

Recipe Prep Sheet

American Dairy Association North East

990162 - Maple Oatmeal Smoothie Breakfast

Recipe HACCP Process: #3 Complex Food Preparation

Source: DSB

Number of Portions: 50

Portion Size: 16 oz

Ingredient #	Ingredient Name	Measurements	Instructions
001295	YOGURT,VANILLA,NON-FAT	13 LB	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>Day Before: Peel and slice the bananas and freeze.</p>
121631	OATMEAL	2 1/4 LB	<p>Combine all ingredients in a blender. Mix Well. Serve a 16 oz portion</p> <p>Students may choose a grain component to make this a reimbursable meal.</p> <p>CCP: Hold for cold service at 41° F or lower.</p> <p>CCP: Refrigerate until served.</p>
011424	PUMPKIN,CND,WO/SALT	1 1/2 gal + 1 CUP	
009040	BANANAS,RAW	1 1/2 gal, mashed + 1 CUP, mashed	
001082	MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A	3 gal + 2 CUP	
119539	Maple Syrup	1 1/2 Cup	

*Nutrients are based upon 1 Portion Size (16 oz)

Calories ¹	378.139 kcal	Total Fat	3.316 g	Total Dietary Fiber	6.830 g	Vitamin C	14.932 mg	7.892% Calories from Total Fat
Saturated Fat ¹	1.885 g	Trans Fat ²	*0.000* g	Protein	14.733 g	Iron	2.303 mg	4.485% Calories from Sat Fat
Sodium ¹	174.626 mg	Cholesterol	15.738 mg	Vitamin A	19856.113 IU	Water	*507.060* g	*0.000%* Calories from Trans Fat
Sugars	*39.770* g	Carbohydrate	77.467 g	Calcium	485.868 mg	Ash	*N/A* g	81.946% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			15.585% Calories from Protein
Type of Fat	-							

Components	
Meat/Meat ALT 1 oz eq	Grain 1 oz eq Fruit .25 cup Vegetable .25 cup Milk 1 cup

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.