 1/4 Tablespoon	N/A	733061

Preparation Instructions

Stovetop:

Bring water to a boil. Add rice and butter (optional). Stir. Cover tightly and simmer over a low heat until most of the water is absorbed. Transfer to serving pan and keep warm. Fluff with fork before serving.

Oven:

Combine hot water, rice and butter (optional) in a shallow pan. Stir. Cover and bake in a 350°F oven until most of the water is absorbed. Remove from oven and keep warm. Fluff with fork before serving.

Steamer:

Combine rice, hot water, and butter (optional) in a steam table pan. Stir. Cover and steam according to manufacturer's directions or until most of the water is absorbed. Remove from steamer and keep warm. Fluff with fork before serving.

Note: For firmer rice, use less water and reduce cooking time. For softer rice, use more water and increase cooking time.

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: 37.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	52.93
Fat	1.86g
Saturated Fat	0.76g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	18.58mg
Carbohydrates	8.11g
Fiber	0.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	0.68g
Vitamin A 126.69mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.08mg

Nutrition - Per 100g

Calories	695.50
Fat	24.42g
Saturated Fat	9.99g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	244.17mg
Carbohydrates	106.55g
Fiber	0.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	8.88g
Vitamin A 1664.77mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 1.07mg

Yogurt

Servings:	5.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28222
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F	1 Each		186911
YOGURT STRAWB BAN BASH L/F	1 Each		551760
YOGURT RASPB RNBW L/F	1 Each		551770
YOGURT DANIMAL STRAWB N/F	1 Each		885750
YOGURT DANIMAL STRAWB BAN N/F	1 Each		869921

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
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: 5.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	76.00
Fat	0.30g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	3.00mg
Sodium	61.00mg
Carbohydrates	14.60g
Fiber	0.00g
Total Sugar	9.40g
Added Sugar	4.80g
Protein	4.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 124.00mg	Iron 0.00mg

Nutrition - Per 100g

Calories	335.10
Fat	1.32g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	13.23mg
Sodium	268.96mg
Carbohydrates	64.37g
Fiber	0.00g
Total Sugar	41.45g
Added Sugar	21.16g
Protein	17.64g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 546.74mg	Iron 0.00mg

Uncrustable w/ Yogurt and Goldfish

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29375
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN	1 Each		527462
SAND UNCRUST PB&J STRAWB	1 Each		536012
CRACKER GLDFSH CHED WGRAIN	2 Package		736280
Yogurt	2 Serving		R-28222

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	476.00
Fat	19.80g
Saturated Fat	4.00g
Trans Fat	0.00g
Cholesterol	3.00mg
Sodium	501.00mg
Carbohydrates	60.60g
Fiber	4.00g
Total Sugar	24.40g
Added Sugar	17.30g
Protein	15.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 187.50mg	Iron 1.70mg

Nutrition - Per 100g

Calories	2098.77
Fat	87.30g
Saturated Fat	17.64g
Trans Fat	0.00g
Cholesterol	13.23mg
Sodium	2208.99mg
Carbohydrates	267.20g
Fiber	17.64g
Total Sugar	107.58g
Added Sugar	76.28g
Protein	66.14g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 826.72mg	Iron 7.50mg

Sausage Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29033
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CKD IQF 1.5Z	1 Each		112620
BISCUIT WGRAIN EZ SPLIT	1 Each		631902

Preparation Instructions

Cook Sausage: Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.

Bake Biscuits: Place white bakeable tray of biscuits onto sheet pan. Heating time 6-7 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.

Assemble sandwiches together using cooked product/items.

Updated 6.11.26

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.750
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	400.00
Fat	27.00g
Saturated Fat	13.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	770.00mg
Carbohydrates	27.00g
Fiber	2.00g
Total Sugar	2.00g
Added Sugar	2.00g
Protein	11.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 190.00mg	Iron 1.80mg

Nutrition - Per 100g

No 100g Conversion Available

Salisbury Steak

Servings:	30.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12640
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SMKY GRLL	30 Each	N/A	451400
GRAVY BROWN	1 #5 CAN	N/A	673617

Preparation Instructions

Make gravy according to package directions.
Pour 1 can gravy over each pan of 30 Salisbury Steaks.
Heat.
Serve with dinner roll.

Updated 6.11.26

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.000
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: 30.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	253.67
Fat	17.95g
Saturated Fat	7.00g
Trans Fat	1.00g
Cholesterol	70.00mg
Sodium	578.30mg
Carbohydrates	3.79g
Fiber	0.00g
Total Sugar	1.89g
Added Sugar	0.00g
Protein	16.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

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	N/A	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	0.500

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

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

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

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

Ham and Cheese on Pretzel Bun (Hot or Cold)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38716
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD	6 Slice	Or use Brown Box USDA Ham Sliced (#100187) at 2.5 ounce weight for 2 Meat/Meat Alternatives equivalents	556121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	USDA Brown Box Commodity---If not available use GFS#499789	100036
ROLL PRTZL WGRAIN	1 Each		500162

Preparation Instructions

Layer 6 slices of ham and 1 slice of cheese on each pretzel bun. To serve cold store in cooler until service.

For hot ham and cheese follow above directions and set in oven until hot and cheese is melted. Serve immediately.

Updated: 6.11.26

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	320.00
Fat	10.50g
Saturated Fat	4.00g
Trans Fat	0.00g
Cholesterol	67.50mg
Sodium	645.00mg
Carbohydrates	34.00g
Fiber	3.00g
Total Sugar	4.50g
Added Sugar	4.00g
Protein	22.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 10.00mg	Iron 3.12mg

Nutrition - Per 100g

Calories	368.88
Fat	12.10g
Saturated Fat	4.61g
Trans Fat	0.00g
Cholesterol	77.81mg
Sodium	743.52mg
Carbohydrates	39.19g
Fiber	3.46g
Total Sugar	5.19g
Added Sugar	4.61g
Protein	25.36g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 11.53mg	Iron 3.60mg

Grilled Ham & Cheese Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-58709
School:	Concord Community Elementary Schools		

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	200 Slice	USDA Brown Box Commodity---If not available use GFS#499789	100036
TURKEY HAM SLCD	153 Ounce	Thaw---Weight---300 slices or approximately 9 1/2 pounds	556121

Preparation Instructions

Thaw ham 1-2 ahead of time under refrigeration.

1. Brush approximately ½ oz (1 Tbsp) margarine or butter on each sheet pan (18" x 26" x 1"). 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.
3. Top each slice of bread with 2 slices (1 oz) of cheese and 3 slices (1.53 oz) of ham.
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	314.00
Fat	12.14g
Saturated Fat	5.43g
Trans Fat	0.00g
Cholesterol	52.20mg
Sodium	790.00mg
Carbohydrates	34.00g
Fiber	4.00g
Total Sugar	5.00g
Added Sugar	4.00g
Protein	19.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 60.72mg	Iron 2.36mg

Nutrition - Per 100g

Calories	724.00
Fat	27.99g
Saturated Fat	12.52g
Trans Fat	0.00g
Cholesterol	120.36mg
Sodium	1821.54mg
Carbohydrates	78.40g
Fiber	9.22g
Total Sugar	11.53g
Added Sugar	9.22g
Protein	43.81g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 140.00mg	Iron 5.44mg

Turkey Lunchable Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28207
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SMKD COIN 1.75IN SLCD	3 3/10 Ounce	5 slices per serving	394123
CHEESE COLBY JK CUBE IW 200-1Z LOL	2 Each		680130
CRACKER CHEEZ-IT WGRAIN IW	1 Package		282422

Preparation Instructions

Package 1 bag of cheese cubes, 5 slices of turkey coins, and 1 package of cheez-its together.

Updated 5.29.26

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	380.30
Fat	19.00g
Saturated Fat	9.50g
Trans Fat	0.00g
Cholesterol	90.15mg
Sodium	1001.49mg
Carbohydrates	16.00g
Fiber	1.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	37.06g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 488.00mg	Iron 1.08mg

Nutrition - Per 100g

Calories	221.74
Fat	11.08g
Saturated Fat	5.54g
Trans Fat	0.00g
Cholesterol	52.56mg
Sodium	583.92mg
Carbohydrates	9.33g
Fiber	0.58g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	21.61g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 284.53mg	Iron 0.63mg

Crispy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9069
School:	Concord Community Elementary Schools		

Ingredients

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

Preparation Instructions

Cook chicken according to directions on case.

For service: Place cooked chicken patty on bun and hold in warmer until ready for service.

Updated 6.11.26

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	3.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	350.00
Fat	11.00g
Saturated Fat	2.50g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	530.00mg
Carbohydrates	34.00g
Fiber	6.00g
Total Sugar	4.00g
Added Sugar	3.00g
Protein	24.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 30.00mg	Iron 3.00mg

Nutrition - Per 100g

No 100g Conversion Available

Baked Peach Fruit Roll-Up

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-58390

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD WGRAIN	24 Each		863913
BUTTER PRINT UNSLTD GRD AA	1 1/2 Cup	Melted	299405
SPICE CINNAMON GRND	2 Teaspoon		224723
SPICE NUTMEG GRND	1/2 Teaspoon		224944
PEACH DCD IN JCE 6-10 GCHC	1 #10 CAN		610372

Preparation Instructions

1. Prior to Use: Store product frozen at 0° F to -10° F until ready to use.
2. Remove desired number of doughs from the case and place doughs between layers of oiled parchment pan liners on sheet pans. It is VERY important to cover the pan of dough with plastic to prevent dough from drying out during thawing.
3. Place the covered dough in the cooler to thaw 18-24 hours or overnight.
4. Allow covered thawed dough to rise at room temperature 2-3 hours until it is light and fluffy.
5. Mix melted butter, cinnamon and nutmeg together.
6. Brush 1 Tablespoon of butter mixture on each dough circle.
7. Place a ½ c. diced peaches diagonally across the dough circle. Spray edges of the dough with water.
8. Fold over the 2 moistened dough edges and pinch together to seal.
9. Place in a 350°F Convection Oven. Bake until crust is golden brown 12-15 minutes.
10. Serve warm or cooled

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	313.79
Fat	12.60g
Saturated Fat	7.30g
Trans Fat	0.01g
Cholesterol	30.00mg
Sodium	144.30mg
Carbohydrates	42.93g
Fiber	4.28g
Total Sugar	14.78g
Added Sugar	3.00g
Protein	8.08g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 26.46mg	Iron 1.71mg

Nutrition - Per 100g

Calories	442.77
Fat	17.78g
Saturated Fat	10.30g
Trans Fat	0.01g
Cholesterol	42.33mg
Sodium	203.61mg
Carbohydrates	60.58g
Fiber	6.04g
Total Sugar	20.85g
Added Sugar	4.23g
Protein	11.40g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 37.34mg	Iron 2.41mg

Baked Apple Fruit Roll-Up

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-58431

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD WGRAIN	24 Each		863913
BUTTER PRINT UNSLTD GRD AA	1 1/2 Cup	Melted	299405
SPICE CINNAMON GRND	2 Teaspoon		224723
SPICE NUTMEG GRND	1/2 Teaspoon		224944
APPLE SLCD W/P	1 #10 CAN	Drain. Can also use fresh apple slices. Will want to toss apple slices with a little water lay out on sheet pan cover with foil and bake at 350°F for 10-15 minutes.	117773

Preparation Instructions

1. Prior to Use: Store product frozen at 0° F to -10° F until ready to use.
2. Remove desired number of doughs from the case and place doughs between layers of oiled parchment pan liners on sheet pans. It is VERY important to cover the pan of dough with plastic to prevent dough from drying out during thawing.
3. Place the covered dough in the cooler to thaw 18-24 hours or overnight.
4. Allow covered thawed dough to rise at room temperature 2-3 hours until it is light and fluffy.
5. Mix melted butter, cinnamon and nutmeg together.
6. Brush 1 Tablespoon of butter mixture on each dough circle.
7. Place a ½ c. sliced apples diagonally across the dough circle. Spray edges of the dough with water.
8. Fold over the 2 moistened dough edges and pinch together to seal.
9. Place in a 350°F Convection Oven. Bake until crust is golden brown 12-15 minutes.
10. Serve warm or cooled

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	313.79
Fat	12.60g
Saturated Fat	7.30g
Trans Fat	0.01g
Cholesterol	30.00mg
Sodium	155.08mg
Carbohydrates	42.93g
Fiber	5.36g
Total Sugar	13.70g
Added Sugar	3.00g
Protein	7.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 16.76mg	Iron 1.71mg

Nutrition - Per 100g

Calories	442.77
Fat	17.78g
Saturated Fat	10.30g
Trans Fat	0.01g
Cholesterol	42.33mg
Sodium	218.82mg
Carbohydrates	60.58g
Fiber	7.56g
Total Sugar	19.33g
Added Sugar	4.23g
Protein	9.88g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 23.65mg	Iron 2.41mg

Crispy Spicy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-76183
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST HOT&SPCY BRD 3.75Z	1 Each	N/A	525490
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

Cook chicken according to directions on case.

For service: Place cooked chicken patty on bun and hold in warmer until ready for service.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	3.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	350.00
Fat	12.00g
Saturated Fat	2.50g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	570.00mg
Carbohydrates	34.00g
Fiber	4.00g
Total Sugar	5.00g
Added Sugar	4.00g
Protein	24.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 30.00mg	Iron 3.00mg

Nutrition - Per 100g

No 100g Conversion Available

Tenderloin Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10125
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PTY BRD WGRAIN 3.35Z	1 Each	N/A	661950
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

Lay out tenderloins on sheet tray with paper. Cook for 15 min or until 165. Place on bun and wrap.

Updated 5.20.25

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	410.00
Fat	19.00g
Saturated Fat	5.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	570.00mg
Carbohydrates	36.00g
Fiber	5.00g
Total Sugar	5.00g
Added Sugar	3.00g
Protein	21.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 70.00mg	Iron 3.62mg

Nutrition - Per 100g

No 100g Conversion Available

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-29498
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/	1 Each		417350
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	6.00g
Trans Fat	0.50g
Cholesterol	35.00mg
Sodium	720.00mg
Carbohydrates	28.00g
Fiber	2.00g
Total Sugar	4.00g
Added Sugar	3.00g
Protein	11.00g
Vitamin A 0.07mcg RAE	Vitamin C 3.17mg
Calcium 38.89mg	Iron 2.27mg

Nutrition - Per 100g

No 100g Conversion Available

Side Chef Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-52655
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup		451730
CHEESE AMER SHRD R/F	1/8 Cup	2 TBSP or 1 Fluid Ounce Spoodle	861950
Ham, Cubed Frozen	1/8 Cup	USDA Brown Box Commodity 2 TBSP or 1 Fluid Ounce Spoodle	100188-H

Preparation Instructions

In cup place 1 cup of lettuce and then 1/8 cup of cheese and 1/8 cup of Diced Ham

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	71.63
Fat	3.70g
Saturated Fat	1.98g
Trans Fat	0.00g
Cholesterol	20.08mg
Sodium	402.62mg
Carbohydrates	4.40g
Fiber	1.00g
Total Sugar	2.20g
Added Sugar	0.00g
Protein	8.05g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 116.88mg	Iron 0.00mg

Nutrition - Per 100g

Calories	303.66
Fat	15.70g
Saturated Fat	8.40g
Trans Fat	0.00g
Cholesterol	85.10mg
Sodium	1706.72mg
Carbohydrates	18.67g
Fiber	4.24g
Total Sugar	9.33g
Added Sugar	0.00g
Protein	34.12g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 495.46mg	Iron 0.00mg

Variety Muffin

Servings:	5.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-20140
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN APPL CINN WGRAIN IW	1 Each		558011
MUFFIN BAN WGRAIN IW	1 Each		557981
MUFFIN BLUEBERRY WGRAIN IW	1 Each		262370
MUFFIN DBL CHOC WGRAIN IW	1 Each	Can NOT be served to Headstart	262343
MUFFIN CHOC/CHOC CHP WGRAIN IW	1 Each	Can NOT be served to Headstart	557991

Preparation Instructions

No Preparation Instructions available.

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 Each

Amount Per Serving	
Calories	186.00
Fat	6.20g
Saturated Fat	1.70g
Trans Fat	0.02g
Cholesterol	26.00mg
Sodium	125.00mg
Carbohydrates	30.40g
Fiber	1.80g
Total Sugar	15.80g
Added Sugar	15.00g
Protein	2.80g
Vitamin A 2.88mcg RAE	Vitamin C 0.01mg
Calcium 20.55mg	Iron 1.03mg

Nutrition - Per 100g

No 100g Conversion Available

Pizza Munchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28209
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD W/GRAIN 4"	2 Each	N/A	959048
SAUCE MARINARA DIPN CUP	1 Each	N/A	677721
CHEESE MOZZ SHRD	1/2 Cup	N/A	645170

Preparation Instructions

Flatbread:

1. Keep product frozen at 0°F or below until ready to use. 2. Defrost and store thawed flatbread at room temperature.
1. Each "sheet" has four 1 oz., 4" Whole Grain Sliders.
2. Simply snap at the seams to break apart.

Serve: 2-1 oz Circle Flatbreads, 1 marinara dip cup, and 1/2 cup of shredded cheese as a Pizza Munchable Kit

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	370.00
Fat	16.50g
Saturated Fat	7.50g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	830.00mg
Carbohydrates	34.00g
Fiber	2.00g
Total Sugar	8.00g
Added Sugar	2.00g
Protein	20.00g
Vitamin A 0.10mcg RAE	Vitamin C 0.03mg
Calcium 449.00mg	Iron 1.40mg

Nutrition - Per 100g

Calories	652.56
Fat	29.10g
Saturated Fat	13.23g
Trans Fat	0.00g
Cholesterol	52.91mg
Sodium	1463.84mg
Carbohydrates	59.96g
Fiber	3.53g
Total Sugar	14.11g
Added Sugar	3.53g
Protein	35.27g
Vitamin A 0.18mcg RAE	Vitamin C 0.05mg
Calcium 791.89mg	Iron 2.47mg

Walking Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38709
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3/8 Cup	#10 Disher	722330
CHIP NACHO CHS R/F TOP N GO	1 Package		815803
Cheese, Cheddar Reduced fat, Shredded	2 Tablespoon	USDA Brown Box Commodity---If Brown Box not available use GFS#150250 or GFS#712131--- 1/8 Cup or 1 fl. oz spoodle	100012

Preparation Instructions

Updated 6.17.2026

Meal Components

Amount Per Serving

Component	Amount
Meat/Meat Alternate	2.500
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.132
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	345.52
Fat	15.07g
Saturated Fat	4.82g
Trans Fat	0.00g
Cholesterol	44.45mg
Sodium	599.94mg
Carbohydrates	32.57g
Fiber	5.03g
Total Sugar	2.03g
Added Sugar	0.00g
Protein	19.67g
Vitamin A	0.00mcg RAE
Vitamin C	0.00mg
Calcium	115.60mg
Iron	1.41mg

Nutrition - Per 100g

Calories	328.31
Fat	14.32g
Saturated Fat	4.58g
Trans Fat	0.00g
Cholesterol	42.24mg
Sodium	570.07mg
Carbohydrates	30.95g
Fiber	4.78g
Total Sugar	1.93g
Added Sugar	0.00g
Protein	18.69g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 109.84mg	Iron 1.34mg

Mexican Street Corn

Servings:	55.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45180
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	10 Pound	USDA Brown Box.	100348
OIL VEG	1/2 Cup		330282
SPICE CHILI POWDER MILD	4 Teaspoon		331473
SPICE GARLIC GRANULATED	2 Teaspoon		513881
MAYONNAISE LT	1 Cup		429406
JUICE LIME	1/2 Cup		199028
CHEESE PARM GRTD	1 Cup		164259
SPICE CILANTRO	1/2 Cup		565903

Preparation Instructions

1. Thaw 10# corn, drain completely.
2. Toss the corn with 1/2 cup oil.
3. Divide corn evenly onto sheet pans, but do not over crowd the pans. You want the corn to roast rather than steam. Roast at 450F until the corn has turned deep brown, stirring if necessary.
4. Remove from oven and keep hot.
5. Combine roasted corn with chili powder, garlic, mayo, and lime juice.
6. Stir to combine. Place in warmer to hold for service.
7. Just before serving, top with parmesan cheese and fresh chopped cilantro.

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 55.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	101.01
Fat	3.98g
Saturated Fat	0.76g
Trans Fat	0.03g
Cholesterol	2.91mg
Sodium	65.73mg
Carbohydrates	17.31g
Fiber	2.00g
Total Sugar	3.29g
Added Sugar	0.00g
Protein	2.87g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 24.59mg	Iron 0.01mg

Nutrition - Per 100g

Calories	122.48
Fat	4.83g
Saturated Fat	0.92g
Trans Fat	0.04g
Cholesterol	3.53mg
Sodium	79.71mg
Carbohydrates	20.99g
Fiber	2.43g
Total Sugar	3.99g
Added Sugar	0.00g
Protein	3.48g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 29.82mg	Iron 0.01mg

Homemade Macaroni & Cheese

Servings:	100.00	Category:	Grain
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

Mini Pancakes or Waffles

Servings:	5.00	Category:	Grain
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 on English Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-76295
School:	Concord Community Elementary Schools		

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	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.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.250
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
Calories	255.00
Fat	11.50g
Saturated Fat	4.00g
Trans Fat	0.00g
Cholesterol	97.50mg
Sodium	710.01mg
Carbohydrates	23.00g
Fiber	1.00g
Total Sugar	1.50g
Added Sugar	0.00g
Protein	16.00g
Vitamin A 32.73mcg RAE	Vitamin C 0.01mg
Calcium 105.00mg	Iron 1.60mg

Nutrition - Per 100g

Calories	2125.02
Fat	95.83g
Saturated Fat	33.33g
Trans Fat	0.00g
Cholesterol	812.51mg
Sodium	5916.74mg
Carbohydrates	191.67g
Fiber	8.33g
Total Sugar	12.50g
Added Sugar	0.00g
Protein	133.33g
Vitamin A 272.75mcg RAE	Vitamin C 0.08mg
Calcium 875.00mg	Iron 13.33mg

Bacon, Egg & Cheese on Bagel

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-76296
School:	Concord Community Elementary Schools		

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	USDA Brown Box Commodity--Use GFS #499789 when Brown Box not available	100036
BAGEL WHT WGRAIN 2Z	1 Each		230264

Preparation Instructions

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.250
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
Calories	285.00
Fat	11.50g
Saturated Fat	4.00g
Trans Fat	0.00g
Cholesterol	97.50mg
Sodium	600.01mg
Carbohydrates	30.00g
Fiber	4.00g
Total Sugar	5.50g
Added Sugar	5.00g
Protein	16.00g
Vitamin A 32.73mcg RAE	Vitamin C 0.01mg
Calcium 45.00mg	Iron 1.20mg

Nutrition - Per 100g

Calories	2375.02
Fat	95.83g
Saturated Fat	33.33g
Trans Fat	0.00g
Cholesterol	812.51mg
Sodium	5000.07mg
Carbohydrates	250.00g
Fiber	33.33g
Total Sugar	45.83g
Added Sugar	41.67g
Protein	133.33g
Vitamin A 272.75mcg RAE	Vitamin C 0.08mg
Calcium 375.00mg	Iron 10.00mg

Bacon, Egg & Cheese on Croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-76297
School:	Concord Community Elementary Schools		

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 MARG SLCD WGRAIN	1 Each		169268

Preparation Instructions

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.250
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 Sandwich

Amount Per Serving	
Calories	305.00
Fat	15.00g
Saturated Fat	6.00g
Trans Fat	0.00g
Cholesterol	97.50mg
Sodium	740.01mg
Carbohydrates	31.00g
Fiber	2.00g
Total Sugar	3.50g
Added Sugar	3.00g
Protein	15.00g
Vitamin A 32.73mcg RAE	Vitamin C 0.01mg
Calcium 96.00mg	Iron 1.00mg

Nutrition - Per 100g

Calories	2541.67
Fat	125.00g
Saturated Fat	50.00g
Trans Fat	0.00g
Cholesterol	812.51mg
Sodium	6166.71mg
Carbohydrates	258.33g
Fiber	16.67g
Total Sugar	29.17g
Added Sugar	25.00g
Protein	125.00g
Vitamin A 272.75mcg RAE	Vitamin C 0.08mg
Calcium 799.99mg	Iron 8.33mg

Cheeseburger on Bun*

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28198
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z	1 Each		785850
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	USDA Brown Box Commodity---If not available use GFS#499789	100036
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

Updated 6.18.26

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	338.00
Fat	14.50g
Saturated Fat	5.60g
Trans Fat	0.60g
Cholesterol	46.50mg
Sodium	649.00mg
Carbohydrates	28.00g
Fiber	4.00g
Total Sugar	4.50g
Added Sugar	3.00g
Protein	22.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 63.00mg	Iron 4.00mg

Nutrition - Per 100g

No 100g Conversion Available

Hamburger on Bun-Elementary

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20105
School:	Concord Intermediate		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z	1 Each		785850
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

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	298.00
Fat	12.00g
Saturated Fat	4.10g
Trans Fat	0.60g
Cholesterol	39.00mg
Sodium	509.00mg
Carbohydrates	27.00g
Fiber	4.00g
Total Sugar	4.00g
Added Sugar	3.00g
Protein	19.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 63.00mg	Iron 4.00mg

Nutrition - Per 100g

No 100g Conversion Available

Sloppy Joe on Bun-Elementary

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34881
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT	3 5/8 Ounce	#10 Disher or 3/8 cup	564790
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

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	0.130
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	298.00
Fat	8.00g
Saturated Fat	2.70g
Trans Fat	0.00g
Cholesterol	44.00mg
Sodium	669.00mg
Carbohydrates	35.00g
Fiber	4.00g
Total Sugar	11.00g
Added Sugar	8.00g
Protein	18.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 69.00mg	Iron 4.00mg

Nutrition - Per 100g

Calories	289.57
Fat	7.77g
Saturated Fat	2.62g
Trans Fat	0.00g
Cholesterol	42.76mg
Sodium	650.08mg
Carbohydrates	34.01g
Fiber	3.89g
Total Sugar	10.69g
Added Sugar	7.77g
Protein	17.49g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 67.05mg	Iron 3.89mg

BBQ Beef Rib Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29030
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY	1 Each		451410
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

Cook BBQ rib meat to 165 degrees . Place the rib meat inside a sub bun . Then place on a sheet pan , keep in warmer and serve .

Meal Components

Amount Per Serving

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	350.00
Fat	12.00g
Saturated Fat	4.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	910.00mg
Carbohydrates	38.00g
Fiber	5.00g
Total Sugar	14.00g
Added Sugar	3.00g
Protein	19.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 70.00mg	Iron 3.80mg

Nutrition - Per 100g

No 100g Conversion Available

Cheesy Meatloaf Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47903
School:	Concord Community Elementary Schools		

Ingredients

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

Preparation Instructions

Place burger on bun and serve.

Updated 5.20.25

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

Pizza Burger

Servings:	100.00	Category:	Entree
Serving Size:	2.00 halves	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45181
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef Crumbles w/SPP, Cooked, Frozen	9 3/4 Pound	USDA Brown Box Commodity---Thaw	100134
SPICE ONION MINCED	1 Cup		513997
SPICE GARLIC POWDER	3 Tablespoon		224839
SPICE PEPR BLK REST GRIND	1 Teaspoon		242179
TOMATO PASTE 26%	1/2 #10 CAN		673641
Tap Water	1 Gallon		
SPICE BASIL GRND	1/4 Cup		513636
SPICE OREGANO LEAF	1/4 Cup		513733
SPICE MARJORAM LEAF	1/4 Cup		513709
SPICE THYME GRND	1/4 Cup		513822
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	100 Each		266546
CHEESE MOZZ SHRD	50 Cup	N/A	645170

Preparation Instructions

1. Add thawed beef crumbles, minced onions, garlic powder, pepper, tomato paste, water, and rest of the seasonings together. Mix all together. Simmer for 15minutes.
2. Place split buns on a sheet pan 25 halves per pan 100 servings takes about 8 sheet pans.
3. Portion meat mixture with #24 scoop or 2 2/3 Tablespoon of meat mixture on both halves of buns and top with 1/4 cup cheese.
4. Place pizza burgers in oven for 5 minutes until cheese is melted at 350°F.
5. 2 open face burgers are 1 serving size.

Note: 6.17.26 Recipe will need to be verified for correct total servings.

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: 100.00

Serving Size: 2.00 halves

Amount Per Serving	
Calories	437.09
Fat	19.43g
Saturated Fat	10.21g
Trans Fat	0.00g
Cholesterol	59.84mg
Sodium	759.43mg
Carbohydrates	34.41g
Fiber	4.82g
Total Sugar	7.85g
Added Sugar	3.00g
Protein	28.07g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 441.53mg	Iron 2.55mg

Nutrition - Per 100g

Calories	433.11
Fat	19.25g
Saturated Fat	10.12g
Trans Fat	0.00g
Cholesterol	59.30mg
Sodium	752.51mg
Carbohydrates	34.10g
Fiber	4.78g
Total Sugar	7.78g
Added Sugar	2.97g
Protein	27.81g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 437.51mg	Iron 2.53mg

Chicken Bacon Ranch

Servings:	64.00	Category:	Entree
Serving Size:	2.50 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-47913

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	10 Pound		100101
BACON TKY CKD	8 Ounce		834770
SEASONING MIX RNCH	1/2 Cup		618684

Preparation Instructions

Crumble bacon. Mix chicken, bacon, and ranch seasoning. Heat.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.500
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: 64.00

Serving Size: 2.50 Ounce

Amount Per Serving	
Calories	112.50
Fat	3.50g
Saturated Fat	0.25g
Trans Fat	0.00g
Cholesterol	56.88mg
Sodium	237.51mg
Carbohydrates	1.50g
Fiber	0.00g
Total Sugar	0.00g
Added Sugar	0.13g
Protein	16.25g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.05mg

Nutrition - Per 100g

Calories	151.17
Fat	4.70g
Saturated Fat	0.34g
Trans Fat	0.00g
Cholesterol	76.42mg
Sodium	319.15mg
Carbohydrates	2.02g
Fiber	0.00g
Total Sugar	0.00g
Added Sugar	0.17g
Protein	21.84g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.06mg

Wet Burrito

Servings:	75.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47914
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURRITO BEAN/CHS WGRAIN	75 Each	BAKE CONVENTIONAL OVEN 325°F: FROM FROZEN - 22-27 MINUTES. FROM THAWED - 16-22 MINUTES. CONVECTION OVEN 300°F: FROM FROZEN - 16-22 MINUTES. FROM THAWED - 15-19 MINUTES. INTERNAL PRODUCT TEMPERATURE SHOULD REACH 160°F. CONFIRM WITH MEAT THERMOMETER. TIMES AND TEMPERATURES MAY VARY BASED ON ACTUAL EQUIPMENT AND QUANTITY OF PRODUCT PREPARED. ADJUST ACCORDINGLY. CAUTION: PRODUCT WILL BE HOT.	150852
SAUCE ENCHILADA MILD	1 1/2 Quart		598461

Preparation Instructions

Thaw burritos.

Apply a light coating of enchilada sauce to the bottom of a 2" hotel serving pans.

Place burritos in pans.

Top with remaining enchilada sauce.

Heat.

Convection Oven: 325F. Thawed = 14-20 minutes. Convection Oven: 300F. Thawed = 12-18 minutes. Internal temperature should reach 160F.

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: 75.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	316.40
Fat	9.00g
Saturated Fat	4.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	675.97mg
Carbohydrates	41.28g
Fiber	9.00g
Total Sugar	4.64g
Added Sugar	0.64g
Protein	16.00g
Vitamin A 400.00mcg RAE	Vitamin C 3.60mg
Calcium 200.00mg	Iron 2.70mg

Nutrition - Per 100g

No 100g Conversion Available

Homemade Wet Burrito

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-52890

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 Ounce	Thaw-- Weight-- USDA Brown Box Commodity	100117
Beans, Refried, Low sodium, canned	1/4 Cup	USDA Brown Box Commodity-- 1/4 cup	100362
SALSA 103Z	1/8 Cup	N/A	452841
CHEESE BLND CHED/MONTRY JK SHRD	1/8 Cup	N/A	712131
TORTILLA WHLWHE 10"	1 Each	N/A	456330
SAUCE ENCHILADA MILD	1 1/4 Tablespoon		598461

Preparation Instructions

Mix chicken, beans salsa and cheese (per tortilla 3 ounce weight of chicken, 2 Tablespoons of salsa, 2 Tablespoons of Cheese, and 1/4 cup of refried beans)

Put mix into tortilla wrap it up and put in the oven - Oven temp 375°F

Cook until temp reaches 160°F

Top w enchilada sauce (1 1/4 Tablespoon per serving)

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.250
Grain	2.500
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.250
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	441.60
Fat	14.21g
Saturated Fat	6.38g
Trans Fat	0.00g
Cholesterol	78.29mg
Sodium	1195.38mg
Carbohydrates	48.63g
Fiber	6.50g
Total Sugar	4.26g
Added Sugar	0.99g
Protein	29.02g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 106.04mg	Iron 50.37mg

Nutrition - Per 100g

Calories	438.79
Fat	14.12g
Saturated Fat	6.34g
Trans Fat	0.00g
Cholesterol	77.80mg
Sodium	1187.78mg
Carbohydrates	48.33g
Fiber	6.46g
Total Sugar	4.23g
Added Sugar	0.99g
Protein	28.84g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 105.37mg	Iron 50.05mg

Quaker® Overnight Oatmeal with Berries

Servings:	50.00	Category:	Grain
Serving Size:	1.00 Bowl	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-76308
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS HEARTY KETTLE HOT	20 Cup		467278
1% Low Fat White Milk*	9 1/2 Carton		13871
SPICE CINNAMON GRND	6 Tablespoon		224723
Yoplait Parfait Pro Lowfat Vanilla Yogurt, Reduced Sugar, Bulk Pouch, 64 Oz Bag, 6/Case	29 Cup		499989
Variety of Fruit	12 1/2 Cup	Any chopped fresh or frozen fruit can be used (peaches, GFS#244620 Berry Blend, blueberries, starwberries, etc)	

Preparation Instructions

Make overnight oats the day before serving.

1. Make 25 servings per full size steamtable pan. In pan, combine 10 cups of oats and 3 tablespoons of cinnamon.
2. Add 4 ¾ cups of milk and 14 ½ cups of yogurt to the oat mixture and stir to fully combine.
3. Cover tightly and hold oats base in refrigerator overnight OR go to step 5.
5. Portion 1 cup of the oats base into a 9 oz plastic cup.
6. Top each cup with ¼ cup of berries.
7. Put flat lid on top of the cup and place into refrigerator until serving.

Note: The overnight oats base can be held for up to 3 days in refrigerator in an airtight container. Once topped for service, use within 24 hours.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.250
Grain	1.000
Fruit	0.250
DarkGreen	0.000
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: 1.00 Bowl

Amount Per Serving	
Calories	274.29
Fat	3.34g
Saturated Fat	0.69g
Trans Fat	0.00g
Cholesterol	7.18mg
Sodium	112.51mg
Carbohydrates	50.45g
Fiber	3.81g
Total Sugar	20.47g
Added Sugar	6.93g
Protein	10.71g
Vitamin A 165.11mcg RAE	Vitamin C 0.00mg
Calcium 245.55mg	Iron 1.30mg

Nutrition - Per 100g

No 100g Conversion Available

Sausage, Egg, & Cheese Pancake Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-47902
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE BTRMLK WGRAIN	2 Each	N/A	156101
EGG SCRMBD PTY RND GRLLD	1 Each		208990
SAUSAGE PTY TKY CKD	1 Each		184970
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036

Preparation Instructions

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

Updated 4.20.26

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.250
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	305.00
Fat	13.00g
Saturated Fat	3.50g
Trans Fat	0.00g
Cholesterol	122.50mg
Sodium	500.00mg
Carbohydrates	32.00g
Fiber	2.00g
Total Sugar	10.50g
Added Sugar	4.00g
Protein	16.00g
Vitamin A 32.73mcg RAE	Vitamin C 0.01mg
Calcium 88.20mg	Iron 1.82mg

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Burrito

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-45195
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD W/BCN CHS	3 Ounce	Use 1/2 cup (4 fl. oz. scoop)	533034
TORTILLA FLOUR 6IN	1 Each	***Non-Whole Grain***	713320

Preparation Instructions

Start with cooking eggs in steamer , temp at 135°F . Take a # 8 scoop of eggs, placing them in the center of a tortilla . Fold and place into a foil wrapper . Then hold in warmer and serve.

Updated 6.18.26

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.500
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	260.00
Fat	15.50g
Saturated Fat	5.50g
Trans Fat	0.00g
Cholesterol	255.00mg
Sodium	580.00mg
Carbohydrates	15.50g
Fiber	0.00g
Total Sugar	2.50g
Added Sugar	1.00g
Protein	14.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 112.00mg	Iron 2.08mg

Nutrition - Per 100g

Calories	305.70
Fat	18.22g
Saturated Fat	6.47g
Trans Fat	0.00g
Cholesterol	299.82mg
Sodium	681.95mg
Carbohydrates	18.22g
Fiber	0.00g
Total Sugar	2.94g
Added Sugar	1.18g
Protein	16.46g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 131.69mg	Iron 2.45mg

Egg & Cheese on English Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-76309
School:	Concord Community Elementary Schools		

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

Preparation Instructions

Cook egg patty according to directions on items package. Assembly sandwich for service.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.250
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
Calories	205.00
Fat	7.50g
Saturated Fat	2.50g
Trans Fat	0.00g
Cholesterol	82.50mg
Sodium	500.00mg
Carbohydrates	23.00g
Fiber	1.00g
Total Sugar	1.50g
Added Sugar	0.00g
Protein	12.00g
Vitamin A 32.73mcg RAE	Vitamin C 0.01mg
Calcium 105.00mg	Iron 1.60mg

Nutrition - Per 100g

No 100g Conversion Available

Oven Fried Rice

Servings:	50.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-76293
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water	1 Gallon	Boiling	
RICE JASMINE	3 Pound + 12 Ounce	***Non-Whole Grain***	230782
PEPPERS RED	2 Cup	Chopped	560715
ONION GREEN	2 Cup	Chopped	596981
PINEAPPLE CHUNKS IN JCE	1 Quart		189952
PEAS CARROT	1 Quart		285730
OIL SESAME PURE	1 Cup	N/A	348630
SAUCE SOY LITE	1 1/2 Cup		466425

Preparation Instructions

Cook rice (Steps 1 through Step 5) the day before--if able to use rapid cooling or oversee cooling temperature log.

1. Lightly coat 2 full size 2-inch steam table pan with food release spray.
2. Pour boiling water, 2 quarts into each pan.
3. Place 1 pound 14 ounces of uncooked rice to each pan. Stir. Cover pans tightly.
4. Bake:
Conventional oven: 350 °F for 40 minutes.
Convection oven: 325 °F for 40 minutes.
Steamer: 5 lb pressure for 25 minutes.
5. Remove cooked rice from oven and let stand covered for 5 minutes. Stir/fluff rice.
6. Preheat oven to 400° F
7. Toss cooked rice, chopped bell peppers, chopped green onions, pineapple tidbits with juice and peas and carrots together in a large bowl. Add sesame oil and soy sauce. Mix well to combine.
8. Line a full baking sheet with parchment paper. Lay rice mixture on baking sheet in a thin layer.
9. Bake for 45 minutes. Rotating and mixing every 15-20 minutes to avoid outer edges from burning.
10. Serve hot. Hold warm for service above 135° F.

Note: This is a Non-Whole Grain item.

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: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	221.39
Fat	4.49g
Saturated Fat	0.64g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	285.70mg
Carbohydrates	41.36g
Fiber	0.54g
Total Sugar	2.78g
Added Sugar	0.00g
Protein	3.79g
Vitamin A 159.99mcg RAE	Vitamin C 9.30mg
Calcium 7.07mg	Iron 0.52mg

Nutrition - Per 100g

Calories	650.75
Fat	13.19g
Saturated Fat	1.88g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	839.80mg
Carbohydrates	121.57g
Fiber	1.60g
Total Sugar	8.17g
Added Sugar	0.00g
Protein	11.13g
Vitamin A 470.28mcg RAE	Vitamin C 27.34mg
Calcium 20.78mg	Iron 1.53mg

Homemade Pizza Puff

Servings:	32.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-76310
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL SUB NO PRF WGRAIN	32 Each		428322
CHEESE MOZZ SHRD	16 Cup	N/A	645170
PEPPERONI SLICED BULK	96 Each		596961

Preparation Instructions

1. Thaw the Rich's No Proof Dough in the refrigerator (covered) for 18 to 24 hours.
2. Shape the thawed dough into 5 ½" L to 3 ½" W bolillo shape (oblong, football-like shape) flattening the center to create a pocket.
3. To assemble place ½ cup of shredded mozzarella cheese evenly in the center of each dough and then top with 3 pepperoni.
4. Bake until crust is brown and internal temperature reaches 165° degrees.

Convection Oven: 375°F for 8 to 12 minutes.

Conventional Oven: 450°F for 12 to 15 minutes.

Deck Oven: 500°F for 10 to 12 minutes.

**Oven temperatures may vary. Please adjust times accordingly.

Serve with a side of marinara sauce

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: 32.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	378.01
Fat	17.40g
Saturated Fat	7.90g
Trans Fat	0.00g
Cholesterol	32.00mg
Sodium	578.04mg
Carbohydrates	31.20g
Fiber	3.00g
Total Sugar	5.00g
Added Sugar	3.00g
Protein	22.20g
Vitamin A 0.64mcg RAE	Vitamin C 0.01mg
Calcium 420.00mg	Iron 1.67mg

Nutrition - Per 100g

Calories	606.08
Fat	27.90g
Saturated Fat	12.67g
Trans Fat	0.00g
Cholesterol	51.31mg
Sodium	926.79mg
Carbohydrates	50.02g
Fiber	4.81g
Total Sugar	8.02g
Added Sugar	4.81g
Protein	35.59g
Vitamin A 1.03mcg RAE	Vitamin C 0.02mg
Calcium 673.40mg	Iron 2.68mg