

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

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	300.00		
Fat	5.00g		
Saturated Fat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	54.00g		
Fiber	8.00g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	10.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	3.20mg

Nutrition - Per 100g

No 100g Conversion Available