

Oatmeal - CACFP

General Information

Recipe #	Category	Source
2032437	Breakfast Entree 	Local

Ingredients

Name	Quantity	+ Quantity 2
Quaker Old Fashioned Oats 42 Oz	8 ½ oz.	
Beverages, water, tap, municipal	1 qt., 1 pt.	
Spices, cinnamon, ground	1 ½ tsp.	
Sugars, brown	3 tbsp., 2 ½ tsp. packed	
Salt, table	⅛ tsp.	

Preparation Instructions

HACCP Process: #2 - Same Day Service

1. Cook oats in boiling water according to package instructions.
2. Mix in cinnamon and sugar. Serve hot.

Separate raw animal foods, such as eggs, fish, meat, and poultry, from ready-to-eat foods, such as lettuce, cut melons, and lunch meats during receiving, storage, and preparation.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove products from storage using oldest pack date first. If frozen, keep product in original packaging and place in a pan(s). Place in cooler following proper HACCP storage guidelines to prevent cross-contamination.

CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

If a recipe contains a combination of meat products, cook the product to the highest required temperature.

CCP: Heat to 165° F or higher for at least 15 seconds.

Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

CORRECTIVE ACTION HOT FOOD: All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.



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Serving Size	Yield
1 Cup	6.00

Nutrition Facts

Serving Size 1 Cup (286 gm)

Amount Per Serving	
Calories	183.816
% Daily Value*	
Total Fat	2.984 gm 4.591%
Saturated Fat	0.498 gm 2.491%
Trans Fat	0.000* gm
Cholesterol	0.000 mg
Sodium	56.146 mg 2.339%
Total Carbohydrate	35.925 gm 11.975%
Dietary Fiber	4.300 gm 17.201%
Total Sugars	9.544 gm
Includes 8.538 gm of Added Sugars	
Protein	4.997 gm 9.993%
Vitamin A	0.094* mcg RAE 0.01%
Vitamin C	0.024* mg 0.04%
Vitamin D	0.000 mcg
Calcium	40.540 mg 4.054%
Iron	1.603 mg 8.906%
Potassium	165.608 mg 3.524%
Saturated Fat % of Calories	2.440 %
Added Sugar % of Calories	18.579 %

* Indicates missing Nutrient Information.
^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

Component	Measurement
Grains	2 oz

CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

CCP: Record time and internal temperature of completed recipe on daily log.

Added Sugar Limitations ⓘ

Not applicable.

Dates

Last Updated
12-11-2025

Created
12-11-2025

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