



260 Apple Spice Baked Oatmeal

Category: Breakfast Entree

Serves: 30 (Serving (1/2 cup))

HACCP Process: None



ALLERGENS	DIETARY RESTRICTIONS	RELIGIOUS RESTRICTIONS
Egg, Milk, Soybean Oil	None	None

PICKLIST

5 eaches of Apples, Fresh, Gala (Sysco) (5.5 sp/lb or half apple), 1 #10 can of Applesauce, Canned (22 spc), 4 tsp of Baking Powder, 17 50# bags of Cereal, Oats, Old Fashion Rolled, 1 18 oz container of Cinnamon, Ground (5#), 1 5# Carton of Eggs, Fresh, 6 half pints of Milk, White 1% Lowfat (Darigold), 1 Gallon of Oil, Vegetable (USDA), 1 Teaspoon of Salt, Table, 1 2# bag of Sugar, Brown (2# bag), 1 16 oz bottle of Vanilla Extract

#	INGREDIENTS	INSTRUCTIONS
1		Preheat oven to 350 degrees. Lightly spray a 2 inch steamtable pan with spray. Control Measures: Wash Hands/ Replace Gloves
2	8 x Ounce of Eggs, Fresh 6 x half pint of Milk, White 1% Lowfat (Darigold) 1 x TBSP and 1 x Teaspoon of Vanilla Extract 4 x Ounce of Oil, Vegetable (USDA) 2 x Pound of Apples, Fresh, Gala (Sysco) (5.5 sp/lb or half apple)	Combine the egg, applesauce, milk, vanilla, and oil in a bow. Add the apple.
3	1 x Pound and 12 x Ounce of Cereal, Oats, Old Fashion Rolled 1 x Tablespoon and 1 x Teaspoon of Baking Powder 1 x Teaspoon of Salt, Table 1 x Tablespoon and 1 x Teaspoon of Cinnamon, Ground (5#)	In a separate bowl mix the rolled oats, baking powder, salt, and cinnamon. Add to the liquid ingredients and mix well.
4	1/2 x Cup of Sugar, Brown (2# bag)	Pour the mixture into the prepared steamtable pan and sprinkle with the brown sugar. Bake for about 25-45 minutes, or until set and the brown sugar has bubbled. Head to 165 degrees or higher for at least 15 seconds. Hold hot for service at 135 or higher. Serve 1/2 portions Control Measures: After Cook Temperature
5	2 x Cup of Applesauce, Canned (22 spc)	

NOTES

Crediting FBG Grain Worksheet:
 2 quarts of oats = 8 cups x 81 = 648 / 30 = 21.6 / 16 = 1.35
 Grains = 1.25 oz eq
 fruit = .25 cup eq

NUTRIENT	SERVING (1/2 CUP)
Calories	196.5569 kcals
Saturated Fat	1.3425 g
Sodium	183.1417 mg
Total Carbohydrate	27.3227 g



¹ Nutrient components missing

SERVING SIZE	MEAL CONTRIBUTION
Serving (1/2 cup)	1.250 oz Grains, 1.250 oz Whole Grain-Rich (Grains), 0.250 cups Fruits, 0.250 cups Whole Fruit (Fruits)



908371 Applesauce

Category: Fruit

Serves: 2 (Cup)

HACCP Process: Process #1 (No Cook)



ALLERGENS	DIETARY RESTRICTIONS	RELIGIOUS RESTRICTIONS
None	None	None

#	INGREDIENTS	INSTRUCTIONS
1		Open can. Serve and put any additional servings into 1/2 cup to serve at a late date

NOTES
FBG - 1/2 cup = 1 FRUIT 1 (#10 can) = 22 servings

NUTRIENT	CUP
Calories ¹	NaN kcals
Saturated Fat ¹	NaN g
Sodium ¹	NaN mg
Total Carbohydrate ¹	NaN g

¹ Nutrient components missing

SERVING SIZE	MEAL CONTRIBUTION
Cup	



990073 Milk, White 1%

Category: Milk

Serves: 6 (half pint)

HACCP Process: None



ALLERGENS	DIETARY RESTRICTIONS	RELIGIOUS RESTRICTIONS
Milk	None	None

#	INGREDIENTS	INSTRUCTIONS
1	6 x half pint of Milk, White 1% Lowfat (Darigold)	

NOTES
FBG - 1 (8 oz) carton milk = 1 cup MILK

NUTRIENT	HALF PINT
Calories	109.9999 kcals
Saturated Fat	1.5 g
Sodium	129.9999 mg
Total Carbohydrate	12.9999 g

¹ Nutrient components missing

SERVING SIZE	MEAL CONTRIBUTION
half pint	