

# Oatmeal Bar



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS QUICK HOT CEREAL	1 Cup	<b>Basic Preparation</b> 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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

## Nutrition - Per 100g

No 100g Conversion Available