

Baked Oatmeal-Northwood High

Servings:	48.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19530
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
BUTTER PRINT UNSLTD GRD AA	1 Pint	299405
SUGAR BEET GRANUL	1 Pint 1 Cup (3 Cup)	108588
EGG SHL LRG A GRD	8 Each	206539
MILK PWD INST FF	1 Quart	113336
SALT IODIZED	2 Teaspoon	108286
BAKING POWDER	2 Fluid Ounce	361032
OATS QUICK HOT CEREAL	3 Quart	240869
SUGAR BROWN MED	1/2 Cup	108626
SPICE CINNAMON GRND	2 Teaspoon	224731
FLAVORING VANILLA IMIT	2 Teaspoon	110744

Preparation Instructions

Mix all ingredients together day before serving. Put into greased 2-B pan. Refrigerate over night. Bake at 325 for 25 minutes or till done thru. Serve warm with milk.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	242.05
Fat	9.48g
SaturatedFat	5.20g
Trans Fat	0.00g
Cholesterol	52.83mg
Sodium	288.54mg
Carbohydrates	32.84g
Fiber	2.00g
Sugar	19.34g
Protein	7.10g
Vitamin A 2.20IU	Vitamin C 0.68mg
Calcium 171.16mg	Iron 0.98mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available