



Breads & Breakfast

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SMALL BAGUETTE

Presented by Chef Lars Kronmark at the 2015 Healthy Flavors, Healthy Kids National Leadership Summit

Ingredients	7.1 Kilograms		Directions
	Weight	Measure	
Bread flour	3.5 kg.		Method Straight Dough 1. Dough: Combine all ingredients in a 20 quart Hobart with a dough hook. 2. Mix for 4 minutes in first speed and 6 to 7 minutes in second. 3. Bulk ferment for one hour at 85°F. 4. Divide into 100 gram pieces and pre-shape into a cylinder. 5. After a 20 minute bench rest shape into a baguette at 100 gram each. 6. Proof at 85°F for about 45 minutes. Small loaves should double in size. 7. Bake at 440°F until done, about 20 to 25 minutes.
Rice flour	230 g.		
Water	2.68 kg.		
Vegetable shortening	600 g.		
Salt	80 g.		
Instant yeast	25 g.		

Recipe Notes:

Nutrition analysis uses palm oil shortening.

Nutrition Information (per baguette, approximately 70 per recipe)

Calories: 265/Protein: 6 g/Carbohydrate: 39 g/Fiber: 1 g

Saturated fat: 4 g/Polyunsaturated fat: 1 g/Monounsaturated fat: 3.5 g

Trans fat: 0 g/Cholesterol: 0 mg/Sodium: 460 mg/Potassium: 55 mg



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Fruit on a Raft (Waffles with Apples)

Makes: 50 servings or 100

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Frozen waffles, whole-grain, Child Nutrition Program approved		50		100
Unsweetened apples, canned, peeled and diced		2 #10 cans		4 #10 cans
Water		2 qt		1 gal
Raisins, seedless	2 lb		4 lb	
Cinnamon, ground		1 Tbsp		2 Tbsp
Allspice, ground (optional)		3 tsp		2 Tbsp
Cornstarch		2/3 cup		1 1/3 cup
Water, cold		2/3 cup		1 1/3 cup

Directions

My Notes

Source: NH Obesity Prevention Program, DHHS, DPHS

Nutrition Information

Nutrients	Amount	Meal Components
Calories	210	Fruits 1/2 cup
Total Fat	3 g	Vegetables 1/2 cup
Saturated Fat	1 g	Grains 1 unknown
Cholesterol	15 mg	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.
Sodium	240 mg	
Total Carbohydrate	45 g	
Dietary Fiber	5 g	
Total Sugars	N/A	
Added Sugars included	N/A	
Protein	4 g	
Vitamin D	N/A	
Calcium	N/A	
Iron	N/A	
Potassium	N/A	
N/A - data is not available		



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Golden Apple Oatmeal

Makes: 50 or 100 Servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Apples, fresh or canned, diced		1 1/2 gal		3 gal
100% apple juice, unsweetened		1 gal		2 gal
Water		1 gal		2 gal
Salt		2 Tbsp		4 Tbsp
Cinnamon, ground		1/4-1/2 cup		1/2-1 cup
Nutmeg, ground		2 tsp		4 tsp
Rolled oats, uncooked		1 gal		2 gal

Directions

1. Combine apples, apple juice and water in steam kettle or saucepan. Bring to boil.
2. Add salt, cinnamon and nutmeg.
3. Stir in rolled oats and cook 5 minutes stirring occasionally until oats are soft and creamy.
4. Turn heat to low, cover oats and hold until ready to serve, or place into sprayed hotel pan for steam table.
5. Serve 1 cup (8 ounces).

Notes

Additional Tips

You can find the recipe for 25 servings and family sized servings [here](#) .

My Notes

Source: NH Obesity Prevention Program, DHHS, DPHS

Nutrition Information

Nutrients	Amount	Meal Components
Calories	180	Fruits 1/2 cup
Total Fat	2 g	Vegetables 1/2 cup
Saturated Fat	N/A	Grains 1 unknown
Cholesterol	N/A	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.
Sodium	290 mg	
Total Carbohydrate	37 g	
Dietary Fiber	5 g	
Total Sugars	N/A	
Added Sugars included	N/A	
Protein	4 g	
Vitamin D	N/A	
Calcium	N/A	
Iron	N/A	
Potassium	N/A	
N/A - data is not available		



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Maple Applesauce Topping

Makes: 25 or 50 Servings

Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Canned applesauce	3 lb 9 oz	1 qt 2 1/2 cups	7 lb 2 oz	3 qt 1 cup
Maple-flavored pancake syrup	6 oz	1/2 cup	12 oz	1 cup

Directions

1. In a bowl, whisk applesauce and syrup until blended.
2. Portion with No. 16 scoop (1/4 cup). No. CCP necessary.

Notes

Special Tip:

Use as topping for pancakes, waffles, French toast, or ice cream.

My Notes

Source: USDA Recipes for Child Care

Nutrition Information

Nutrients	Amount	Meal Components
Calories	67	Fruits 1/4 cup
Total Fat	0 g	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.
Saturated Fat	0 g	
Cholesterol	0 mg	
Sodium	6 mg	
Total Carbohydrate	18 g	
Dietary Fiber	1 g	
Total Sugars	N/A	
Added Sugars included	N/A	
Protein	0 g	
Vitamin D	N/A	
Calcium	3 mg	
Iron	0 mg	
Potassium	N/A	

N/A - data is not available



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Pioneer Rolls

Makes: 120 Servings

120 Servings

Ingredients	Weight	Measure
Cornmeal, yellow	9 oz	
Salt		2 Tbsp
Brown sugar	6 oz	
Whole wheat flour	1 lb	
All-purpose flour	5 lb	
Yeast, instant	1 1/4 oz	
Vegetable oil		1/3 cup
Water, warm or 110 degrees F		2 qts

Directions

1. Place dry ingredients in a mixing bowl. With dough hook, mix on #1 speed for 2 minutes.
2. Add vegetable oil and mix on #1 speed for 2 minutes more. Gradually add enough water to make a soft dough that pulls itself from side of bowl.
3. Knead dough on #2 speed for 10 to 12 minutes or until a small piece of dough can be stretched to resemble a thin membrane. Cover it and let it rise until it doubles in bulk.
4. Punch down the dough and shape it into 120 1 1/2 ounce rolls. Place them on baking pans and proof them until they double in size.
5. Bake rolls at 400 degrees F. for 15 minutes or until golden brown. Take them off of the pans and let them cool before serving.

Notes

Serving Tips:

For a variation, make loaves instead of rolls. Punch down dough and scale into 8 portions, 1 pound, 7 ounces each. Shape them into 8 round loaves and place them on baking pans that have been sprinkled with cornmeal. Proof them until double in size. Bake at 375 degrees F. for 30 to 35 minutes or until the interior temperature registers 200 to 210 degrees F. Slice to serve.

My Notes

Source: Wheat Foods Council

Nutrition Information

Nutrients	Amount
Calories	108
Total Fat	2 g
Saturated Fat	N/A
Cholesterol	N/A
Sodium	118 mg
Total Carbohydrate	20 g
Dietary Fiber	1 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	3 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available



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Whole-Grain Roll

Makes: 100 Servings

100 Servings

Ingredients	Weight	Measure
Active dry yeast	4 1/8 oz	1/2 cup 5 1/4 tsp
Warm water	5 lb 1 oz	2 qt 1 3/4 cups
Sugar	10 1/4 oz	1 1/3 cups 2 Tbsp
Vegetable oil	9 1/3 oz	1 1/8 cups 1 1/2 Tbsp
Salt	1 7/8 oz	2 Tbsp 2 3/4 tsp
Whole wheat flour	3 lb 14 1/2 oz	3 qt 2 3/4 cups
Enriched bread flour	3 lb 10 5/8 oz	2 gal 3 3/4 qt

Directions

1. Combine yeast, water, sugar, oil, and salt in large mixing bowl.
2. Blend in whole wheat flour.
3. Gradually add bread flour and mix on low until blended. The dough may be slightly sticky.
4. Place dough in a warm area and let rise for 45 minutes. Punch down dough to remove bubbles.
5. Spray sheet pans (18" x 26" x 1") with pan release spray. Pinch off 2.25 oz pieces and place on a sheet pan in rows of 10 down and 7 across to make 70 per pan. Use 1 1/2 sheet pans.
6. Bake until golden brown: Conventional oven: 350 °F for 12-15 minutes.

My Notes

Source: Toppenish School District

Nutrition Information

Nutrients	Amount
Calories	155
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	N/A
Sodium	209 mg
Total Carbohydrate	28 g
Dietary Fiber	3 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	5 g
Vitamin D	N/A
Calcium	10 mg
Iron	2 mg
Potassium	N/A

N/A - data is not available