



**RECIPE NAME:** Cornbread Squares

**File No:**

Grade Group: K-8, 9-12	HACCP Process: <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 100	
Portion Size: 1 square	
Serving Utensil:	
Servings per Pan: 100	

Recipe Adapted From:

Child Nutrition  
Recipe Box



Ingredients	Weight	Measure	Procedure
Whole Wheat Flour	2 lb	1 qt 2 cup	<ol style="list-style-type: none"> <li>Blend flour, cornmeal, sugar, baking powder, and salt together and mix on low speed for 1 minute.</li> <li>In a separate bowl, mix eggs, milk, and oil. Add to dry ingredients and blend for 30 seconds on low.</li> <li>Blend until dry ingredients are moist, 2-3 minutes on medium speed. <b>DO NOT OVERMIX</b>, batter will be lumpy.</li> <li>Spray one full sheet pan (18" x 26" x 1") with pan release spray.</li> <li>Pour batter into pan.</li> <li>Bake until lightly browned: Conventional oven: 400°F for 30-35 minutes Convection oven: 350°F for 20-25 minutes</li> <li>Remove from oven. Cool for 10 minutes.</li> <li>Portion: Cut the pan 10 x 10 = 100 pieces per pan. Each piece about 2" x 2 ½."</li> </ol>
Cornmeal, Enriched, Yellow	2 lb	1 qt 1 cup	
Sugar, Granulated	12 oz	2 cup	
Baking Powder		1/3 cup + 1 Tbsp	
Salt		1 Tbsp	
Whole Eggs, Frozen, Thawed	12 oz	1 1/3 cups	
Milk, Skim		1 qt + 3 cup	
Vegetable Oil		1 cup	
Total Yield:		Number of Pans: 1	
Weight: 8 lb 2 oz	Measure (volume):	Pan Size: 18" x 26" x 1"	

**Meal Component Contribution/Nutrition Analysis Based on Portion Size**

Specify the grade group in the columns:	Grade Group: K-8, 9-12					Equipment (if not specified in procedures above):  DG=Dark Green B/P=Beans/Peas(Legumes) R/O=Red/Orange S=Starchy O=Other
Meat/MeatAlternate						
Vegetable Subgroups	DG	B/P	R/O	S	O	
Fruits						
Grains	1.0 oz eq.					
Calories:	108					
Saturated Fat (g):	0.50 g					
Sodium (mg):	174.10 mg					