

Oatmeal

Component: Grain

Recipe Category Breakfast

Recipe: KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Water		7 qt			1. Bring water to a boil. 2. Add salt. 3. Stir in rolled oats. 4. Cook about 5 minutes over medium heat; stir occasionally. 5. Allow 5 minutes for oatmeal to thicken, and then serve immediately or hold at 135° F or higher. <i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F</i>
Salt		1 tsp			
Oats, rolled	2 lbs 13 oz	3 qt 3 ½ cups			

Notes:

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Nutrient information calculated using Food Processor.
Recipe calculated using 1 serving = 25 grams of dry
oats.

Serving: 1/2 cup cooked oatmeal	Yield:	Volume:
1-2 years: ¼ cup	50 Servings:	50 Servings:
3-5 years: ¼ cup		
6-18 years: ½ cup	100 Servings:	100 Servings:

Nutrients Per Serving					
Calories	96	Saturated Fat	0.32 g	Iron	1.15 mg
Protein	3.19 g	Cholesterol	0 mg	Calcium	4.01 mg
Carbohydrate	17.22 g	Vitamin A	0 RAE mcg	Sodium	51.81 mg
Total Fat	1.91 g	Vitamin C	0 mg	Dietary Fiber (2016)	2.55 g