

School Meals in Arizona

How'd they do that?

Osborn School District Whole Grain Buns

Served June 2020

Food Cost: \$0.21 per serving

2 oz. Grains per serving

Ingredients

Local Sonoran White Wheat Flour*, Instant Milk, Sugar, Instant Yeast, Salt, Oil, and Water.

*Purchased from Sun Produce Cooperative, grown at BKW Farms in Marana, Arizona

Preparation

Equipment

- Floor mixer
- Dough roller
- Rhondo (dough divider)
- Proofer
- Oven
- Bun racks with covers
- Sheet pans
- Bread slicer/bread knife

Food Safety

- Bake at 325°F for 10-15 mins
- Proper handwashing and glove use is required when slicing buns
- Buns should be used within 1-2 days of baking, unless frozen
- Cover bun rack when storing or freezing
- Keep cold food at or below 41°F and hot foods at or above 135°F

Labor

- Trained Bakers and Managers prepare the recipe
- Buns are prepared at least one day prior to meal service
- Osborn bakes these buns throughout the week (depending on the meals they have planned) preparing anywhere from 300-1000 buns at a time with the aim of not overproducing in order to ensure freshness
- Once prepared, buns are sliced and the sandwiches are prepared as soon as possible



Backstory

This recipe incorporates all of Osborn School District's nutrition initiatives into one item: local, scratch, and clean-label! They took a leap switching up the flour for the Farm to Summer Challenge but were so glad they did! Sonoran White Wheat flour is usually used in breads, tortillas, cookies, pie dough, and pancakes. In this recipe, it made the bun a little more dense and flat due to the higher amount of bran. It has a rich, sweet, earthy, and nutty flavor similar to characteristics of whole wheat flour, but has the lightness and low protein levels of a white flour.

Serving Suggestion Cheeseburgers

- Whole Grain Bun (homemade)
- Burger (Don Lee Processed Item)
- Cheese (USDA Foods Entitlement)