

# Cooking for Kids

## Recipe Sizing Report

000385 - Oatmeal Pumpkn Bfast Bar CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 12 Size of Portion: EACH	Meat/Alt: Grains: 1 oz Fruit: Vegetable: 0.5 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
050456 OATS, ROLLED, UNENRICHED, QUICK, DRY, NO..... 901530 SUGARS,BROWN,LIGHT..... 018370 LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTIN... 799986 SALT, KOSHER..... 002010 CINNAMON,GROUND.....	2 2/3 cups 1/2 CUP (packed) 1 1/2 tsp 2 tsp 1 1/2 tsp	1. In a large bowl, mix together all dry ingredients.
001175 MILK,FLUID,1% FAT,WO/ ADDED VIT A & VIT..... 001145 BUTTER,WITHOUT SALT..... 002050 VANILLA EXTRACT..... 011424 PUMPKIN,CND,WO/SALT.....	3/4 cup 2 Tbsp 1 1/2 tsp 1 1/4 cups	2. Stir in all wet ingredients and mix until fully incorporated.  3. Place mixture onto greased 9 x 13 inch baking dish and place in 350° F oven for 20-25 minutes.  4. Let cool slightly before cutting. Cut each tray 4x6.

\*Nutrients are based upon 1 Portion Size (EACH)

Calories	139 kcal	Cholesterol	6 mg	Sugars	*1.8* g	Calcium	88.18 mg	21.28%	Calories from Total Fat
Total Fat	3.29 g	Sodium	315 mg	Protein	3.77 g	Iron	1.26 mg	9.95%	Calories from Saturated Fat
Saturated Fat	1.54 g	Carbohydrates	23.04 g	Vitamin A	3989.8 IU	Water <sup>1</sup>	*38.71* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	2.66 g	Vitamin C	1.1 mg	Ash <sup>1</sup>	*0.71* g	66.23%	Calories from Carbohydrates
								10.84%	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

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**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.**