

Orfalea Foundation- SFI

000125 - School Food Oatmeal :

HACCP Process: #2 Same Day Service

Number of Portions: 30

Size of Portions: 1/2 Cup

014429 WATER, TAP, MUNICIPAL.....	1 1/4 gals
002047 SALT.....	1/2 tsp
020038 OATS, Rolled, Old-Fashioned..	2 qts + 2 cups

1. Bring water to a boil. Add salt.
2. Stir in oats and turn down to a simmer.
3. Simmer until tender, about 10-12 minutes.

Optional seasonings

- A. Ground cinnamon (1 tsp)
- B. Maple Syrup (2 T.)
- C. Dried fruit (3.75 Cups-fulfills 1/4 Cup fruit requirement) Increase water by 1 Cup.

4. Serve immediately or hold according to HACCP SOP

Optional garnishes:

- Dried fruit (chopped apricots, raisins, cranberries)
- Milk
- Dried, unsweetened coconut flakes

CCP: Hold at 135° F or higher.

EQUIPMENT:

- 1-3 quart cambro**
- 1-Metal kitchen spoon**
- 1-Small stockpot**
- 1-Measuring spoons, full set**

*Nutrients are based upon 1 Portion Size (1/2 Cup)

Calories	202 kcal	Cholesterol	0 mg	Protein	8.78 g	Calcium	32.84 mg	15.96%	Calories from Total Fat
Total Fat	3.59 g	Sodium	45 mg	Vitamin A	0.0 RE	Iron	2.45 mg	2.82%	Calories from Sat Fat
Sat Fat	0.63 g	Carbs	34.46 g	Vitamin A	0.0 IU	Water ¹	162.12 g	*N/A*	Calories from Trans Fat
Trans Fat ¹	*N/A* g	D. Fiber	5.51 g	Vitamin C	0.0 mg	Ash ¹	1.15 g	68.14%	Calories from Carbs
								17.37%	Calories from Protein

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values