

# Whole Grain-Rich Sandwich Roll/Bun

Meal Service:

Lunch

Meal Components per Serving:

2 oz Whole Grain-Rich Grains

This versatile bread adds a rich, sweet, earthy, and nutty flavor to your favorite sandwich or burger!

## Ingredients **Yield: 50 Servings**

Note: Meal pattern components and nutrients are based on the ingredients listed below. If different ingredients are used, the meal component contribution and nutrients per serving may change.

1 lb 13 oz 2 5/8 g	Flour, bread
1 lb 15 oz 14 5/8 g	Flour, whole wheat
2 oz 12 1/8 g	Milk, non-fat, instant
6 oz 1 3/4 g	Sugar, granulated, cane
1 oz 12 1/2 g	Yeast, instant, dry
21 1/2 g	Salt, table, iodized
6 oz 1 3/4 g	Oil, salad
1 qt 13 Tbsp 1 3/4 tsp	Water

## Nutrients

Per Serving:  
1 roll/bun

Calories	170.2 kcal
Carbohydrate	28.96 g
Saturated Fat	0.30 g
Sodium	174.7 mg

## Source

Osborn School District  
Phoenix, AZ



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## Directions **HACCP Process #2: Same Day Service**

1. Mix all dry ingredients to evenly distribute the yeast and salt.
2. Add the oil and half of the water.
3. Add remaining water gradually to form a smooth dough that pulls away from the sides of the mixing bowl. Continue mixing for approximately 10 minutes to develop the gluten in the flour.
4. Scale bundles of 4.5 lbs. each (one bundle will make 36 rolls). Place bundles onto the dough cutter/rounder and shape the dough into buns. Place formed buns onto a parchment lined sheet pan 3 x 5 or 15/pan. Place into a preheated proofer to rise. Let rise until doubled in size. Time varies.
5. Bake in a 325° oven for approximately 10-15 minutes until the buns are browned and hollow sounding when tapped (190°).
6. Allow to cool. Serve and enjoy!

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