



Rise n' Shine Strawberry Oats

Wholesome mixture of rolled oats, vanilla yogurt, low-fat milk, and fresh strawberries.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Virginia Department of Education

Preparation Time: 30 minutes

Cook Time: No cook

NSLP/SBP crediting information:
 10 oz serving provides 1 oz equivalent meats/meat alternates, 1 oz equivalent grains, ½ cup fruit.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Low-fat yogurt, vanilla	13 lb 7 oz	1 gal 2 qt 1 cup	26 lb 14 oz	3 gal 2 cups	1. Combine yogurt, oats, and milk in a large bowl using a rubber spatula (it may be necessary to do the recipe in two batches depending on the mixing bowl size).
Oats, rolled, whole grain, quick cooking	3 lb 2 oz	3 qt ½ cup	6 lb 4 oz	1 gal 2 qt 1 cup	
Milk, 1% white		1 qt 2 ½ cups		3 qt ½ cup	
*Fresh strawberries	8 lb 7 oz	1 gal 2 qt 1 cup	16 lb 14 oz	3 gal 2 cups	
					2. Wash, drain, and stem the strawberries. Cut into ½ inch dice (alternatively, you can use a food processor with a dicing blade).



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	

- Place 50 (12 oz each) parfait cups on 2 sheet pans (18" x 26" x 1").
- Reserve $\frac{1}{4}$ of the cut strawberries for garnish.
For 50 servings, reserve 1 qt $2\frac{1}{4}$ cup.
For 100 servings, reserve 3 qt $\frac{1}{2}$ cup.
- Fold the remaining strawberries into the yogurt mixture using a rubber spatula.
- Portion 1 cup (10 oz by weight) of the yogurt mixture into each parfait cup. This can be done using two No. 8 scoops.
- Using the No. 30 scoop (1 oz), top each of the yogurt filled parfait cups with the reserved strawberries.
- Place lids on the parfait cups and chill overnight.
Critical Control Point: Hold for cold service at 41 °F or lower.



RISE N' SHINE STRAWBERRY OATS
NUTRITION INFORMATION
 For 10 oz serving

NUTRIENTS	AMOUNT
Calories	217

Total Fat	3 g
Saturated Fat	1 g
Cholesterol	2 mg
Sodium	69 mg
Total Carbohydrate	41 g
Dietary Fiber	4 g
Total Sugars	20 g
Added Sugars included	N/A
Protein	8 g

Vitamin A	N/A
Vitamin C	N/A
Vitamin D	N/A
Calcium	182 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

*MARKETING GUIDE		
Food as Purchased for	50 Servings	100 Servings
Strawberries, raw, whole	9 lb 10 oz	19 lb 3 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

*Note: Frozen USDA strawberries may be used in place of fresh strawberries by omitting the milk. Portion 12 oz into each parfait cup.

Cooking Process #1: no cook

YIELD/VOLUME	
50 Servings	100 Servings
50 parfait cups filled with 10 oz overnight oats	100 parfait cups filled with 10 oz overnight oats
About 31 lb 4 oz	About 62 lb 8 oz
About 3 gal 2 cups	About 6 gal 1 qt

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant



Cooking for Kids

Recipe Sizing Report

Mar 16, 2022

000151 - Italian Sandwich :

HACCP Process: #1 No Cook
 Number of Portions: 100
 Size of Portion: 1 Each

Components

Attributes

Allergens
PresentAllergens
AbsentAllergens
Unidentified

Meat/Alt: 2 oz ✓

Grains: 2 oz ✓

Fruit:

Vegetable:

Milk:

? - Milk

? - Egg

? - Peanut

? - Tree Nut

? - Fish

? - Shellfish

? - Soy

? - Wheat

Ingredients

Measures

902963 Bread, Whole Grain Hoagie 2 oz.....

100 Each

Instructions

1. Lay out hoagie buns open faced on a sheet tray.

051558 Cheese, Mozzarella, Lite, Shredded.....
 007046 TURKEY BREAST, LO SALT, PREPACKAGED OR DEL.....
 051516 Ham, 97% Fat Free, Water-Added, Cooked,.....

6 lbs + 4 ozs

7 lbs + 3 ozs

7 lbs + 3 ozs

2. Put 1 oz of cheese, 2 slices of turkey, and 2 slices of ham on each hoagie.

3. Place in 350° F oven for 7 minutes to heat and melt cheese. Hold hot for service.

*Nutrients are based upon 1 Portion Size (1 Each)

Calories	221	kcal	Cholesterol	*41*	mg	Sugars	4.1	g	Calcium	*42.61*	mg	25.17%	Calories from Total Fat
Total Fat	6.17	g	Sodium	833	mg	Protein	21.87	g	Iron	*1.45*	mg	*12.30%*	Calories from Saturated Fat
Saturated Fat	*3.02*	g	Carbohydrates	22.05	g	Vitamin A	*110.7*	IU	Water ¹	*23.16*	g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00*	g	Dietary Fiber	2.16	g	Vitamin C	*1.9*	mg	Ash ¹	*0.93*	g	39.95%	Calories from Carbohydrates
												39.62%	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 values² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Pepperoni - Substitute for Turkey

Lettuce + Tomato (optional)

*Secondary - must increase meat /ma to 3oz

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.

