

Gooding School District

Recipe: 000736 ROLLS, whole wheat/oat

Recipe Source: gooding
 Recipe Group: BREAD/ROLLS/STARCH

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name: Whole Grain Rolls

Number of Portions: 405
 Size of Portion: Each

014429 WATER,MUNICIPAL..... 004318 OIL,VEG,TYPE B-COMMOD.....	12 QT 2 QT	USE DOUGH HOOK In mixer bowl combine warm water (110°) & oil and 8 lbs of white and 8 lbs of wheat flour. Beat well.
020080 WHEAT FLOUR,WHOLE-GRAIN..... 020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEACHED... 020038 OATS..... 019335 SUGARS,GRANULATED..... 002047 SALT,TABLE..... 001091 MILK,DRY,NONFAT,REG,WO/ VIT A..... 900184 Yeast (saf).....	18 LB 18 LB 3 QT 3 CUP 1 CUP 3 CUP 1 (1 cup)	IN SEPARATE BOWL mix together 1 lb white flour & 1 lb wheat flour with oats sugar, salt, dry milk and yeast. Add to mixer. Add remaining flour alternating between each kind. beat well until well mixed
		place dough in greased pans and allow to rise. Portion onto sprayed paperlined sheet pans 6X9. Makes approx. 7.5 sheet pans. Bake 350° for 10 minutes, turn and rotate pans. bake an additional 10 minutes or until internal temp reaches 193°

Calories	208	Iron	1.97 mg	Protein	6.14 g	11.79%	Calories from Prot
Cholesterol	0 mg	Calcium	24.85 mg	Carbohydrates	35.19 g	67.57%	Calories from Carb
Sodium	287 mg	Vitamin A	3.9 IU	Total Fat	5.24 g	22.63%	Calories from T Fat
Dietary Fiber	3.60 g	Vitamin A	0.5 RE	Saturated Fat	0.77 g	3.31%	Calories from S Fat
		Vitamin C	1.41 mg	Trans. Fat	N/A* g	%	Calories from Trans. Fat

Gooding School District

Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	oz.				? - Milk
Grain/Bread.....	srv.				? - Egg
F/V/J.....	cup				? - Peanut
Milk.....	fl. oz.				? - Tree Nut
					? - Fish
					? - Shellfish
					? - Soy
					? - Wheat
Moisture & Fat Change					
Moisture Change.	0%				
Fat Change.....	0%				
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	014429	WATER,MUNICIPAL			
I	004318	OIL,VEG,TYPE B-COMMOD			
I	020080	WHEAT FLOUR,WHOLE-GRAIN			
I	020081	WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA			
I	020038	OATS			
I	019335	SUGARS,GRANULATED			
I	002047	SALT,TABLE			
I	001091	MILK,DRY,NONFAT,REG,WO/ VIT A			
I	900184	Yeast (saf)			