

# Orfalea Foundation- SFI

Page 1

Recipe Sizing Report

Aug 20, 2013

## 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 <sup>1</sup>	162.12	g	*N/A*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*N/A*	g	D. Fiber	5.51	g	Vitamin C	0.0	mg	Ash <sup>1</sup>	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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Page 2

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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

<sup>1</sup> - denotes optional nutrient values

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