

# Apple Pie Overnight Oats

<b>Servings:</b>	50.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Complex Food Prep

Overnight Oats

## Nutrition Information

<b>Calories</b>	186.72	<b>Protein</b>	6.56g
<b>Fat</b>	2.38g	<b>SaturatedFat</b>	0.81g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	2.61mg
<b>Carbohydrates</b>	34.61g	<b>Fiber</b>	2.67g
<b>Sugar</b>	14.80g	<b>Sodium</b>	53.72mg
<b>Iron</b>	1.74mg	<b>Vitamin C</b>	0.07mg
<b>Vitamin A</b>	490.16IU	<b>Calcium</b>	110.21mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
12 1/2 Cup	304096	OATS OLD FASHIONED 12-42Z QUAK	USE UNCOOKED
196 Ounce	811500	YOGURT VAN L/F PARFPR 6-4 YOPL	READY_TO_EAT Ready to use with pouch & serving tip.
6 1/2 1 carton		1% Lowfat White Milk	
2 Serving	110541-COMM	Applesauce Unsweetened 6/#10 Cans	READY_TO_EAT

## Preparation Instructions

Mix all ingredients together, portion in cups, lid and place in refrigerator overnight.

Serve the next day.

DISCLAIMER:

DO NOT VARY FROM THIS RECIPE, THE NUTRITION STANDARDS ARE SET BY THE USDA TO MEET THE NATIONAL SCHOOL LUNCH/BREAKFAST PROGRAM REQUIREMENTS AND ARE FOLLOWED BY THE INDIANA DEPARTMENT OF EDUCATION.