

100% Whole Wheat Flour



Washington Office of Superintendent of
PUBLIC INSTRUCTION

Product Information



LFS code: LFS060
Producer: Cairnspring Mills
Units/case: (1) 50-lb. bag
Case Weight: 50 lbs.

Product Description

Whole Wheat Bread Flour, USDA-certified
Organic

Crediting & Yield

- CN Crediting: Flour serves as a recipe ingredient, so crediting is based on the portion size and type of grain item served.
- Use the [Crediting Grain Contribution](#) from a Recipe worksheet to credit flour in your recipe.
- For more information on the grain requirements for the School Meal Programs, see the [USDA's Whole Grain Resource](#).

Culinary Tips & Resources

- Whole wheat flour can be used in baked goods such as pizza crust, breads, rolls or muffins.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

Recipe Ideas

- [Berry Cornmeal Muffins – Highline Public Schools](#)
- [Apple Cinnamon Crumb Muffin – Iowa](#)
- [Baking Powder Biscuits – USDA](#)
- [Banana Bread Squares – USDA](#)
- [Beef and Bean Tamale Pie – USDA](#)
- [Butternut Muffin – Pennsylvania](#)
- [Chicken or Turkey Pot Pie – USDA](#)
- [Fun Fruit Breakfast Pizza – USDA](#)
- [Pizza Cup with Cheese – USDA](#)
- [Pizza Crust – USDA](#)
- [Sweet Potato Bread Squares – USDA](#)
- [Whole Grain Dinner Roles – USDA](#)

Food Safety

For information on safe storage, cooking temperatures, and handling practices: [Washington State Retail Food Code](#) and [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

Nutrition Facts

Serving Size: 100g 100% whole wheat flour

Amount Per Serving

Calories 370

Total Fat 2.5g

Sat. Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 3mg

Carbohydrates 71g

Dietary Fiber 10.5g

Sugars 0g

Protein 15g