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# **Kansas School Recipes**



## **Breads & Desserts**

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Child Nutrition & Wellness, Kansas State Department of Education

# Kansas School Recipes – Breads & Desserts



## Child Nutrition & Wellness Kansas State Department of Education

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**Kansas School Recipes were submitted to Child Nutrition & Wellness, KSDE by schools in Kansas. Recipes have not been tested by CNW. Nutritional analysis and component contribution have been reviewed for accuracy.**

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# Almond Sugar Cookie

Desserts

HACCP: Non-Hazardous/Other

Recipe Source: Culinary Camp  
Recipes 2005 (USD 503 Parsons)

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Shortening, baking  Sugar, granulated  Eggs, fresh Almond flavoring	1 lb. + 12 oz.  2 lb. + 1 oz.	   4 large 2 Tbsp. + 1/8 tsp.			1. Cream shortening and sugar together. Add eggs and almond flavoring.
Flour, all-purpose  Cream of Tartar Baking Soda Salt	2 lb. + 1 oz.  3/4 oz.  7/8 oz.	   1/4 tsp.			2. Add dry ingredients and mix well. 3. Portion with #30 disher onto lined sheet pan (4x7). 4. Bake at 300°F (convection oven) about 7 minutes. 5. Allow to cool before removing from pan.

Serving Size	1 Serving Provides	Yield
1 cookie	0.64 G/B	100 cookies

## Nutrients Per Serving

Calories	146	Iron	0.47 mg	Protein	1.22 g	Protein%	3.34%
Cholesterol	8 mg	Calcium	2.56 mg	Carbohydrate	16.51 g	Carbohydrate%	45.26%
Sodium	77 mg	Vitamin A	9.7 IU	Total Fat	8.23 g	Total Fat%	50.76%
Dietary Fiber	0.25 g	Vitamin A	3.8 RE	Saturated Fat	2.06 g	Saturated Fat%	12.72%
		Vitamin C	0.00 mg	Trans Fat	0.99* g	Trans Fat%	6.12%

\*- Denotes missing nutrient values

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# Apple Cake

Desserts

HACCP: Non-Hazardous/Other

Recipe Source: Taste of Kansas 2, 2002

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil* Sugar, granulated Eggs, fresh, whole	8 lbs.	3 qt. 24 large			1. Cream oil, sugar and eggs.
Apples, diced, canned Vanilla Salt  Baking Soda  Cinnamon, ground	9¾ lb.	1½ cups 2 Tbsp.+ 2 tsp. 2 Tbsp.+ 2 tsp. 2 Tbsp.+ 2 tsp.			2. Add apples, vanilla, salt, soda and cinnamon. Mix well.
Flour, all-purpose	6 lbs.				3. Add flour and mix well. 4. Pour batter into 18"x26"x2" pans sprayed with non-stick cooking spray (1 pan for every 50 servings). 5. Bake in a convection oven at 275°F for 45-55 minutes. 6. Cut each cake 5x10 to make 50 servings

Serving Size	1 Serving Provides	Yield
1 piece	0.48 M/MA + 1.0 G/B + 0.2 FV	100 servings

\* Can substitute applesauce for half of the oil to decrease the calories

## Apple Cake, continued

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### Nutrients Per Serving

Calories	507	Iron	1.64 mg	Protein	4.33 g	Protein%	3.42%
Cholesterol	51 mg	Calcium	13.89 mg	Carbohydrate	61.29 g	Carbohydrate%	48.37%
Sodium	309 mg	Vitamin A	74 IU	Total Fat	27.62 g	Total Fat%	49.05%
Dietary Fiber	1.60 g	Vitamin A	26 RE	Saturated Fat	4.18 g	Saturated Fat%	7.43%
		Vitamin C	0.01 mg	Trans Fat	0.00* g	Trans Fat%	0.00%

\*- Denotes missing nutrient values

# Apple Crisp

Desserts

HACCP: Non-Hazardous/Other

Recipe Source: Culinary Camp  
Recipes 2005 (USD 469 Lansing)

Ingredients	50 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, all-purpose Oatmeal, dry Brown Sugar Cinnamon, ground  Nutmeg, ground  Salt	1 lb. 12 oz. 1 lb.	1 Tbsp.+ 1½ tsp. 1 Tbsp.+ 1tsp. ½ tsp.			1. <u>For topping:</u> Combine flour, rolled oats, brown sugar, cinnamon, nutmeg (optional), salt, and margarine. Mix until crumbly. Set aside for Step 6.
Apples, canned, sliced Water		1 #10 can  as needed			2. <u>For filling:</u> Drain apples, reserving juice. For 50 servings, add enough water to juice to make 1½ cups liquid. Set liquid aside for Step 5.  3. Place 5 lb.12 oz. (3½ qt.) apples into each steam table pan (12" x 20" x 2 ½"). For 50 servings, use 1 steam table pan.
Sugar, granulated Cinnamon ground Lemon juice, canned/bottled	12 oz.	1½ tsp. ¼ cup			4. Sprinkle 12 oz. (1½ cups) sugar, 1½ tsp. cinnamon, and ¼ cup lemon juice over apples in each pan. Stir to combine.  5. Pour 1½ cups liquid over apples in each pan.  6. Sprinkle approximately 3 lb. 5 oz. (2½ qt.) topping evenly over apples in each pan.

## Apple Crisp, continued

Ingredients	50 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
					7. Bake until topping is browned and crisp: Conventional oven 425°F for 35-45 minutes Convection oven 350°F for 25-35 minutes. 8. Cool. Cut each pan 5 x 10 (50 pieces per pan).

Serving Size	1 Serving Provides	Yield
1 piece	0.89 G/B + 0.25 FV	50 servings

### Nutrients Per Serving

Calories	214	Iron	0.94 mg	Protein	2.29 g	Protein%	4.28%
Cholesterol	0 mg	Calcium	21.50 mg	Carbohydrate	34.48 g	Carbohydrate%	64.42%
Sodium	113 mg	Vitamin A	347.5 IU	Total Fat	8.16 g	Total Fat%	34.29%
Dietary Fiber	2.39 g	Vitamin A	77 RE	Saturated Fat	1.56 g	Saturated Fat%	6.54%
		Vitamin C	0.44 mg	Trans Fat	1.35* g	Trans Fat%	5.68%

\*- Denotes missing nutrient values

# Banana Bread Squares

**Breads**

**HACCP: Non-Hazardous/Other**

**Recipe Source: Culinary Camp  
Recipes 2005 (USD 503 Parsons)**

Ingredients	96 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, all-purpose Sugar, granulated  Baking powder Baking soda  Salt	7 lb. 4 lb. + 4 oz.	½ cup 1 Tbsp. + 1 tsp. 1 Tbsp. + 1 tsp.			1. Blend flour, sugar, dry milk, baking powder, baking soda and salt for 1 minute in mixer on low speed.
Eggs, fresh Water  Margarine  Applesauce, canned	1 lb. + 2 oz. 8 oz.	16 large 1 qt. + 1 cup			2. Combine eggs and water. Add margarine, applesauce and liquid mixture to dry ingredients. Blend for 30 seconds on low speed. Beat for 1 minute on medium speed.
Bananas, mashed	6 lb.+ 8 oz. EP				3. Add mashed bananas. Blend for 30 seconds on low speed. Beat for 1 minute on medium speed. <b>DO NOT OVERMIX.</b> Batter will be lumpy. 4. Pour 5 lb. 10 oz. (2 ½ qt.) batter into each steam table pan (12 x 20 x 2 ½) which has been lightly greased. For 48 servings, use 2 steam table pans. For 96 servings, use 4 steam table pans.

## Banana Bread Squares, continued

Ingredients	96 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
					5. Bake until browned Conventional Oven: 350°F for 35-45 minutes Convection Oven: 300°F for 25-35 minutes. 6. Cool. Cut each pan 6 x 4 (24 pieces per pan).

Serving Size	1 Serving Provides	Yield
1 square	0.33 M/MA + 1.0 G/B + 0.13 FV	96 servings

### Nutrients Per Serving

Calories	279	Iron	1.91 mg	Protein	4.94 g	Protein%	7.07%
Cholesterol	35 mg	Calcium	85.17 mg	Carbohydrate	53.41 g	Carbohydrate%	76.53%
Sodium	338 mg	Vitamin A	259 IU	Total Fat	5.55 g	Total Fat%	17.90%
Dietary Fiber	1.72 g	Vitamin A	63 RE	Saturated Fat	1.16 g	Saturated Fat%	3.73%
		Vitamin C	2.74 mg	Trans Fat	0.79* g	Trans Fat%	2.55%

\*- Denotes missing nutrient values

# Banana Cake

Desserts

HACCP: Non-Hazardous/Other

Recipe Source: Taste of Kansas 2, 2002

Ingredients	96 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Eggs, fresh, shelled, whole Sugar, granulated Bananas, fresh, mashed, EP* Margarine, melted	2½ lbs.	12 large  1¼ qt.  2⅔ cup			1. Beat eggs, sugar, bananas and margarine until fluffy.
Flour, all purpose Baking Powder  Baking Soda  Salt  Vanilla	4 lbs.	1 Tbsp.+ 2 tsp. 1 Tbsp.+ 2 tsp. 1 Tbsp.+ 1 tsp. 1 Tbsp.+ 1 tsp.			2. Combine dry ingredients and set aside.
Buttermilk		2⅔ cup			3. Add buttermilk and dry ingredients alternately to the banana mixture. 4. Pour into 12"x18" pans sprayed with non-stick cooking spray (1 pan for each 48 servings).  5. Bake at 350°F for 40-45 minutes (or until toothpick inserted in the center comes out clean). Cool.

## Banana Cake, continued

Ingredients	96 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
<u>Frosting:</u> Margarine Milk Vanilla Sugar, powdered	8 oz.  1 1/3 lbs.	 1/3 cup 2 tsp.			6. Blend ingredients together. 7. Spread a thin layer on cake. 8. Cut each pan 6x8 to make 48 servings.

Serving Size	1 Serving Provides	Yield
1 piece	0.25 M/MA + 1.00 G/B	96 servings

### Nutrients Per Serving

Calories	224	Iron	1.06 mg	Protein	3.16 g	Protein%	5.64%
Cholesterol	27 mg	Calcium	33 mg	Carbohydrate	35.76 g	Carbohydrate%	63.87%
Sodium	290 mg	Vitamin A	362 IU	Total Fat	7.89 g	Total Fat%	31.72%
Dietary Fiber	0.82 g	Vitamin A	85 RE	Saturated Fat	1.60 g	Saturated Fat%	6.41%
		Vitamin C	1.07 mg	Trans Fat	1.28* g	Trans Fat%	5.16%

\*- Denotes missing nutrient values



# Banana Chocolate Chip Bread

Breads

HACCP: Non-Hazardous/Other

Recipe Source: Culinary Camp  
Recipes 2005 (USD 489 Hays)

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine, solid Sugar, granulated	1 lb. + 2¼ oz. 2 lb. + 6¼ oz.				1. Mix margarine and sugar until creamy.
Eggs, fresh Bananas, raw, AP Buttermilk Vanilla extract	3 lb.+ 1⅛ oz. 12¾ oz. 1 oz.	12 large			2. Add eggs, bananas, buttermilk, & vanilla. Mix until creamy.
Flour, all-purpose Baking Soda Salt Cocoa, dry, unsweetened	2 lbs.+ 11⅝ oz. 1 oz. ⅔ oz. 7⅛ oz.				3. Combine dry ingredients & add to creamy batter. Blend well.
Chocolate Chips, semi-sweet	1 lb.+ 6⅞ oz.				4. Add chocolate chips to batter. 5. Add 5 lb. batter per 4 inch narrow loaf pan. Bake 55-65 minutes at 325°F. Makes 5 loaves. Cut each loaf into 20 slices.

## Banana Chocolate Chip Bread, continued

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Serving Size	1 Serving Provides	Yield
1 slice	0.85 G/B + 0.24 M/MA	100 servings

### Nutrients Per Serving

Calories	182	Iron	1.16 mg	Protein	2.73 g	Protein%	5.99%
Cholesterol	26 mg	Calcium	14.84 mg	Carbohydrate	29.28 g	Carbohydrate%	64.17%
Sodium	214 mg	Vitamin A	231 IU	Total Fat	6.99 g	Total Fat%	34.45%
Dietary Fiber	1.37 g	Vitamin A	56 RE	Saturated Fat	2.28 g	Saturated Fat%	11.22%
		Vitamin C	1.24 mg	Trans Fat	0.77* g	Trans Fat%	3.80%

\*- Denotes missing nutrient values

# Bulgur Wheat Roll

Breads

HACCP: Non-Hazardous/Other

Recipe Source: Culinary Camp  
Recipes 2005 (USD 435 Abilene)

Ingredients	180 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Bulgur, dry Water, boiling Salt	8 oz.	3½ cups ½ tsp.			1. Add bulgur to salted boiling water and cook for 5 minutes. Cool.
Yeast, Bakers, active, dry Water, warm  Shortening	2½ oz.  12 oz.	2 qt. + 1 cup			2. Dissolve yeast in lukewarm water. 3. Add shortening and bulgur to the yeast mixture and mix.
Flour, all-purpose  Milk, dry, nonfat, powder Sugar, granulated Salt	7 lb.+ 8 oz. 6 oz.  9 oz. 2½ oz.				4. Add flour and remaining dry ingredients and knead 10-12 minutes. 5. Let rise 30-40 minutes or until doubled. 6. Divide into 3 lb. roll-ups and let rest another 15 minutes. 7. Cut each roll-up into 36 rolls with bun cutter. Place on greased bun pans (90 rolls per pan). 8. Place in warm area and let rise until doubled. 9. Bake in 300°F convection oven for 15-20 minutes.

Serving Size	1 Serving Provides	Yield
1 roll	1.34 G/B	180 rolls

## Bulgur Wheat Roll, continued

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### Nutrients Per Serving

Calories	99	Iron	0.91 mg	Protein	2.44 g	Protein%	9.89%
Cholesterol	0 mg	Calcium	15.47 mg	Carbohydrate	17.29 g	Carbohydrate%	70.08%
Sodium	165 mg	Vitamin A	22.5 IU	Total Fat	2.10 g	Total Fat%	19.14%
Dietary Fiber	0.74 g	Vitamin A	6.7 RE	Saturated Fat	0.31 g	Saturated Fat%	2.82%
		Vitamin C	1.63 mg	Trans Fat	0* g	Trans Fat%	0%

\*- Denotes missing nutrient values

# Chocolate Chip Cookies

Desserts

HACCP: Non-Hazardous/Other

Recipe Source: Culinary Camp  
Recipes 2005 (USD 469 Lansing)

Ingredients	405 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine Sugar, granulated Brown sugar Vanilla extract	4 lb. 6 lb. 6 lb.	¼ cup			1. Cream margarine and sugars together, then add vanilla.
Eggs, fresh Flour, all-purpose  Baking Soda Salt	13 lb. + 8 oz.	30 large  ⅓ cup ⅓ cup			2. Add eggs to creamed mixture, then flour, soda and salt.
Chocolate chips, semi-sweet	2 lb.+ 8 oz.				3. Add chocolate chips. Scoop onto 18 x 26 sheet pan using # 60 disher. 4. Bake at 325°F for 8-10 minutes, or until done.

Serving Size	1 Serving Provides	Yield
1 cookie	1.0 G/B	405 cookies

### Nutrients Per Serving

Calories	157	Iron	0.89 mg	Protein	2.04 g	Protein%	5.19%
Cholesterol	16 mg	Calcium	11.29 mg	Carbohydrate	26.79 g	Carbohydrate%	68.07%
Sodium	192 mg	Vitamin A	178 IU	Total Fat	4.88 g	Total Fat%	27.89%
Dietary Fiber	0.41 g	Vitamin A	43 RE	Saturated Fat	1.29 g	Saturated Fat%	7.35%
		Vitamin C	0.01 mg	Trans Fat	0.67* g	Trans Fat%	3.81%

\*- Denotes missing nutrient values

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# Chocolate No-Bake Cookies

Desserts

HACCP: Non-Hazardous/Other

Recipe Source: USD 258 Humboldt

Ingredients	32 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Sugar, granulated Cocoa Margarine Chocolate Milk		4 cups ½ cup 1 cup 1 cup			1. Place sugar, cocoa, margarine and milk in a large saucepan. 2. Stir constantly and bring to a full rolling boil. Allow to boil for exactly one minute, while constantly stirring. Remove from heat
Vanilla Peanut Butter Oatmeal		1 Tbsp. 1 cup 5½ cups			3. Quickly add vanilla, peanut butter and oatmeal to mixture. Mix well. 4. Using #24 disher, dip cookies onto 18 x 26 baking sheet pan. Put 40 cookies on a sheet.

Serving Size	1 Serving Provides	Yield
1 cookie	0.25 M/MA + 0.51 G/B	32 cookies

## Nutrients Per Serving

Calories	308	Iron	1.61 mg	Protein	7.08 g	Protein%	9.19%
Cholesterol	0 mg	Calcium	31.45 mg	Carbohydrate	46.17 g	Carbohydrate%	59.95%
Sodium	110 mg	Vitamin A	267 IU	Total Fat	11.79 g	Total Fat%	34.43%
Dietary Fiber	3.77 g	Vitamin A	59.5 RE	Saturated Fat	2.34 g	Saturated Fat%	6.82%
		Vitamin C	0.01 mg	Trans Fat	1.05* g	Trans Fat%	3.07%

\* - Denotes missing nutrient values

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# Choodles Cookie

Desserts

HACCP: Non-Hazardous/Other

Recipe Source: Culinary Camp  
Recipes 2005 (USD 503 Parsons)

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine, softened  Sugar, granulated	1 lb. + 9 oz. 2 lb. + 13 oz.				1. Cream softened margarine and sugar.
Eggs, whole Vanilla extract Salt Baking Soda Cream of Tartar		3 large 1 Tbsp. 1 tsp. 2¼ tsp. 1 Tbsp. + 1 tsp.			2. Add eggs, vanilla, salt, soda and cream of tartar. Mix well.
Cocoa, dry, powder, unsweetened Flour, all-purpose	2 lb.+ 13 oz.	1 cup + 1 tsp.			3. Combine cocoa and flour together. Add to egg/sugar mixture and mix well. 4. Chill dough and portion with #30 disher. 5. Roll the balls of dough in white sugar. Lay on sheet pan (4 x 7). 6. Bake at 300°F (convection oven) for 7 minutes. 7. Allow to cool before removing from pan.

Serving Size	1 Serving Provides	Yield
1 cookie	0.87 G/B	100 cookies

## Choodles Cookie, continued

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### Nutrients Per Serving

Calories	151	Iron	0.75 mg	Protein	1.69 g	Protein%	4.47%
Cholesterol	6 mg	Calcium	6.12 mg	Carbohydrate	23.08 g	Carbohydrate%	61.07%
Sodium	121 mg	Vitamin A	260 IU	Total Fat	6.11 g	Total Fat%	36.41%
Dietary Fiber	0.64 g	Vitamin A	59.5 RE	Saturated Fat	1.21 g	Saturated Fat%	7.23%
		Vitamin C	0.01 mg	Trans Fat	1.06* g	Trans Fat%	6.28%

\*- Denotes missing nutrient values

# Coffee Cake

Breads

HACCP: Non-Hazardous/Other

Recipe Source: Taste of Kansas 1  
(Submitted in 2000 by USD 367  
Osawatomie)

Ingredients	120 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Muffin Mix, plain Sugar, granulated Eggs, whole, fresh Water, cold Dry milk, nonfat Margarine	10 lbs. 1 lb.    2 lbs.	  20 large 2 qt. 1½ cups			1. Prepare two 18 x 24 x 2" cake pans (one for every 60 servings) by spraying with non-stick cooking spray. 2. Combine all ingredients for cake and divide equally into two cake pans.
<u>Topping:</u>  Margarine Flour, all-purpose Sugar, granulated Cinnamon, ground	  1 lb. 12 oz. 1½ lbs.	    ¼ cup			3. Combine topping ingredients and sprinkle equal amounts on top of each cake. 4. Bake: Convection oven – 325°F for 25 minutes. Conventional oven – 350°F for 30 minutes.
<u>Glaze:</u>  Sugar, powdered Water	  2½ lbs.	  1¼ cup			5. Mix powdered sugar and water using a wire whip to make a thin glaze. 6. Drizzle 2 cups of icing in a swirled pattern on top of each cake using a spoon.

## Coffee Cake, continued

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Serving Size	1 Serving Provides	Yield
1 piece	0.33 M/MA + 1.00 G/B	120 servings

### Nutrients Per Serving

Calories	343	Iron	1.10 mg	Protein	3.83 g	Protein%	4.47%
Cholesterol	46 mg	Calcium	65.25 mg	Carbohydrate	49.90 g	Carbohydrate%	58.27%
Sodium	340 mg	Vitamin A	466 IU	Total Fat	13.81 g	Total Fat%	36.28%
Dietary Fiber	0.21 g	Vitamin A	113 RE	Saturated Fat	4.15 g	Saturated Fat%	10.91%
		Vitamin C	0.08 mg	Trans Fat	1.69* g	Trans Fat%	4.44%

\*- Denotes missing nutrient values

# Cub Bars

Desserts

HACCP: Non-Hazardous/Other

Recipe Source: USD 258 Humboldt

Ingredients	70 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Peanut Butter Margarine  Brown Sugar  Granulated Sugar  Baking Soda Eggs, whole Vanilla	2 lb.	1 cup 3 Tbsp. 2 <sup>1</sup> / <sub>3</sub> cup 2 tsp. 2 <sup>1</sup> / <sub>3</sub> cup 2 tsp. 4 <sup>2</sup> / <sub>3</sub> tsp. 7 large 2 <sup>1</sup> / <sub>3</sub> tsp.			1. Cream butters and sugars together. Add eggs, vanilla and baking soda. Mix well.
Oatmeal Chocolate chips Mini M&M's	1 <sup>3</sup> / <sub>4</sub> lb.	1 <sup>1</sup> / <sub>4</sub> cup 1 <sup>1</sup> / <sub>4</sub> cup			2. Add oatmeal and mix. Finally add the chocolate chips and the M&M's. 3. Bake in 18x26 sheet pan at 300°F for 15 minutes, turning pan around after 10 minutes. Cut 70 bars per pan.

Serving Size	1 Serving Provides	Yield
1 cookie	0.61 M/MA + 0.44 G/B	70 cookies

## Nutrients Per Serving

Calories	250	Iron	1.07 mg	Protein	5.88 g	Protein%	9.40%
Cholesterol	19 mg	Calcium	24.24 mg	Carbohydrate	30.07 g	Carbohydrate%	48.11%
Sodium	191 mg	Vitamin A	158 IU	Total Fat	12.96 g	Total Fat%	46.67%
Dietary Fiber	2.12 g	Vitamin A	39 RE	Saturated Fat	3.53 g	Saturated Fat%	12.72%
		Vitamin C	0.01 mg	Trans Fat	0.57* g	Trans Fat%	2.05%

\*- Denotes missing nutrient values

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# Easy Bread Soup Bowls

**Breads**

**HACCP: Non-Hazardous/Other**

**Recipe Source: Taste of Kansas 1  
(Submitted by X0713 Berean Academy)**

Ingredients	120 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Water Flour, all-purpose Dry milk, nonfat Sugar, granulated Salt Shortening Yeast, active, dry	20 lbs.	6 qt.  1 $\frac{1}{3}$ cup 1 $\frac{1}{3}$ cup $\frac{1}{2}$ cup 1 $\frac{1}{3}$ cup 1 cup			1. Combine all ingredients in a large mixing bowl, reserving some water (1 cup for 60 servings or 2 cups for 120 servings) to pour around the edge to wash down ingredients that stuck to the side of the bowl.
					2. Mix on low speed for 1 minute. Switch to medium speed and knead with a dough hook for 10 minutes. 3. Remove dough and let it rest for 20 minutes (or until doubled) on a board that has been brushed with shortening.
					4. Pinch into 4 $\frac{1}{2}$ ounce rolls. Place 3 x 5 on an 18" x 26" sheet pan making sure that they do not touch. 5. Put in a warmer and let rise until doubled. 6. Bake until golden brown. Convection Oven: 350°F for 12 min. Conventional Oven: 400°F for 15 min. 7. Cool. 8. Cut a circle in the top holding a knife straight up and down. 9. On the service line, pull out the center and place on the tray next to the bread bowl.

## Easy Bread Soup Bowls, continued

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Serving Size	1 Serving Provides	Yield
1 bread bowl	5.17 G/B	120 servings

### Nutrients Per Serving

Calories	306	Iron	3.51 mg	Protein	8.07 g	Protein%	10.55%
Cholesterol	0 mg	Calcium	22.37 mg	Carbohydrate	60.32 g	Carbohydrate%	78.83%
Sodium	479 mg	Vitamin A	17.9 IU	Total Fat	2.88 g	Total Fat%	8.47%
Dietary Fiber	2.04 g	Vitamin A	5.4 RE	Saturated Fat	0.66 g	Saturated Fat%	1.93%
		Vitamin C	3.88 mg	Trans Fat	0.27* g	Trans Fat%	0.78%

\*- Denotes missing nutrient values



# Great American Cinnamon Roll

Breads

HACCP: Non-Hazardous/Other

Recipe Source: Culinary Camp  
Recipes 2005 (USD 435 Abilene)

Ingredients	70 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, all-purpose Brown sugar Shortening, vegetable Dry milk, nonfat Salt Yeast, Bakers', active	10 lbs. 1 lb. 1 lb. 4 oz. 4oz. 4 oz.				1. In large mixer with dough hook, put first 6 ingredients. 2. Mix for 1-2 minutes.
Water, warm		3 qt.+ 1 1/3 cup			3. Add water and mix on low speed for 3-4 minutes. 4. Shift to medium speed and mix for 8-10 minutes until dough is properly developed. 5. Let rest 15-20 minutes and weigh out into 3 lb. roll-ups. 6. Roll one 3 lb. roll-up out with rolling pin to a rectangle about 18" wide.
Brown Sugar Margarine Cinnamon, ground	1 lb.+ 8 oz. 1 lb. 2 oz.				7. Mix brown sugar, margarine, and cinnamon together until smooth. Spread onto dough with spatula. 8. Roll up like a jelly roll. 9. Cut into 1 1/2" pieces for 4 oz. cinnamon rolls. 10. Put 4x6 on an 18x26" lined, sprayed bun pan. 11. Proof in proof box until doubled. 12. Bake in 325°F convection oven about 20 minutes.

## Great American Cinnamon Roll, continued

Ingredients	70 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Frosting		4½ cups			13. Drizzle frosting over top of warm rolls.

Serving Size	1 Serving Provides	Yield
1 roll	4.43 G/B	70 servings

### Nutrients Per Serving

Calories	477	Iron	3.21 mg	Protein	7.42 g	Protein%	6.23%
Cholesterol	0 mg	Calcium	58.55 mg	Carbohydrate	79.35 g	Carbohydrate%	66.59%
Sodium	725 mg	Vitamin A	315 IU	Total Fat	14.25 g	Total Fat%	26.90%
Dietary Fiber	2.18 g	Vitamin A	72 RE	Saturated Fat	3.15 g	Saturated Fat%	5.94%
		Vitamin C	6.61 mg	Trans Fat	1.77* g	Trans Fat%	3.35%

\*- Denotes missing nutrient values

# Honey Whole Grain Roll

**Breads**

**HACCP: Non-Hazardous/Other**

**Recipe Source: Culinary Camp Recipes 2005 (USD 435 Abilene)**

Ingredients	630 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Yeast, Bakers, active, dry Water	8 oz.	1 gallon			1. Dissolve yeast in water.
Flour, all-purpose Flour, whole wheat Oatmeal, dry  Salt	22 lbs. 5 lbs. 1 lb. + 14 oz. 6 oz.				2. Combine dry ingredients with yeast mixture using a dough hook.
Honey  Eggs, fresh Margarine  Cottage Cheese	6 lb.+ 12 oz.  2 lb. + 4 oz. 9 lbs.	32 Large			3. Add honey, eggs, margarine and cottage cheese. Mix for about 10-12 minutes. 4. Let rise 30-40 minutes in an 85° location. 5. Divide and shape into rolls. Place on sheet pan. 6. Proof until double. 7. Bake in 300-325°F convection oven for 15-20 minutes.

Serving Size	1 Serving Provides	Yield
1 roll	1.38 G/B	630 rolls

## Honey Whole Grain Roll, continued

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### Nutrients Per Serving

Calories	110	Iron	1.02 mg	Protein	3.49 g	Protein%	12.72%
Cholesterol	11 mg	Calcium	10.62 mg	Carbohydrate	19.81 g	Carbohydrate%	72.19%
Sodium	151 mg	Vitamin A	73 IU	Total Fat	1.94 g	Total Fat%	15.90%
Dietary Fiber	1.02 g	Vitamin A	18.5 RE	Saturated Fat	0.42 g	Saturated Fat%	3.44%
		Vitamin C	1.47 mg	Trans Fat	0.24* g	Trans Fat%	1.98%

\*- Denotes missing nutrient values

# Italian Cheese Bread

Breads

HACCP: Non-Hazardous/Other

Recipe Source: Taste of Kansas 1  
(Submitted in 2000 by USD 486 Elwood)

Ingredients	120 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, all-purpose Salt Yeast, active, dry, instant	3 lbs.+ 12 oz. 1.2 oz. 1.8 oz.				1. In a bowl, combine flour, salt and yeast.
Water warm Vegetable oil		1.5 qt. ⅓ cup			2. Using a dough hook, add water and oil to flour mixture to make a soft dough. Knead for 8-10 minutes on medium speed or until smooth and elastic. 3. Cover and rest in a warm place about 20 minutes. 4. Punch the dough down. 5. If preparing 120 servings, divide into 2 equal parts (approximately 3.5 lbs. each). Place on prepared sheet pan. Roll each part out to fit in an 18" x 26" bun pan. 6. Proof for 30-45 minutes.
Fat-free Italian Dressing		1 lb. + 2½ oz.			7. Brush with salad dressing.
Salt Garlic powder Oregano, dried Thyme, dried		½ tsp. 1½ tsp. 1½ tsp. 1½ tsp.			8. Combine the seasonings and sprinkle over the top.

## Italian Cheese Bread, continued

Ingredients	120 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Parmesan Cheese, freshly grated Mozzarella Cheese	11 oz.	1/3 cup			9. Sprinkle with cheeses.
					10. Bake until golden brown. Convection Oven: 350°F for 15 minutes. Conventional Oven: 400°F for 20 minutes. 11. Cool for 10 minutes and then cut 6x10 (into squares) with a serrated knife. 12. Spray with butter spray, cover with plastic wrap and hold in a proofer to keep warm until service.

Serving Size	1 Serving Provides	Yield
1 square	0.97 G/B	120 servings

### Nutrients Per Serving

Calories	67	Iron	0.70 mg	Protein	2.29 g	Protein%	13.72%
Cholesterol	1 mg	Calcium	25.29 mg	Carbohydrate	11.64 g	Carbohydrate%	69.59%
Sodium	192 mg	Vitamin A	13.5 IU	Total Fat	1.11 g	Total Fat%	14.89%
Dietary Fiber	0.40 g	Vitamin A	2.7 RE	Saturated Fat	0.34 g	Saturated Fat%	4.53%
		Vitamin C	1.73 mg	Trans Fat	0* g	Trans Fat%	0%

\* - Denotes missing nutrient values

# Molasses Cookie

Desserts

HACCP: Non-Hazardous/Other

Recipe Source: Culinary Camp  
Recipes 2005 (USD 435 Abilene)

Ingredients	105 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine Brown Sugar Molasses	1 lb. + 8 oz. 3 lbs. + 12 oz.	1 cup			1. Cream together margarine, brown sugar and molasses.
Eggs, fresh		3 large			2. Add eggs and beat thoroughly.
Flour, all-purpose Salt Baking Soda Cinnamon, ground Ginger, ground	2 lbs.+ 9½ oz.	¾ tsp. 2¼ Tbsp. 1 Tbsp. 2¼ tsp.			3. Add dry ingredients and mix well. 4. Using a #40 dipper, place cookies on paper lined 18" x 26" bun pans. Put 35 on each pan. 5. Bake at 350°F (convection oven) for 10 minutes. Do not over bake.

Serving Size	1 Serving Provides	Yield
1 cookie	0.77 G/B	105 cookies

## Nutrients Per Serving

Calories	160	Iron	0.83 mg	Protein	1.37 g	Protein%	3.42%
Cholesterol	6 mg	Calcium	25.21 mg	Carbohydrate	26.98 g	Carbohydrate%	67.26%
Sodium	167 mg	Vitamin A	239 IU	Total Fat	5.49 g	Total Fat%	30.78%
Dietary Fiber	0.35 g	Vitamin A	54 RE	Saturated Fat	1.05 g	Saturated Fat%	5.88%
		Vitamin C	0.02 mg	Trans Fat	0.96* g	Trans Fat%	5.41%

\*- Denotes missing nutrient values

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# Monster Cookies

Desserts

HACCP: Non-Hazardous/Other

Recipe Source: USD 258 Humboldt

Ingredients	250 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Eggs, whole Brown Sugar Granulated Sugar Vanilla White Syrup		18 large 6 cups 6 cups 1½ Tbsp. 1½ Tbsp.			1. Cream eggs, sugar, vanilla and white syrup together
Baking Soda Margarine, melted Peanut Butter Oatmeal Chocolate Chips M & M's	1½ lb. 4½ lb. 4½ lb. ¾ lb. ¾ lb.	4 Tbsp.			2. Add baking soda, melted margarine, peanut butter and oatmeal. Add both the chips. Mix well. 3. Portion with level #40 disher in rows of 6x5 on baking sheet. Bake at 300°F in convection oven for approximately 10-12 minutes or until set. DO NOT OVERBAKE.

Serving Size	1 Serving Provides	Yield
1 cookie	0.40 M/MA + 0.32 G/B	250 cookies

### Nutrients Per Serving

Calories	156	Iron	0.68 mg	Protein	3.89 g	Protein%	9.96%
Cholesterol	14 mg	Calcium	16.02 mg	Carbohydrate	19.07 g	Carbohydrate%	48.76%
Sodium	90 mg	Vitamin A	113 IU	Total Fat	7.84 g	Total Fat%	45.09%
Dietary Fiber	1.38 g	Vitamin A	28 RE	Saturated Fat	1.85 g	Saturated Fat%	10.63%
		Vitamin C	0.01 mg	Trans Fat	0.41* g	Trans Fat%	2.33%

\*- Denotes missing nutrient values

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## No-bake Cereal Bars

Desserts

HACCP: Non-Hazardous/Other

Recipe Source: Culinary Camp  
Recipes 2005 (USD 313 Buhler)

Ingredients	420 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Sugar granulated Corn Syrup	9 lb.	1¼ gallons			1. Place sugar and syrup in heavy saucepan. Heat until sugar is dissolved.
Peanut Butter	25 lbs. + 5 oz.				2. Combine hot syrup with peanut butter; mix.
Cheerio-type cereal Rice Krispies-type cereal	4 lbs. + 4 oz. 4 lbs.				3. Add cereals and mix by hand in a large mixer bowl. 4. Spray 6 – 18x26x1” sheet pans, place 9 ¼ lb. of mixture in each of the pans and spread with hand. 5. Cut each pan into 70 servings per pan.

Serving Size	1 Serving Provides	Yield
1 piece	0.87 M/MA + 0.31 G/B	420 servings

### Nutrients Per Serving

Calories	276	Iron	3.02 mg	Protein	7.61 g	Protein%	11.02%
Cholesterol	0 mg	Calcium	30.36 mg	Carbohydrate	34.61 g	Carbohydrate%	50.08%
Sodium	207 mg	Vitamin A	180 IU	Total Fat	14.14 g	Total Fat%	46.03%
Dietary Fiber	2.13 g	Vitamin A	36 RE	Saturated Fat	2.81 g	Saturated Fat%	9.16%
		Vitamin C	2.95 mg	Trans Fat	0* g	Trans Fat%	0%

\*- Denotes missing nutrient values

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# Oatmeal Muffin Squares

Breads

HACCP: Non-Hazardous/Other

Recipe Source: Culinary Camp Recipes 2005 (USD 503 Parsons)

Ingredients	105 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Oatmeal, dry Water, hot	1 lb.	1 qt. + 3 cups			1. Place oats in a stainless steel bowl and pour hot water over them. Let stand 20 minutes. Do not drain.
Flour, all-purpose Baking soda Cinnamon ground Nutmeg ground Salt	2 lb. + 6 oz.	2½ tsp. 2½ tsp. 2½ tsp. 2½ tsp.			2. Combine flour, baking soda, cinnamon, nutmeg and salt in a bowl.
Margarine Brown Sugar  Sugar, granulated	12 oz. 2 lb. + 4 oz. 2 lb.+ 4 oz.				3. In a mixing bowl, using a paddle attachment, beat the margarine and sugars for 10 minutes. Scrape down the sides of the bowl.
Vanilla extract Eggs, fresh Yogurt, Lowfat Applesauce, canned	4 oz. 4 oz.	1 Tbsp. + 2 tsp. 10 large			4. Add the vanilla, egg whites, yogurt and applesauce. Beat for 3 minutes. Add the oat mixture and blend. Add the flour mixture and blend for 1 minute. Scrape down the sides of the bowl.

## Oatmeal Muffin Squares, continued

Ingredients	105 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
<u>Topping</u>  Oatmeal Flour, all-purpose Brown Sugar Margarine	6 oz. 2 oz. 4 oz. 4 oz.				5. For topping, combine oats, flour, sugar and margarine and mix until crumbs are pea-sized.
					6. Pour 3 qt. of batter into each lightly greased 12"x20" x 2 1/2" steam table pan and spread evenly. Sprinkle 1 3/4 cups of topping over each pan. 7. Bake until golden brown and muffin pulls away from sides of pan. Conventional oven 325°F for 45 minutes Convection oven 325°F for 35 minutes.

Serving Size	1 Serving Provides	Yield
1 square	0.97 G/B	105 servings

### Nutrients Per Serving

Calories	181	Iron	0.26 mg	Protein	2.80 g	Protein%	6.19%
Cholesterol	20 mg	Calcium	20.98 mg	Carbohydrate	32.86 g	Carbohydrate%	72.60%
Sodium	138 mg	Vitamin A	179 IU	Total Fat	4.51 g	Total Fat%	22.44%
Dietary Fiber	0.98 g	Vitamin A	44 RE	Saturated Fat	0.92 g	Saturated Fat%	4.57%
		Vitamin C	0.25 mg	Trans Fat	0.64* g	Trans Fat%	3.20%

\*- Denotes missing nutrient values

# Peanut Butter & Jelly Bars

Desserts

HACCP: Non-Hazardous/Other

Recipe Source: Taste of Kansas 1  
(Submitted in 2000 by X0869 Blessed  
Sacrament School)

Ingredients	96 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine Sugar, granulated Sugar, brown, packed Eggs, whole, fresh Vanilla extract Baking powder Salt	1 lb. + 9 oz. 12.5 oz. 13 oz.	6 large 2½ Tbsp. 2¼ tsp. 1½ tsp.			1. Beat margarine, sugar, eggs, vanilla, baking powder and salt in a mixer with a flat paddle on medium speed until fluffy.
Flour, all-purpose	2 lbs.+ 5 oz.				2. Reduce speed to low, gradually add flour and beat until blended.
Peanut Butter, smooth	1 lb.				3. Add peanut butter and stir until blended. 4. Reserve 2 pounds of this dough for step 7. 5. With floured fingertips, pat dough into bottom of greased 18" x 26" sheet pan.
Jelly, grape (or other flavor)	1 lb. + 12 oz.				6. Stir jelly to break up chunks. Spread over dough to within 1/2 inch of edges. 7. Top with 1-inch mounds of the reserved dough (from step 4

## Peanut Butter & Jelly Bars, continued

Ingredients	96 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
					8. Bake until top is golden brown. Convection Oven: 300°F for 20-25 minutes. Conventional Oven: 350°F for 25-30 minutes. 9. Cool in pan. Cut 12 x 8 (into 2 inch squares).

Serving Size	1 Serving Provides	Yield
1 – 2” square	0.28 M/MA + 0.75 G/B	96 servings

### Nutrients Per Serving

Calories	176	Iron	0.71 mg	Protein	2.74 g	Protein%	6.20%
Cholesterol	13 mg	Calcium	17.72 mg	Carbohydrate	22.63 g	Carbohydrate%	51.30%
Sodium	148 mg	Vitamin A	279 IU	Total Fat	8.76 g	Total Fat%	44.67%
Dietary Fiber	0.66 g	Vitamin A	65 RE	Saturated Fat	1.72 g	Saturated Fat%	8.78%
		Vitamin C	0.09 mg	Trans Fat	1.10* g	Trans Fat%	5.61%

\*- Denotes missing nutrient values



# Peanut Butter Scotch Bar

Desserts

HACCP: Non-Hazardous/Other

Recipe Source: USD 258 Humboldt

Ingredients	210 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine Peanut Butter  Brown Sugar Vanilla	3¾ lb. 2 lb. + 14 oz. 3.75 lb.	3.75 Tbsp.			1. Using flat beater, cream margarine and peanut butter on medium speed for 5 minutes. 2. Add brown sugar and cream 10 -15 minutes, scraping sides and bottom of bowl every 5 minutes. 3. Add vanilla and mix.
Flour  Baking Powder Baking Soda Salt	4 lb. + 1 oz. 5 tsp. 2½ tsp. 2 Tbsp. + ¾ tsp.				4. Add dry ingredients and mix well. 5. Pat mixture in to three bun pans. Bake at 300°F for 15-20 minutes. Turn pans and check after 10 minutes.
<u>Chocolate Glaze:</u>  Powdered Sugar Cocoa  Margarine Hot water		4 qt. 1 cup + 2 Tbsp. ½ lb. 1½ cup + 2 Tbsp.			6. Sift the powdered sugar. 7. Mix all ingredients together until smooth and spread on Scotch bars while very warm. 8. Cut while warm 10x7 or 70 bars.

Serving Size	1 Serving Provides	Yield
1 piece	0.60 G/B	210 servings

## Peanut Butter Scotch Bar, continued

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### Nutrients Per Serving

Calories	156	Iron	0.68 mg	Protein	3.89 g	Protein%	9.96%
Cholesterol	14 mg	Calcium	16.02 mg	Carbohydrate	19.07 g	Carbohydrate%	48.76%
Sodium	90 mg	Vitamin A	113 IU	Total Fat	7.84 g	Total Fat%	45.09%
Dietary Fiber	1.38 g	Vitamin A	28 RE	Saturated Fat	1.85 g	Saturated Fat%	10.63%
		Vitamin C	0.01 mg	Trans Fat	0.41* g	Trans Fat%	2.33%

\*- Denotes missing nutrient values

# Peanut Butter Twist

**Breads**

**HACCP: Non-Hazardous/Other**

**Recipe Source: Taste of Kansas 2, 2002**

Ingredients	100 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, all purpose Yeast, instant Salt Sugar, granulated Potatoes, mashed, dehydrated, granules Milk, dry, non-fat	6 lbs.	¼ cup 2 tsp. 2 cups ¼ cup  ⅔ cup			1. Place all dry ingredients in mixer bowl. Blend on low speed for 2 minutes.
Eggs, whole, fresh Shortening		4 large 1 cup			2. Add eggs and shortening and continue to blend on low speed.
Water		1½ qt.			3. Gradually add water until a soft dough is formed. 4. Knead dough on medium speed for 7-10 minutes or until sides of bowl are clean and dough makes a rhythmic slapping sound against the side of the bowl. 5. Let rise until doubled. Punch down. 6. On a lightly floured surface roll out dough in two 12" by 50" strips (for 100 servings).

## Peanut Butter Twist, continued

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Peanut Butter, chunky		3 cups			7. Divide the peanut butter equally between the strips and spread it lengthwise on the lower two-thirds of each strip. 8. Fold top third of dough over middle section and then fold lower third over the first fold. Seal edges. 9. Cut into 1 inch strips. Hold each strip by the ends and twist twice. 10. Place on baking sheet sprayed with non-stick cooking spray and let rise. 11. Bake in conventional oven at 370°F for 12-15 minutes or until browned.
Frosting:  Margarine Sugar, powdered Milk, skim		3 Tbsp. 3 cups 5 Tbsp.			12. Mix all ingredients together. Frost rolls while still warm.

Serving Size	1 Serving Provides	Yield
1 twist	0.32 M/MA + 1.86 G/B	100 servings

### Nutrients Per Serving

Calories	202	Iron	1.46 mg	Protein	5.13 g	Protein%	10.19%
Cholesterol	8 mg	Calcium	16.61 mg	Carbohydrate	30.85 g	Carbohydrate%	61.19%
Sodium	60 mg	Vitamin A	37.5 IU	Total Fat	6.58 g	Total Fat%	29.35%
Dietary Fiber	1.38 g	Vitamin A	10.6 RE	Saturated Fat	1.27 g	Saturated Fat%	5.67%
		Vitamin C	2.08 mg	Trans Fat	0.30* g	Trans Fat%	1.35%

\*- Denotes missing nutrient values

# Pumpkin Bars

Desserts

HACCP: Non-Hazardous/Other

Recipe Source: Culinary Camp  
Recipes 2005 (USD 435 Abilene)

Ingredients	480 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Sugar, granulated Margarine	15 lbs. 7½ lbs.				1. Cream sugar and margarine for 5 minutes.
Pumpkin, canned Eggs, fresh		2 #10 cans 30 large			2. Add pumpkin and eggs and beat 8 more minutes.
Flour, all-purpose Baking powder, double-acting Baking Soda Nutmeg, ground Cloves, ground Cinnamon, ground Allspice, ground Salt	10 lb.+ 4 oz.	2½ Tbsp.  ¼ cup ¼ cup ¼ cup ¼ cup ⅛ cup ¼ cup + 1 Tbsp.			3. Add the remaining ingredients and beat 3 more minutes. Scrape sides of the bowl occasionally. 4. Pour into 18" x 26" bun pan. Should weigh 12 lbs. with pan. 5. Make 6 pans – 80 bars per pan.

Serving Size	1 Serving Provides	Yield
1 piece	0.66 G/B	480 servings

## Pumpkin Bars, continued

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### Nutrients Per Serving

Calories	150	Iron	0.71 mg	Protein	1.55 g	Protein%	4.13%
Cholesterol	13 mg	Calcium	14.15 mg	Carbohydrate	22.79 g	Carbohydrate%	60.63%
Sodium	185 mg	Vitamin A	2199 IU	Total Fat	6.20 g	Total Fat%	37.08%
Dietary Fiber	0.69 g	Vitamin A	336 RE	Saturated Fat	1.23 g	Saturated Fat%	7.34%
		Vitamin C	0.59 mg	Trans Fat	1.06* g	Trans Fat%	6.32%

\*- Denotes missing nutrient values

# Pumpkin Bread

**Breads**

**HACCP: Non-Hazardous/Other**

**Recipe Source: Culinary Camp Recipes 2005(USD 313 Buhler)**

Ingredients	60 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Sugar, granulated Flour Baking Soda Salt Cinnamon Nutmeg Walnuts, chopped	2 lb. + 10 oz. 2 lb.	1 1/8 Tbsp. 2 tsp. 2 tsp. 2 tsp. 1/2 cup			1. Combine sugar, flour, baking soda, salt, spices and nuts in mixer bowl. Mix until thoroughly combined.
Eggs, fresh Pumpkin, canned, solid pack Salad oil Water		8 large 5 cups 1 3/4 cups 1 3/4 cups			2. Combine beaten eggs, pumpkin, oil and water. Add to dry ingredients. Mix until smooth. 3. Pour batter into greased and floured loaf pans (10x4x3") half full. Leave a slight depression in center of pans by pushing batter into corners and toward sides of pans. 4. Bake at 350°F for 50 to 55 minutes. Remove from pans and cool before slicing. Cut each loaf into 10 slices per loaf.

Serving Size	1 Serving Provides	Yield
1 slice	1.03 G/B + 0.27 M/MA	60 servings

## Pumpkin Bread, continued

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### Nutrients Per Serving

Calories	208	Iron	1.13 mg	Protein	2.71 g	Protein%	5.20%
Cholesterol	28 mg	Calcium	13.05 mg	Carbohydrate	33.26 g	Carbohydrate%	63.85%
Sodium	160 mg	Vitamin A	3210 IU	Total Fat	7.57 g	Total Fat%	32.72%
Dietary Fiber	1.10 g	Vitamin A	463 RE	Saturated Fat	1.39 g	Saturated Fat%	5.99%
		Vitamin C	0.87 mg	Trans Fat	0* g	Trans Fat%	0%

\*- Denotes missing nutrient values



# Pumpkin Bread II

Breads

HACCP: Non-Hazardous/Other

Recipe Source: Culinary Camp  
Recipes 2005 (USD 503 Parsons)

Ingredients	96 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Sugar, granulated Oil Pumpkin, canned Eggs, whole, fresh	5 lb.+ 8 oz.  4 lb. + 12 oz.	  1 qt.  17 large			1. Combine sugar, oil, pumpkin and eggs in mixer bowl. Cream on medium speed for 10 minutes, using flat beater.
Flour, all-purpose, enriched, bleached Baking powder Baking powder Salt Cinnamon, ground Nutmeg, ground	4 lb.+ 4 oz.   1 oz.	  1 Tbsp. + 1 tsp. 2 Tbsp. + 2 tsp.  2 Tbsp. 2 tsp.			2. Combine dry ingredients.
Water		2½ cups			3. Add dry ingredients and water alternately to creamed mixture. Mix 3 minutes on low speed. Scrape sides of bowl. 4. Scale batter into greased 12 x 20 x 2 ½ steam table pans approximately 5 lb. batter per pan. 5. Bake at 350°F for 50 minutes or until done. Cool 30 minutes before removing from pans. Cut each pan 6 x 4 (24 servings per pan).

## Pumpkin Bread II, continued

Serving Size	1 Serving Provides	Yield
1 slice	0.35 M/MA + 1.37 G/B	96 servings

### Nutrients Per Serving

Calories	275	Iron	1.45 mg	Protein	3.44 g	Protein%	5.01%
Cholesterol	37 mg	Calcium	27 mg	Carbohydrate	43.40 g	Carbohydrate%	63.12%
Sodium	254 mg	Vitamin A	3537 IU	Total Fat	10.24 g	Total Fat%	33.52%
Dietary Fiber	1.29 g	Vitamin A	512 RE	Saturated Fat	1.89 g	Saturated Fat%	6.18%
		Vitamin C	0.95 mg	Trans Fat	0.00* g	Trans Fat%	0%

\*- Denotes missing nutrient values

# Pumpkin Muffins

Breads

HACCP: Non-Hazardous/Other

Recipe Source: Taste of Kansas 1  
(Submitted in 2000 by USD 424 Mullinville)

Ingredients	140 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Shortening Sugar, granulated	6.5 lbs.	3 $\frac{2}{3}$ cups			1. Line muffin cups with paper. 2. Mix shortening and sugar until blended on medium speed.
Eggs, whole, fresh Pumpkin, canned Water		22 large 1 #10 can 1 qt. + 1 $\frac{1}{2}$ cup			3. On low speed, add eggs, pumpkin and water.
Flour, all-purpose Baking Soda  Salt  Baking Powder Cinnamon, ground Cloves, ground	4 lbs + 8 oz	3 Tbsp.+ 1 tsp. 2 Tbsp. + 1 tsp. 1 Tbsp. 2 Tbsp. 2 Tbsp.			4. On low speed, blend in the dry ingredients.
					5. Use a #16 disher to put $\frac{1}{4}$ cup of batter in each muffin cup. 6. Bake: Convection Oven- 300°F for 20-25 minutes Conventional Oven– 325°F for 25-30 minutes <u>or</u> until an inserted toothpick comes out clean. 7. Cool on wire racks.

## Pumpkin Muffins, continued

Serving Size	1 Serving Provides	Yield
1 muffin	0.31 M/MA + 1 G/B	140 muffins

### Nutrients Per Serving

Calories	200	Iron	1.15 mg	Protein	2.74 g	Protein%	5.48%
Cholesterol	33 mg	Calcium	19.96 mg	Carbohydrate	34.14 g	Carbohydrate%	68.35%
Sodium	240 mg	Vitamin A	3348 IU	Total Fat	6.03 g	Total Fat%	27.18%
Dietary Fiber	1.10 g	Vitamin A	484 RE	Saturated Fat	1.56 g	Saturated Fat%	7.03%
		Vitamin C	0.97 mg	Trans Fat	0.63* g	Trans Fat%	2.83%

\*- Denotes missing nutrient values

# Tabor College Banana Bread

**Breads**

**HACCP: Non-Hazardous/Other**

**Recipe Source: Culinary Camp Recipes 2005 (USD 313 Buhler)**

Ingredients	96 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Sugar	3 lbs.				1. Mix ingredients in order and pour into greased and lined bread pans (10x4x3") half full. 2. Bake at 325°F for 50 to 55 minutes in a convection oven. 3. Test with a wooden pick for doneness and turn out onto a cooling rack. 4. Cut each loaf into 12 slices per loaf.
Margarine	1 lb.				
Eggs, raw		12			
Bananas, mashed		24			
Flour	2 lb. + 8 oz				
Baking Soda		2 Tbsp.			
Salt		2 tsp.			
Vanilla		2 Tbsp.			

Serving Size	1 Serving Provides	Yield
1 slice	0.25 M/MA + 0.81 G/B + 0.13 F/V	96 servings

### Nutrients Per Serving

Calories	163	Iron	0.72 mg	Protein	2.20 g	Protein%	5.39%
Cholesterol	23 mg	Calcium	7.57 mg	Carbohydrate	29.06 g	Carbohydrate%	71.39%
Sodium	181 mg	Vitamin A	212 IU	Total Fat	4.56 g	Total Fat%	25.20%
Dietary Fiber	0.98 g	Vitamin A	50.3 RE	Saturated Fat	0.94 g	Saturated Fat%	5.17%
		Vitamin C	2.21 mg	Trans Fat	0.70* g	Trans Fat%	3.89%

\*- Denotes missing nutrient values

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## 51% White Whole Wheat Bread

Breads

HACCP: Non-Hazardous/Other

Recipe Source: Kansas Healthy Menus 2008

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
White Whole Wheat Flour All-purpose Flour, enriched Dry Milk, instant, nonfat Sugar, granulated Yeast, <i>instant</i> , dry Salt	3 lbs.+ 12 oz. 3 lbs.+ 8 oz. 7 oz. 11½ oz. 3 oz. 1¾ oz.	   1¾ cup 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		1⅔ cup			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°)	4 lb.+ 5 oz.	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).

## 51% White Whole Wheat Bread, continued

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Non-stick Cooking spray		As needed			<p>6. Form dough into two pound balls and spray with non-stick cooking spray or cover with plastic wrap. Once all dough balls have been formed, begin shaping.</p> <p>7. Divide dough into four balls (approximately 3 lbs. 6 oz. each) per recipe for 200 - 1 oz slices. Shape each ball into a smooth roll 24" long. Place lengthwise, one or two per pan, on sheet pans (18" x 26" x 1") which have been lightly coated with pan release spray.</p> <p>8. Proof in a warm area until double in bulk (30 - 50 minutes).</p> <p>9. Bake in a convection oven at 350° F for 20 - 30 minutes.</p> <p>10. Lightly spray loaves with pan release spray when baking is completed. Let cool.</p> <p>11. Trim off the crust on the ends of each loaf.</p> <p>12. Cut each loaf into 50 slices for 1 oz. slices;</p> <p>13. Cut each loaf into 32 slices for 1.5 oz. slices;</p> <p>14. Cut each loaf into 24 slices for 2 oz. slices.</p>

Serving Size	1 Serving Provides	Yield
1 slice	2.25 G/B	100 servings



## **51% White Whole Wheat Bread**, continued

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### **Nutrients Per Serving**

Calories	167	Iron	1.41 mg	Protein	4.67 g	Protein%	11.16%
Cholesterol	0 mg	Calcium	33.33 mg	Carbohydrate	28.75 g	Carbohydrate%	68.75%
Sodium	205 mg	Vitamin A	48.5 IU	Total Fat	4.12 g	Total Fat%	22.18%
Dietary Fiber	2.50 g	Vitamin A	14 RE	Saturated Fat	0.61 g	Saturated Fat%	3.29%
		Vitamin C	3.51 mg	Trans Fat	0.00* g	Trans Fat%	0.00%

\*- Denotes missing nutrient values

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# 51% White Whole Wheat French Bread

Breads HACCP: Non-Hazardous/Other Recipe Source: Food for Fifty (Modified)

Ingredients	96 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
White Whole Wheat Flour All-purpose flour, enriched Sugar, granulated Salt Yeast, dry, instant	4 lbs.+ 2 oz. 3 lbs.+ 14 oz. 3 oz. 2½ oz. 1½ oz.				1. Place all dry ingredients (flour, sugar, salt and yeast) in mixer bowl. Using a dough hook, blend on low speed for approximately 2 minutes.
Shortening	4½ oz.				2. Add shortening to flour mixture and blend on low speed for approximately 2 minutes.
Water		2½ qt.			3. Add water to reach desired texture. More or less than designated amount may be needed. Mix on low speed for 1 minute. 4. Knead dough on medium speed for 7-10 minutes, or until sides of bowl are clean and dough makes a rhythmic slapping sound against side of bowl. 5. Let dough rise in a warm place until double in bulk. 6. Punch down dough. 7. Divide dough into 8 - 1 lb. 12 oz. portions. On lightly floured (or lightly oiled) surface, roll each portion into a 12" x 6" rectangle. 8. Starting with longer side, roll up tightly, pressing dough into roll with each turn. Pinch edges and ends to seal.

## 51% White Whole Wheat French Bread, continued

Ingredients	96 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Cornmeal		2 cups ( $\frac{1}{4}$ cup per pan)			9. Place on prepared baking sheet sprinkled with cornmeal. Proof until double in bulk (approximately 30-40 minutes).
Egg Water		1 medium 1 Tbsp.			10. With a sharp knife, make 2 or 3 diagonal slashes across top of loaf. For a crisp crust, spray or brush with cold water. Or for a shiny, golden crust, brush loaves before baking with an egg wash made from one slightly beaten egg and 1 Tbsp. of water or milk. 11. Bake in a convection oven at 375° F for 20-24 minutes until golden brown. Spray or brush loaf with cold water several times during baking for a crisp crust. After baking, leave uncovered at room temperature to keep the crust crisp. Cut each loaf into 12 pieces.

Serving Size	1 Serving Provides	Yield
1 piece	2.71 G/B	96 servings

### Nutrients Per Serving

Calories	161	Iron	1.76 mg	Protein	4.86 g	Protein%	12.06%
Cholesterol	2 mg	Calcium	10.65 mg	Carbohydrate	31.63 g	Carbohydrate%	78.48%
Sodium	289 mg	Vitamin A	11.1 IU	Total Fat	1.98 g	Total Fat%	11.04%
Dietary Fiber	3.00 g	Vitamin A	2.2 RE	Saturated Fat	0.44 g	Saturated Fat%	2.48%
		Vitamin C	1.77 mg	Trans Fat	0.17* g	Trans Fat%	0.93%

\* - Denotes missing nutrient values

# 51% White Whole Wheat Breadsticks

Breads

HACCP: Non-Hazardous/Other

Recipe Source: Kansas Wheat Commission (Modified)

Ingredients	48 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
51% White Whole Wheat French Bread dough	3 lbs.				<ol style="list-style-type: none"> <li>1. Roll one pound piece of dough into a rectangle approximately 8" x 6". Cut 16 strips, each approximately 6" x 1/2".</li> <li>2. Take one dough strip and with the palms of the hands on each end of the strip, roll one end toward you and the other end away from you so the strip twists. Stretch the strip slightly as you twist.</li> <li>3. Grasp each end of the strip with your fingertips, pick the strip up off the bench, and bring your hands together. The strip should twist up of its own accord. Pinch the loose ends so that they stay together, and lay the finished breadstick on a parchment lined 18" x 26" x 1" sheet pan.</li> </ol>
Egg, fresh, raw Water		1 medium 1 Tbsp.			<ol style="list-style-type: none"> <li>4. Mix egg and water slightly. Brush on top of bread sticks with a pastry brush.</li> </ol>
Sesame Seeds <b>OR</b> Parmesan Cheese		1/4 cup  1/4 cup			<ol style="list-style-type: none"> <li>5. Sprinkle tops of breadsticks with sesame seeds, cheese, or a combination.</li> </ol>

## 51% White Whole Wheat Breadsticks, continued

Ingredients	48 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
					<p>6. For a light product, proof for 15-30 minutes before baking. For a crisp, dense product, bake immediately.</p> <p>7. Bake until golden brown:            Conventional oven: 400°F for 14-16 minutes.            Convection oven: 350°F for 10-12 minutes.</p>

Serving Size	1 Serving Provides	Yield
1 breadstick	1.11 G/B	48 breadsticks

### Nutrients Per Serving

Calories	74	Iron	0.85 mg	Protein	2.48 g	Protein%	13.35%
Cholesterol	5 mg	Calcium	18.12 mg	Carbohydrate	13.20 g	Carbohydrate%	71.02%
Sodium	133 mg	Vitamin A	10.1 IU	Total Fat	1.45 g	Total Fat%	17.53%
Dietary Fiber	1.35 g	Vitamin A	3.3 RE	Saturated Fat	0.36 g	Saturated Fat%	4.36%
		Vitamin C	0.76 mg	Trans Fat	0.07* g	Trans Fat%	0.86%

\*- Denotes missing nutrient values

# 51% White Whole Wheat Butterscotch Rolls

Breads

HACCP: Non-Hazardous/Other

Recipe Source: Healthy Yeast Breads  
(Modified)

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
51% White Whole Wheat Bread Dough	15 lbs. (4 – 3 lb. 12 oz. balls)				1. After dough has been given the proper rest (bench) time, place dough on very lightly oiled or sprayed surface. Roll each ball of dough into a rectangle 25" x 10" x 1/4" thick. The long side should be closest to you and the shape should be as close to a rectangle as possible (not an oval).
Vegetable oil		2 Tbsp.			2. Lightly brush each rectangle with oil.
Cinnamon, ground Sugar, granulated		1/2 cup 1 1/2 cup			3. Combine cinnamon and sugar. Mix well. Sprinkle approximately 1/2 cup cinnamon-sugar mixture over each rectangle. 4. Roll each rectangle on the long side to form a long slender roll. Cut each roll into 25 uniform pieces 1" thick.
Brown sugar Margarine, melted Hot water	6 oz.	6 cups 3/4 cup			5. Mix the brown sugar, melted margarine and hot water together. Spread on the bottom of two greased 18" x 26" x 1" pans. 6. Place the rolls cut side down on the brown sugar mixture in rows of 10 down and 5 across.

## 51% White Whole Wheat Butterscotch Rolls, continued

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
					7. Place in a warm area (about 90°F) until double in size, 30-50 minutes. 8. Bake until lightly browned: Conventional oven: 400°F for 18-20 minutes Convection oven: 350°F for 12-14 minutes. 9. Remove from oven and allow to stand for a few minutes. Flip onto another pan. Allow syrup to run down over the rolls before removing.

Serving Size	1 Serving Provides	Yield
1 roll	2.66 G/B	100 rolls

### Nutrients Per Serving

Calories	279	Iron	1.83 mg	Protein	5.64 g	Protein%	8.09%
Cholesterol	0 mg	Calcium	57.84 mg	Carbohydrate	51.04 g	Carbohydrate%	73.19%
Sodium	266 mg	Vitamin A	120.7 IU	Total Fat	6.60 g	Total Fat%	21.29%
Dietary Fiber	3.34 g	Vitamin A	30.7 RE	Saturated Fat	1.03 g	Saturated Fat%	3.34%
		Vitamin C	4.24 mg	Trans Fat	0.25* g	Trans Fat%	0.82%

\*- Denotes missing nutrient values



# 51% White Whole Wheat Cheese Bread

Breads

HACCP: Non-Hazardous/Other

Recipe Source: Healthy Yeast Breads  
(Modified)

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
51% White Whole Wheat Bread Dough	12 lbs.+ 8 oz				1. Place dough on unlined sheet pan (for easy clean up) or counter top. Flatten by hand.
Cheddar Cheese, shredded	3 lbs.				2. Place cheese in center of dough. Fold four corners to center over cheese. Using a metal dough scraper (or metal spatula or French knife), chop dough until cheese is evenly distributed throughout the dough and the dough pieces are each about 1½ to 2 inches in diameter.
					3. Line an 18" x 26" x 1" sheet pan with a pan liner and place the dough mixture on it. Spread the dough pieces to the edges of pan. Slightly push the pieces together to close large gaps. A few small gaps can be left. 4. Proof until dough has risen to top of pan. If small gaps were not closed by proofing, push dough together gently to close them now.

## 51% White Whole Wheat Cheese Bread, continued

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
					5. Bake until lightly browned and center pieces are no longer gooey. Conventional oven: 400°F for 20-25 minutes Convection oven: 350°F for 14 - 19 minutes. 6. Cut each pan 10 x 5 into approximately 2½" x 3½" pieces each.

Serving Size	1 Serving Provides	Yield
1 piece	2.22 G/B + 0.48 M/MA	100 servings

### Nutrients Per Serving

Calories	222	Iron	1.50 mg	Protein	8.06 g	Protein%	14.50%
Cholesterol	15 mg	Calcium	131.44 mg	Carbohydrate	28.93 g	Carbohydrate%	52.09%
Sodium	289 mg	Vitamin A	185 IU	Total Fat	8.63 g	Total Fat%	34.97%
Dietary Fiber	2.50 g	Vitamin A	52 RE	Saturated Fat	3.48 g	Saturated Fat%	14.11%
		Vitamin C	3.51 mg	Trans Fat	0.00* g	Trans Fat%	0%

\*- Denotes missing nutrient values



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# 51% White Whole Wheat Fruit Basket Upset

Breads

HACCP: Non-Hazardous/Other

Recipe Source: Healthy Yeast Breads  
(Modified)

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
51% White Whole Wheat Bread Dough	12 lbs + 8 oz				1. After dough has been given the proper rest (bench) time, place dough on a sheet pan. Flatten by hand.
Fruit; fresh or canned, drained Cinnamon Sugar, granulated Eggs, whole, fresh	2 lbs.+ 8 oz.	½ cup 3 cups 8 large			2. Drain fruit. Place fruit, cinnamon, sugar and eggs in center of dough. Fold four corners to center over filling mixture. Using a metal dough scraper (or metal spatula or French knife), chop dough until filling is blended evenly into dough.
					3. Spray two 18" x 26" x 1" sheet pan with nonstick spray and place mixture on it. 4. Proof until dough has risen to top of pan. 5. Bake until golden brown and center piece is no longer gooey. Conventional oven at 375°F for approximately 16-20 minutes. Convection oven at 350°F for approximately 12-14 minutes. 6. Remove from oven and cut into approximately 4" pieces.

## **51% White Whole Wheat Fruit Basket Upset**, continued

Serving Size	1 Serving Provides	Yield
4" square	2.22 G/B	100 servings

### **Nutrients Per Serving**

Calories	204	Iron	1.56 mg	Protein	5.25 g	Protein%	10.27%
Cholesterol	17 mg	Calcium	42.56 mg	Carbohydrate	37.01 g	Carbohydrate%	72.42%
Sodium	211 mg	Vitamin A	106 IU	Total Fat	4.54 g	Total Fat%	19.98%
Dietary Fiber	3.01 g	Vitamin A	29 RE	Saturated Fat	0.74 g	Saturated Fat%	3.26%
		Vitamin C	3.75 mg	Trans Fat	0.00* g	Trans Fat%	0.00%

\*- Denotes missing nutrient values