



# Sizing Prep Report

American Dairy Association North East

## 990091 - Cheesy Baked Oatmeal

Recipe HACCP Process: #2 Same Day Service

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>Preheat oven to 375 degrees. Spray a 2" full pan with non-stick cooking spray.</p>
001082	MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A	2 qt + 2 CUP	<p>In a large bowl, whisk together milk, eggs, baking powder (1 TB) salt, pepper, and thyme. Stir in oats (6 cups) and let oats absorb mixture for at least 5 minutes.</p>
001124	EGG,WHITE,RAW,FRSH	26 2/3 large	
002047	SALT, TABLE	7/8 tsp	
002030	PEPPER,BLACK	1 5/8 tsp (ground)	
002042	SPICES,THYME,DRIED	1 tbsp + 3/8 tsp (ground)	
121631	OATMEAL	10 LB	
051459	BROCCOLI, FROZEN, FLORETS	1 qt + 2 5/8 CUP	<p>Chop broccoli into small pieces. Dice ham. Add broccoli,ham and cheese into oats mixture. Pour into prepared 2" full pan.</p> <p>Bake 20-25 minutes until edges start to brown and are firm to the touch.</p> <p>For meal service: cut the pan 3 across and 5 down (3x5); serve one rectangle.</p> <p><b>CCP:</b> Heat to 155° F or higher for at least 15 Seconds</p> <p><b>CCP:</b> Hold at 135° F or higher.</p>
799950	TURKEY HAM, SMOKED, WATER ADDED, COOKED THEN	1 LB + 10 2/3 oz (diced 1/4")	
900347	CHEESE SUB,"SCHOOL CHOICE SHRED CHEDDAR CHEES	1 qt + 2 5/8 CUP	

\*NA\* - 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>	189.508 kcal	Total Fat	4.911 g	Total Dietary Fiber	2.400 g	Vitamin C	9.887 mg	23.324% Calories from Total Fat
Saturated Fat <sup>1</sup>	1.128 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	11.735 g	Iron	1.638 mg	5.356% Calories from Sat Fat
Sodium <sup>1</sup>	375.309 mg	Cholesterol	11.020 mg	Vitamin A	642.934 IU	Water	*64.932* g	*0.000%* Calories from Trans Fat
Sugars	*13.331* g	Carbohydrate	25.209 g	Calcium	184.893 mg	Ash	*N/A* g	53.210% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			24.769% Calories from Protein
Type of Fat	-							

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

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