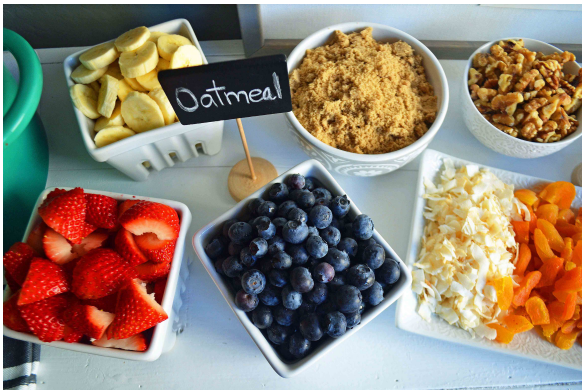


Oatmeal Bar



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-41508
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS QUICK HOT CEREAL	1 Cup	Basic Preparation COOKS IN 1 MIN. CAN BE COOKED IN A MICROWAVE OR CAN ON THE STOVE. FOR STOVETOP PREPARATION BRING WATER TO BOIL 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.	240869

Preparation Instructions

Set up oatmeal bar to include the following toppings.

- Banana- 686503
- Diced Strawberries- 621420- 2 oz.
- Blueberries-119873- 2 oz.
- Raisins- 105686- 2 oz.
- Brown Sugar- 846775- 1 Tablespoon
- Mini Chocolate Chips- 874525- 1 Tablespoon
- Granola-711664- 1 Tablespoon
- Black Bowl- 146633

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	300.00		
Fat	5.00g		
SaturatedFat	1.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	54.00g		
Fiber	8.00g		
Sugar	0.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	3.20mg

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

Nutrition - Per 100g

No 100g Conversion Available