

# Pineapple Scones

Grains/Breads

Grains/Breads

A-01

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	1 lb 4 oz	1 qt $\frac{2}{3}$ cup	2 lb 8 oz	2 qt 1 $\frac{1}{2}$ cups	1. Combine flour, brown sugar, baking powder, cinnamon, ginger, and salt in a mixing bowl. Mix using a paddle attachment for 30 seconds on low speed.  2. Add oil and mix for 2 minutes on low speed, until mixture resembles coarse crumbs.  3. Drain pineapple and reserve $\frac{1}{2}$ cup juice. In a bowl, combine crushed pineapple, reserved pineapple juice or milk, and eggs. Slowly add to the dry ingredients and mix for 1 minute at low speed, until dry ingredients are moistened. Scrape down sides of bowl and mix for 30 seconds on medium speed. Dough should be sticky.  4. Divide dough into balls 9 oz each. For 25 servings, 5 balls. For 50 servings, 10 balls.
Brown sugar, packed	6 oz	$\frac{3}{4}$ cup	12 oz	1 $\frac{1}{2}$ cups	
Baking powder		1 Tbsp		2 Tbsp	
Ground cinnamon		$\frac{3}{4}$ tsp		1 $\frac{1}{2}$ tsp	
Ground ginger		$\frac{1}{2}$ tsp		1 tsp	
Salt		$\frac{1}{4}$ tsp		$\frac{1}{2}$ tsp	
Vegetable oil		3 Tbsp		$\frac{1}{4}$ cup 1 Tbsp	
Canned crushed, unsweetened pineapple	12 oz	1 $\frac{1}{4}$ cups ( $\frac{2}{3}$ No. 2 can)	1 lb 8 oz	2 $\frac{1}{2}$ cups (1 $\frac{1}{3}$ No. 2 cans)	
Reserved pineapple juice OR Lowfat milk		$\frac{1}{2}$ cup OR $\frac{1}{2}$ cup		1 cup OR 1 cup	
Frozen whole eggs, thawed OR Fresh large eggs	4 oz	$\frac{1}{2}$ cup OR 3 each	8 oz	1 cup OR 5 each	

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Sugar		3 Tbsp		¼ cup 1 Tbsp	5. Sprinkle 1 Tbsp of sugar on each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray or paper lined. For 25 servings, use 3 pans. For 50 servings, use 5 pans. Place two 9 oz balls of dough on each pan. For 25 servings, 1 pan will have 1 ball of dough. Shape each ball into a 6" round about ¾" thick. Score the top surface of each round into 5 pie shaped wedges, cutting about ¼" deep with a sharp knife.
Sugar		2 ½ tsp		1 Tbsp 1 tsp	6. Topping: Combine sugar and cinnamon (optional) in a small bowl. Sprinkle ½ tsp of mixture over each round.
Cinnamon (optional)		½ tsp		1 tsp	
Powdered sugar	4 oz	⅔ cup	8 oz	1 ⅓ cups	7. Bake until golden brown: Conventional oven: 350° F for 19 minutes Convection oven: 325° F for 15 minutes
Lemon juice		2 Tbsp		¼ cup	8. Glaze: In a small bowl, whisk together powdered sugar, lemon juice and lemon peel until smooth. While baked rounds are still warm, spread 1 Tbsp of glaze over each.
Grated lemon peel		⅓ tsp		¼ tsp	9. Cut each round into 5 pie-shaped wedges. Each wedge is one scone. Portion is 1 scone.

**SERVING:**

1 scone provides the equivalent of 1 ½ slices bread.

**YIELD:**

**25 Servings:** 2 lb 14 oz

**50 Servings:** 5 lb 12 oz

**VOLUME:**

**25 Servings:** 25 scones

**50 Servings:** 50 scones

Edited 2004

**Special Tip:**

When portioning the dough, dip your hands (gloved) into flour to prevent sticking.

# Pineapple Scones

Grains/Breads

Grains/Breads

A-01

## Nutrients Per Serving

<b>Calories</b>	159	<b>Saturated Fat</b>	0.37 g	<b>Iron</b>	1.40 mg
<b>Protein</b>	2.97 g	<b>Cholesterol</b>	19 mg	<b>Calcium</b>	55 mg
<b>Carbohydrate</b>	32.21 g	<b>Vitamin A</b>	31 IU	<b>Sodium</b>	76 mg
<b>Total Fat</b>	2.07 g	<b>Vitamin C</b>	1.3 mg	<b>Dietary Fiber</b>	0.7 g

# Corn Muffins

Grains/Breads

Grains/Breads

A-02

Ingredients	25 Servings		50 servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	8 oz	1 $\frac{3}{4}$ cups 2 Tbsp	1 lb	3 $\frac{3}{4}$ cups	<ol style="list-style-type: none"> <li>Combine flour, cornmeal, powdered sugar, baking powder, and salt in a mixing bowl. Mix with paddle attachment for 3 minutes on low speed.</li> <li>Slowly add eggs and mix for 30 seconds on low speed. Scrape down sides of bowl.</li> <li>Slowly add milk and mix for 30 seconds on medium speed until smooth.</li> <li>Add oil and mix on for 30 seconds on medium speed until blended.</li> <li>Using a No. 20 scoop (3 <math>\frac{1}{3}</math> Tbsp), portion batter into muffin pans which have been lightly coated with pan release spray or paper lined.</li> <li>Bake until golden brown: Conventional oven: 400° F for 15 minutes Convection oven: 375° F for 10 minutes</li> <li>Portion is 1 muffin.</li> </ol>
Yellow cornmeal	3 oz	$\frac{1}{2}$ cup	6 oz	1 cup	
Powdered sugar	5 oz	1 cup	10 oz	2 cups	
Baking powder		1 Tbsp		2 Tbsp	
Salt		1 $\frac{1}{2}$ tsp		1 Tbsp	
Frozen whole eggs, thawed OR Fresh large eggs	2 oz	$\frac{1}{4}$ cup OR 2 each	4 oz	$\frac{1}{2}$ cup OR 3 each	
Lowfat 1% milk		1 cup		2 cups	
Vegetable oil		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup	

SERVING:	YIELD:	VOLUME:
1 muffin provides the equivalent of $\frac{3}{4}$ slice bread.	<b>25 Servings:</b> 1 lb 9 oz	<b>25 Servings:</b> 25 muffins 1 quart 1 cup (batter)
	<b>50 Servings:</b> 3 lb 2 oz	<b>50 Servings:</b> 50 muffins 2 quarts 2 cups (batter)

Edited 2004

# Corn Muffins

Grains/Breads

Grains/Breads

A-02

## Nutrients Per Serving

<b>Calories</b>	94	<b>Saturated Fat</b>	0.47 g	<b>Iron</b>	0.65 mg
<b>Protein</b>	1.82 g	<b>Cholesterol</b>	10 mg	<b>Calcium</b>	55 mg
<b>Carbohydrate</b>	15.82 g	<b>Vitamin A</b>	42 IU	<b>Sodium</b>	192 mg
<b>Total Fat</b>	2.69 g	<b>Vitamin C</b>	0.1 mg	<b>Dietary Fiber</b>	0.5 g

# Corn Muffin Squares

Grains/Breads

Grains/Breads

A-02A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	8 oz	1 ¾ cups 2 Tbsp	1 lb	3 ¾ cups	<ol style="list-style-type: none"> <li>Combine flour, cornmeal, powdered sugar, baking powder, and salt in a mixing bowl. Mix with paddle attachment for 3 minutes on low speed.</li> <li>Slowly add eggs and mix for 30 seconds on low speed. Scrape down sides of bowl.</li> <li>Slowly add milk and mix for 30 seconds on medium speed, until smooth.</li> <li>Add oil and mix for 30 seconds, on medium speed, until blended.</li> <li>Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, pour approximately 1 lb 12 oz (1 qt 1 cup) batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans.</li> <li>Bake until golden brown: Conventional oven: 400° F for 12 minutes Convection oven: 375° F for 12 minutes</li> <li>Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.</li> </ol>
Yellow cornmeal	3 oz	½ cup	6 oz	1 cup	
Powdered sugar	5 oz	1 cup	10 oz	2 cups	
Baking powder		1 Tbsp		2 Tbsp	
Salt		1 ½ tsp		1 Tbsp	
Frozen whole eggs, thawed OR Fresh large eggs	2 oz	¼ cup OR 2 each	4 oz	½ cup OR 3 each	
Lowfat 1% milk		1 cup		2 cups	
Vegetable oil		¼ cup		½ cup	

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of ¾ slice bread.	<b>25 Servings:</b> 1 lb 12 oz (batter)  <b>50 Servings:</b> 3 lb 8 oz (batter)	<b>25 Servings:</b> 1 quart 1 cup (batter) 1 pan  <b>50 Servings:</b> 2 quarts 2 cups (batter) 2 pans

# Corn Muffin Squares

Grains/Breads

Grains/Breads

A-02A

Edited 2004

Nutrients Per Serving					
<b>Calories</b>	94	<b>Saturated Fat</b>	0.47 g	<b>Iron</b>	0.65 mg
<b>Protein</b>	1.82 g	<b>Cholesterol</b>	10 mg	<b>Calcium</b>	55 mg
<b>Carbohydrate</b>	15.82 g	<b>Vitamin A</b>	42 IU	<b>Sodium</b>	192 mg
<b>Total Fat</b>	2.69 g	<b>Vitamin C</b>	0.1 mg	<b>Dietary Fiber</b>	0.5 g

# Blueberry Muffins

Grains/Breads

Grains/Breads

A-03

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	10 oz	2 ¼ cups 1 Tbsp	1 lb 4 oz	1 qt ¾ cup	1. Combine flours, sugar, baking powder, and salt in a mixing bowl. Mix with paddle attachment for 1 minute on low speed until blended.
Whole wheat flour	7 oz	1 ⅓ cups	14 oz	2 ⅔ cups	
Sugar	8 oz	1 cup	1 lb	2 cups	2. Slowly add milk, eggs, and oil. Mix for 30 seconds on medium speed until smooth.
Baking powder		1 Tbsp 2 tsp		3 Tbsp 1 tsp	
Salt		1 tsp		2 tsp	
Lowfat 1% milk		1 ½ cups		3 cups	
Frozen whole eggs, thawed OR Fresh large eggs	4 oz	½ cup OR 3 each	8 oz	1 cup OR 5 each	3. Remove bowl from mixer. Using a rubber spatula, gently fold blueberries into batter.
Vegetable oil		⅔ cup		1 ⅓ cups	
Frozen blueberries OR *Fresh blueberries	6 oz OR 8 oz	1 ½ cups OR 1 ½ cups	12 oz OR 1 lb	3 cups OR 3 cups	
					4. Using a No. 24 scoop (2 ⅔ Tbsp), portion batter into muffin pans which have been lightly coated with pan release spray or paper lined.
					5. Bake until golden brown: Conventional oven: 425° F for 12 minutes Convection oven: 375° F for 13 minutes
					6. Portion is 1 muffin.

\* See Marketing Guide

## Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Blueberries	9 oz	1 lb 2 oz



# Blueberry Muffins

Grains/Breads

Grains/Breads

A-03

**SERVING:**

1 muffin provides the equivalent of 1 ¼ slices bread.

**YIELD:**

**25 Servings:** 2 lb 5 oz

**50 Servings:** 4 lb 10 oz

**VOLUME:**

**25 Servings:** 25 muffins  
1 quart ¼ cup (batter)

**50 Servings:** 50 muffins  
2 quarts ½ cup (batter)

Edited 2004

**Nutrients Per Serving**

<b>Calories</b>	172	<b>Saturated Fat</b>	1.09 g	<b>Iron</b>	1.03 mg
<b>Protein</b>	3.34 g	<b>Cholesterol</b>	20 mg	<b>Calcium</b>	93 mg
<b>Carbohydrate</b>	25.28 g	<b>Vitamin A</b>	64 IU	<b>Sodium</b>	180 mg
<b>Total Fat</b>	6.72 g	<b>Vitamin C</b>	0.3 mg	<b>Dietary Fiber</b>	1.5 g

# Banana Muffins

Grains/Breads

Grains/Breads

A-04

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh bananas, peeled	8 oz		1 lb		1. Using the paddle attachment, mash bananas for 2 minutes on low speed, until no large chunks remain. Remove the bananas from bowl and set aside.
Enriched all-purpose flour	15 oz	3 ½ cups	1 lb 14 oz	1 qt 3 cups	
Instant nonfat dry milk		½ cup		⅔ cup	2. Combine flour, dry milk, baking powder, sugar, and salt in the mixing bowl. Mix for 1 minute on low speed. Add bananas to dry ingredients. Mix for 30 seconds on low speed.
Baking powder		2 Tbsp		¼ cup	
Sugar	8 oz	1 cup	1 lb	2 cups	3. In a separate bowl, whisk egg whites, water, and vanilla until frothy. Slowly add to the banana mixture. Mix on low speed for 15-20 seconds, until all of the dry ingredients are moistened.
Salt		1 tsp		2 tsp	
Frozen egg whites, thawed OR Fresh large egg whites	4 oz	½ cup OR 3 each	8 oz	1 cup OR 6 each	4. Slowly add oil and mix for about 30 seconds on low speed. Do not over mix. The batter will be lumpy.
Water		1 ¼ cups 2 Tbsp		2 ¾ cups	
Vanilla		2 tsp		1 Tbsp 1 tsp	5. Using a No. 20 scoop (3 ⅓ Tbsp), portion batter into muffin pans which have been lightly coated with pan release spray or paper lined.
Vegetable oil		¼ cup 2 Tbsp		¾ cup	
					6. Bake until lightly browned: Conventional oven: 425° F for 10-12 minutes Convection oven: 350° F for 10-12 minutes
					7. Portion is 1 muffin.

\* See Marketing Guide

## Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Bananas	13 oz	1 lb 10 oz

# Banana Muffins

Grains/Breads

Grains/Breads

A-04

**SERVING:**

1 muffin provides the equivalent of 1 slice bread.

**YIELD:**

**25 Servings:** 2 lb 13 oz

**50 Servings:** 5 lb 10 oz

**VOLUME:**

**25 Servings:** 25 muffins  
1 quart 1 ¼ cups (batter)

**50 Servings:** 50 muffins  
2 quarts 2 ½ cups (batter)

Edited 2004

**Nutrients Per Serving**

<b>Calories</b>	141	<b>Saturated Fat</b>	0.50 g	<b>Iron</b>	0.95 mg
<b>Protein</b>	2.65 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	96 mg
<b>Carbohydrate</b>	25.00 g	<b>Vitamin A</b>	29 IU	<b>Sodium</b>	194 mg
<b>Total Fat</b>	3.49 g	<b>Vitamin C</b>	0.9 mg	<b>Dietary Fiber</b>	0.7 g

# Applesauce Pancakes

Grains/Breads

Grains/Breads

A-05

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Lowfat 1% milk		1 ¼ cups		2 ½ cups	1. Combine milk, eggs, oil, and applesauce in a mixing bowl. Mix with paddle attachment for 1 minute on low speed until blended.
Frozen whole eggs, thawed OR Fresh large eggs	4 oz	½ cup OR 3 each	8 oz	1 cup OR 5 each	
Vegetable oil		¼ cup 2 Tbsp		¾ cup	2. Sift in flour, baking powder, salt, sugar, and cinnamon. Using the whip attachment, mix batter for 15 seconds on low speed until combined. Scrape down sides of bowl.  3. Mix for 1 minute on medium speed.  4. Portion batter with level No. 16 scoop (¼ cup) onto griddle, which has been heated to 375° F. (If desired, lightly oil griddle surface.)  5. Cook until surface of pancake is covered with bubbles and bottom side is lightly browned, about 2 minutes. Turn and cook until lightly browned on other side, about 1 minute.  6. Portion is 1 pancake.
Canned applesauce	1 lb 2 oz	2 cups	2 lb 4 oz	1 qt	
Enriched all-purpose flour	15 oz	3 ½ cups	1 lb 14 oz	1 qt 3 cups	
Baking powder		2 Tbsp		¼ cup	
Salt		1 tsp		2 tsp	
Sugar	2 oz	¼ cup	4 oz	½ cup	
Ground cinnamon		¼ tsp		½ tsp	

SERVING:	YIELD:	VOLUME:
1 pancake provides the equivalent of 1 slice bread.	<b>25 Servings:</b> 3 lb 1 oz	<b>25 Servings:</b> 25 pancakes 1 quart 2 ¼ cups (batter)
	<b>50 Servings:</b> 6 lb 2 oz	<b>50 Servings:</b> 50 pancakes 3 quarts ½ cups (batter)

# Applesauce Pancakes

Grains/Breads

Grains/Breads

A-05

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Nutrients Per Serving					
<b>Calories</b>	128	<b>Saturated Fat</b>	0.71 g	<b>Iron</b>	1.07 mg
<b>Protein</b>	2.76 g	<b>Cholesterol</b>	20 mg	<b>Calcium</b>	102 mg
<b>Carbohydrate</b>	20.23 g	<b>Vitamin A</b>	56 IU	<b>Sodium</b>	193 mg
<b>Total Fat</b>	4.06 g	<b>Vitamin C</b>	0.5 mg	<b>Dietary Fiber</b>	0.7 g

# Oven-Baked Pancakes

Grains/Breads

Grains/Breads

A-06

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	15 oz	3 ½ cups	1 lb 14 oz	1 qt 3 cups	<ol style="list-style-type: none"> <li>Combine flour, baking powder, sugar, salt, eggs, oil and milk in a mixing bowl. Using the whip attachment, mix for 30 seconds on low speed. Scrape down sides of bowl.</li> <li>Mix for 1 minute on medium speed until batter is smooth.</li> <li>Into each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray, pour 2 lb 15 oz (1 qt 1 cup) of batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans.</li> <li>Bake until golden brown: Conventional oven: 450° F for 10 minutes Convection oven: 400° F for 8 minutes</li> <li>Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.</li> </ol>
Baking powder		2 Tbsp		¼ cup	
Sugar	2 oz	¼ cup	4 oz	½ cup	
Salt		2 tsp		1 Tbsp 1 tsp	
Frozen whole eggs, thawed	4 oz	½ cup	8 oz	1 cup	
OR Fresh large eggs		OR 3 each		OR 5 each	
Vegetable oil		¼ cup		½ cup	
Lowfat 1% milk		3 cups		1 qt 2 cups	

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of 1 slice bread.	<b>25 Servings:</b> 2 lb 9 oz	<b>25 Servings:</b> 1 quart 1 cup (batter) 1 half-sheet pan
	<b>50 Servings:</b> 5 lb 2 oz	<b>50 Servings:</b> 2 quarts 2 cups (batter) 2 half-sheet pans

Edited 2004

# Oven-Baked Pancakes

Grains/Breads

Grains/Breads

A-06

**Special Tip:**

For best results, after pouring the batter in the pan, spray the top with vegetable oil to obtain a golden brown color.

Nutrients Per Serving					
<b>Calories</b>	110	<b>Saturated Fat</b>	0.66 g	<b>Iron</b>	1.00 mg
<b>Protein</b>	3.29 g	<b>Cholesterol</b>	20 mg	<b>Calcium</b>	122 mg
<b>Carbohydrate</b>	16.97 g	<b>Vitamin A</b>	89 IU	<b>Sodium</b>	294 mg
<b>Total Fat</b>	3.11 g	<b>Vitamin C</b>	0.3 mg	<b>Dietary Fiber</b>	0.5 g

# Oven-Baked Whole Wheat Pancakes

Grains/Breads

Grains/Breads

A-06A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Whole wheat flour	7 oz	1 ½ cups	14 oz	3 cups	<ol style="list-style-type: none"> <li>Combine flours, baking powder, sugar, salt, eggs, oil and milk in a mixing bowl. Using the whip attachment, mix for 30 seconds on low speed. Scrape down sides of bowl.</li> <li>Mix for 1 minute on medium speed until batter is smooth.</li> <li>Into each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray, pour 2 lb 15 oz (1 qt 1 cup) of batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans.</li> <li>Bake until golden brown: Conventional oven: 450° F for 10 minutes Convection oven: 400° F for 8 minutes</li> <li>Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.</li> </ol>
Enriched all-purpose flour	7 oz	1 ½ cups 1 Tbsp	14 oz	3 cups 2 Tbsp	
Baking powder		2 Tbsp		¼ cup	
Sugar	2 oz	¼ cup	4 oz	½ cup	
Salt		2 tsp		1 Tbsp 1 tsp	
Frozen whole eggs, thawed	4 oz	½ cup	8 oz	1 cup	
OR Fresh large eggs		OR 3 each		OR 5 each	
Vegetable oil		¼ cup		½ cup	
Lowfat 1% milk		3 cups		1 qt 2 cups	

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of 1 slice bread.	<b>25 Servings:</b> 2 lb 9 oz	<b>25 Servings:</b> 1 quart 1 cup (batter) 1 half-sheet pan
	<b>50 Servings:</b> 5 lb 2 oz	<b>50 Servings:</b> 2 quarts 2 cups (batter) 2 half-sheet pans



# Oven-Baked Whole Wheat Pancakes

Grains/Breads

Grains/Breads

A-06A

Edited 2004

**Special Tip:**

For best results, after pouring the batter in the pan, spray the top with vegetable oil to obtain a golden brown color.

Nutrients Per Serving					
<b>Calories</b>	103	<b>Saturated Fat</b>	0.68 g	<b>Iron</b>	0.88 mg
<b>Protein</b>	3.44 g	<b>Cholesterol</b>	20 mg	<b>Calcium</b>	124 mg
<b>Carbohydrate</b>	15.80 g	<b>Vitamin A</b>	89 IU	<b>Sodium</b>	294 mg
<b>Total Fat</b>	3.17 g	<b>Vitamin C</b>	0.3 mg	<b>Dietary Fiber</b>	1.2 g

# Oven-Baked Three-Grain Pancakes

Grains/Breads

Grains/Breads

A-06B

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched buckwheat flour	5 oz	1 cup	10 oz	2 cups	<ol style="list-style-type: none"> <li>Combine flours, wheat bran, baking powder, sugar, salt, eggs, oil and milk in a mixing bowl. Using the whip attachment, mix for 30 seconds on low speed. Scrape down sides of bowl.</li> <li>Mix for 1 minute on medium speed until batter is smooth.</li> <li>Into each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray, pour 2 lb 15 oz (1 qt 1 cup) of batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans.</li> <li>Bake until golden brown: Conventional oven: 450° F for 10 minutes Convection oven: 400° F for 8 minutes</li> <li>Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.</li> </ol>
Whole wheat flour	5 oz	1 cup	10 oz	2 cups	
Wheat bran	5 oz	1 cup	10 oz	2 cups	
Baking powder		2 Tbsp		¼ cup	
Sugar	2 oz	¼ cup	4 oz	½ cup	
Salt		2 tsp		1 Tbsp 1 tsp	
Frozen whole eggs, thawed	4 oz	½ cup	8 oz	1 cup	
OR Fresh large eggs		OR 3 each		OR 5 each	
Vegetable oil		¼ cup		½ cup	
Lowfat 1% milk		3 cups		1 qt 2 cups	

# Oven-Baked Three-Grain Pancakes

Grains/Breads

Grains/Breads

A-06B

## SERVING:

1 piece provides the equivalent of 1 slice bread.

## YIELD:

**25 Servings:** 2 lb 9 oz

**50 Servings:** 5 lb 2 oz

## VOLUME:

**25 Servings:** 1 quart 1 cup (batter)  
1 half-sheet pan

**50 Servings:** 2 quarts 2 cups (batter)  
2 half-sheet pans

Edited 2004

### Special Tip:

For best results, after pouring the batter in the pan, spray the top with vegetable oil to obtain a golden brown color.

## Nutrients Per Serving

<b>Calories</b>	98	<b>Saturated Fat</b>	0.73 g	<b>Iron</b>	1.26 mg
<b>Protein</b>	3.90 g	<b>Cholesterol</b>	20 mg	<b>Calcium</b>	128 mg
<b>Carbohydrate</b>	15.76 g	<b>Vitamin A</b>	89 IU	<b>Sodium</b>	295 mg
<b>Total Fat</b>	3.47 g	<b>Vitamin C</b>	0.3 mg	<b>Dietary Fiber</b>	3.7 g

# Baked Whole Wheat Doughnuts

Grains/Breads

Grains/Breads

A-07

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Frozen whole eggs, thawed OR Fresh large eggs	4 oz	½ cup	8 oz	1 cup	1. In a bowl, whisk eggs until foamy.
		OR 3 each		OR 5 each	
Brown sugar, packed	6 oz	¾ cup	12 oz	1 ½ cups	2. Add brown sugar, honey, yogurt, and oil to eggs and whisk to combine.
Honey	3 oz	¼ cup	6 oz	½ cup	
Lowfat plain yogurt	4 oz	½ cup	8 oz	1 cup	3. Combine flours, baking powder, baking soda, cinnamon, ginger, and cloves in a separate bowl. Sift dry ingredients into egg mixture, 1 cup at a time. Stir lightly after each addition until a soft dough is formed.
Vegetable oil		¼ cup		½ cup	
Enriched all-purpose flour	12 oz	2 ¾ cups	1 lb 8 oz	1 qt 1 ½ cups	4. Cover with plastic and refrigerate for at least 1 hour.
Whole wheat flour	5 oz	1 cup	10 oz	2 cups	
Baking powder		2 tsp		1 Tbsp 1 tsp	5. On a well-floured surface, roll out dough to a ½" thickness. Cut doughnuts with a floured doughnut cutter. Combine unused dough and continue process until all dough is used. Place doughnuts 3 across and 4 down onto each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray or paper lined. Spray tops of doughnuts lightly with pan release spray. For 24 servings, use 2 pans. For 48 servings, use 4 pans.
Baking soda		1 tsp		2 tsp	
Ground cinnamon		¼ tsp		½ tsp	
Ground ginger		¼ tsp		½ tsp	
Ground cloves		¼ tsp		½ tsp	

# Baked Whole Wheat Doughnuts

Grains/Breads

Grains/Breads

A-07

Sugar	4 oz	½ cup	8 oz	1 cup	6. Topping: Combine sugar and cinnamon in a shaker. Sprinkle tops of doughnuts evenly with sugar mixture.
Ground cinnamon		1 ½ tsp		1 Tbsp	
					7. Bake until lightly browned: Conventional oven: 350° F for 6-8 minutes Convection oven: 300° F for 6-8 minutes
					8. Portion is 1 doughnut.

SERVING:	YIELD:	VOLUME:
1 doughnut provides the equivalent of 1 ¼ slices of bread.	<b>24 Servings:</b> 1 lb 14 oz	<b>24 Servings:</b> 24 doughnuts 2 pans
	<b>48 Servings:</b> 3 lb 12 oz	<b>48 Servings:</b> 48 doughnuts 4 pans

Edited 2004

Nutrients Per Serving					
<b>Calories</b>	140	<b>Saturated Fat</b>	0.55 g	<b>Iron</b>	1.17 mg
<b>Protein</b>	3.13 g	<b>Cholesterol</b>	20 mg	<b>Calcium</b>	50 mg
<b>Carbohydrate</b>	25.45 g	<b>Vitamin A</b>	33 IU	<b>Sodium</b>	95 mg
<b>Total Fat</b>	3.07 g	<b>Vitamin C</b>	0.1 mg	<b>Dietary Fiber</b>	1.1 g

# Not Fried Rice

Meat Alternate-Vegetable-Grains/Breads

Grains/Breads

A-08

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched white rice, medium grain	1 lb	2 ¼ cups	2 lb	1 qt ½ cup	1. Place 1 lb (2 ¼ cups) of rice and 1 qt 1 cup of water in each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. Cover with foil.  Bake: Conventional oven 350° F for 25 minutes Convection oven 325° F for 20 minutes
Water		1 qt 1 cup		2 qt 2 cups	
Vegetable oil		2 Tbsp		¼ cup	2. In a stock pot, heat oil. Add onions. Cook 3-5 minutes.
*Fresh onions, chopped OR Dehydrated onions	4 oz	⅔ cup OR ¼ cup 2 Tbsp	8 oz	1 ⅓ cups OR ¾ cup	
Frozen peas	13 oz	2 cups	1 lb 10 oz	1 qt	3. Add peas, soy sauce, and carrots. Cook 5-10 minutes over medium heat.
Low-sodium soy sauce		½ cup		⅔ cup	
Frozen diced carrots	13 oz	1 ¾ cups 1 Tbsp	1 lb 10 oz	3 ½ cups 2 Tbsp	4. In a separate pan which has been lightly coated with pan release spray, cook eggs for 10-15 minutes or until set over medium heat, stirring frequently.  5. Combine hot cooked rice, vegetable mixture, and cooked eggs. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, pour 2 lb 12 oz (approximately 1 qt 1 cup) rice mixture. For 25 servings, use 2 pans. For 50 servings, use 4 pans. Cover with foil.
Frozen whole eggs, thawed OR Fresh large eggs, beaten	12 oz	1 ½ cups OR 7 each	1 lb 8 oz	3 cups OR 14 each	
					6. CCP: Hold for hot service at 135° F or higher.
					7. Portion with No. 10 scoop (⅔ cup).

\* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Mature onions	5 oz	10 oz

# Not Fried Rice

Meat Alternate-Vegetable-Grains/Breads

Grains/Breads

A-08

**SERVING:**

$\frac{3}{8}$  cup (No. 10 scoop) provides  $\frac{1}{4}$  large egg or the equivalent of  $\frac{1}{2}$  oz cooked lean,  $\frac{1}{8}$  cup of vegetable and the equivalent of  $\frac{1}{2}$  slice of bread.

**YIELD:**

**25 Servings:** 5 lb 8 oz

**50 Servings:** 11 lb

**VOLUME:**

**25 Servings:** 2 quarts 2 cups  
2 pans

**50 Servings:** 1 gallon 1 quart  
4 pans

Tested 2004

**Nutrients Per Serving**

<b>Calories</b>	116	<b>Saturated Fat</b>	0.61 g	<b>Iron</b>	1.33 mg
<b>Protein</b>	4.76 g	<b>Cholesterol</b>	58 mg	<b>Calcium</b>	17 mg
<b>Carbohydrate</b>	18.65 g	<b>Vitamin A</b>	2662 IU	<b>Sodium</b>	216 mg
<b>Total Fat</b>	2.63 g	<b>Vitamin C</b>	2.0 mg	<b>Dietary Fiber</b>	1.5 g

# Cut Biscuits

Grains/Breads

Grains/Breads

A-09

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	1 lb 4 ½ oz	1 qt ⅔ cup	2 lb 9 oz	2 qt 1 ⅓ cups	<ol style="list-style-type: none"> <li>Combine flour, dry milk, baking powder, and salt in mixer with dough hook for 1 minute on low speed.</li> <li>Add shortening to dry ingredients and blend for 2 minutes on low speed. Mixture will be crumbly.</li> <li>Add water and mix for 30 seconds on low speed to form soft dough.</li> <li>Scrape down sides of bowl. Mix for 30 seconds on low speed.</li> <li>Turn out onto lightly floured surface. Knead dough lightly for 1 minute. Divide into balls 1 lb 3 ¾ oz each. For 25 servings, 2 balls. For 50 servings, 4 balls.</li> <li>Roll or pat dough to ½" thickness. Cut with floured 2 ½" biscuit cutter. Combine unused dough and continue process until all dough is used. Place cut biscuits in rows of 5 across and 5 down onto a half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray or paper lined. For 25 servings, use 1 pan. For 50 servings, use 2 pans.</li> <li>Bake until lightly browned: Conventional oven: 450° F for 12-14 minutes Convection oven: 400° F for 8-10 minutes</li> <li>Portion is 1 biscuit.</li> </ol>
Instant nonfat dry milk		½ cup	2 ½ oz	1 cup	
Baking powder		3 Tbsp	2 ½ oz	¼ cup 2 Tbsp	
Salt		1 ¼ tsp		2 ½ tsp	
Shortening	5 oz	⅔ cup	10 oz	1 ⅓ cups	
Water, cold		1 ½ cups 1 Tbsp		3 cups 2 Tbsp	



# Cut Biscuits

Grains/Breads

Grains/Breads

A-09

## SERVING:

1 biscuit provides the equivalent of 1 ½ slices of bread.

## YIELD:

**25 Servings:** 2 lb 8 oz (dough)  
**50 Servings:** 5 lb (dough)

## VOLUME:

**25 Servings:** 25 (2 ½-inch) biscuits  
**50 Servings:** 50 (2 ½-inch) biscuits

Tested 2004

## Nutrients Per Serving

<b>Calories</b>	141	<b>Saturated Fat</b>	1.46 g	<b>Iron</b>	1.25 mg
<b>Protein</b>	2.90 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	126 mg
<b>Carbohydrate</b>	18.82 g	<b>Vitamin A</b>	34 IU	<b>Sodium</b>	237 mg
<b>Total Fat</b>	5.91 g	<b>Vitamin C</b>	0.1 mg	<b>Dietary Fiber</b>	0.6 g

# Drop Biscuits

Grains/Breads

Grains/Breads

A-09A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	1 lb 8 oz	1 qt 1 ½ cups	3 lb	2 qt 3 cups	<ol style="list-style-type: none"> <li>Blend flour, dry milk, baking powder, and salt in mixer for 1 minute on low speed.</li> <li>Add shortening and blend into dry ingredients for 2 minutes on low speed. Mixture will be crumbly.</li> <li>Add water and mix on low speed for approximately 30 seconds.</li> <li>Scrape down sides of bowl. Mix on low speed for 30 seconds to form soft dough.</li> <li>Portion dough with a level No. 20 scoop (3 ⅓ Tbsp). Place biscuits in rows 5 across and 5 down onto each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray or paper lined. For 25 servings, use 1 pan. For 50 servings, use 2 pans.</li> <li>Bake until lightly browned: Conventional oven: 450° F for 12-14 minutes Convection oven: 400° F for 8-10 minutes</li> <li>Portion is 1 biscuit.</li> </ol>
Instant nonfat dry milk		½ cup 2 Tbsp	3 oz	1 ¼ cups	
Baking powder		3 Tbsp 1 ½ tsp		¼ cup 3 Tbsp	
Salt		1 ½ tsp		1 Tbsp	
Shortening	5 ¾ oz	¾ cup 2 Tbsp	11 ½ oz	1 ¾ cups	
Water, cold		2 ¼ cups 2 Tbsp		1 qt ¾ cup	

SERVING:	YIELD:	VOLUME:
1 biscuit provides the equivalent of 1 ¾ slices of bread.	<b>25 Servings:</b> 3 lb 2 oz (dough)  <b>50 Servings:</b> 6 lb 4 oz (dough)	<b>25 Servings:</b> 1 quart 1 cup (dough) 25 biscuits  <b>50 Servings:</b> 2 quarts 2 cups (dough) 50 biscuits

Tested 2004

# Drop Biscuits

Grains/Breads

Grains/Breads

A-09A

## Nutrients Per Serving

<b>Calories</b>	164	<b>Saturated Fat</b>	1.68 g	<b>Iron</b>	1.49 mg
<b>Protein</b>	3.41 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	168 mg
<b>Carbohydrate</b>	22.12 g	<b>Vitamin A</b>	40 IU	<b>Sodium</b>	302 mg
<b>Total Fat</b>	6.80 g	<b>Vitamin C</b>	0.1 mg	<b>Dietary Fiber</b>	0.7 g

# Cut Biscuits Using Master Mix (A-15)

Grains/Breads

Grains/Breads

A-09B

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Water, cold		1 ¾ cups 2 Tbsp		3 ¾ cups	1. Add water to Master Mix and mix for 1 minute on low speed to form soft dough.
Master Mix (A-15)	1 lb 14 oz	1 qt 2 cups	3 lb 12 oz	3 qt	
					2. Turn out onto lightly floured surface. Knead dough lightly for 1 minute.
					3. Roll or pat out dough to ½" thickness. Cut with floured 2 ½" biscuit cutter. Combine unused dough and continue process until all dough is used. Place cut biscuits in rows of 5 across and 5 down onto each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray or paper lined. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					4. Bake until lightly browned: Conventional oven: 450° F for 12-14 minutes Convection oven: 400° F for 8-10 minutes
					5. Portion is 1 biscuit.

SERVING:	YIELD:	VOLUME:
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1 biscuit provides the equivalent of 1 ½ slices of bread.

**25 Servings:** 2 lb 13 oz (dough)

**50 Servings:** 5 lb 10 oz (dough)

**25 Servings:** 25 (2 ½-inch) biscuits

**50 Servings:** 50 (2 ½-inch) biscuits

Tested 2004

# Cut Biscuits Using Master Mix (A-15)

Grains/Breads

Grains/Breads

A-09B

Nutrients Per Serving					
<b>Calories</b>	141	<b>Saturated Fat</b>	1.47 g	<b>Iron</b>	1.22 mg
<b>Protein</b>	2.94 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	119 mg
<b>Carbohydrate</b>	18.69 g	<b>Vitamin A</b>	12 IU	<b>Sodium</b>	246 mg
<b>Total Fat</b>	5.95 g	<b>Vitamin C</b>	0.1 mg	<b>Dietary Fiber</b>	0.6 g

# Mexican-Style Cornbread Squares

Grains/Breads

Grains/Breads

A-10

Ingredients	25 Servings		50 Servings		Directions	
	Weight	Measure	Weight	Measure		
Enriched all-purpose flour	8 oz	1 $\frac{3}{4}$ cups 2 Tbsp	1 lb	3 $\frac{3}{4}$ cups	1. Combine flour, cornmeal or corn grits, sugar, baking powder, and salt in a mixing bowl. Mix for 1 minute on low speed.	
Cornmeal OR Enriched corn grits	8 oz	1 $\frac{1}{2}$ cups OR 1 $\frac{1}{4}$ cups 2 Tbsp	1 lb OR 1 lb	3 cups OR 2 $\frac{3}{4}$ cups		
Sugar	2 $\frac{2}{3}$ oz	$\frac{1}{4}$ cup 2 Tbsp	5 $\frac{1}{4}$ oz	$\frac{3}{4}$ cup	2. In a separate bowl, mix eggs, milk, oil, cheese, and chili peppers. Add to dry ingredients and blend for 30 seconds on low speed. Beat for 1 minute on medium speed.	
Baking powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp		
Salt		$\frac{5}{8}$ tsp		1 $\frac{1}{4}$ tsp		
Frozen whole eggs, thawed OR Fresh large eggs	4 oz	$\frac{1}{2}$ cup OR 3 each	8 oz	1 cup OR 5 each		
Lowfat 1% milk OR Instant nonfat dry milk, reconstituted		1 $\frac{3}{4}$ cups 2 Tbsp OR 1 $\frac{3}{4}$ cups 2 Tbsp		3 $\frac{3}{4}$ cups OR 3 $\frac{3}{4}$ cups		
Vegetable oil		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup		
Reduced fat Cheddar cheese, shredded	6 oz	1 $\frac{3}{4}$ cups	12 oz	3 $\frac{1}{2}$ cups		
Green chili peppers, chopped	2 oz	$\frac{1}{4}$ cup	4 oz	$\frac{1}{2}$ cup		
						3. Scrape down sides of bowl. Beat for 1-2 minutes on medium speed. DO NOT OVERMIX. Batter will be lumpy.
						4. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, pour 3 lb 1 oz (1 qt 3 $\frac{1}{4}$ cups) batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					5. Bake until lightly browned: Conventional oven: 400° F for 30-35 minutes Convection oven: 350° F for 20-25 minutes	
					6. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.	

# Mexican-Style Cornbread Squares

Grains/Breads

Grains/Breads

A-10

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of 1 slice of bread.	<b>25 Servings:</b> 3 lb 1 oz (batter)	<b>25 Servings:</b> 1 quart 3 ¼ cups (batter) 1 pan
	<b>50 Servings:</b> 6 lb 2 oz (batter)	<b>50 Servings:</b> 3 quarts 2 ½ cups (batter) 2 pans

Edited 2004

Nutrients Per Serving					
<b>Calories</b>	131	<b>Saturated Fat</b>	1.40 g	<b>Iron</b>	0.96 mg
<b>Protein</b>	4.73 g	<b>Cholesterol</b>	24 mg	<b>Calcium</b>	132 mg
<b>Carbohydrate</b>	18.28 g	<b>Vitamin A</b>	138 IU	<b>Sodium</b>	211 mg
<b>Total Fat</b>	4.40 g	<b>Vitamin C</b>	1.0 mg	<b>Dietary Fiber</b>	1.0 g

# Muffin Squares

Grains/Breads

Grains/Breads

A-11

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	14 oz	3 ¼ cups	1 lb 12 oz	1 qt 2 ½ cups	1. Combine flour, dry milk, baking powder, sugar, and salt in a mixing bowl. Mix 5 minutes on low speed. Add raisins (optional).  2. In a separate bowl, combine eggs and water. Slowly add to dry ingredients while mixing on low speed. Mix only until dry ingredients are moistened, 15-20 seconds.  3. Scrape down sides of bowl. Slowly add oil while mixing for 40 seconds on low speed. DO NOT OVERMIX. Batter will be lumpy.  4. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, pour 2 lb 3 ½ oz (1 qt 1 cup) batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans.  5. Bake until lightly browned: Conventional oven: 425° F for 20 minutes Convection oven: 350° F for 15 minutes  6. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.
Instant nonfat dry milk		¼ cup 2 Tbsp		¾ cup	
Baking powder		2 Tbsp		¼ cup	
Sugar	3 ½ oz	½ cup	7 oz	1 cup	
Salt		1 tsp		2 tsp	
† Raisins, plumped (optional)	4 oz	½ cup 2 Tbsp	8 oz	1 ¼ cups	
Frozen whole eggs, thawed OR Fresh large eggs	2 oz	¼ cup OR 2 each	4 oz	½ cup OR 3 each	
Water		1 ¼ cups 2 Tbsp		2 ¾ cups	
Vegetable oil		¼ cup 2 Tbsp		¾ cup	

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of 1 slice of bread.	<b>25 Servings:</b> 2 lb 3 ½ oz (batter)  <b>50 Servings:</b> 4 lb 7 oz (batter)	<b>25 Servings:</b> 1 quart 1 cup (batter) 1 pan  <b>50 Servings:</b> 2 quarts 2 cups (batter) 2 pans



# Muffin Squares

Grains/Breads

Grains/Breads

A-11

Tested 2004

†To plump raisins, cover fruit with boiling water. Soak 2-5 minutes. DO NOT OVERSOAK. Drain well before using.

For muffin pans:

1 qt 1 cup batter will make 25 muffins. Portion batter with No. 20 scoop (3 ½ Tbsp), into muffin pans which have been lightly coated with pan release spray or paper lined. Fill no more than two-thirds full.

Bake:

Conventional oven: 400° F for 18-20 minutes

Convection oven: 350° F for 12-15 minutes

## Nutrients Per Serving

<b>Calories</b>	110	<b>Saturated Fat</b>	0.56 g	<b>Iron</b>	0.90 mg
<b>Protein</b>	2.28 g	<b>Cholesterol</b>	10 mg	<b>Calcium</b>	81 mg
<b>Carbohydrate</b>	16.95 g	<b>Vitamin A</b>	39 IU	<b>Sodium</b>	219 mg
<b>Total Fat</b>	3.66 g	<b>Vitamin C</b>	0.1 mg	<b>Dietary Fiber</b>	0.4 g

# Whole Wheat Muffin Squares

Grains/Breads

Grains/Breads

A-11A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	10 ½ oz	2 ½ cups	1 lb 5 oz	1 qt 1 cup	1. Combine flours, dry milk, baking powder, sugar, and salt in a mixing bowl. Mix for 5 minutes on low speed. Add raisins (optional).  2. In a separate bowl, combine eggs and water. Slowly add to dry ingredients while mixing on low speed. Mix only until dry ingredients are moistened, 15-20 seconds.  3. Scrape down sides of bowl. Slowly add oil while mixing for 40 seconds on low speed. DO NOT OVERMIX. Batter will be lumpy.  4. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, pour 2 lb 3 ½ oz (1 qt 1 cup) batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans.  5. Bake until lightly browned: Conventional oven: 425° F for 25 minutes Convection oven: 350° F for 15 minutes  6. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.
Whole wheat flour	3 ½ oz	¾ cup 1 Tbsp	7 oz	1 ½ cups 2 Tbsp	
Instant nonfat dry milk		¼ cup 2 Tbsp		¾ cup	
Baking powder		2 Tbsp		¼ cup	
Sugar	3 ½ oz	½ cup	7 oz	1 cup	
Salt		1 tsp		2 tsp	
† Raisins, plumped (optional)	4 oz	½ cup 2 Tbsp	8 oz	1 ¼ cups	
Frozen whole eggs, thawed OR Fresh large eggs	2 oz	¼ cup OR 2 each	4 oz	½ cup OR 3 each	
Water		1 ¼ cups 2 Tbsp		2 ¾ cups	
Vegetable oil		¼ cup 2 Tbsp		¾ cup	

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of 1 slice of bread.	<b>25 Servings:</b> 2 lb 3 ½ oz (batter)	<b>25 Servings:</b> 1 quart 1 cup (batter) 1 pan
	<b>50 Servings:</b> 4 lb 7 oz (batter)	<b>50 Servings:</b> 2 quarts 2 cups (batter) 2 pans

# Whole Wheat Muffin Squares

Grains/Breads

Grains/Breads

A-11A

Tested 2004

†To plump raisins, cover fruit with boiling water. Soak 2-5 minutes. DO NOT OVERSOAK. Drain well before using.

For muffin pans:

1 qt 1 cup batter will make 25 muffins. Portion batter with No. 20 scoop (3 ½ Tbsp), into muffin pans which have been lightly coated with pan release spray or paper lined. Fill no more than two-thirds full.

Bake:

Conventional oven: 400° F for 18-20 minutes

Convection oven: 350° F for 12-15 minutes

Nutrients Per Serving					
<b>Calories</b>	109	<b>Saturated Fat</b>	0.56 g	<b>Iron</b>	0.87 mg
<b>Protein</b>	2.42 g	<b>Cholesterol</b>	10 mg	<b>Calcium</b>	98 mg
<b>Carbohydrate</b>	16.76 g	<b>Vitamin A</b>	39 IU	<b>Sodium</b>	96 mg
<b>Total Fat</b>	3.70 g	<b>Vitamin C</b>	0.1 mg	<b>Dietary Fiber</b>	0.8 g

# Muffin Squares Using Master Mix (A-15)

Grains/Breads

Grains/Breads

A-11B

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Master Mix (A-15)	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt	<ol style="list-style-type: none"> <li>Combine Master Mix and sugar. Add raisins (optional).</li> <li>In a separate bowl, combine eggs and water. Slowly add to dry ingredients while mixing on low speed. Mix only until dry ingredients are moistened, 15-20 seconds.</li> <li>Scrape down sides of bowl. Slowly add oil while mixing for 40 seconds on low speed. DO NOT OVERMIX. Batter will be lumpy.</li> <li>Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, pour 2 lb 5 oz (1 qt 1 cup) batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans.</li> <li>Bake until lightly browned: Conventional oven: 425° F for 25 minutes Convection oven: 350° F for 15 minutes</li> <li>Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.</li> </ol>
Sugar	3 ½ oz	½ cup	7 oz	1 cup	
† Raisins, plumped (optional)	4 oz	½ cup 2 Tbsp	8 oz	1 ¼ cups	
Frozen whole eggs, thawed OR Fresh large eggs	2 oz	¼ cup OR 2 each	4 oz	½ cup OR 3 each	
Water		1 ¼ cups 2 Tbsp		2 ¾ cups	

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of 1 slice of bread.	<b>25 Servings:</b> 2 lb 5 oz (batter)	<b>25 Servings:</b> 1 quart 1 cup (batter) 1 pan
	<b>50 Servings:</b> 4 lb 10 oz (batter)	<b>50 Servings:</b> 2 quarts 2 cups (batter) 2 pans

Tested 2004

# Muffin Squares Using Master Mix (A-15)

Grains/Breads

Grains/Breads

A-11B

†To plump raisins, cover fruit with boiling water. Soak 2-5 minutes. DO NOT OVERSOAK. Drain well before using.

For muffin pans:  
1 qt 1 cup batter will make 25 muffins. Portion batter with No. 20 scoop (3 ½ Tbsp), into muffin pans which have been lightly coated with pan release spray or paper lined. Fill no more than two-thirds full.

Bake:

Conventional oven: 400° F for 18-20 minutes

Convection oven: 350° F for 12-15 minutes

## Nutrients Per Serving

<b>Calories</b>	112	<b>Saturated Fat</b>	1.05 g	<b>Iron</b>	0.85 mg
<b>Protein</b>	2.24 g	<b>Cholesterol</b>	10 mg	<b>Calcium</b>	81 mg
<b>Carbohydrate</b>	16.45 g	<b>Vitamin A</b>	22 IU	<b>Sodium</b>	167 mg
<b>Total Fat</b>	4.19 g	<b>Vitamin C</b>	0.1 mg	<b>Dietary Fiber</b>	0.4 g

# Pancakes

Grains/Breads

Grains/Breads

A-12

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	1 lb	3 $\frac{3}{4}$ cups	2 lb	1 qt 3 $\frac{1}{2}$ cups	<ol style="list-style-type: none"> <li>Combine flour, baking powder, salt, dry milk, and sugar in mixing bowl. Mix for 3 minutes on low speed.</li> <li>In a separate bowl, combine eggs, water, and oil. Add to dry ingredients. Blend for 1 minute on low speed. Scrape down sides of bowl.</li> <li>Blend for 1 minute on low speed. DO NOT OVERMIX. Batter will be lumpy.</li> <li>Portion batter with level No. 20 scoop (3 <math>\frac{1}{3}</math> Tbsp) onto griddle or heavy frying pan, which has been heated to 375° F. (If desired, lightly oil griddle surface.)</li> <li>Cook until surface of pancakes is covered with bubbles and bottom side is lightly browned, approximately 2 minutes. Turn and cook until lightly browned on the other side, approximately 1 minute.</li> <li>Serve immediately.</li> <li>Portion is 1 pancake.</li> </ol>
Baking powder		2 Tbsp		$\frac{1}{4}$ cup	
Salt		$\frac{3}{4}$ tsp		1 $\frac{1}{2}$ tsp	
Instant nonfat dry milk		$\frac{1}{2}$ cup		1 cup	
Sugar		2 Tbsp 2 tsp		$\frac{1}{3}$ cup	
Frozen whole eggs, thawed OR Fresh large eggs	8 oz	$\frac{3}{4}$ cup 3 Tbsp OR 5 each	1 lb	1 $\frac{3}{4}$ cups 2 Tbsp OR 9 each	
Water		2 $\frac{1}{2}$ cups 2 Tbsp		1 qt 1 $\frac{1}{4}$ cups	
Vegetable oil		$\frac{1}{2}$ cup		1 cup	

SERVING:	YIELD:	VOLUME:
1 pancake provides the equivalent of 1 slice of bread.	<b>25 Servings:</b> 25 (4-inch) pancakes	<b>25 Servings:</b> 1 quart 1 $\frac{1}{4}$ cups (batter)
	<b>50 Servings:</b> 50 (4-inch) pancakes	<b>50 Servings:</b> 2 quarts 2 $\frac{1}{2}$ cups (batter)

Tested 2004

# Pancakes

Grains/Breads

Grains/Breads

A-12

Nutrients Per Serving					
<b>Calories</b>	129	<b>Saturated Fat</b>	0.92 g	<b>Iron</b>	1.10 mg
<b>Protein</b>	3.48 g	<b>Cholesterol</b>	39 mg	<b>Calcium</b>	89 mg
<b>Carbohydrate</b>	16.32 g	<b>Vitamin A</b>	90 IU	<b>Sodium</b>	207 mg
<b>Total Fat</b>	5.46 g	<b>Vitamin C</b>	0.1 mg	<b>Dietary Fiber</b>	0.5 g

# Pancakes Using Master Mix (A-15)

Grains/Breads

Grains/Breads

A-12A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Master Mix (A-15)	1 lb 6 ½ oz	1 qt ½ cup	2 lb 13 oz	2 qt 1 cup	1. Combine Master Mix and sugar in a mixer for 3 minutes on low speed.
Sugar		2 Tbsp 2 tsp	2 ¼ oz	⅓ cup	
Frozen whole eggs, thawed OR Fresh large eggs	8 oz	¾ cup 3 Tbsp OR 5 each	1 lb	1 ¾ cups 2 Tbsp OR 9 each	2. In a separate bowl, combine eggs and water. Add to dry ingredients. Blend for 1 minute on low speed. Scrape down sides of bowl.
Water		2 ½ cups 2 Tbsp		1 qt 1 ¼ cups	
					3. Blend for 1 minute on low speed. DO NOT OVERMIX. Batter will be lumpy
					4. Portion batter with level No. 20 scoop (3 ⅓ Tbsp) onto griddle or heavy frying pan, which has been heated to 375° F. (If desired, lightly oil griddle surface.)
					5. Cook until surface of pancakes is covered with bubbles and bottom side is lightly browned, approximately 2 minutes. Turn and cook until lightly browned on the other side, approximately 1 minute.
					6. Serve immediately.
					7. Portion is 1 pancake.

SERVING:	YIELD:	VOLUME:
1 pancake provides the equivalent of 1 slice of bread.	<b>25 Servings:</b> 25 (4-inch) pancakes	<b>25 Servings:</b> 1 quart 1 ¼ cups (batter)
	<b>50 Servings:</b> 50 (4-inch) pancakes	<b>50 Servings:</b> 2 quarts 2 ½ cups (batter)

Tested 2004



# Pancakes Using Master Mix (A-15)

Grains/Breads

Grains/Breads

A-12A

## Nutrients Per Serving

<b>Calories</b>	124	<b>Saturated Fat</b>	1.39 g	<b>Iron</b>	1.05 mg
<b>Protein</b>	3.34 g	<b>Cholesterol</b>	39 mg	<b>Calcium</b>	94 mg
<b>Carbohydrate</b>	15.40 g	<b>Vitamin A</b>	66 IU	<b>Sodium</b>	196 mg
<b>Total Fat</b>	5.37 g	<b>Vitamin C</b>	0.1 mg	<b>Dietary Fiber</b>	0.5 g

# Banana Bread Squares

Grains/Breads

Grains/Breads

A-13

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	14 oz	3 ¼ cups	1 lb 12 oz	1 qt 2 ½ cups	1. Combine flour, sugar, dry milk, baking powder, baking soda, and salt in a mixing bowl. Mix for 1 minute on low speed. Reserve for step 3.
Sugar	8 ½ oz	1 ¼ cups	1 lb 1 oz	2 ½ cups	
Instant nonfat dry milk		2 Tbsp		¼ cup	
Baking powder		1 Tbsp		2 Tbsp	
Baking soda		½ tsp		1 tsp	
Salt		½ tsp		1 tsp	
Frozen whole eggs, thawed OR Fresh large eggs	4 oz	½ cup OR 3 each	8 oz	1 cup OR 5 each	2. In a separate mixing bowl, combine eggs and water. Blend for 30 seconds on low speed.
Water		½ cup 2 Tbsp		1 ¼ cups	
Shortening	3 ¼ oz	½ cup	6 ½ oz	1 cup	3. Add shortening and egg mixture to dry ingredients. Blend for 30 seconds on low speed. Scrape down sides of bowl.
					4. Beat for 1 minute on medium speed.
*Fresh bananas, peeled, mashed	13 oz	1 ½ cups 2 Tbsp	1 lb 10 oz	3 ¼ cups	5. Add bananas and nuts (optional). Blend for 30 seconds on low speed. Beat for 1 minute on medium speed. DO NOT OVERMIX. Batter will be lumpy.
Walnuts, chopped (optional)	3 ¼ oz	¾ cup	6 ½ oz	1 ½ cups	
					6. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, pour 3 lb 3 oz (1 qt 1 cup) batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					7. Bake until browned: Conventional oven: 350° F for 35-45 minutes Convection oven: 300° F for 25-35 minutes
					8. Cool. Cut 5 x 5 (25 pieces). Portion is 1 piece.

# Banana Bread Squares

Grains/Breads

Grains/Breads

A-13

Comments:  
\*See Marketing Guide

## Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Bananas	1 lb 5 oz	2 lb 10 oz

### SERVING:

1 piece provides the equivalent of 1 slice of bread.

### YIELD:

**25 Servings:** 3 lb 3 oz  
(batter)

**50 Servings:** 6 lb 6 oz  
(batter)

### VOLUME:

**25 Servings:** 1 quart 1 cup  
(batter)  
1 pan

**50 Servings:** 2 quarts 2 cups  
(batter)  
2 pans

Tested 2004

#### For Loaf Pans:

Pour 1 lb 9 ½ oz (2 ½ cups) batter into each loaf pan (4" x 10" x 4") which has been lightly coated with pan release spray. For 24 servings, use 2 loaf pans. For 48 servings, use 4 loaf pans.

#### Bake until lightly browned:

Conventional oven: 350° F for 40-50 minutes

Convection oven: 300° F for 30-40 minutes

Remove from pans. Cool completely. Cut each loaf into 12 slices, approximately ¾" thick.

## Nutrients Per Serving

<b>Calories</b>	149	<b>Saturated Fat</b>	1.12 g	<b>Iron</b>	0.92 mg
<b>Protein</b>	2.48 g	<b>Cholesterol</b>	19 mg	<b>Calcium</b>	42 mg
<b>Carbohydrate</b>	25.58 g	<b>Vitamin A</b>	49 IU	<b>Sodium</b>	139 mg
<b>Total Fat</b>	4.37 g	<b>Vitamin C</b>	1.4 mg	<b>Dietary Fiber</b>	0.8 g

# Banana Bread Squares Using Master Mix (A-15)

Grains/Breads

Grains/Breads

A-13A

Ingredients	25 Servings		50 servings		Directions
	Weight	Measure	Weight	Measure	
Master Mix (A-15)	1 lb 3 ¾ oz	1 qt	2 lb 7 ½ oz	2 qt	1. Blend Master Mix with sugar in mixer for 1 minute on low speed. Reserve for step 3.
Sugar	8 ½ oz	1 ¼ cups	1 lb 1 oz	2 ½ cups	
Frozen whole eggs, thawed OR Fresh large eggs	4 oz	½ cup OR 3 each	8 oz	1 cup OR 5 each	2. In a separate bowl, combine eggs and water. Mix for 30 seconds on low speed.
Water		½ cup 2 Tbsp		1 ¼ cups	
					3. Add egg mixture to dry ingredients. Blend for 30 seconds on low speed. Scrape down sides of bowl.
*Fresh bananas, peeled, mashed	13 oz	1 ½ cups 2 Tbsp	1 lb 10 oz	3 ¼ cups	4. Add bananas and nuts (optional). Mix for 30 seconds on low speed. Mix for 1 minute on medium speed. DO NOT OVERMIX. Batter will be lumpy.
Walnuts, chopped (optional)	3 ¼ oz	¾ cup	6 ½ oz	1 ½ cups	
					5. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, pour 3 lb 3 oz (1 qt 1 cup) batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					6. Bake until browned: Conventional oven: 350° F for 30-35 minutes Convection oven: 300° F for 20-30 minutes
					7. Cool. Cut 5 x 5 (25 pieces). Portion is 1 piece.

Comments:

\*See Marketing Guide

## Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Bananas	1 lb 5 oz	2 lb 10 oz

# Banana Bread Squares Using Master Mix (A-15)

Grains/Breads

Grains/Breads

A-13A

## SERVING:

1 piece provides the equivalent of 1 slice of bread.

## YIELD:

**25 Servings:** 3 lb 3 oz  
(batter)

**50 Servings:** 6 lb 6 oz  
(batter)

## VOLUME:

**25 Servings:** 1 quart 1 cup  
(batter)  
1 pan

**50 Servings:** 2 quarts 2 cups  
(batter)  
2 pans

Tested 2004

For Loaf Pans:

Pour 1 lb 9 ½ oz (2 ½ cups) batter into each loaf pan (4" x 10" x 4") which has been lightly coated with pan release spray. For 24 servings, use 2 loaf pans. For 48 servings, use 4 loaf pans.

Bake until lightly browned:

Conventional oven: 350° F for 40-50 minutes

Convection oven: 300° F for 30-40 minutes

Remove from pans. Cool completely. Cut each loaf into 12 slices, approximately ¾" thick.

## Nutrients Per Serving

<b>Calories</b>	151	<b>Saturated Fat</b>	1.15 g	<b>Iron</b>	0.93 mg
<b>Protein</b>	2.68 g	<b>Cholesterol</b>	19 mg	<b>Calcium</b>	82 mg
<b>Carbohydrate</b>	25.60 g	<b>Vitamin A</b>	48 IU	<b>Sodium</b>	179 mg
<b>Total Fat</b>	4.49 g	<b>Vitamin C</b>	1.4 mg	<b>Dietary Fiber</b>	0.8 g

# Bread Stuffing

Grains/Breads

Grains/Breads

A-14

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched soft bread cubes	2 lb 5 ½ oz	1 ½ gal 2 cups	4 lb 11 oz	3 gal 1 qt	<p>1. Combine bread cubes, celery, onions, raisins (optional), poultry seasoning, pepper, garlic powder, thyme (optional), and butter or margarine in a bowl. Mix lightly until well blended.</p> <p>2. Add chicken stock to bread mixture. Mix gently to moisten.</p> <p>3. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, evenly spread 3 lb 3 ½ oz (approximately 1 qt 2 Tbsp) of stuffing. For 25 servings, use 2 pans. For 50 servings, use 4 pans.</p> <p>4. Bake until lightly browned:            Conventional oven: 350° F for 30-40 minutes            Convection oven: 300° F for 20-30 minutes             CCP: Heat to 165° F or higher for at least 15 seconds.</p> <p>5. CCP: Hold for hot service at 135° F or higher.             Portion with No. 12 scoop (⅓ cup).</p>
*Fresh celery, chopped	8 oz	1 ¾ cups 3 Tbsp	1 lb	3 ¾ cups 2 Tbsp	
*Fresh onions, chopped OR Dehydrated onions	6 oz	1 cup OR 3 Tbsp	12 oz OR 2 ¼ oz	2 cups OR ⅓ cup	
† Raisins, plumped (optional)	3 ¼ oz	½ cup	6 ½ oz	1 cup	
Poultry seasoning		1 ½ tsp		1 Tbsp	
Ground black or white pepper		¾ tsp		1 ½ tsp	
Garlic powder		1 ½ tsp		1 Tbsp	
Dried thyme (optional)		1 Tbsp		2 Tbsp	
Margarine or butter, melted	5 ¼ oz	⅔ cup	10 ½ oz	1 ⅓ cups	
Chicken stock, non-MSG		1 ½ qt		3 qt	

# Bread Stuffing

Grains/Breads

Grains/Breads

A-14

\* See Marketing Guide

†To plump raisins, cover fruit with boiling water. Soak 2-5 minutes. DO NOT OVERSOAK. Drain well before using.

## Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Celery	10 oz	1 lb 4 oz
Mature onions	7 oz	14 oz

### SERVING:

1/3 cup (No. 12 scoop) provides the equivalent of 1 1/2 slices of bread.

### YIELD:

**25 Servings:** 2 pans

**50 Servings:** 4 pans

### VOLUME:

**25 Servings:** 2 quarts 1/4 cup  
2 pans

**50 Servings:** 1 gallon 1/2 cup  
4 pans

Tested 2004

## Nutrients Per Serving

<b>Calories</b>	162	<b>Saturated Fat</b>	1.21 g	<b>Iron</b>	1.39 mg
<b>Protein</b>	3.79 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	54 mg
<b>Carbohydrate</b>	22.36 g	<b>Vitamin A</b>	225 IU	<b>Sodium</b>	301 mg
<b>Total Fat</b>	6.38 g	<b>Vitamin C</b>	0.9 mg	<b>Dietary Fiber</b>	1.2 g

# Master Mix

Grains/Breads

Grains/Breads

A-15

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	5 lb 4 oz	1 gal 3 ¼ cups	10 lb 8 oz	2 gal 1 ⅝ qt	1. Place flour, baking powder, salt, cream of tartar, and dry milk in a mixing bowl. Blend for 3 minutes on low speed.  2. Add shortening to dry ingredients and mix for 5 minutes on low speed, or until evenly distributed. Mixture will be crumbly.  3. Store in tightly covered container, in the refrigerator.  4. Use Master Mix in recipes for: Cut Biscuits (A-09B); Muffin Squares (A-11B); Pancakes (A-12A); and Banana Bread Squares (A-13A).
Baking powder	4 ¾ oz	⅔ cup	9 ½ oz	1 ⅓ cups	
Salt		2 Tbsp	2 ⅝ oz	¼ cup	
Cream of tartar		1 Tbsp 1 ½ tsp		3 Tbsp	
Instant nonfat dry milk	6 oz	2 ½ cups	12 oz	1 qt 1 cup	
Shortening	1 lb 5 oz	3 cups 2 Tbsp	2 lb 10 oz	1 qt 2 ¼ cups	

SERVING:	YIELD:	VOLUME:
1 cup (See individual recipes that use Master Mix).	<b>25 Servings:</b> 7 lb 6 oz	<b>25 Servings:</b> 1 gallon 2 ¼ quarts
	<b>50 Servings:</b> 14 lb 12 oz	<b>50 Servings:</b> 3 gallons 2 cups

Tested 2004

**Special Tip:**

A 10-qt mixer may be used to produce 1 gal 2 ¼ qt of Master Mix. A 20-qt mixer may be used to produce 3 gal 2 cups of Master Mix.



# Master Mix

Grains/Breads

Grains/Breads

A-15

Nutrients Per Serving					
<b>Calories</b>	586	<b>Saturated Fat</b>	6.13 g	<b>Iron</b>	5.07 mg
<b>Protein</b>	12.23 g	<b>Cholesterol</b>	1 mg	<b>Calcium</b>	495 mg
<b>Carbohydrate</b>	77.87 g	<b>Vitamin A</b>	161 IU	<b>Sodium</b>	1023 mg
<b>Total Fat</b>	24.80 g	<b>Vitamin C</b>	0.4 mg	<b>Dietary Fiber</b>	2.6 g

# Oatmeal Muffin Squares

Grains/Breads

Grains/Breads

A-16

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Rolled oats	4 oz	1 ½ cups	8 oz	3 cups	1. Place oats in a bowl, and pour hot water over oats. Let stand 20 minutes. Do not drain. Reserve for step 5.
Water, hot		1 ¾ cups		3 ½ cups	
Enriched all-purpose flour	10 oz	2 ¼ cups 1 Tbsp	1 lb 4 oz	1 qt ⅝ cup	2. In a separate bowl, combine flour, baking soda, cinnamon, nutmeg, and salt. Reserve for step 5.
Baking soda		⅝ tsp		1 ¼ tsp	
Ground cinnamon		⅝ tsp		1 ¼ tsp	
Ground nutmeg		⅝ tsp		1 ¼ tsp	
Salt		⅝ tsp		1 ¼ tsp	
Margarine or butter	3 oz	¼ cup 2 Tbsp	6 oz	¾ cup	
Brown sugar, packed	9 oz	1 cup 2 Tbsp	1 lb 2 oz	2 ¼ cups	
Sugar	9 oz	1 cup 2 Tbsp	1 lb 2 oz	2 ¼ cups	
Vanilla		1 ¼ tsp		2 ½ tsp	4. Add the vanilla, egg whites, yogurt, and applesauce. Beat for 3 minutes on medium speed.
Frozen egg whites, thawed OR Fresh large egg whites	5 oz	½ cup 1 Tbsp OR 4 each	10 oz	1 cup 2 Tbsp OR 7 each	
Lowfat plain yogurt		2 Tbsp		¼ cup	
Canned applesauce		2 Tbsp		¼ cup	
					5. Add the oat mixture from step 1 and blend for 1 minute on low speed. Add the flour mixture from step 2 and blend for 1 minute on low speed. Scrape down sides of bowl.
					6. Blend for 1 minute on low speed.
Rolled oats		½ cup 1 ¼ tsp	3 oz	1 cup 2 ½ tsp	7. Topping: In a separate bowl, combine oats, flour, brown sugar, and margarine or butter. Mix until crumbs are pea-sized.

# Oatmeal Muffin Squares

Grains/Breads

Grains/Breads

A-16

Enriched all-purpose flour	2 Tbsp		¼ cup
Brown sugar, packed	2 Tbsp ¼ tsp	2 oz	¼ cup ½ tsp
Margarine or butter	2 Tbsp	2 oz	¼ cup
8. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, pour and spread evenly 3 lb 8 ½ oz (1 qt 2 ¼ cups) of batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans. Sprinkle 4 oz (¾ cup 2 Tbsp) of topping over each pan.			
9. 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			
10. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.			

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of 1 slice of bread.	<b>25 Servings:</b> 3 lb 14 ½ oz (uncooked)	<b>25 Servings:</b> 1 quart 2 ¼ cups (batter) 1 pan
	<b>50 Servings:</b> 7 lb 13 oz (uncooked)	<b>50 Servings:</b> 3 quarts ½ cup (batter) 2 pans

Edited 2004

For muffin pans:

1 qt 2 ¼ cups of batter will make 25 muffins. Portion batter with No. 16 scoop (¼ cup) into muffin pans which have been lightly coated with pan release spray or paper lined. Fill no more than two-thirds full. Sprinkle ½ Tbsp topping over each muffin.

Bake until golden brown:

Conventional oven: 400° F for 18-20 minutes

Convection oven: 350° F for 12-15 minutes

To cool, immediately remove muffins from pans and place on cooling racks.

# Oatmeal Muffin Squares

Grains/Breads

Grains/Breads

A-16

## Nutrients Per Serving

<b>Calories</b>	188	<b>Saturated Fat</b>	0.86 g	<b>Iron</b>	1.11 mg
<b>Protein</b>	3.00 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	20 mg
<b>Carbohydrate</b>	35.03 g	<b>Vitamin A</b>	163 IU	<b>Sodium</b>	148 mg
<b>Total Fat</b>	4.24 g	<b>Vitamin C</b>	0.1 mg	<b>Dietary Fiber</b>	1.0 g

# Peach Muffin Squares

Grains/Breads

Grains/Breads

A-16A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Rolled oats	4 oz	1 ½ cups	8 oz	3 cups	1. Place oats in a bowl, and pour hot water over oats. Let stand 20 minutes. Do not drain. Reserve for step 5.
Water, hot		1 ¾ cups		3 ½ cups	
Enriched all-purpose flour	10 oz	2 ¼ cups 1 Tbsp	1 lb 4 oz	1 qt ⅝ cup	2. In a separate bowl, combine flour, baking soda, cinnamon, nutmeg, and salt. Reserve for step 5.
Baking soda		⅝ tsp		1 ¼ tsp	
Ground cinnamon		⅝ tsp		1 ¼ tsp	
Ground nutmeg		⅝ tsp		1 ¼ tsp	
Salt		⅝ tsp		1 ¼ tsp	
Margarine or butter	3 oz	¼ cup 2 Tbsp	6 oz	¾ cup	
Brown sugar, packed	9 oz	1 cup 2 Tbsp	1 lb 2 oz	2 ¼ cups	
Sugar	9 oz	1 cup 2 Tbsp	1 lb 2 oz	2 ¼ cups	
Vanilla		1 ¼ tsp		2 ½ tsp	4. Add the vanilla, egg whites, yogurt, and applesauce. Beat for 3 minutes on medium speed.
Frozen egg whites, thawed OR Fresh large egg whites	5 oz	½ cup 1 Tbsp OR 4 each	10 oz	1 cup 2 Tbsp OR 7 each	
Lowfat plain yogurt		2 Tbsp		¼ cup	
Canned applesauce		2 Tbsp		¼ cup	
					5. Add the oat mixture from step 1 and blend for 1 minute on low speed. Add the flour mixture from step 2 and blend for 1 minute on low speed. Scrape down sides of bowl.
					6. Blend for 1 minute on low speed.
Rolled oats		½ cup 1 ¼ tsp	3 oz	1 cup 2 ½ tsp	7. Topping: In a separate bowl, combine oats, flour, brown sugar, and margarine or butter. Mix until crumbs are pea-sized.

# Peach Muffin Squares

Grains/Breads

Grains/Breads

A-16A

Enriched all-purpose flour		2 Tbsp		¼ cup	
Brown sugar, packed		2 Tbsp ¼ tsp	2 oz	¼ cup ½ tsp	
Margarine or butter		2 Tbsp	2 oz	¼ cup	
					8. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, pour and spread evenly 3 lb 8 ½ oz (1 qt 2 ¼ cups) of batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Canned sliced cling peaches, in syrup, drained	1 lb 11 oz	3 ¾ cups (¾ No. 10 can)	3 lb 6 oz	1 qt 2 ¼ cups (¾ No. 10 can)	9. Spread 1 lb 11 oz peaches over each pan. Peaches may be pureed. Sprinkle 4 oz (¾ cup 2 Tbsp) of topping over each pan.
					10. 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
					11. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of 1 slice of bread.	<b>25 Servings:</b> 5 lb 9 ½ oz (uncooked)	<b>25 Servings:</b> 1 quart 2 ¼ cups (batter) 1 pan
	<b>50 Servings:</b> 11 lb 3 oz (uncooked)	<b>50 Servings:</b> 3 quarts ½ cup (batter) 2 pans

Edited 2004

For muffin pans:

1 qt 2 ¼ cups of batter will make 25 muffins. Portion batter with No. 16 scoop (¼ cup) into muffin pans which have been lightly coated with pan release spray or paper lined. Fill no more than two-thirds full. Portion No. 30 scoop (2 Tbsp) peaches onto each muffin. Sprinkle ½ Tbsp topping over each muffin.

Bake until golden brown:

Conventional oven: 400° F for 18-20 minutes

Convection oven: 350° F for 12-15 minutes

To cool, immediately remove muffins from pans and place on cooling racks.

# Peach Muffin Squares

Grains/Breads

Grains/Breads

A-16A

## Nutrients Per Serving

<b>Calories</b>	216	<b>Saturated Fat</b>	1.05 g	<b>Iron</b>	1.23 mg
<b>Protein</b>	3.18 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	22 mg
<b>Carbohydrate</b>	40.22 g	<b>Vitamin A</b>	371 IU	<b>Sodium</b>	160 mg
<b>Total Fat</b>	5.17 g	<b>Vitamin C</b>	0.9 mg	<b>Dietary Fiber</b>	1.6 g

# Blueberry Muffin Squares

Grains/Breads

Grains/Breads

A-16B

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Rolled oats	4 oz	1 ½ cups	8 oz	3 cups	1. Place oats in a bowl, and pour hot water over oats. Let stand 20 minutes. Do not drain. Reserve for step 5.
Water, hot		1 ¾ cups		3 ½ cups	
Enriched all-purpose flour	10 oz	2 ¼ cups 1 Tbsp	1 lb 4 oz	1 qt ⅝ cup	2. In a separate bowl, combine flour, baking soda, cinnamon, nutmeg, and salt. Reserve for step 5.
Baking soda		⅝ tsp		1 ¼ tsp	
Ground cinnamon		⅝ tsp		1 ¼ tsp	
Ground nutmeg		⅝ tsp		1 ¼ tsp	
Salt		⅝ tsp		1 ¼ tsp	
Margarine or butter	3 oz	¼ cup 2 Tbsp	6 oz	¾ cup	
Brown sugar, packed	9 oz	1 cup 2 Tbsp	1 lb 2 oz	2 ¼ cups	
Sugar	9 oz	1 cup 2 Tbsp	1 lb 2 oz	2 ¼ cups	
Vanilla		1 ¼ tsp		2 ½ tsp	4. Add the vanilla, egg whites, yogurt, and applesauce. Beat for 3 minutes on medium speed.
Frozen egg whites, thawed OR Fresh large egg whites	5 oz	½ cup 1 Tbsp OR 4 each	10 oz	1 cup 2 Tbsp OR 7 each	
Lowfat plain yogurt		2 Tbsp		¼ cup	
Canned applesauce		2 Tbsp		¼ cup	
					5. Add the oat mixture from step 1 and blend for 1 minute on low speed. Add the flour mixture from step 2 and blend for 1 minute on low speed. Scrape down sides of bowl.
					6. Blend for 1 minute on low speed.
Rolled oats		½ cup 1 ¼ tsp	3 oz	1 cup 2 ½ tsp	7. Topping: In a separate bowl, combine oats, flour, brown sugar, and margarine or butter. Mix until crumbs are pea-sized.



# Blueberry Muffin Squares

Grains/Breads

Grains/Breads

A-16B

Enriched all-purpose flour		2 Tbsp		¼ cup	
Brown sugar, packed		2 Tbsp ¼ tsp	2 oz	¼ cup ½ tsp	
Margarine or butter		2 Tbsp	2 oz	¼ cup	
					8. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, pour and spread evenly 3 lb 8 ½ oz (1 qt 2 ¼ cups) of batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Frozen blueberries, thawed and drained	1 lb 11 oz	3 ¾ cups	3 lb 6 oz	1 qt 2 ¼ cups	9. Spread 1 lb 11 oz blueberries over each pan. Blueberries may be pureed. Sprinkle 4 oz (¾ cup 2 Tbsp) of topping over each pan.
					10. 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
					11. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of 1 slice of bread.	<b>25 Servings:</b> 5 lb 9 ½ oz (uncooked)	<b>25 Servings:</b> 1 quart 2 ¼ cups (batter) 1 pan
	<b>50 Servings:</b> 11 lb 3 oz (uncooked)	<b>50 Servings:</b> 3 quarts ½ cup (batter) 2 pans

Edited 2004

For muffin pans:

1 qt 2 ¼ cups of batter will make 25 muffins. Portion batter with No. 16 scoop (¼ cup) into muffin pans which have been lightly coated with pan release spray or paper lined. Fill no more than two-thirds full. Portion No. 30 scoop (2 Tbsp) blueberries onto each muffin. Sprinkle ½ Tbsp topping over each muffin.

Bake until golden brown:

Conventional oven: 400° F for 18-20 minutes

Convection oven: 350° F for 12-15 minutes

To cool, immediately remove muffins from pans and place on cooling racks.

# Blueberry Muffin Squares

Grains/Breads

Grains/Breads

A-16B

## Nutrients Per Serving

<b>Calories</b>	204	<b>Saturated Fat</b>	0.88 g	<b>Iron</b>	1.16 mg
<b>Protein</b>	3.13 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	23 mg
<b>Carbohydrate</b>	38.76 g	<b>Vitamin A</b>	188 IU	<b>Sodium</b>	148 mg
<b>Total Fat</b>	4.44 g	<b>Vitamin C</b>	0.8 mg	<b>Dietary Fiber</b>	1.9 g

# Pizza Crust

Grains/Breads

Grains/Breads

A-17

Ingredients	32 Servings		64 Servings		Directions
	Weight	Measure	Weight	Measure	
					For best results, have all ingredients and utensils at room temperature.
Enriched all-purpose or bread flour	1 lb 12 oz	1 qt 2 ¼ cups	3 lb 8 oz	3 qt 1 cup	1. Place flour, salt, sugar, and dry yeast in large mixing bowl. Mix with a dough hook for 30 seconds on low speed.
Salt		¾ tsp		1 ½ tsp	
Sugar		1 Tbsp ½ tsp		2 Tbsp 1 tsp	
Active dry yeast		1 Tbsp 1 ¾ tsp		2 Tbsp 1 ½ tsp	
Water, warm (110° F)		2 cups 2 Tbsp		1 qt ¼ cup	2. In a separate bowl, combine warm water and oil.
Vegetable oil		2 Tbsp 2 tsp		⅓ cup	
					3. Add liquids to the dry ingredients. Mix on low speed for 6 minutes.
					4. Divide and shape dough into balls 1 lb 7 ¾ oz each. For 32 servings, 2 balls. For 64 servings, 4 balls. Let rest for 20 minutes.
Cornmeal		¼ cup 2 Tbsp	2 ½ oz	¾ cup	5. Lightly coat each half-sheet pan (13" x 18" x 1") with pan release spray. For 32 servings, use 2 pans. For 64 servings, use 4 pans. Sprinkle each pan with 1 oz (3 Tbsp) cornmeal.
					6. Place 1 dough ball in center of each pan. Flatten dough by rolling or spreading dough ⅛" thick to rim of pans. Keep edges thicker than center.
					7. For directions on topping, baking, and portioning, see Pizza with Ground Beef Topping (D-23).
					Portion once baked, cut each pan 4 x 4 (16 pieces).

# Pizza Crust

Grains/Breads

Grains/Breads

A-17

## SERVING:

1 piece provides the equivalent of 1 ½ slices of bread.

## YIELD:

**32 Servings:** 2 lb 15 ½ oz (dough)

**64 Servings:** 5 lb 15 oz (dough)

## VOLUME:

**32 Servings:** 2 half-sheet pans

**64 Servings:** 4 half-sheet pans

Edited 2004

## Nutrients Per Serving

<b>Calories</b>	108	<b>Saturated Fat</b>	0.20 g	<b>Iron</b>	1.27 mg
<b>Protein</b>	2.83 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	4 mg
<b>Carbohydrate</b>	20.42 g	<b>Vitamin A</b>	2 IU	<b>Sodium</b>	56 mg
<b>Total Fat</b>	1.43 g	<b>Vitamin C</b>	0 mg	<b>Dietary Fiber</b>	0.9 g

# Cooking Rice

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
					1. Do not rinse enriched rice.
Enriched white rice, medium grain, regular OR Enriched white rice, long grain, regular OR Enriched white rice, long grain, parboiled	1 lb 14 oz OR 1 lb 11 oz OR 1 lb 13 oz	1 qt ¼ cup OR 1 qt OR 1 qt ⅝ cup	3 lb 12 oz OR 3 lb 6 oz OR 3 lb 10 oz	2 qt ½ cup OR 2 qt OR 2 qt 1 ¼ cups	2. Place 15 oz medium grain, or 13 ½ oz long grain, or 14 ½ oz par boiled rice in each pan (9" x 13" x 2 "). For 25 servings, use 2 pans. For 50 servings, use 4 pans.
Water, boiling		1 qt 2 cups		3 qt	3. Add salt to boiling water. Pour water over rice. (3 cups per pan).
Salt		1 tsp		2 tsp	
					4. Cover pans tightly.
					5. Bake: Conventional oven: 350° F for 30 minutes Convection oven: 325° F for 30 minutes
					6. Remove from oven.
					7. CCP: Hold for hot service at 135° F or higher. OR CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.
					Portion with No. 8 scoop (½ cup).

SERVING:	YIELD:	VOLUME:
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½ cup (No. 8 scoop) provides the equivalent of 1 slice of bread.

**25 Servings:** 2 pans

**50 Servings:** 4 pans

**25 Servings:** about 3 quarts ½ cup

**50 Servings:** about 1 gallon 2 ¼ quarts

Tested 2004, Tested 2007

# Cooking Rice

**Special Tip:**

Cooking Brown Rice, long grain, regular

For 25 Servings, use 1 lb 9 oz brown rice, 2 qt 1  $\frac{3}{4}$  cup boiling water, and 1 tsp salt. Place 12  $\frac{1}{2}$  oz of rice and 4  $\frac{7}{8}$  cups of salted water in each pan (9" x 13" x 2"). Use 2 pans. Cover and bake at 350° F for 50 minutes.

For 50 Servings, use 3 lb 2 oz brown rice, 1 gal 3  $\frac{1}{2}$  qt boiling water, and 2 tsp salt. Place 12  $\frac{1}{2}$  oz of rice and 4  $\frac{7}{8}$  cups of salted water in each pan (9" x 13" x 2"). Use 4 pans. Cover and bake at 350° F for 50 minutes.

Nutrients Per Serving					
<b>Calories</b>	122	<b>Saturated Fat</b>	0.06 g	<b>Iron</b>	1.40 mg
<b>Protein</b>	2.24 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	3 mg
<b>Carbohydrate</b>	26.92 g	<b>Vitamin A</b>	0 IU	<b>Sodium</b>	93 mg
<b>Total Fat</b>	0.20 g	<b>Vitamin C</b>	0 mg	<b>Dietary Fiber</b>	0.3 g

# Cooking Macaroni, Noodles, and Spaghetti

Grains/Breads

Grains/Breads

A-19

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Water, boiling		2 gal 2 qt		5 gal	1. Add salt to boiling water.
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Enriched elbow macaroni OR Enriched noodles, 3/4 inch or wider OR Enriched spaghetti	1 lb 5 oz OR 1 lb 4 oz OR 2 lb 6 oz	1 qt 5/8 cup OR 3 qt 3 cups OR 2 qt	2 lb 10 oz OR 2 lb 8 oz OR 4 lb 12 oz	2 qt 1 1/4 cups OR 1 gal 3 1/2 qt OR 1 gal	2. Slowly stir in macaroni, noodles, or spaghetti until water boils again.
					3. Cook uncovered until tender-firm, about 10 minutes for macaroni, 8 minutes for noodles, and 12 minutes for spaghetti. DO NOT OVERCOOK.
					4. Drain well.
					5. Pour into pans (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.
					6. CCP: Hold for hot service at 135° F or higher. OR CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.  Portion with No. 8 scoop (1/2 cup).

SERVING:	YIELD:	VOLUME:
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1/2 cup (No. 8 scoop) provides the equivalent of 1 slice of bread.

**25 Servings:** 2 pans

**50 Servings:** 4 pans

**25 Servings:** 3 quarts 1/2 cup

**50 Servings:** 1 gallon 2 1/4 quarts

Tested 2004

**Special Tip:**

To cook the day before: After draining, run under cold water 3 minutes. Let stand in strainer for 5 minutes. Toss with 1 oz oil for each pound of dry pasta.

# Cooking Macaroni, Noodles, and Spaghetti

Grains/Breads

Grains/Breads

A-19

## Nutrients Per Serving

<b>Calories</b>	101	<b>Saturated Fat</b>	0.07 g	<b>Iron</b>	1.05 mg
<b>Protein</b>	3.42 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	5 mg
<b>Carbohydrate</b>	20.30 g	<b>Vitamin A</b>	0 IU	<b>Sodium</b>	72 mg
<b>Total Fat</b>	0.48 g	<b>Vitamin C</b>	0 mg	<b>Dietary Fiber</b>	1.2 g