

Apple Pie Overnight Oats

Servings:	100.00
Serving Size:	100.00 Serving
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	Complex Food Prep

Overnight Oats

Nutrition Information

Calories	148.56	Protein	4.85g
Fat	2.89g	SaturatedFat	0.49g
Trans Fat	0.00g	Cholesterol	0.04mg
Carbohydrates	26.21g	Fiber	3.91g
Sugar	1.83g	Sodium	0.91mg
Iron	96.01mg	Vitamin C	0.00mg
Vitamin A	7.50IU	Calcium	1.50mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
6 Gallon	811500	YOGURT VAN L/F PARFPR 6-4 YOPL	READY_TO_EAT Ready to use with pouch & serving tip.
3 #10 CAN	110541-COMM	Applesauce Unsweetened 6/#10 Cans	READY_TO_EAT
3 Gallon	467251	OATS QUICK HOT CEREAL 12-42Z QUAK	

Preparation Instructions

Add Oats to a 12 oz. cup, top with yogurt, then fruit. Put lid on cup. Store 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.