

# Quaker® Overnight Oatmeal with Berries

<b>Servings:</b>	50.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Bowl	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-76308
<b>School:</b>	Concord Community Elementary Schools		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS HEARTY KETTLE HOT	20 Cup		467278
1% Low Fat White Milk*	9 1/2 Carton		13871
SPICE CINNAMON GRND	6 Tablespoon		224723
Yoplait Parfait Pro Lowfat Vanilla Yogurt, Reduced Sugar, Bulk Pouch, 64 Oz Bag, 6/Case	29 Cup		499989
Variety of Fruit	12 1/2 Cup	Any chopped fresh or frozen fruit can be used (peaches, GFS#244620 Berry Blend, blueberries, starwberries, etc)	

## Preparation Instructions

Make overnight oats the day before serving.

1. Make 25 servings per full size steamtable pan. In pan, combine 10 cups of oats and 3 tablespoons of cinnamon.
2. Add 4 ¾ cups of milk and 14 ½ cups of yogurt to the oat mixture and stir to fully combine.
3. Cover tightly and hold oats base in refrigerator overnight OR go to step 5.
5. Portion 1 cup of the oats base into a 9 oz plastic cup.
6. Top each cup with ¼ cup of berries.
7. Put flat lid on top of the cup and place into refrigerator until serving.

Note: The overnight oats base can be held for up to 3 days in refrigerator in an airtight container. Once topped for service, use within 24 hours.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.250
<b>Grain</b>	1.000
<b>Fruit</b>	0.250
<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: 50.00

Serving Size: 1.00 Bowl

Amount Per Serving	
<b>Calories</b>	274.29
<b>Fat</b>	3.34g
<b>Saturated Fat</b>	0.69g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	7.18mg
<b>Sodium</b>	112.51mg
<b>Carbohydrates</b>	50.45g
<b>Fiber</b>	3.81g
<b>Total Sugar</b>	20.47g
<b>Added Sugar</b>	6.93g
<b>Protein</b>	10.71g
<b>Vitamin A</b> 165.11mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 245.55mg	<b>Iron</b> 1.30mg

## Nutrition - Per 100g

No 100g Conversion Available