

LunchByte Systems, Inc. 800-724-9853

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Recipe

Jul 29, 2013

Recipe: 000003 Oatmeal

Recipe Source:

Recipe Group: BREAKFAST

Recipe HACCP Process:

Alternate Recipe Name:

Number of Portions: 26

Size of Portion: #16 Scoop

014429 WATER,MUNICIPAL.....	6 1/2 QT	Stir Oats into briskly boiling salted water
002047 SALT, TABLE.....	1 1/2 TBSP	
050458 OATS, ROLLED, UNENRICHED, QUICK, DRY, NO SALT...	13 CUP	
		Cook 1 minute, stirring occasionally
		cover, remove from heat and let stand a few minutes
		For a creamier texture, put oats and salt in cold water, bring to boil, and then follow above directions

*Nutrients are based upon 1 Portion Size (#16 Scoop)

Calories	156	kcal	Cholesterol	0.00	mg	Protein	6.48	g	Calcium	28.36	mg	14.72%	Calories from Total Fat
Total Fat	2.55	g	Sodium	417.19	mg	Vitamin A	0.00	RE	Iron	1.70	mg	2.61%	Calories from Saturated Fat
Saturated Fat	0.45	g	Carbohydrate	24.17	g	Vitamin A	0.00	IU	Water ¹	*236.77*	g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00*	g	Dietary Fiber	4.00	g	Vitamin C	0.00	mg	Ash ¹	*1.29*	g	61.98%	Calories from Carbohydrates
												16.62%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	oz.				? - Allergen 1
Grain.....	srv.				? - Allergen 2
Fruit.....	cup				? - Allergen 3
Vegetable.....	cup				? - Allergen 4
Milk.....	fl. oz.				? - Allergen 5
Moisture & Fat Change					? - Allergen 6
Moisture Change	0%				? - Allergen 7
Fat Change.....	0%				? - Allergen 8
Type of Fat.....					

Production Specification

NOTICE: The data contained within this report and the NUTRIKIDS® 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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I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	014429	WATER,MUNICIPAL			
I	002047	SALT, TABLE			
I	050458	OATS, ROLLED, UNENRICHED, QUICK, DRY,			

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