

GFS Product Information: Nutrition Resource Center

ITEM INFORMATION	240869, 12-42z GFS Quick Oats Hot CerealGFS																																	
VENDOR INFORMATION	Conagra Foods, Inc. (Cereal)																																	
APPROVAL INFORMATION (Name, Date)	7/30/2009 Cindy Newman																																	
STORAGE REQUIREMENTS	Grocery (Dry)																																	
TOTAL SHELF LIFE	546 days																																	
LOT CODE DEFINITION	?Best if used by MMM DD YY P TT:TT MMM = Month, DD = Day,  YY = Year (Date of product plus 18 Months), P = Plant,  TT:TT = Military time/ Hour:Minute (optional) Example: May1705N TT:TT. The product would have been produced on Nov. 17, 2003 at Cedar Rapids.  Primary placement is on the bottom of canister. The secondary placement is in bottom left hand corner of two adjacent sides of the container.																																	
COUNTRY OF ORIGIN If this is a fish item, is it farm raised or wild?																																		
KOSHER (Y/N) If Kosher, what certification?	Yes																																	
CHILD NUTRITION LABEL (Y/N)	No																																	
SCHOOL UNCH EQUIVALENTS Meat/Meat Alternate Equivalent (oz): Grain/Bread Equivalent: Fruit/Vegetable Equivalent (cups):																																		
INGREDIENT INFORMATION	100% WHOLE GRAIN ROLLED OATS																																	
ALLERGEN INFORMATION	N/A																																	
PREPARATION INSTRUCTIONS <i>Note: These may not be an exact match to the packaging instructions. Always utilize the packaging for the most current preparation instructions!</i>	<p style="text-align: center;"><b>PREPARATION</b></p> <table border="0"> <tr> <td><b>INSTRUCTIONS:</b></td> <td></td> <td></td> </tr> <tr> <td># of 1 cup Servings</td> <td>Quick Oats</td> <td>Water</td> </tr> <tr> <td>Salt (optional)</td> <td></td> <td></td> </tr> <tr> <td>31</td> <td>2 LB. 10 OZ. (1 container)</td> <td>1 gallon</td> </tr> <tr> <td>+ 3 quarts</td> <td>1 tablespoon</td> <td></td> </tr> <tr> <td>17</td> <td>1 LB. 8 OZ. (2 quarts)</td> <td>1</td> </tr> <tr> <td>gallon</td> <td>2 teaspoons</td> <td></td> </tr> <tr> <td>8</td> <td>12 OZ. (1 quart)</td> <td>2</td> </tr> <tr> <td>quarts</td> <td>1 teaspoon</td> <td></td> </tr> <tr> <td>2</td> <td>3 OZ. (1 cup)</td> <td>2</td> </tr> <tr> <td>cups</td> <td>1/4 teaspoon</td> <td></td> </tr> </table> <p><b>DIRECT HEAT METHOD:</b> In a heavy saucepan, stir oats into briskly boiling salted water. Return to boil. Reduce heat. Simmer 1 minute, stirring occasionally. Transfer to steam table; cover. Serve immediately.</p> <p><b>STEAM-JACKETED KETTLE METHOD:</b> Using the above proportions, stir oats into briskly boiling salted water. Return to boil. Reduce heat. Simmer 1 minute. Transfer to steam table pan; cover. Serve immediately.</p>	<b>INSTRUCTIONS:</b>			# of 1 cup Servings	Quick Oats	Water	Salt (optional)			31	2 LB. 10 OZ. (1 container)	1 gallon	+ 3 quarts	1 tablespoon		17	1 LB. 8 OZ. (2 quarts)	1	gallon	2 teaspoons		8	12 OZ. (1 quart)	2	quarts	1 teaspoon		2	3 OZ. (1 cup)	2	cups	1/4 teaspoon	
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**MICROWAVE DIRECTIONS:**

For 1 serving; pour 2/3 cup water, 1/2 cup (1.5 OZ) Quick oats, 1/8 teaspoon salt (optional) in 1 quart microwaveable bowl, microwaveuncovered about 1 minute (1000 watt microwave oven); stir well. Let stand until desired consistency.

<b>Nutrition Facts</b>		
Serving Size	1/2 cup (39g dry)	
Servings Per Container	About 31 Or, does it vary? No	
<i>Amount Per Serving</i>		
Calories	140	
Calories from Fat	25	
Total Fat (g)	2.5	4
Saturated Fat (g)	0.5	3
Trans Fat (g)	0.0	
Cholesterol (mg)	0	0
Sodium (mg)	0	0
Total Carbohydrate (g)	26	9
Dietary Fiber (g)	4	
Sugars (g)	0	
Protein (g)	5	
Vitamin A (%)		0
Vitamin C (%)		0
Calcium (%)		0
Iron (%)		10

Additional NLEA Notes:

<b>Analytical Results</b>	
Calculated or Test Results	
As Purchased or Prepared	
Sample Weight	
Sample Volume	

<b>Analytical Information</b>	
Calories	
Calories from fat	
Total fat (g)	
Saturated fat (g)	
Trans fat (g)	
Monounsaturated fat (g)	
Polyunsaturated fat (g)	
Cholesterol (mg)	
Sodium (mg)	
Potassium (mg)	
Total Carbohydrates (g)	
Dietary Fiber (g)	
Sugars (g)	
Protein (g)	

Vitamin A (iu)	
Vitamin C (mg)	
Vitamin D (iu)	
Calcium (mg)	
Iron (mg)	
Magnesium (mg)	
Phosphorous (mg)	
Zinc (mg)	
Riboflavin (mg)	
Thiamin (mg)	
Niacin (mg)	
Vitamin B-6 (mg)	
Folic acid (mg)	
Vitamin B-12 (mcg)	



**Formulation Statement for Documenting Grains in School Meals Required Beginning SY 2014-2015**  
*(Crediting Standards Based on Grams of Creditable Grains)*

School Food Authorities (SFAs) should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 30-2012) must be used beginning SY 2014-1015. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

Product Name: Quick Oats Code No.: 240869

Manufacturer: ConAgra Foods, Inc. Serving Size ½ cup (39g dry)  
(raw dough weight may be used to calculate creditable grain amount)

**I. Does the product meet the Whole Grain-Rich Criteria:** Yes  No   
(Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)

**II. Does the product contain non-creditable grains:** Yes  No  **How many grams:** \_\_\_\_\_  
(Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.)

**III. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains) or Group I (RTE breakfast cereals).** (Different methodologies are applied to calculate servings of grain component based on creditable grains. Groups A-G use the standard of 16grams creditable grain per oz eq; Group H uses the standard of 28grams creditable grain per oz eq; and Group I is reported by volume or weight.)

Indicate to which Exhibit A Group (A-I) the Product Belongs: H

Description of Creditable Grain Ingredient*	Grams of Creditable Grain Ingredient per Portion <sup>1</sup>	Gram Standard of Creditable Grain per oz equivalent <i>(16g or 28g)<sup>2</sup></i>	Creditable Amount
	A	B	A ÷ B
Whole Grain Rolled Oats	39 grams	28 grams	1.39
<b>Total Creditable Amount<sup>3</sup></b>			1.25

\* Creditable grains are whole-grain meal/flour and enriched meal/flour.  
<sup>1</sup> (Serving size) X (% of creditable grain in formula). Please be aware that serving sizes other than grams must be converted to grams.  
<sup>2</sup> Standard grams of creditable grains from the corresponding Group in Exhibit A.  
<sup>3</sup> Total Creditable Amount must be rounded **down** to the nearest quarter (0.25) oz eq. Do **not** round up.

Total weight (per portion) of product as purchased 39g (1.38oz)  
 Total contribution of product (per portion) 1.25 oz equivalent

I certify that the above information is true and correct and that a 1.38 ounce portion of this product (ready for serving) provides 1.25 oz equivalent Grains. I further certify that non-creditable grains **are not** above 0.24 oz eq. per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of **non-creditable** grains may not credit towards the grain requirements for school meals.

Sarah B Phillips, MS, RD  
 Signature  
 Sarah B. Phillips  
 Printed Name

Principal Labeling Specialist  
 Title  
 06/05/2015 (314) 877-7533  
 Date Phone Number