

Sister Schubert's Wheat Yeast Rolls

NO IMAGE

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-56030
School:	Walton-Verona K-5		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL YEAST WHEAT	1 Each		112401

Preparation Instructions

Basic Preparation

WARM AND SERVE, FROM FREEZER TO OVEN, READY IN 5-10 MINUTES

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	1.250
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	140.00
Fat	4.00g
Saturated Fat	1.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	200.00mg
Carbohydrates	22.00g
Fiber	3.00g
Total Sugar	4.00g
Added Sugar	4.00g
Protein	4.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 0.00mg	Iron 1.20mg

Nutrition - Per 100g

No 100g Conversion Available