

# Grains and Breads

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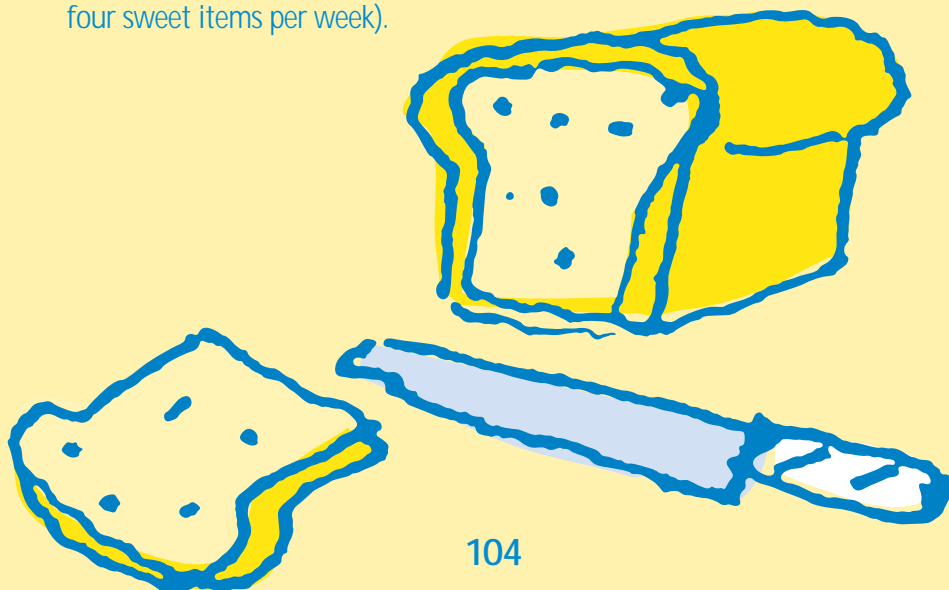
The meal pattern for breakfast, lunch and supper requires a grain/bread requirement. A grain/bread can also be served as one of the two components at snack.

Grain products such as breads, cereals, rice and pasta are the main sources of carbohydrates. Grain and bread products are important dietary sources of thiamin (vitamin B1), niacin (vitamin B2) and riboflavin (vitamin B3). These B vitamins help our bodies use the energy in carbohydrates, fats and proteins.

Whole grain breads and whole grains contain complex carbohydrates. Complex carbohydrates are nutrient dense and contain fiber. Fiber aids in digestion and may help lower cholesterol. Whole grain breads and whole grains are healthier than refined grain products.

## Helpful Reminders about Grains and Breads:

- Bread, pasta and noodle products, and cereal grain, must be whole grain or enriched meal or flour; cereal must be whole grain, enriched or fortified.
- Bran, cornmeal, and germ are credited in the same way as enriched or whole grain meals or flours.
- A quarter of a serving is the smallest amount to be credited to the minimum quantities of grains/breads specified in the program requirements.
- Grains/breads must serve the customary function of bread in a meal, for lunch or supper. That is, they must be served as accompaniments to, or be recognizable integral parts of the main dish.
- Sweet grain/bread foods must be whole grain or made with enriched flour or meal and may be credited as a bread serving at breakfast and snack only.
- No more than two sweet grain/bread breakfast items and no more than two sweet grain/bread snack items may be served per week (not to exceed four sweet items per week).



## Substituting Ingredients

Are your cupboards bare? Maybe you have one of these ingredients! Use the following chart to make ingredient substitutions:

INGREDIENT	AMOUNT	SUBSTITUTES
Baking Powder	1 tsp.	1/4 tsp. Baking Soda + 1/2 tsp. Cream of Tartar 1/4 tsp. Baking Soda + 1/2 cup Buttermilk (minus 1/2 cup liquid in recipe)
Brown Sugar	1 cup	1 cup Sugar + 2 Tbsp. Molasses
Butter	1 cup	1 cup Margarine 1 cup Shortening and 1/2 tsp. Salt
Buttermilk	1 cup	1 Tbsp. Lemon Juice or Vinegar + Whole Milk to make 1 cup (let stand for 5 minutes before using) 1 cup Plain Yogurt
Egg	1 whole	2 Whites 2 Yolks (for custards and cream fillings) 1/4 cup Egg Substitute
All-purpose Flour	1 cup	1 cup + 2 Tbsp. Cake Flour 1 cup Rolled Oats 1 1/2 cup Bread Crumbs
Self-rising Flour	1 cup	1 cup All-purpose Flour + 1 1/2 tsp. Baking Powder + 1 tsp. Salt
Sour Cream	1 cup	1 cup Plain Yogurt 3/4 cup Buttermilk and 1/3 cup Butter or Margarine 3/4 cup Milk, 3/4 tsp. Lemon Juice and 1/3 cup Butter or Margarine (blend until smooth)
Sugar	1 cup	1 cup Brown Sugar, firmly packed 1 cup Corn Syrup (minus 1/4 cup liquid in recipe) 1 cup Honey (minus 1/4 cup liquid in recipe) 1 cup Powdered Sugar

# Cheese Biscuits

Number of Portions: 75

Size of Portions: 1 biscuit

Meal Pattern Contribution:  
2 Grain/Breads; 1/2 oz. Meat/Meat Alternate

## INGREDIENTS

Flour, self-rising	5 lb.
Buttermilk	1 gal.
Shortening	3 cups
Cheddar Cheese, shredded	2 1/2 lb.

Mix all ingredients until dough is smooth. On a lightly floured surface, roll out to 1/2 inch thick. Cut with a floured 2 1/2 inch biscuit cutter. Place on lightly greased baking sheet. Bake at 325° F until lightly brown or about 30 minutes.



Calories, 261

Cholesterol, 18 Mg

Sodium, 533 Mg

Dietary Fiber, 0.8 G

Iron, 2 Mg

Calcium, 272 Mg

Vitamin A, 46 RE

Vitamin C, 1 Mg

Protein, 8.5 G

Carbohydrates, 25.1 G

Total Fat, 14 G

Saturated Fat, 0.4 G

# Cornbread

Number of Portions: 50

Size of Portion: 1 piece

Meal Pattern Contribution:  
1 Grain/Bread

## INGREDIENTS

Flour, all-purpose	4 cups
Cornmeal	3 cups
Baking Powder	1/4 cup
Sugar	1 cup
Salt	2 tsp.
Eggs	6
Vegetable Oil	1/2 cup
Milk	2 1/2 cup

Blend dry ingredients in mixer on low speed for 4 minutes. In a separate bowl, beat eggs, oil and milk. Pour egg mixture into dry ingredients. Mix just enough to moisten. Pour batter into greased baking pan. Bake at 425° F for 20 minutes or until brown. Slice pan 5 x 10.

Calories, 116  
Cholesterol, 26 Mg  
Sodium, 224 Mg  
Dietary Fiber, 0.9 G

Iron, 1 Mg  
Calcium, 85 Mg  
Vitamin A, 22 RE  
Vitamin C, 0 Mg

Protein, 2.9 G  
Carbohydrates, 19.1 G  
Total Fat, 3.1 G  
Saturated Fat, 0.4 G

# Amaranth-Maple Cornbread

Number of Portions: 16

Size of Portions: 1 piece

Meal Pattern Contribution:  
1<sup>3</sup>/<sub>4</sub> Grains/Breads

## INGREDIENTS

Cornmeal	2 cups
Flour, all-purpose	1 <sup>1</sup> / <sub>2</sub> cups
Amaranth, whole grain, uncooked*	1 cup
Baking Powder	1 Tbsp.
Salt	1/2 tsp.
Buttermilk	1 cup
Maple Syrup	2/3 cup
Vegetable Oil	2 Tbsp.
Butter	2 Tbsp.
Eggs	2
Pecans, chopped	1/2 cup

Preheat oven to 425° F. Spray a 9 inch square pan with non-stick cooking spray. Preheat empty pan in oven. Combine cornmeal and next 4 ingredients in a large bowl. Combine buttermilk, syrup, oil, butter, and eggs in a small bowl. Stir well with a wire whisk. Add to cornmeal mixture stirring until mixture is moistened. Pour batter into preheated skillet. Sprinkle pecans over batter. Bake at 425° F for 20 minutes or until done. Slice pan 4 x 4.

\* Amaranth is available in health food stores or substitute an additional 1 cup of cornmeal.

Calories, 256	Iron, 3 Mg	Protein, 6.1 G
Cholesterol, 31 Mg	Calcium, 105 Mg	Carbohydrates, 41 G
Sodium, 207 Mg	Vitamin A, 34 RE	Total Fat, 7.8 G
Dietary Fiber, 3.8 G	Vitamin C, 1 Mg	Saturated Fat, 1.8 G

# Sour Cream Cornbread

Number of Portions: 45

Size of Portions: 1 piece

Meal Pattern Contribution:  
1 Grain/Bread; 1/4 cup Fruit/Vegetable

## INGREDIENTS

Cream Style Corn	1 (106 oz.) can
Vegetable Oil	1 cup
Sour Cream	1 lb.
Cornmeal, self-rising	5 1/2 cups
Eggs	2

Preheat oven to 400° F. Generously grease a 12 x 20 x 2 inch pan with vegetable oil. Mix ingredients together and pour into greased pan. Bake for 20 minutes or until golden brown. Cut pan 5 x 9.

“Yummy and  
moist!”

Calories, 165

Cholesterol, 14 Mg

Sodium, 384 Mg

Dietary Fiber, 1.8 G

Iron, 1 Mg

Calcium, 69 Mg

Vitamin A, 38 RE

Vitamin C, 3 Mg

Protein, 3 G

Carbohydrates, 23 G

Total Fat, 7.9 G

Saturated Fat, 1.8 G

## Pasta Parmesan

Number of Portions: 15

Size of Portions: 1/3 cup

Meal Pattern Contribution:  
1/2 Grain/Bread

### INGREDIENTS

Spiral Pasta	1/2 lb.
Margarine	2 Tbsp.
Flour, all-purpose	3 Tbsp.
Milk	2 cups
Parmesan Cheese	1/2 cup
Black Pepper	to taste

Bring a large pot of water to a boil on the stove while you prepare the sauce. In a medium-sized saucepan, melt the margarine and stir in the flour. Cook for 1 minute over medium heat, until mixture begins to bubble slightly. Very slowly, add the milk, stirring constantly with a fork or wire whisk. Continue stirring until the mixture begins to bubble and thicken. Stir in the cheese and continue to stir until it melts. Season to taste with pepper. Reduce heat to low setting. Cook pasta according to package directions. Drain well. Pour sauce over the pasta and toss.

Note: Black pepper not included in nutrient analysis.

Calories, 104	Iron, 1 Mg	Protein, 4.6 G
Cholesterol, 4 Mg	Calcium, 89 Mg	Carbohydrates, 14.2 G
Sodium, 97 Mg	Vitamin A, 40 RE	Total Fat, 3.1 G
Dietary Fiber, 0.4 G	Vitamin C, 0 Mg	Saturated Fat, 1.2 G



# Banana Bread

Number of Portions: 100

Size of Portions: 1 piece

Meal Pattern Contribution:  
1/2 Grain/Bread

## INGREDIENTS

Sugar	4 cups
Bananas, mashed	4 cups (approximately 8)
Margarine, softened	2 cups
Milk	1 cup
Vanilla	1 Tbsp. + 1 tsp.
Eggs	8
Flour, all-purpose	8 cups
Pecans, chopped	2 cups
Baking Soda	1 Tbsp. + 1 tsp.
Salt	2 tsp.

Heat oven to 350° F. Grease the bottom only of two 12 x 20 x 2 inch pans. In large bowl, blend first 6 ingredients, beat one minute at medium speed. Stir in remaining ingredients just until dry ingredients are moistened. Pour batter into the pans. Bake for 50–60 minutes or until a toothpick inserted in the center comes out clean. Slice each pan 5 x 10. Cool before removing from pans.

Calories, 132  
Cholesterol, 17 Mg  
Sodium, 146 Mg  
Dietary Fiber, 0.7 G

Iron, 1 Mg  
Calcium, 10 Mg  
Vitamin A, 46 RE  
Vitamin C, 1 Mg

Protein, 2 G  
Carbohydrates, 18.4 G  
Total Fat, 5.9 G  
Saturated Fat, 1 G

# Zucchini Bread

Number of Portions: 26

Size of Portions: 1 slice

Meal Pattern Contribution:  
1 Grain/Bread

## INGREDIENTS

Zucchini, shredded	4 cups
Flour, bread	2 cups
Flour, whole wheat	1 cup
Sugar	2 1/2 cups
Cinnamon	1 Tbsp.
Salt	1 1/2 tsp.
Baking Soda	1 1/2 tsp.
Baking Powder	1/2 tsp.
Canola Oil	1 1/4 cup
Eggs	4
Vanilla	1 Tbsp. + 1 tsp.

Coarsely shred zucchini (use hand grater). Blend dry ingredients together with wire whip in large mixing bowl. In a smaller bowl blend together liquid ingredients and add to dry. Mix together until well blended. Add shredded zucchini and mix well. Pour into two 9 x 5 x 3 inch loaf pans sprayed with non-stick cooking spray. Bake at 325° F for 50 minutes to 1 hour.

Calories, 238  
Cholesterol, 33 Mg  
Sodium, 227 Mg  
Dietary Fiber, 1.2 G

Iron, 1 Mg  
Calcium, 20 Mg  
Vitamin A, 21 RE  
Vitamin C, 2 Mg

Protein, 3.1 G  
Carbohydrates, 31.2 G  
Total Fat, 11.6 G  
Saturated Fat, 1 G

# Pumpkin Bread for a Large Group

Number of Portions: 100

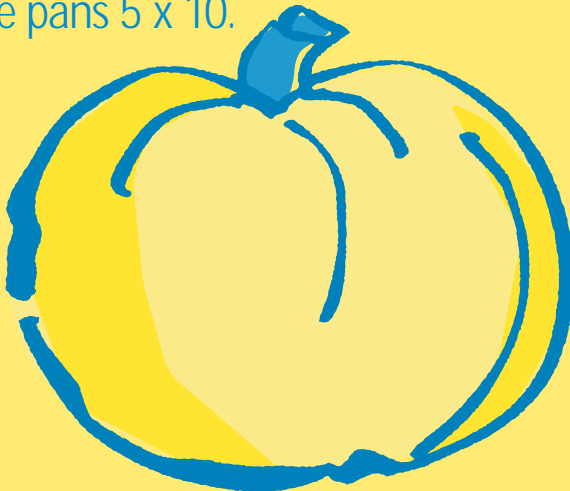
Size of Portions: 1 piece

Meal Pattern Contribution:  
1/2 Grain/Bread

## INGREDIENTS

Flour, all-purpose	6 cups
Baking Soda	2 tsp.
Cinnamon	2 tsp.
Cloves	2 tsp.
Nutmeg	2 tsp.
Sugar	4 cups
Vegetable Oil	2 cups
Eggs	6
Pumpkin, mashed, cooked	4 cups

Sift flour, baking soda, and spices, and set aside. Beat sugar and oil; add eggs one at a time. Beat in pumpkin. Add dry ingredients and mix well until moistened. Pour into two 12 x 20 x 2 inch pans sprayed with nonstick vegetable oil. Bake at 325° F for 50–60 minutes or when a toothpick comes out clean. Slice pans 5 x 10.



Calories, 105

Cholesterol, 13 Mg

Sodium, 53 Mg

Dietary Fiber, 0.5 G

Iron, 1 Mg

Calcium, 6 Mg

Vitamin A, 222 RE

Vitamin C, 0 Mg

Protein, 1.3 G

Carbohydrates, 14.7 G

Total Fat, 4.8 G

Saturated Fat, 0.4 G

# Pumpkin Bread for a Small Group

Number of Portions: 15

Size of Portions: 1 piece

Meal Pattern Contribution:  
1 Grain/Bread

## INGREDIENTS

Flour, all-purpose	2 cups
Brown Sugar	1 cup
Baking Powder	1 Tbsp.
Baking Soda	1/4 tsp.
Cinnamon	2 tsp.
Ginger	1/2 tsp.
Cloves	1/4 tsp.
Pumpkin	1 (15 oz.) can
Milk	1/2 cup
Egg	1
Sour Cream	1 cup

Preheat oven to 350° F. Grease a 9 x 13 inch baking pan. Combine flour, brown sugar, baking powder, baking soda, cinnamon, ginger, and cloves in large mixing bowl. In medium bowl, combine pumpkin, milk, egg, and sour cream. Mix pumpkin mixture until well blended. Add pumpkin mixture to flour mixture and mix just until moistened. Pour batter into pan and bake 40–50 minutes. Cut pan 3 x 5.



Calories, 168  
Cholesterol, 21 Mg  
Sodium, 210 Mg  
Dietary Fiber, 1.5 G

Iron, 2 Mg  
Calcium, 110 Mg  
Vitamin A, 667 RE  
Vitamin C, 2 Mg

Protein, 3.2 G  
Carbohydrates, 30.9 G  
Total Fat, 4 G  
Saturated Fat, 2.2 G

# Bread Pudding

Number of Portions: 36

Size of Portions: 1/2 cup

Meal Pattern Contribution:  
1/2 Grain/Bread

## INGREDIENTS

Eggs	7
Sugar	1 cup
Salt	2 tsp.
Vanilla	2 tsp.
Margarine, melted	2 tsp.
Milk	2 1/2 qt.
Bread, cubed	18 slices
Raisins	2 cups

Cinnamon and Butter for topping

Beat together eggs, sugar, salt, and vanilla. Add margarine to milk and pour into egg mixture. Place bread cubes and raisins in a greased baking pan. Pour custard mixture over bread and raisins. Bake at 325° F for 25–30 minutes until set. Put cinnamon and butter on top.

Note: Cinnamon and butter topping not included in nutrient analysis.

Calories, 128	Iron, 1 Mg	Protein, 4.8 G
Cholesterol, 44 Mg	Calcium, 106 Mg	Carbohydrates, 22.4 G
Sodium, 247 Mg	Vitamin A, 61 RE	Total Fat, 2.4 G
Dietary Fiber, 0.7 G	Vitamin C, 1 Mg	Saturated Fat, 0.9 G

# Apple Knockers

## (French Toast with Applesauce)

Number of Portions: 50

Size of Portions:  
1/2 slice bread and 1/2 cup applesauce

Meal Pattern Contribution:  
1/2 Grain/Bread; 3/8 cup Fruit/Vegetable

### INGREDIENTS

Eggs, well beaten	15
Milk	3 cups
Salt	2 tsp.
Cinnamon, divided	2 Tbsp. + 1/4 tsp.
Vanilla	1 tsp.
Bread	25 slices
Applesauce, divided	2 (108 oz.) cans

Beat eggs, milk, salt, 1/4 tsp. cinnamon and vanilla together. Dip slices of bread into egg mixture. Place on greased cookie sheets. Bake in oven at 425° F until golden. While bread squares are baking, mix applesauce and remaining cinnamon. Slice bread in half. Serve 1/2 cup applesauce over 1/2 slice of bread.

"It's getting  
toasty  
in here. . ."

Calories, 156

Cholesterol, 64 Mg

Sodium, 190 Mg

Dietary Fiber, 1.9 G

Iron, 1 Mg

Calcium, 47 Mg

Vitamin A, 39 RE

Vitamin C, 2 Mg

Protein, 3.6 G

Carbohydrates, 31.7 G

Total Fat, 2.3 G

Saturated Fat, 0.7 G

# French Toast Casserole

Number of Portions: 20

Size of Portions: 1/2 cup

Meal Pattern Contribution:  
1/2 Grain/Bread; 3/4 oz. Meat/Meat Alternate

## INGREDIENTS

French Bread, cubed	1 (10 oz.) loaf
Eggs	8
Milk	3 cups
Sugar, divided	1/4 cup
Vanilla	1 tsp.
Margarine	2 Tbsp.
Cinnamon	2 tsp.

Place bread cubes in a greased 13 x 9 inch baking dish. In a mixing bowl, beat eggs, milk, 1 Tbsp. sugar, and vanilla. Pour over bread. Cover and refrigerate for 8 hours or overnight. Remove from refrigerator 30 minutes before baking. Dot with margarine. Combine remaining sugar and cinnamon; sprinkle over the top. Cover and bake at 350° F for 45–50 minutes or until a knife inserted near the center comes out clean. Let stand 5 minutes. Cut 5 x 4. Serve with syrup.

Calories, 105  
Cholesterol, 86 Mg  
Sodium, 144 Mg  
Dietary Fiber, 0.6 G

Iron, 1 Mg  
Calcium, 69 Mg  
Vitamin A, 71 RE  
Vitamin C, 0 Mg

Protein, 5 G  
Carbohydrates, 12.1 G  
Total Fat, 4 G  
Saturated Fat, 1.2 G

# Squash Muffins

Number of Portions: 50

Size of Portions: 1 muffin

Meal Pattern Contribution:  
3/4 Grain/Bread

## INGREDIENTS

Flour, all-purpose, unsifted	4 1/2 cups
Cinnamon	2 Tbsp.
Baking Powder	1 Tbsp.
Baking Soda	1 1/2 tsp.
Salt	3/4 tsp.
Eggs	6
Sugar	2 1/4 cups
Vanilla	2 Tbsp.
Vegetable Oil	1 1/2 cups
Squash (zucchini or yellow squash, grated)	4 cups

Preheat oven to 350° F. Grease muffin pans. Mix dry ingredients (except sugar) thoroughly. In a separate bowl, beat eggs until frothy. Add sugar, oil and vanilla. Beat until lemon color, about 3 minutes. Stir in squash. Add dry ingredients. Mix just until dry ingredients are moistened. Pour into muffin pans. Bake about 40 minutes or until toothpick comes out clean. Cool on rack. Remove from pan after 10 minutes.

Calories, 146  
Cholesterol, 26 Mg  
Sodium, 110 Mg  
Dietary Fiber, 0.6 G

Iron, 1 Mg  
Calcium, 26 Mg  
Vitamin A, 13 RE  
Vitamin C, 1 Mg

Protein, 2 G  
Carbohydrates, 18.5 G  
Total Fat, 7.2 G  
Saturated Fat, 0.6 G



# Peanut Butter Muffins

Number of Portions: 24

Size of Portions: 1 muffin

Meal Pattern Contribution:  
1 1/4 Grains/Breads

## INGREDIENTS

Milk	2 cups
Eggs, slightly beaten	2
Vegetable Oil	1/2 cup
Flour, all-purpose, unsifted	4 cups
Baking Powder	2 Tbsp.
Salt	2 tsp.
Sugar	1/2 cup
Peanut Butter	1 cup

Preheat oven to 400° F. Grease muffin tins. In a bowl, blend milk into slightly beaten egg and add oil. In another bowl, mix dry ingredients thoroughly. Mix in peanut butter only until mixture is crumbly. Add milk mixture and mix slightly, leaving batter lumpy. Half-fill muffin tins. Bake 20 to 25 minutes or until golden brown.



Calories, 210  
Cholesterol, 19 Mg  
Sodium, 383 Mg  
Dietary Fiber, 1.2 G

Iron, 1 Mg  
Calcium, 102 Mg  
Vitamin A, 20 RE  
Vitamin C, 0 Mg

Protein, 6 G  
Carbohydrates, 23.7 G  
Total Fat, 10.7 G  
Saturated Fat, 1.6 G

# Apple Cheddar Muffins

Number of Portions: 12

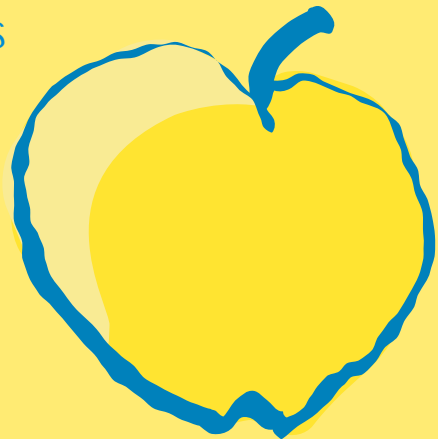
Size of Portions: 1 muffin

Meal Pattern Contribution:  
1 1/4 Grains/Breads

## INGREDIENTS

Bran Flakes	1 cup
Milk	1/4 cup
Apple, peeled, diced	1 cup
Vegetable Oil	1/3 cup
Egg	1
Flour, all-purpose	1 1/2 cups
Baking Powder	1 Tbsp. + 1/2 tsp.
Salt	1/4 tsp.
Cinnamon	1 tsp.
Brown Sugar	1/3 cup
Cheddar Cheese, shredded	1/4 cup

Combine bran flakes, milk and apples. Mix well. Beat in oil and egg. In another bowl, mix flour, baking powder, salt, cinnamon, and brown sugar. Add flour mixture to apple mixture. Add shredded cheese and mix until just moistened. Pour the batter into 12 muffin tins (either greased or lined with paper liners). Bake at 375° F for 18–20 minutes.



Calories, 170  
Cholesterol, 20 Mg  
Sodium, 254 Mg  
Dietary Fiber, 1.3 G

Iron, 2 Mg  
Calcium, 116 Mg  
Vitamin A, 72 RE  
Vitamin C, 3 Mg

Protein, 3.4 G  
Carbohydrates, 23.3 G  
Total Fat, 7.4 G  
Saturated Fat, 1.1 G

# Alphabet Bread Sticks

Number of Portions: 8

Size of Portions: 1 breadstick

Meal Pattern Contribution:  
1 Grain/Bread

## INGREDIENTS

Pizza Crust Mix	1 (6½ oz.) packet
Parmesan Cheese	½ cup
Oregano, dried	½ tsp.
Water, hot	½ cup
Butter	2 Tbsp.
Garlic Salt	½ tsp.

Combine pizza crust mix, cheese and oregano in bowl. Add water and stir vigorously until dough forms. Cover and let dough rest 5 minutes. Turn dough out onto a floured surface and knead 10–12 times. Divide dough into 8 pieces; roll each part into a 10 inch rope. Shape ropes into letters on baking sheet or stone. Mix garlic and butter and spread over breadsticks. Bake 11–12 minutes at 425° F until golden brown. Serve with warm pizza sauce.



Calories, 137

Cholesterol, 5 Mg

Sodium, 422 Mg

Dietary Fiber, 0 G

Iron, 0 Mg

Calcium, 89 Mg

Vitamin A, 40 RE

Vitamin C, 0 Mg

Protein, 4.9 G

Carbohydrates, 16.9 G

Total Fat, 5.5 G

Saturated Fat, 1.7 G

# Rise and Shine Raisin Scones

Number of Portions: 16

Size of Portions: 1 slice

Meal Pattern Contribution:  
1 Grain/Bread

## INGREDIENTS

Biscuit Mix	2 1/2 cups
Raisins	1/2 cup
Milk	1/3 cup
Sugar, divided	3 Tbsp.
Butter, melted	2 Tbsp.
Egg	1
Cinnamon	1/8 tsp.

Preheat oven to 425° F. Mix biscuit mix, raisins, milk, 2 Tbsp. sugar, butter, and egg until a soft dough forms. Turn dough out onto a floured surface and knead 8–10 times. Place dough on baking sheet or stone and roll out to a 9 inch circle that is a 1/2 inch thick. Cut with pizza cutter into 16 pieces, but do not separate from circle. Top with mixture of cinnamon and remaining sugar. Bake 12–13 minutes or until light golden brown. Serve warm with butter or jam.

Calories, 119  
Cholesterol, 13 Mg  
Sodium, 243 Mg  
Dietary Fiber, 0.2 G

Iron, 0 Mg  
Calcium, 11 Mg  
Vitamin A, 23 RE  
Vitamin C, 0 Mg

Protein, 2 G  
Carbohydrates, 18.3 G  
Total Fat, 4.3 G  
Saturated Fat, 1 G