



# Sizing Prep Report

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
			<p><b>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.</b></p> <p>Drain the peaches and set aside.</p>
051543	Yogurt, High-Protein, Vanilla, Tubs	50 (0.5 CUP)	<p>Combine the dry oats (5 cups),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 one cup and students may still select an additional Fruit/Juice and a Milk.</p> <p>NOTE: Other fruits may be used in place of the peaches in equal amounts.</p> <p><b>CCP:</b> Refrigerate until served.</p> <p><b>CCP:</b> Hold for cold service at 41° F or lower.</p>
120866	6/10 Diced Peaches	50 (0.5 CUP)	
001082	MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A	5 CUP + 10 FL OZ	
121631	OATMEAL	12 LB + 8 oz	

*\*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*

*<sup>1</sup> - denotes required nutrient values*

*<sup>2</sup> - 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 <sup>1</sup>	276.801 kcal	Total Fat	1.629 g	Total Dietary Fiber	3.000 g	Vitamin C	*0.000* mg	5.298% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.393 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	13.684 g	Iron	1.343 mg	1.277% Calories from Sat Fat
Sodium <sup>1</sup>	67.084 mg	Cholesterol	6.520 mg	Vitamin A	*59.780* IU	Water	*27.426* g	*0.000%* Calories from Trans Fat
Sugars	37.915 g	Carbohydrate	52.511 g	Calcium	195.119 mg	Ash	*N/A* g	75.883% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			19.774% 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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