

# 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	48 Servings		96 Servings	
	Weight	Measure	Weight	Measure
Old-fashioned rolled oats, uncooked	2 pounds 12 ounces	3 quarts	5 pounds 8 ounces	1 gallon + 2 quarts
Low-fat yogurt	6 pound 12 ounces	3 quarts	13 pounds 8 ounces	1 gallon + 2 quarts
Milk, nonfat or 1%		1 quart + 2 cups		3 quarts
Berries, fresh or frozen	1 pound 12 ounces	1 quart + 2 cups	3 pounds 8 ounces	3 quarts
Apples, chopped	1 pound 12 ounces	1 quart + 2 cups	3 pounds 8 ounces	3 quarts



## 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	48 servings, about 16 pounds	48 servings, about 1 gallon 3 1/2 quarts
	96 servings, about 32 pounds	96 servings, about 3 gallons 3 quarts

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