

Recipe Prep Sheet

American Dairy Association North East


990171 - Overnight Vanilla Oats w/ Mango or Peach Breakfast

Recipe HACCP Process: #1 No Cook

Source: ADANE

Number of Portions: 50

Portion Size: 12 oz.

Ingredient #	Ingredient Name	Measurements	Instructions
799969	CRANBERRIES, DRIED	2 LB	No Instructions Assigned
901529	SUGARS,BROWN,DARK	3/4 CUP, packed	
119539	Maple Syrup	3/4 Cup	
009176	MANGOS,RAW	7 1/2 LB	
001287	YOGURT,GREEK,PLN,LOWFAT	12 1/2 LB	
001082	MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A	3 qt + 1 CUP	
008120	CEREALS,OATS,REG & QUICK & INST,NOT FORT,DRY	4 1/2 LB	
			<p>Combine all ingredients except mango in a large bowl and mix thoroughly. Cover in saran wrap and place in the fridge overnight (can be stored covered in the fridge for up to 3 days).</p> <p>CCP: Hold for cold service at 41° F or lower.</p>
			<p>Portion 12 oz. (1.5 cups) cups into 12 oz cup and top with 1/3 cup mango.</p> <p>CCP: Hold for cold service at 41° F or lower.</p>

*Nutrients are based upon 1 Portion Size (12 oz.)

Calories ¹	383.337 kcal	Total Fat	6.166 g	Total Dietary Fiber	6.119 g	Vitamin C	25.673 mg	14.477% Calories from Total Fat
Saturated Fat ¹	2.312 g	Trans Fat ²	*0.068* g	Protein	19.351 g	Iron	2.013 mg	5.428% Calories from Sat Fat
Sodium ¹	72.507 mg	Cholesterol	14.512 mg	Vitamin A	1211.228 IU	Water	*213.055* g	*0.160%* Calories from Trans Fat
Sugars	*17.034* g	Carbohydrate	66.176 g	Calcium	241.162 mg	Ash	*N/A* g	69.052% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			20.192% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	1 oz eq	Grain	2 oz eq	Fruit	.5 cup	Vegetable	cup	Milk	cup
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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.