

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

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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
Fruits							Sodium (mg): 141 mg
Grains	1.25 oz eq.						

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