1 Serving Provides:



CACFP: 1.25 ounce equivalents Grains, 0.5 ounces Meat/Meat Alternate, ½ cup Fruit NSLP: 1.25 ounce equivalents Grains, 0.5 ounces Meat/Meat Alternate, ½ cup Fruit SFSP: 1.25 ounce equivalents Grains, 0.5 ounces Meat/Meat Alternate, ½ cup Fruit

	12 Se	rvings	24 Servings			
Ingredients	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 $\frac{2}{3}$ cup portions using a #6 scoop.

Overnight Oatmeal

HACCP Process #1 No Cook Preparation

Serving	Yield	Volume	Nutrients Per Serving						
²⁄₃ cup	12 servings, about 4 pounds 24 servings, about 8 pounds	12 servings, about 7½ cups 24 servings, about 15 cups	Calories Total Fat Saturated Fat	187 3 g 1 a	Sodium Carbohydrate Dietary Fiber	62 mg 31 g 3.5 g	Vitamin A Vitamin C Iron	106 IU 2 mg 1 mg	
			Cholesterol	- 9 4 mg	Protein	9 g	Calcium	169 mg	

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