

Overnight Oatmeal



1 Serving Provides:

CACFP: 1.25 ounce equivalents Grains, 0.5 ounces Meat/Meat Alternate, 1/8 cup Fruit

NSLP: 1.25 ounce equivalents Grains, 0.5 ounces Meat/Meat Alternate, 1/8 cup Fruit

SFSP: 1.25 ounce equivalents Grains, 0.5 ounces Meat/Meat Alternate, 1/8 cup Fruit

HACCP Process #1 No Cook Preparation

Ingredients	12 Servings		24 Servings	
	Weight	Measure	Weight	Measure
Old-fashioned rolled oats, uncooked	11 ounces	3 cups	1 pound 6 ounces	1 quart + 2 cups
Low-fat yogurt	1 pound 11 ounces	3 cups	3 pounds 6 ounces	1 quart + 2 cups
Milk, nonfat or 1%		1½ cups		3 cups
Berries, fresh or frozen	7 ounces	1½ cups	14 ounces	3 cups
Apples, chopped	7 ounces	1½ cups	14 ounces	3 cups



Directions

1. Mix together the oats, yogurt, and milk. Add the fruit now or just before serving. Cover and refrigerate oatmeal mixture for 6–12 hours.

CCP: Hold for cold service at 41°F or below.

Serve 2/3 cup portions using a #6 scoop.

Serving	Yield	Volume
2/3 cup	12 servings, about 4 pounds	12 servings, about 7½ cups
	24 servings, about 8 pounds	24 servings, about 15 cups

Nutrients Per Serving					
Calories	187	Sodium	62 mg	Vitamin A	106 IU
Total Fat	3 g	Carbohydrate	31 g	Vitamin C	2 mg
Saturated Fat	1 g	Dietary Fiber	3.5 g	Iron	1 mg
Cholesterol	4 mg	Protein	9 g	Calcium	169 mg