

Recipe Prep Sheet

American Dairy Association North East

990090 - Peaches n Cream Overnight Oats

Recipe HACCP Process: #3 Complex Food Preparation

Source: DSB

Number of Portions: 50

Portion Size: each

Ingredient #	Ingredient Name	Measurements	Instructions
001286	YOGURT,GREEK,VANILLA,N ONFAT	12 LB + 8 oz	No Instructions Assigned
			<p>Wet your hands with clean,running water — either warm or cold. Apply soap and lather well. Rub your hands vigorously for at least 20 seconds. Remember to scrub all surfaces,including the backs of your hands,...Rinse well. Dry your hands with a clean towel or air-dry them.</p> <p>Drain the peaches and set aside.</p>
120866	Diced Peaches	6 1/4 quart	<p>Combine the dry oats,yogurt,and milk together until blended. Stir in the peaches. Portion 1 cup into a 10 oz container. Cover with lid and chill overnight.</p> <p>Optional idea: Sprinkle each cup with nutmeg or cinnamon.</p> <p>Meal Service:</p> <p>Serve 1-8oz portion</p> <p>NOTE: Other fruits may be used in place of the peaches in equal amounts.</p> <p>CCP: Hold for cold service at 41° F or lower.</p> <p>CCP: Refrigerate until served.</p>
001082	MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A	2 CUP + 4 FL OZ	
121631	OATMEAL	5 LB	

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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*Nutrients are based upon 1 Portion Size (each)

Calories ¹	179.753 kcal	Total Fat	0.856 g	Total Dietary Fiber	2.281 g	Vitamin C	*0.000* mg	4.285% Calories from Total Fat
Saturated Fat ¹	0.308 g	Trans Fat ²	*0.005* g	Protein	11.276 g	Iron	0.582 mg	1.542% Calories from Sat Fat
Sodium ¹	47.390 mg	Cholesterol	4.012 mg	Vitamin A	*23.912* IU	Water	*101.983* g	*0.023%* Calories from Trans Fat
Sugars	25.931 g	Carbohydrate	32.828 g	Calcium	139.857 mg	Ash	*N/A* g	73.050% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			25.092% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	1 oz eq	Grain	1 oz eq	Fruit	.5 cup	Vegetable	cup	Milk	cup

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