

Oatmeal



Servings:	24.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15855
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS QUICK HOT CEREAL	1 Package		100800
BUTTER PRINT UNSLTD GRD AA	1 Cup		361730
Prairie Farms 1% Low Fat White Milk	1 Quart 1 Pint (6 Cup)		
SUGAR BROWN LT	1 Package		860311

Preparation Instructions

Mix all ingredients in a 4 in pan add 4 qts of water and steam for 20 mins. Temp should reach 165. Bowl it up and put in warmer till time to serve.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	85.42		
Fat	7.70g		
SaturatedFat	4.76g		
Trans Fat*	0.00g		
Cholesterol	20.47mg		
Sodium	3.75mg		
Carbohydrates	3.09g		
Fiber	0.33g		
Sugar	0.51g		
Protein	0.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.67mg	Iron	0.13mg

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

Nutrition - Per 100g

No 100g Conversion Available