

<p>File No: WIDPI-65a Adapted from: Healthier Kansas Recipes 127</p>			
<p><b>RECIPE NAME: Whole Wheat Cinnamon Rolls, 51%</b></p>			
<p>Grade Group: K-12</p>			
<p>Number of Portions: 144</p>			
<p>Portion Size: 1 each</p>			
<p>Serving Utensil:</p>			
<p>Servings Per Pan:</p>			
<p><b>HACCP Process:</b>  <input type="checkbox"/> #1 No Cook  <input type="checkbox"/> #2 Cook &amp; Serve Same Day  <input checked="" type="checkbox"/> #3 Includes Cooling Step</p>			
<p><b>Procedure:</b></p> <ol style="list-style-type: none"> <li>1. Prepare dough according to Recipe WIDPI-65b. Form dough into 3 lb balls (4 ½ balls for 144 servings) and spray with pan release spray or cover with plastic wrap.</li> <li>2. Mix sugar and cinnamon in separate bowl.</li> <li>3. Spray counters and dough lightly with pan release spray if needed to prevent dough from sticking. Roll each ball into a rectangle 24" x 10" x ¼" thick.</li> <li>4. Brush dough with oil. Sprinkle with approximately ½ cup cinnamon-sugar mixture per rectangle.</li> <li>5. Roll rectangle on the long side to form a long slender roll. Pinch long edge into roll to seal. Cut each full roll into 24 ¾-inch circles. Cut the ½ roll into 12 circles.</li> <li>6. Place rolls on sheet pans (18" x 26" x 1") lined with pan liners in 8 rows with 6 per row (48 per pan).</li> <li>7. Place in a warm area (90° F) until double in size (30-50 minutes).</li> <li>8. Bake until lightly browned. Turn pans half-way through the baking time to promote even baking. <ul style="list-style-type: none"> <li>• Conventional oven: 400° F for 18-20 minutes</li> <li>• Convection oven: 350° F for 12-14 minutes</li> <li>• Recommended internal temperature for baked rolls is 196-198° F.</li> </ul> </li> <li>9. Let rolls cool 5-10 minutes.</li> <li>10. Mix powdered sugar, vanilla and water to make a thin glaze. Adjust the amount of water as needed.</li> <li>11. Drizzle glaze from a squeeze bottle, spoon or spatula in random lines over the tops of the rolls. Serve warm.</li> </ol>			
<p><b>Ingredients:</b></p> <p>51% White whole wheat roll dough (See Recipe WIDPI-65b)</p> <p>Pan release spray                  Sugar, granulated                  Cinnamon, ground                  Vegetable oil                  Powdered sugar                  Vanilla extract                  Water</p>		<p><b>Weight</b></p> <p>12 lb 8 oz (2 Recipes for Roll)</p> <p>1 lb                  2 oz                  1 lb 4 oz                  4 oz</p>	<p><b>Measure</b></p> <p>As needed                  2 cups                  2/3 cup                  ¼ cup                  3 ¾ cup                  2 Tbsp                  ½ cup</p>
<p><b>Total Yield</b></p>		<p>Number of Pans:</p>	
<p><b>Weight:</b></p>	<p>Measure (volume): 3 gal 2 cups</p>		
<p>Equipment (if not specified in procedures above):</p>			

On, Wisconsin! Menus – Lunch Recipes

Meal Component Contribution Based on Portion Size		Meal Component Contribution Based on Portion Size				Nutrient Analysis Based on Portion Size	
Meat/Meat Alternate:							Calories: 149
Vegetable Subgroups	D/G	B/P	R/O	S	O		Saturated Fat (g): 0.52 Sodium (mg): 141 mg
Fruits							
Grains	1.25 oz eq.						

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other