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# **Healthier Kansas Menus - Breakfast**



## **RECIPES**

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Child Nutrition & Wellness, Kansas State Department of Education - 2010

# Healthier Kansas Menus – Breakfast – RECIPES



**Child Nutrition & Wellness**  
**Kansas State Department of Education**  
120 SE 10<sup>th</sup> Avenue  
Topeka, Kansas 66612  
785-296-2276  
FAX: 785-296-0232  
[www.kn-eat.org](http://www.kn-eat.org)

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For further information about this publication, please contact Cheryl Johnson, Director, Child Nutrition & Wellness at the phone number above or email: [csjohnson@ksde.org](mailto:csjohnson@ksde.org).

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Healthier Kansas Menus recipes were developed by Child Nutrition & Wellness, Kansas State Department of Education or adapted from the following sources:

- *School Nutrition Magazine*, November 2009, [www.schoolnutrition.org](http://www.schoolnutrition.org)
- *Waking Up School Breakfast*, Child Nutrition & Wellness, Kansas State Department of Education
- *Preparing Whole Grain Foods*, Child Nutrition & Wellness, Kansas State Department of Education
- *USDA Recipes for Schools*, U.S. Department of Agriculture, Food & Nutrition Service, Child Nutrition Programs, 2006.
- National Pork Board, [www.pork.org](http://www.pork.org)
- Pinnacle Foodservice, [www.foodservice.pinnaclefoodscorp.com](http://www.foodservice.pinnaclefoodscorp.com)
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# Aloha Muffin Square

Breakfast

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe B-180  
(KSDE, Child Nutrition & Wellness)

Ingredients	45 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Brown Sugar Cereal, Raisin Bran Whole Wheat Flour Baking Powder  Cinnamon, ground Ginger, ground	1 lb + 4 oz 5 oz 1 lb + 6.5 oz	2½ cups 1 qt + 1 cup 1 qt + 1 cup 3 Tbsp + 1 tsp 2½ tsp 1¼ tsp			1. Mix all dry ingredients together in a mixing bowl.
Carrots, raw, grated Raisins Crushed Pineapple with juice Egg, whole, raw Oil, vegetable Applesauce Vanilla	12.5 oz 12.5 oz 2 lb + 8 oz    1 lb + 4 oz	2½ cups 2½ cups 5 cups  10 large 1¼ cups 2½ cups 1 Tbsp + 2 tsp			2. Add remaining ingredients.
Pan Release Spray		As needed			3. Pour mixture evenly into 18 x 30 x 2 inch pan which has been lightly coated with pan release spray. 4. Bake until the center is solid and the sides leave the edge of pan: *Conventional oven: 350° F for 15-20 minutes *Convection oven: 325° F for 13-18 minutes. 5. For 45 servings, cut each pan 9 x 5.

Serving Size	1 Serving Provides	Yield
1 square	1.13 G/B + .3 F/V	45 portions

## **Aloha Muffin Square**, continued

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### **Nutrients Per Serving**

Calories	229	Vitamin A	1142 IU	Iron	3.21 mg
Protein	3.91 gm	Vitamin C	5.7 mg	Calcium	200 mg
Carbohydrate	38.81 gm	Fiber	3.08 gm	Cholesterol	47 mg
Fat	7.59 gm	% Fat	29.86%	Sodium	162 mg
Saturated Fat	1.44 gm	% Saturated Fat	5.66%		

# Baked French Toast Strips

Breakfast

HACCP: #2 Same Day Service

Healthier Kansas Recipe B-106  
(NFSMI, modified by KSDE)

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Whole Wheat Bread (Healthier Kansas Menus Recipe #107), cut into 1½ oz slices (Optional: stack 2 slices of purchased whole wheat bread together to equal a 1½ oz slice) Pan Release Spray	1 lb + 10 oz	17 slices  As needed	3 lb + 3 oz	34 slices  As needed	1. Cut each 1½ oz slice of bread into 3 even strips. Arrange 34 strips of bread in a 12" x 20" x 2" steam table pan which has been lightly coated with pan release spray. 2. For 50 servings, use 3 steam table pans. For 25 servings, use 1½ steam table pans.
Eggs  Milk, lowfat  Sugar Salt Vanilla	1 lb + 8 oz  5 oz	12 large  3¾ cups  ⅔ cup ¾ tsp 2 tsp	3 lb + 2 oz  10 oz	25 large  1 qt + 3½ cups 1¼ cups 1½ tsp 1 Tbsp + 1 tsp	3. Combine eggs, milk, sugar, salt and vanilla in a mixing bowl. Using a paddle attachment, mix for 3 minutes or until ingredients are well blended. 4. Pour 1 qt + 1 cup of egg mixture over each full pan of bread strips and 2½ cups of mixture over each half pan. 5. Cover pans with plastic wrap and chill for 4 to 24 hours.
Cinnamon		¾ tsp		1½ tsp	6. Sprinkle ½ teaspoon of cinnamon on top of each full pan. 7. Bake to an internal temperature of 160° F: Conventional oven at 425° F for 30-35 minutes <b>or</b> Convection oven at 375° F for 18-20 minutes.  <b>CCP: Hold for hot service at 135° F or higher.</b> <i>Topping Suggestions:</i> Spiced Apple topping, lowfat yogurt, fresh fruit, or maple syrup.

## **Baked French Toast Strips**, continued

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<b>Serving Size</b>	<b>1 Serving Provides</b>	<b>Yield</b>
2 strips	1 oz M/MA + 1 units G/B	50 servings: 3 pans

### **Nutrients Per Serving**

Calories	183	Vitamin A	200 IU	Iron	1.62 mg
Protein	7.11 gm	Vitamin C	1.6 mg	Calcium	69 mg
Carbohydrate	26.84 gm	Fiber	1.67 gm	Cholesterol	108 mg
Fat	5.65 gm	% Fat	27.85%	Sodium	241 mg
Saturated Fat	1.44 gm	% Saturated Fat	7.09%		



# Biscuit and Gravy

Breakfast

HACCP: #2 Same Day Service

Healthier Kansas Recipe B-118  
(KSDE, Child Nutrition & Wellness)

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Angel Biscuit Recipe (Healthier Kansas Recipe B-120) <b>OR</b> Purchased Whole Wheat Biscuits weighing at least 1.8 oz		100 each			1. Prepare angel biscuits according to recipe <b>or</b> Slice and warm pre-made whole wheat biscuits.
Gravy, country style  Sausage, turkey, cooked and drained	5 lb	2 gal + 2 qt			2. Prepare country style gravy mix according to the directions on package. 3. Brown and crumble sausage in skillet. Cook to an internal temperature of 165° F. Drain and rinse. 4. Mix cooked, drained sausage with gravy mix. <b>CCP: Heat Sausage Gravy to an internal temperature of 165° F.</b> 5. Place sliced biscuit on tray, cover with 3 oz of gravy/sausage mixture. 6. Serve.

Serving Size	1 Serving Provides	Yield
1 each (1 biscuit + 3 oz of gravy mixture)	.4 oz M/MA + 2 units G/B	100 servings

## Nutrients Per Serving

Calories	246	Vitamin A	22 IU	Iron	1.41 mg
Protein	8.11 gm	Vitamin C	3.1 mg	Calcium	78 mg
Carbohydrate	24.59 gm	Fiber	1.87 gm	Cholesterol	23 mg
Fat	13.18 gm	% Fat	48.14%	Sodium	800 mg
Saturated Fat	3.74 gm	% Saturated Fat	13.67%		

# Biscuit Breakfast Sandwich

Breakfast

HACCP: #2Same Day Service

Healthier Kansas Recipe B-126  
(KSDE, Child Nutrition & Wellness)

Ingredients	50 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Angel Biscuit Recipe (Healthier Kansas Recipe B-120) <b>OR</b> Purchased Whole Wheat Biscuit weighing at least 1.8 oz		50 each			1. Prepare angel biscuits according to recipe OR Slice and warm pre-made whole wheat biscuits.
Chicken Patty, breaded, CN labeled, 1 oz M/MA and ¼ unit G/B		50 each			2. Heat chicken patties in oven according to manufacturer's instructions. 3. Cut biscuit in ½, place one chicken patty between each biscuit. 4. Product will hold better if placed in a foil wrap.  <b>CCP: Hold for hot service at 135° F or higher.</b>

Serving Size	1 Serving Provides	Yield
1 sandwich	1 oz M/MA + 2.25 units G/B	50 sandwiches

## Nutrients Per Serving

Calories	258	Vitamin A	22 IU	Iron	2.06 mg
Protein	10.21 gm	Vitamin C	3.1 mg	Calcium	70 mg
Carbohydrate	24.83 gm	Fiber	1.87 gm	Cholesterol	21 mg
Fat	14.26 gm	% Fat	49.79%	Sodium	502 mg
Saturated Fat	3.65 gm	% Saturated Fat	12.74%		

# Breakfast Bake

## Breakfast

## HACCP: #2 Same Day Service

**Healthier Kansas Recipe B-192**  
(National Pork Board, modified by KSDE)

Ingredients	16 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Eggs, fresh, beaten	1 lb	8 large	3 lb	24 large	1. Preheat convection oven to 325° F or conventional oven to 350° F. 2. In mixing bowl, beat eggs well. Mix in milk and yellow mustard until well blended.
Milk, low fat	1 lb	2 cups	3 lb	6 cups	
Mustard, yellow		1 Tbsp		3 Tbsp	
Parsley, dried		2 Tbsp + 2 tsp		½ cup	3. Add spices and seasonings to egg mixture.
Salt, table		¾ tsp		2½ tsp	
Pepper, black		½ tsp		½ Tbsp	
Onion, fresh, chopped fine		2 Tbsp		½ cup	4. In separate bowl, place onions, ham, hash browns and ½ the amount of cheese. Stir well. 5. Pour egg mixture over meat and vegetable mixture. Stir until well blended. 6. Spray 12" x 20" x 2" steam table pan(s) with pan release spray. Add 3 qt of casserole mixture to each pan. 7. Sprinkle with remaining cheese (approximately 2.25 oz per pan). 8. Bake casserole for 20-30 minutes or until internal temperature reaches 160° F. Cut each pan in 4 x 4 for 16 servings. <b>CCP: Heat to 160° F or higher for 15 seconds.</b> <b>CCP: Hold for hot service at 135° F or higher.</b>  *Recipe can be made the night before and held in the refrigerator at 41° F or colder.
Ham, cooked, chopped	1 lb		3 lb		
Hash Browns, frozen, shredded	3 lb		9 lb		
Cheese, American, shredded	4.5 oz		13.5 oz		
Pan Release Spray		As needed		As needed	

## Breakfast Bake, continued

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Serving Size	1 Serving Provides	Yield
1 portion	2.08 oz. M/MA + .35 F/V	1 steam table pans (16 servings each)

### Nutrients Per Serving

Calories	281	Vitamin A	418 IU	Iron	2.23 mg
Protein	13.95 gm	Vitamin C	5.8 mg	Calcium	124 mg
Carbohydrate	26.52 gm	Fiber	1.83 gm	Cholesterol	119 mg
Fat	14.24 gm	% Fat	45.66%	Sodium	541 mg
Saturated Fat	5.64 gm	% Saturated Fat	18.07%		

# Breakfast Lasagna

Breakfast

HACCP: #2 Same Day Service

Healthier Kansas Recipe B-79  
(Pinnacle Foodservice, modified by KSDE)

Ingredients	45 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Sausage, turkey, bulk, AP	2 lb + 8 oz				1. Brown and crumble sausage in skillet. Drain and rinse. Hold while preparing gravy. <b>CCP: Heat to 165° F or higher for 15 seconds.</b> <b>CCP: Hold for hot service at 135° F or higher.</b>
Gravy Mix, country, prepared		9 cups			2. Prepare gravy mix according to package directions. Stir cooked sausage into gravy mix. <b>CCP: Heat to 165° F or higher for 15 seconds.</b> <b>CCP: Hold for hot service at 135° F or higher.</b>
Waffle Squares, ready to heat and serve		90 each (minimum 1.1 oz; 4" x 4")			3. Heat waffles: Convection oven at 300° F for 8-12 minutes <b>or</b> Conventional oven at 350° F for 12-15 minutes.
Cheese, American, grated	1 lb + 8 oz				4. Line three 12" x 20" x 2" steam table pans with parchment paper. Place single layer (3 x 5) heated waffles in each pan. 5. Spread 1½ cups sausage gravy over waffle layer in each pan. Repeat. 6. Top second layer of waffle/gravy mix with 8 oz grated cheese in each pan. 7. Hold covered in heated cart until service. <b>CCP: Hold for hot service at 135° F or higher.</b> 8. Cut each pan 3 x 5.

## Breakfast Lasagna, continued

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Serving Size	1 Serving Provides	Yield
1 portion	.9 oz. M/MA + 2.54 G/B	3 steam table pans (15 servings each)

### Nutrients Per Serving

Calories	418	Vitamin A	400 IU	Iron	0.49 mg
Protein	18.38 gm	Vitamin C	0 mg	Calcium	138 mg
Carbohydrate	49.37 gm	Fiber	4.00 gm	Cholesterol	38 mg
Fat	17.63 gm	% Fat	37.96%	Sodium	1587 mg
Saturated Fat	4.86 gm	% Saturated Fat	10.47%		

# Breakfast Pita

Breakfast

HACCP: #2 Same Day Service

Healthier Kansas Recipe B-131  
(SNA Magazine, modified)

Ingredients	48 Servings		96 Servings		Directions
	Weight	Measure	Weight	Measure	
Pita Bread, whole wheat		24 each		48 each	1. Cut pitas in half.
Ham, diced	5 lb		10 lb		2. Heat ham in oven to a minimum of 140° F for at least 15 seconds.
American Cheese, shredded	2 lb		4 lb		3. Fill each pita with 2 oz of ham and ½ oz of cheese. 4. Place filled pita pockets on paper lined sheet pans and cover pan with foil OR wrap each individually in foil.  <b>CCP: Hold for hot service at 135° F or higher.</b>

Serving Size	1 Serving Provides	Yield
½ pita sandwich	2.7 M/MA + 2.56 G/B	48 (1/2) sandwiches

## Nutrients Per Serving

Calories	193	Vitamin A	386 IU	Iron	1.11 mg
Protein	16.03 gm	Vitamin C	0 mg	Calcium	164 mg
Carbohydrate	17.64 gm	Fiber	1.53 gm	Cholesterol	22 mg
Fat	6.57 gm	% Fat	30.61%	Sodium	794 mg
Saturated Fat	2.29 gm	% Saturated Fat	10.66%		

# Breakfast Sundae

## Breakfast

## HACCP: #1 No Cook

## Healthier Kansas Recipe B-124 (KSDE, Child Nutrition Wellness)

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned Peaches* OR Fresh Bananas*** OR Strawberries**(or a combination of fruits)		3 qt		6 qt	1. Drain fruit if using canned fruit. Do not reserve juice. 2. Layer 1 ½ qt of fruit in 12" x 20" x 2" pan for 24 servings or use #16 scoop (1/4 cup) to portion fruit into cups.
Nonfat Yogurt, vanilla, peach or strawberry depending on fruit used	6 lb	3 qt	12 lb	1 gal + 2 qt	3. Layer nonfat yogurt over the fruit in the pan or use #8 scoop (1/2 cup) per individual cup.
Granola (Healthier Kansas Menus #B-168)		2 qt + 1 cup		1 gal + 2 cups	4. Layer granola over the nonfat yogurt in the pan or use 3 oz spoodle (3/8 cup) per individual cup.
Maraschino Cherries, (optional)		24 each		48 each	5. End with 1 qt + 2 cups of fruit on the top layer (#16 scoop per cup for individual cups). To serve, cut 24 servings per pan (6 x 4) or use a 1 cup measure. Top each serving with a maraschino cherry (if desired) as a garnish. 6. Hold at 41° F or colder. Do not make more than 1 hour before service so that cereal does not get soggy.
<b>Notes:</b> Recipe was tested using 2 qt sliced bananas on the bottom layer, granola, nonfat strawberry yogurt and 1 qt sliced fresh strawberries on top. Recipe can be assembled in single servings using an 8 oz portion cup prior to serving.					

\*Canned Peaches: 1 #10 can = 3 qt \*\*Strawberries: 4 lb = 3 qt \*\*\*Bananas: 4 lb = 12 medium = 3 qt sliced

Serving Size	1 Serving Provides	Yield
8 oz	.50 cups F/V + 1 oz M/MA + 1 unit G/B	48 servings

## Nutrients Per Serving

Calories	352	Vitamin A	85 IU	Iron	1.56 mg
Protein	10.40 gm	Vitamin C	24.45 mg	Calcium	222 mg
Carbohydrate	68.28 gm	Fiber	4.94 gm	Cholesterol	6 mg
Fat	5.36 gm	% Fat	13.71%	Sodium	149 mg
Saturated Fat	1.54 gm	% Saturated Fat	3.93%	Trans Fat	0 mg



# Excellent Egg Tacos

**Breakfast**

**HACCP: #2 Same Day Service**

**Healthier Kansas Recipe B-102**

(Egg Board, modified by KSDE)

Ingredients	24 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Eggs, scrambled		24 large		50 large	1. Beat eggs. Add diced onions. Pour into steam table pan (1/2 pan for 24 servings and full pan for 50 servings) sprayed with pan release spray. Steam for 3-4 minutes or bake in convection oven at 350° F for approximately 15-20 minutes (stirring once after 10 minutes). Stir to break up to look like scrambled eggs once they reach an internal temperature of 160° F. Reserve for Step 3.
Onion, diced	1.5 oz	¼ cup	3 oz	½ cup	
Pan Release Spray		As needed		As needed	
Mexican Seasoning Mix (Healthier Kansas Recipe #79) or Taco Seasoning	.75 oz	⅓ cup	1.5 oz	¼ cup	2. Stir Mexican seasoning and cheese into the egg mixture. Hold at 135° F or above.
Cheddar Cheese, reduced fat, shredded	8 oz		1 lb		
Corn Taco Shells (4 or 5 inch)		24 shells		50 shells	3. Portion #10 scoop of egg mixture into each taco shell. Transfer tacos to 12 x 20 x 4 inch steam table pan. 4. Heat convection oven to 300° F. Bake tacos 3-5 minutes or until tacos are heated through.

Serving Size	1 Serving Provides	Yield
1 taco	2.3 oz M/MA + .5 unit G/B	50 servings

## Nutrients Per Serving

Calories	179	Vitamin A	480 IU	Iron	1.18 mg
Protein	9.97 gm	Vitamin C	0.5 mg	Calcium	97 mg
Carbohydrate	9.85 gm	Fiber	0.74 gm	Cholesterol	217 mg
Fat	10.83 gm	% Fat	54.29%	Sodium	279 mg
Saturated Fat	3.21 gm	% Saturated Fat	16.08%		

# Granola

Breakfast

HACCP: Non-Hazardous/Other

Healthier Kansas Recipes B-168  
(USDA)

Ingredients	33 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Rolled Oats	1 lb + 12 oz		2 lb + 10 oz		1. Place the rolled oats in a large bowl.
Brown Sugar, packed	6½ oz	1 cup	9 ¾ oz	1½ cups	2. Mix the brown sugar, apple juice, vegetable oil, honey, salt, cinnamon and vanilla in a stock pot. Stir well. Heat on medium for 4 minutes. Do not boil. 3. Add the brown sugar mixture to the oats and peanuts. Toss evenly to coat.
Apple Juice		¼ cup +		¼ cup + 3 Tbsp	
Vegetable Oil		1 Tbsp		+ 1½ tsp	
Honey	12 oz	1 cup	1 lb + 2 oz	1½ cups	
Salt		1 tsp		1½ tsp	
Cinnamon, ground		1 Tbsp		1 Tbsp +	4. Spread 3 lb 12 oz (3 qt + 1 cup) of this mixture on a 18" x 26" x 1" sheet pan. For 50 servings, use one pan. Bake as follows: Convection oven: 200° F for 1¼ hours, or Conventional oven: 250° F for 1¼ hours. Stir granola every 15 minutes. 5. Remove from oven and let cool.
Vanilla		1 Tbsp		1½ tsp	
Craisins (optional)	10 oz	2 cups	1 lb + 4 oz	1 qt	6. Mix in craisins. Serve. 7. Store in a tightly covered container in a cool place.

Serving Size	1 Serving Provides	Yield
3/8 cup	1 unit G/B	50 servings
		1 gal + 2 ¾ cups

## Nutrients Per Serving

Calories	194	Vitamin A	1 IU	Iron	1.25 mg
Protein	4.12 gm	Vitamin C	3.0 mg	Calcium	21 mg
Carbohydrate	37.46 gm	Fiber	3.12 gm	Cholesterol	0 mg
Fat	3.74 gm	% Fat	17.31%	Sodium	74 mg
Saturated Fat	0.57 gm	% Saturated Fat	2.63%	Trans Fat	0 mg

# Mexican Seasoning Mix

Seasonings

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 79  
(USDA G-01A modified)

Ingredients	4 Cups				Directions
	Weight	Measure	Weight	Measure	
Chili powder Cumin, ground Paprika  Onion powder		1¾ cup 1⅓ cup ¼ cup + 3 Tbsp ¼ cup + 3 Tbsp			1. Mix all ingredients together well.  2. Store in an airtight container in a cool, dry place. During hot weather store in the refrigerator.

Yields 1 quart

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# Pumpkin Chocolate Chip Muffin

Breakfast

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe B-104  
(KSDE, Child Nutrition & Wellness)

Ingredients	24 Servings		96 Servings		Directions
	Weight	Measure	Weight	Measure	
Eggs, whole raw Sugar, granulated Pumpkin, canned Oil, vegetable Applesauce, unsweetened, canned	8 oz 14 oz 15 oz 4 oz 8 oz	4 large 2 cups 1¾ cups ½ cup 1 cup	2 lb 3 lb + 8 oz 4 lb 1 lb 2 lb	16 large 2 qt 2 qt 2 cups 1 qt	1. Beat eggs, sugar, pumpkin, oil and applesauce until smooth.
Flour, white whole wheat  Baking Soda  Baking Powder  Cinnamon  Salt	1 lb	3 cups  2 tsp  2 tsp  1 tsp  1 tsp	4 lb	3 qt  2 Tbsp + 2 tsp 2 Tbsp + 2 tsp 1 Tbsp + 1 tsp 1 Tbsp + 1 tsp	2. Combine flour, baking soda, baking powder, cinnamon and salt. Add to pumpkin mixture. Mix on low speed for 20-30 seconds, until all dry ingredients are moistened.  <i>Note:</i> Weighing flour is most accurate. If measuring, stir the flour and spoon into the measure. Do not pack the flour.
Chocolate Chips (recommend mini, semisweet)  Pan Release Spray	4 oz	1 cup  As needed	1 lb	1 qt  As needed	3. Add chocolate chips and mix on low speed (10 to 15 seconds) to incorporate into the batter. 4. Portion #16 scoop of batter into each muffin cup sprayed with pan release spray or lined with a paper liner. <i>Note:</i> If muffin pans are not available, use paper 4 oz soufflé cups in a steam table pan or bake as a coffee cake in a 12" x 20" x 2" pan and cut 6 x 4. 5. Bake until lightly browned in a 375° F conventional oven for 16-20 minutes or a 350° F convection oven for 12-16 minutes.

## **Pumpkin Chocolate Chip Muffin**, continued

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<b>Serving Size</b>	<b>1 Serving Provides</b>	<b>Yield</b>
1 muffin	1.3 unit G/B + .13 cup F/V	24 muffins

### **Nutrients Per Serving**

Calories	220	Vitamin A	2985 IU	Iron	1.35 mg
Protein	3.87 gm	Vitamin C	1.0 mg	Calcium	40.00 mg
Carbohydrate	37.30 gm	Fiber	3.04 gm	Cholesterol	35 mg
Fat	7.21 gm	% Fat	29.47%	Sodium	260 mg
Saturated Fat	1.74 gm	% Saturated Fat	7.09%		

# Quick Blueberry Bubble Bread

Breakfast

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe B-82  
(KSDE, Child Nutrition & Wellness)

Ingredients	20 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Brown Sugar, packed	4 oz	1/2 cup	1 lb + 4 oz	2½ cups	1. Combine brown sugar and cinnamon in mixing bowl with paddle. 2. Cut biscuits into quarters with a pizza cutter. Add quartered biscuits to mixing bowl. 3. Add melted margarine and gently mix just to coat. 4. Spray an 18 x 26 x 2 inch pan for 80 servings or an 8 x 10 x 2 inch pan for 20 servings with pan release spray. Spread batter evenly.
Cinnamon, ground		1 tsp		1 Tbsp + 2 tsp	
Refrigerated or Frozen Biscuits	1 lb + 14 oz		9 lb + 6 oz		
Margarine, melted	4 oz	½ cup	1 lb + 4 oz	2½ cups	
Pan Release Spray		As needed		As needed	
Oatmeal, quick	6 oz	2 cups	1 lb + 14 oz	2 qt + 2 cups	5. Sprinkle ½ the oatmeal evenly over the mixture in the pan. 6. Combine blueberries and sugar in a bowl and toss to coat. 7. Spoon the blueberries over the oatmeal and biscuits and then sprinkle with the remaining ½ of the oatmeal.
Blueberries, frozen or fresh	1 lb + 3 oz	3 cups	5 lb + 15 oz	3 qt + 3 cups	
Sugar, granulated	4 oz	½ cup	1 lb + 4 oz	2½ cups	
					8. Bake as follows: Convection oven: 350° F for 15 minutes or until golden brown, <b>or</b> Conventional oven: 375° F for 20 minutes or until golden brown. 9. Cut 18 X 26 x 2 inch pan in 8 x 10 for 80 servings and 8 x 10 x 2 inch pan in 4 x 5 for 20 servings.

Serving Size	1 Serving Provides	Yield
1 portion	2.0 units G/B + .15 cup F/V	100 portions: 1 18 x 26 x 2 inch pan + 1 8 x 10 x 2 inch pan

## Quick Blueberry Bubble Bread, continued

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### Nutrients Per Serving

Calories	255	Vitamin A	214 IU	Iron	1.18 mg
Protein	4.87 gm	Vitamin C	0.6 mg	Calcium	22 mg
Carbohydrate	42.77 gm	Fiber	2.41 gm	Cholesterol	0 mg
Fat	7.53 gm	% Fat	26.61%	Sodium	673 mg
Saturated Fat	1.53 gm	% Saturated Fat	5.40%	Trans Fat	0.42 gm



# Scrumptious Coffee Cake

Breakfast

HACCP: Non-Hazardous-Other

Healthier Kansas Recipe B-105  
(KSDE, Child Nutrition & Wellness)

Ingredients	24 Servings		96 Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, all purpose Flour, white whole wheat Baking Powder  Baking Soda  Cinnamon  Sugar, granulated Salt	8 oz 12 oz      14 oz	1½ cups 2½ cups 2 tsp  2 tsp  2 tsp  2 cups 1 tsp	2 lb 3 lb      3 lb + 8 oz	6 cups 10 cups 2 Tbsp + 2 tsp 2 Tbsp + 2 tsp 2 Tbsp + 2 tsp 8 cups 1 Tbsp + 1 tsp	1. Mix flours, baking powder, soda, cinnamon, sugar and salt in mixing bowl.  <i>Note:</i> Weighing flour is most accurate. If measuring, stir the flour and spoon into the measure. Do not pack the flour.
Eggs Milk, lowfat Oil, vegetable Frozen Orange Juice Concentrate Applesauce, unsweetened Pan Release Spray	4 oz  4 oz  4 oz	2 large 2 cups ½ cup ¾ cup ½ cup As needed	1 lb  1 lb  1 lb	8 large ½ gal 2 cups 2¾ cups  2 cups As needed	
Sugar, brown Margarine Nuts, optional	8 oz 2 oz 8 oz	1 cup ¼ cup 2 cups	2 lb 8 oz 2 lb	4 cups 1 cup 8 cups	3. Mix brown sugar, margarine and nuts together and sprinkle over the batter before baking. Bake in conventional oven at 350° F for 30 minutes or bake in convection oven at 325° F for 20-25 minutes. <i>Note:</i> Coffee cake can be made the day ahead, then warmed in the proofing cabinet before drizzling with glaze right before serving.
<b>Glaze:</b> Milk, lowfat Sugar, powdered Vanilla	7 oz	¼ cup 1½ cups 1 tsp	1 lb + 12 oz	1 cup 6 cups 1 Tbsp + 1 tsp	4. Combine milk, powdered sugar and vanilla. Drizzle over coffee cake. 5. For 24 servings, cut 4 x 6.

## Scrumptious Coffee Cake, continued

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Serving Size	1 Serving Provides	Yield
1 piece	1.6 units G/B	96 portions

### Nutrients Per Serving

Calories	268	Vitamin A	172.9 IU	Iron	0.84 mg
Protein	2.92 gm	Vitamin C	12.0 mg	Calcium	65.89 mg
Carbohydrate	50.10 gm	Fiber	0.63 gm	Cholesterol	1 mg
Fat	6.91 gm	% Fat	23.62%	Sodium	284 mg
Saturated Fat	1.16 gm	% Saturated Fat	3.91%		

# Star Spangled Pancakes

## Breakfast

HACCP: #1 No Cook and  
#2 Same Day Service

Healthier Kansas Recipe B-95  
(Pinnacle Foodservice, Modified by KSDE)

Ingredients	50 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Yogurt, vanilla flavor, low-fat, bulk	6 lb + 4 oz				1. Place yogurt in serving bowl. Chill for service. <b>CCP: Hold for cold service at 41° F or below.</b>
Strawberries, fresh, AP	6 lb				2. Wash and remove stems from strawberries. Quarter strawberries.
Blueberries, fresh, AP	3 lb				3. Wash blueberries. Mix with prepared strawberries. Place in serving bowl. <b>CCP: Hold for cold service at 41° F or below.</b>
Pancakes, whole grain, heat and serve, 3"-4" diameter		100 pancakes (minimum 1.1 oz each)			4. Heat pancakes according to manufacturer's instructions. Hold warm for service. <b>CCP: Hold for hot service at 135° F or higher.</b>  5. To serve, place 2 pancakes on serving plate. Ladle 2 oz yogurt on pancakes. Top with 3 oz mixed fruit.  6. Serve. Optional - Frozen fruit may be used in place of fresh.

Serving Size	1 Serving Provides	Yield
2 pancakes, 2 oz yogurt, 3 oz fruit	.5 oz. M/MA + .4 F/V + 2 G/B	50 servings

## Nutrients Per Serving

Calories	233	Vitamin A	46 IU	Iron	1.42 mg
Protein	6.56 gm	Vitamin C	35.1 mg	Calcium	147 mg
Carbohydrate	43.15 gm	Fiber	3.74 gm	Cholesterol	9 mg
Fat	4.96 gm	% Fat	19.15%	Sodium	298 mg
Saturated Fat	1.13 gm	% Saturated Fat	4.37%		

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# Western Omelet Quesadilla

Breakfast

HACCP: #2 Same Day Service

Healthier Kansas Recipe B-93  
(Egg Board, modified by KSDE)

Ingredients	25 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Tortilla, whole wheat, 6" (at least .9 oz each)	Approx. 1 lb + 8 oz	25	Approx. 6 lb	100	1. Line sheet pans (18" x 26" x 1") with pan liners. For 25 servings, place 13 tortillas side by side on sheet pans. For 100 servings, place 50 tortillas side by side on sheet pans. Reserve for Step 4.
Eggs, beaten Milk, lowfat Onion Powder Pepper, black Ham, diced Onions, chopped Green Peppers, chopped	1 lb + 6 oz   8 oz 4 oz 4 oz	12 large ½ cup ½ tsp ¼ tsp	5 lb + 8 oz  2 lb 1 lb 1 lb	50 large 2 cups 2 tsp 1 tsp	2. Blend eggs, milk, onion powder, black pepper, onions, green peppers and ham. Pour into 2" steam table pan sprayed with pan release spray. Steam for 3-4 minutes or bake in convection oven at 350° F for approximately 15-20 minutes (stirring once after 10 minutes). Stir to break up to look like scrambled eggs once they reach an internal temperature of 160° F. Reserve for Step 6. 3. Mix chopped onions and green peppers together. Reserve for Step 5.
Pepper Jack Cheese, reduced fat, shredded	12 oz		3 lb		4. Sprinkle tortillas with ½ the cheese. Reserve remaining cheese for Step 7. 5. Spoon pepper and onion mixture over the cheese. 6. Scoop egg mixture over the peppers and onions. 7. Sprinkle with remaining cheese.
Pan Release Spray					8. Place remaining tortillas on top, pressing down gently. Spray tortillas with pan release spray to aid browning. 9. Bake until tops are golden brown: Conventional oven: 375° F for 10 minutes <b>or</b> Convection oven: 350° F for 5 minutes. 10. Allow quesadilla to stand for 5 minutes and then cut in half and serve.

## Western Quesadilla Omelet, continued

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Serving Size	1 Serving Provides	Yield
½ quesadilla	1.7 oz M/MA + 1 unit G/B	25 quesadilla halves

### Nutrients Per Serving

Calories	187	Vitamin A	228.4 IU	Iron	1.65 mg
Protein	12.27 gm	Vitamin C	4.0 mg	Calcium	217.08 mg
Carbohydrate	23.58 gm	Fiber	4.16 gm	Cholesterol	117 mg
Fat	6.3 gm	% Fat	30.38%	Sodium	365 mg

# Fresh Citrus Fruit Cup

Fruits

HACCP: #Non-Hazardous/Other

Healthier Kansas Recipe 134

Ingredients	112 - 2oz Servings (or 75 - 3 oz Servings)		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Mandarin Oranges, pieces		1 #10 can			<ol style="list-style-type: none"> <li>1. Chill cans of mandarin oranges. Wipe tops of cans clean before opening.</li> <li>2. Open the mandarin oranges. Do not drain. Place in mixing bowl or serving container.</li> <li>3. Using gloved hands to handle fruits, peel and slice the bananas directly into the oranges.</li> <li>4. Wash, trim, core and cut the apples into bite-sized pieces. Do not peel apples.</li> <li>5. Wash and remove stems from grapes.</li> <li>6. Add apples and grapes to bananas and oranges.</li> <li>7. Chill thoroughly. <b>CCP: Hold for cold service at 41° F or lower.</b></li> </ol> <p><i>Note:</i> Other fresh fruits in season may be substituted (cup for cup) for the apples or grapes. Try fresh pears, fresh pineapple, strawberries or kiwi.</p>
Bananas, fresh, AP	5 lb	1 qt + 2½ cups			
Apples, fresh, AP	2 lb	1 qt + 1¾ cups			
Grapes, fresh, AP	2 lb	1 qt + 1¼ cups			

Serving Size	1 Serving Provides	Yield
<b>K-6:</b> 2 oz spoodle (1/4 cup)	2 oz: .26 cup F/V	112 servings: 2 oz
<b>7-12:</b> 3 oz spoodle (3/8 cup)	3 oz: .39 cup F/V	75 servings: 3 oz
		Approximately 7 quarts

## **Fresh Citrus Fruit Cup**, continued

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### **Nutrients Per 2 oz Serving**

Calories	31	Vitamin A	225 IU	Iron	0.12 mg
Protein	0.30 gm	Vitamin C	4.90 mg	Calcium	3.49 mg
Carbohydrate	7.91 gm	Fiber	0.78 gm	Cholesterol	0 mg
Fat	0.11 gm	% Fat	3.09%	Sodium	1 mg
Saturated Fat	0.03 gm	% Saturated Fat	0.83%		



# Fresh Mixed Fruit Cup

Fruits

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 183

Ingredients	100 – 2 oz Servings (or 66 – 3 oz Servings)		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Apples, fresh, AP	3 lb + 2 oz	9 cups			1. Chill cans of fruit cocktail. Wipe tops of cans clean before opening.  2. Using gloved hands, wash, trim, core and cut the apples into bite-sized pieces. Do not peel apples.  3. Slice bananas.  4. Mix fresh fruit with canned fruit.  5. Chill thoroughly.  <b>CCP: Hold for cold service at 41° F or lower.</b>
Bananas, fresh, AP	5 lb + 2 oz	7 cups			
Fruit Cocktail, light syrup		1 #10 can			

Serving Size	1 Serving Provides	Yield
<b>K-6:</b> 2 oz spoodle (¼ cup)	2 oz: .28 cup F/V	100 servings: 2 oz spoodle
<b>7-12:</b> 3 oz spoodle (3/8 cup)	3 oz: .42 cup F/V	66 servings: 3 oz spoodle
		Approximately 1½ gallons + 2 cups

## Nutrients Per 2 oz Serving

Calories	46	Vitamin A	84 IU	Iron	0.17 mg
Protein	0.40 gm	Vitamin C	3.40 mg	Calcium	3.96 mg
Carbohydrate	11.96 gm	Fiber	1.29 gm	Cholesterol	0 mg
Fat	0.15 gm	% Fat	2.90%	Sodium	2 mg
Saturated Fat	0.04 gm	% Saturated Fat	0.73%		

# Strawberries & Bananas

Fruits

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 124

Ingredients	100 – 2 oz Servings (or 66 – 3 oz Servings)		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Strawberries, frozen, sweetened, sliced	8 lb				1. Thaw strawberries in refrigerator.  2. Chill cans of applesauce. Wipe tops of cans clean before opening.  3. Mix applesauce into thawed strawberries.  4. Handle bananas with gloved hands. Peel and slice bananas. Add to strawberries. Combine gently.  <b>CCP: Hold for cold service at 41° F or lower.</b>
Applesauce, canned, sweetened		3 cups			
Bananas, AP	11 lb + 8 oz	15 cups			

Serving Size	1 Serving Provides	Yield
<b>K-6:</b> 2 oz spoodle (1/4 cup)	2 oz: .32 cup F/V	100 servings: 2 oz spoodle
<b>7-12:</b> 3 oz spoodle (3/8 cup)	3 oz: .49 cup F/V	66 servings: 3 oz spoodle
		Approximately 1 gallon + 2 quarts

## Nutrients per 2 oz Serving

Calories	70	Vitamin A	31 IU	Iron	0.33 mg
Protein	0.57 gm	Vitamin C	18.06 mg	Calcium	5.97 mg
Carbohydrate	18.55 gm	Fiber	1.65 gm	Cholesterol	0 mg
Fat	0.17 gm	% Fat	2.19%	Sodium	4 mg
Saturated Fat	0.04 gm	% Saturated Fat	0.54%		

# Sunrise Smoothie

Breakfast

HACCP: #1 No Cook

Healthier Kansas Recipe B-89  
(Lakeview Elementary School, MN)

Ingredients	24 Servings		96 Servings		Directions
	Weight	Measure	Weight	Measure	
Strawberries, frozen, sliced, sweetened	3 lb	1 qt + 1½ cups	12 lb	1 gal + 1 qt + 2 cups	<ol style="list-style-type: none"> <li>Chill canned fruits overnight or for at least 1 hour before preparing the smoothies.</li> <li>Mix all undrained fruit together.</li> <li>Pour combined fruit into a food processor or blender. Blend until smooth.</li> </ol>
Pineapple Chunks, canned in unsweetened juice	1 lb + 5 oz	2½ cups	.8 #10 can	2 qt + 2 cups	
Peaches, diced, packed in juice or light syrup	1 lb + 5 oz	2½ cups	.8 #10 can	2 qt + 2 cups	
Pears, sliced, packed in juice or light syrup	1 lb + 5 oz	2½ cups	.8 #10 can	2 qt + 2 cups	
Nonfat Vanilla Yogurt	2 lb	1 qt	8 lb	1 gal	<ol style="list-style-type: none"> <li>Add yogurt to fruit mixture and mix. <b>CCP: Hold for cold service at 41° F or lower.</b></li> <li>Serve 6 oz smoothie in an 8 oz cup.</li> </ol>

Serving Size	1 Serving Provides	Yield
6 oz	.52 cup F/V	24 servings

## Nutrients Per Serving

Calories	127	Vitamin A	184.9 IU	Iron	0.57 mg
Protein	2.51 gm	Vitamin C	27.2 mg	Calcium	77.57 mg
Carbohydrate	30.39 gm	Fiber	2.49 gm	Cholesterol	2 mg
Fat	0.59 gm	% Fat	4.16%	Sodium	29 mg
Saturated Fat	0.31 gm	% Saturated Fat	2.21%	Trans Fat	0 gm

# Tomato Salsa

Vegetables

HACCP: #1 No Cook

Healthier Kansas Recipe 129

Ingredients	96 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Tomatoes, crushed, salsa-ready, canned, not drained Garlic Powder Cilantro, dried Cumin, ground Lemon Juice, canned Dehydrated Onion Flakes Jalapeno Peppers, canned, drained (optional)	2 oz	1 #10 can  ½ tsp 1 tsp 2 Tbsp 2 Tbsp ½ cup			1. Mix all ingredients except jalapeno peppers. 2. Optional: Mince or puree optional jalapeno peppers before adding to the salsa. Mix well. 3. Refrigerate for at least one hour to blend flavors. <b>CCP: Refrigerate until served. Hold for cold service at 41° F or lower.</b> 4. May be pre-portioned.
					<b>Substitutions and Variations:</b> <ul style="list-style-type: none"> <li>May increase or decrease the amount of jalapeno peppers and/or seasonings to taste.</li> <li>May substitute fresh peppers for canned peppers; fresh garlic for garlic powder; fresh onions for dried onions, lime juice for lemon juice, and/or fresh cilantro for dried cilantro.</li> <li>May substitute diced tomatoes for crushed tomatoes.</li> </ul>

Serving Size	1 Serving Provides	Yield
K-12: 1 fl oz (2 Tbsp)	.13 cup F/V	3 quarts

## Nutrients Per Serving

Calories	14	Vitamin A	199 IU	Iron	0.42 mg
Protein	.86 gm	Vitamin C	5.57 mg	Calcium	7.44 mg
Carbohydrate	3.07 gm	Fiber	0.37 gm	Cholesterol	0 mg
Fat	0.13 gm	% Fat	8.07%	Sodium	103 mg
Saturated Fat	0.02 gm	% Saturated Fat	0.94%		

# Angel Biscuits (with White Whole Wheat Flour)

Bread

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe B-120  
(Cooking Light, modified by KSDE)

Ingredients	20 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
White Whole Wheat Flour All-purpose Flour Yeast, instant Sugar, granulated Baking Powder Baking Soda Salt	11 oz 9 oz ½ oz 2 oz	  2½ tsp ¼ cup 1 tsp 1 tsp 1 tsp	3 lb + 7 oz 2 lb + 13 oz 2½ oz 10 oz	  ¼ cup + ½ tsp 1¼ cup 1 Tbsp + 2 tsp 1 Tbsp + 2 tsp 1 Tbsp + 2 tsp	1. Combine flours, yeast, sugar, baking powder, baking soda and salt in mixing bowl using a paddle attachment on low speed.
Vegetable Shortening	4 oz	½ cup	1 lb + 4 oz		2. Cut shortening into dry ingredients with paddle attachment until mixture looks like coarse meal (about 2 minutes).
Buttermilk, low-fat	1 lb	2 cups	5 lb	2 qts + 2 cups	3. Add buttermilk to flour mixture, mix just until ingredients are moistened. 4. Cover and chill 1 hour.
Flour for kneading: White Whole Wheat Flour	1 oz	¼ cup	5 oz	1¼ cup	5. Turn the dough out onto a floured surface; knead lightly 5 times. 6. Roll dough into a ½ inch thickness; cut with a 2 ½ inch biscuit cutter. Biscuits should weight approximately 2 oz each. 7. Place the biscuits on a paper lined sheet pan. 8. Bake in a convection oven at 450° F for 9 minutes <b>or</b> a conventional oven at 475° F for 12 minutes, or until golden brown.

## Angel Biscuits (with White Whole Wheat Flour), continued

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Serving Size	1 Serving Provides	Yield
1 biscuit	2.0 G/B	20 biscuits

### Nutrients Per Serving

Calories	128	Vitamin A	22 IU	Iron	0.98 mg
Protein	3.21 gm	Vitamin C	3.1 mg	Calcium	50 mg
Carbohydrate	16.83 gm	Fiber	1.87 gm	Cholesterol	1 mg
Fat	6.26 gm	% Fat	44.10%	Sodium	232 mg
Saturated Fat	1.65 gm	% Saturated Fat	11.62%		

# Whole Wheat Bread, 51%

## Breads

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 107

USDA B-16, modified

Ingredients	100 Slices (or 200 – ½ Slices)		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, white whole wheat Flour, all-purpose, enriched Dry Milk, instant, nonfat* Sugar, granulated  Yeast, instant, dry Salt	3 lb + 12 oz 3 lb + 8 oz 7 oz 11.5 oz  3 oz 1.75 oz	  1¾ cup 1¼ cup + 3 Tbsp ½ cup 2 Tbsp + 2 tsp			1. Place flour, dry milk, sugar, yeast and salt in mixer bowl. 2. Blend with dough hook for approximately 2 minutes on low speed.
Vegetable Oil	13 oz	1⅔ cups			3. Add oil and blend for approximately 2 minutes on low speed.
Water* (Calculate water temperature by subtracting the temperature of the dry ingredients from 145° F)		2 qt + ¼ cup (+ up to 1 cup if dough is stiff)			4. Add first amount of water to the dry ingredients. If dough appears too stiff, add up to 1 cup extra water per 100 servings. More or less water can be added as needed. Mix for 1 minute on low speed or until all water is mixed with the dry ingredients. 5. Knead dough on medium speed for 8-10 minutes until dough is properly developed. Use the gluten stretch test. (At 8 minutes, stretch the dough like a rope. If it breaks, continue to mix 2 additional minutes.)
Pan Release Spray		As needed			6. Divide dough into four balls (approximately 3 lbs 6 oz each) per recipe for every 100 2 oz slices. Spray with pan release spray or cover with plastic wrap until ready to shape. Shape each ball into a smooth roll 24" long. Place lengthwise, one or two per pan, on sheet pans (18" x 26" x 1") lined with pan liners.

## Whole Wheat Bread, 51%, continued

Ingredients	100 Slices		____ Servings		Directions
	Weight	Measure	Weight	Measure	
					7. Proof in a warm area until double in bulk (30-50 minutes). 8. Bake until lightly browned: * Conventional oven: 400° F for 28-40 minutes <b>or</b> * Convection oven: 350° F for 20-30 minutes Turn pans half-way through the baking time to promote even baking. Recommended internal temperature for baked bread is 196-198° F. 9. Lightly spray loaves with pan release spray when baking is completed. Let cool. 10. Trim off the crust on the ends of each loaf. 11. Cut each loaf into 25 slices for 2 oz slices.

Serving Size	1 Serving Provides	Yield
<b>K-12:</b> 1 slice (2 oz)	2.2 units G/B	100 slices
		4 loaves

### Nutrients Per Slice

Calories	160	Vitamin A	9.6 IU	Iron	1.68 mg
Protein	4.02 gm	Vitamin C	2.30 mg	Calcium	17.08 mg
Carbohydrate	28.07 gm	Fiber	2.40 gm	Cholesterol	0 mg
Fat	4.12 gm	% Fat	23.15%	Sodium	192 mg
Saturated Fat	0.63 gm	% Saturated Fat	3.55%		

### \*IMPORTANT!!!

If applying for the HealthierUS School Challenge Gold Award,  
replace instant nonfat dry milk and 2 cups of water with 2 cups of 1% fluid milk.