

# **Cookbook for Concord Community Elementary Schools**

**Created by HPS Menu Planner**

# Table of Contents

**Assortment of Cereal (1 ounce)**

**Variety of 100% Fruit Juice**

**Salad Bar- South Side**

**Uncrustable**

**Uncrustable w/ String Cheese and Goldfish**

**South Side Salad Bar Grain Item**

**Uncrustable with String Cheese**

**Diced Chicken Taco Meat**

**Cilantro Lime Rice**

**Spanish Rice**

**White Rice**

**Yogurt**

**Uncrustable w/ Yogurt and Goldfish**

**Sausage Biscuit**

**Salisbury Steak**

**Mashed Potatoes**

**White Peppered Gravy**

**Glazed Carrots**

**Tomato Soup**

**Ham and Cheese on Pretzel Bun (Hot or Cold)**

**Grilled Ham & Cheese Sandwich**

**Turkey Lunchable Kit**

**Crispy Chicken Sandwich**

**Baked Peach Fruit Roll-Up**

**Baked Apple Fruit Roll-Up**

**Crispy Spicy Chicken Sandwich**

**Tenderloin Sandwich**

**Hot Dog with Bun**

**Side Chef Salad**

**Variety Muffin**

**Pizza Munchable**

**Walking Taco**

**Mexican Street Corn**

**Homemade Macaroni & Cheese**

**Mini Pancakes or Waffles**

**Bacon, Egg & Cheese on English Muffin**

**Bacon, Egg & Cheese on Bagel**

**Bacon, Egg & Cheese on Croissant**

**Cheeseburger on Bun\***

**Hamburger on Bun-Elementary**

**Sloppy Joe on Bun-Elementary**

**BBQ Beef Rib Sandwich**

**Cheesy Meatloaf Burger**

**Pizza Burger**

**Chicken Bacon Ranch**

**Wet Burrito**

**Homemade Wet Burrito**

**Quaker® Overnight Oatmeal with Berries**

**Sausage, Egg, & Cheese Pancake Sandwich**

**Breakfast Burrito**

**Egg & Cheese on English Muffin**

**Oven Fried Rice**

**Homemade Pizza Puff**

# Assortment of Cereal (1 ounce)

<b>Servings:</b>	8.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28214
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	108.75
<b>Fat</b>	1.63g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	138.13mg
<b>Carbohydrates</b>	23.13g
<b>Fiber</b>	2.25g
<b>Total Sugar</b>	6.25g
<b>Added Sugar</b>	6.13g
<b>Protein</b>	2.00g
<b>Vitamin A</b> 87.50mcg RAE	<b>Vitamin C</b> 0.45mg
<b>Calcium</b> 61.25mg	<b>Iron</b> 2.84mg

## Nutrition - Per 100g

No 100g Conversion Available

# Variety of 100% Fruit Juice

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

## Ingredients

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

## Preparation Instructions

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

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

Updated 5.21.2026

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

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

## Nutrition - Per 100g

No 100g Conversion Available

# Salad Bar- South Side

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11812
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

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

### Nutrition - Per 100g

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

# Uncrustable

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

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

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

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

### Nutrition - Per 100g

No 100g Conversion Available

# Uncrustable w/ String Cheese and Goldfish

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20102
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# South Side Salad Bar Grain Item

<b>Servings:</b>	10.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29372
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Each

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

## Nutrition - Per 100g

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

# Uncrustable with String Cheese

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28205
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

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

### Nutrition - Per 100g

No 100g Conversion Available

# Diced Chicken Taco Meat

<b>Servings:</b>	350.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.25 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45156
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 350.00

Serving Size: 0.25 Cup

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

## Nutrition - Per 100g

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

# Cilantro Lime Rice

<b>Servings:</b>	200.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-76290
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 0.50 Cup

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

## Nutrition - Per 100g

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

# Spanish Rice

<b>Servings:</b>	50.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-76292
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

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

## Nutrition - Per 100g

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

# White Rice

<b>Servings:</b>	37.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-76294
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 37.00

Serving Size: 0.50 Cup

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

## Nutrition - Per 100g

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

# Yogurt

<b>Servings:</b>	5.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28222
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

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

## Nutrition - Per 100g

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

# Uncrustable w/ Yogurt and Goldfish

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29375
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

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

## Nutrition - Per 100g

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

# Sausage Biscuit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-29033
<b>School:</b>	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

<b>Meat/Meat Alternate</b>	0.750
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
<b>Calories</b>	400.00
<b>Fat</b>	27.00g
<b>Saturated Fat</b>	13.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	770.00mg
<b>Carbohydrates</b>	27.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	2.00g
<b>Added Sugar</b>	2.00g
<b>Protein</b>	11.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 190.00mg	<b>Iron</b> 1.80mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Salisbury Steak

<b>Servings:</b>	30.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12640
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 1.00 Each

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Mashed Potatoes

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	28 Ounce	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

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

### Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 0.50 Cup

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

## Nutrition - Per 100g

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

# White Peppered Gravy

<b>Servings:</b>	128.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 1.00 Fluid Ounce

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

## Nutrition - Per 100g

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

# Glazed Carrots

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD C/C LRG	15 Pound		285680
SUGAR BROWN LT	1 1/2 Cup		860311
MARGARINE SLD	1/2 Pound		733061

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 105.00

Serving Size: 0.50 Cup

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

## Nutrition - Per 100g

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

# Tomato Soup

<b>Servings:</b>	53.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10639
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 53.00

Serving Size: 0.75 Cup

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

### Nutrition - Per 100g

No 100g Conversion Available

# Ham and Cheese on Pretzel Bun (Hot or Cold)

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-38716
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

## Nutrition - Per 100g

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

# Grilled Ham & Cheese Sandwich

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-58709
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	314.00
<b>Fat</b>	12.14g
<b>Saturated Fat</b>	5.43g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	52.20mg
<b>Sodium</b>	790.00mg
<b>Carbohydrates</b>	34.00g
<b>Fiber</b>	4.00g
<b>Total Sugar</b>	5.00g
<b>Added Sugar</b>	4.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 60.72mg	<b>Iron</b> 2.36mg

## Nutrition - Per 100g

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

# Turkey Lunchable Kit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28207
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

## Nutrition - Per 100g

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

# Crispy Chicken Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9069
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Baked Peach Fruit Roll-Up

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

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

## Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Each

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

## Nutrition - Per 100g

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

# Baked Apple Fruit Roll-Up

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

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

## Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Each

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

## Nutrition - Per 100g

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

# Crispy Spicy Chicken Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-76183
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

### Nutrition - Per 100g

No 100g Conversion Available

# Tenderloin Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10125
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	410.00
<b>Fat</b>	19.00g
<b>Saturated Fat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	570.00mg
<b>Carbohydrates</b>	36.00g
<b>Fiber</b>	5.00g
<b>Total Sugar</b>	5.00g
<b>Added Sugar</b>	3.00g
<b>Protein</b>	21.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 70.00mg	<b>Iron</b> 3.62mg

### Nutrition - Per 100g

No 100g Conversion Available

# Hot Dog with Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29498
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	310.00
<b>Fat</b>	18.00g
<b>Saturated Fat</b>	6.00g
<b>Trans Fat</b>	0.50g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	720.00mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	4.00g
<b>Added Sugar</b>	3.00g
<b>Protein</b>	11.00g
<b>Vitamin A</b> 0.07mcg RAE	<b>Vitamin C</b> 3.17mg
<b>Calcium</b> 38.89mg	<b>Iron</b> 2.27mg

### Nutrition - Per 100g

No 100g Conversion Available

# Side Chef Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-52655
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

## Nutrition - Per 100g

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

# Variety Muffin

<b>Servings:</b>	5.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-20140
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Pizza Munchable

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28209
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

## Nutrition - Per 100g

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

# Walking Taco

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-38709
<b>School:</b>	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

<b>Meat/Meat Alternate</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.132
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	345.52
<b>Fat</b>	15.07g
<b>Saturated Fat</b>	4.82g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	44.45mg
<b>Sodium</b>	599.94mg
<b>Carbohydrates</b>	32.57g
<b>Fiber</b>	5.03g
<b>Total Sugar</b>	2.03g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	19.67g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 115.60mg	<b>Iron</b> 1.41mg

## Nutrition - Per 100g

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

# Mexican Street Corn

<b>Servings:</b>	55.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45180
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 55.00

Serving Size: 0.50 Cup

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

## Nutrition - Per 100g

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

# Homemade Macaroni & Cheese

<b>Servings:</b>	100.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-58689
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

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

## Nutrition - Per 100g

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

# Mini Pancakes or Waffles

<b>Servings:</b>	5.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 pouch	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28201
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 pouch

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Bacon, Egg & Cheese on English Muffin

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-76295
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

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

## Nutrition - Per 100g

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

# Bacon, Egg & Cheese on Bagel

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-76296
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

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

## Nutrition - Per 100g

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

# Bacon, Egg & Cheese on Croissant

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-76297
<b>School:</b>	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

<b>Meat/Meat Alternate</b>	1.250
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

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

## Nutrition - Per 100g

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

# Cheeseburger on Bun\*

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28198
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Hamburger on Bun-Elementary

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20105
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

### Nutrition - Per 100g

No 100g Conversion Available

# Sloppy Joe on Bun-Elementary

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34881
<b>School:</b>	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

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.130
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	298.00
<b>Fat</b>	8.00g
<b>Saturated Fat</b>	2.70g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	44.00mg
<b>Sodium</b>	669.00mg
<b>Carbohydrates</b>	35.00g
<b>Fiber</b>	4.00g
<b>Total Sugar</b>	11.00g
<b>Added Sugar</b>	8.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 69.00mg	<b>Iron</b> 4.00mg

## Nutrition - Per 100g

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

# BBQ Beef Rib Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29030
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

### Nutrition - Per 100g

No 100g Conversion Available

# Cheesy Meatloaf Burger

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-47903
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

### Nutrition - Per 100g

No 100g Conversion Available

# Pizza Burger

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 halves	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45181
<b>School:</b>	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

<b>Meat/Meat Alternate</b>	3.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.00 halves

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

## Nutrition - Per 100g

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

# Chicken Bacon Ranch

<b>Servings:</b>	64.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.50 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 2.50 Ounce

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

## Nutrition - Per 100g

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

# Wet Burrito

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURRITO BEAN/CHS WGRAIN	75 Each	N/A	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

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

### Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 1.00 Each

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Homemade Wet Burrito

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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

## Nutrition - Per 100g

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

# Quaker® Overnight Oatmeal with Berries

<b>Servings:</b>	50.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Bowl	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-76308
<b>School:</b>	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

<b>Meat/Meat Alternate</b>	1.250
<b>Grain</b>	1.000
<b>Fruit</b>	0.250
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Bowl

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

## Nutrition - Per 100g

No 100g Conversion Available

# Sausage, Egg, & Cheese Pancake Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-47902
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Breakfast Burrito

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-45195
<b>School:</b>	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

<b>Meat/Meat Alternate</b>	2.500
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

## Nutrition - Per 100g

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

# Egg & Cheese on English Muffin

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-76309
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Oven Fried Rice

<b>Servings:</b>	50.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-76293
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

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

## Nutrition - Per 100g

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

# Homemade Pizza Puff

<b>Servings:</b>	32.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-76310
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 1.00 Each

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

## Nutrition - Per 100g

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