

Oatmeal Pumpkin Breakfast Bar - CACFP

General Information

Recipe #	Category	Source
1792752	Breakfast Entree 	Local

Ingredients

Name	Quantity	Quantity + 2
Quaker Steel Cut Whole Grain Oats Quick 3-Minute Oats 25	1 1/3 c., 1 tbsp., 2 1/8 tsp.	
Oz	Dry	
Sugars, brown	1 tbsp., 2 7/8 tsp. packed	
Leavening agents, baking powder, low-sodium	3/4 tsp.	
Salt, table	5/8 tsp.	
Spices, pumpkin pie spice	3/4 tsp.	
Pumpkin, canned, without salt	2/3 c., 2 5/8 tsp.	
Butter, without salt	1 tbsp.	
Vanilla extract	3/4 tsp.	
Milk, White, 1%, Low Fat, Gallon, Hiland Dairy, 13200	1/2 c., 1 tbsp., 1 7/8 tsp.	
Egg, whole, raw, fresh	3/4 large	
Honey	1 tbsp., 2 7/8 tsp.	



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Serving Size	Yield
1 Piece	6.00

Nutrition Facts

Serving Size 1 Piece (106 gm)

Amount Per Serving	% Daily Value*
Calories 207.509	
Total Fat 2.773* gm	4.265%
Saturated Fat 1.900 gm	9.502%
Trans Fat 0.002* gm	
Cholesterol 28.701 mg	9.567%
Sodium 233.728 mg	9.739%
Total Carbohydrate 36.258 gm	12.086%
Dietary Fiber 3.796 gm	15.184%
Total Sugars 12.730 gm	
Includes 9.837 * gm of Added Sugars	
Protein 6.248 gm	12.496%
Vitamin A 253.885* mcg RAE	28.209%
Vitamin C 1.316* mg	2.194%
Vitamin D 0.420 mcg	2.1%
Calcium 82.446 mg	8.245%
Iron 1.891 mg	10.508%
Potassium 301.103 mg	6.406%
Saturated Fat % of Calories	8.242%
Added Sugar % of Calories	18.961 %

* 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	0.5 oz

Preparation Instructions

HACCP Process: #3 - Complex Food Preparation

1. In a large bowl, mix together all the dry ingredients.
2. Stir in all wet ingredients and mix until fully incorporated.
3. Place mixture onto greased 1/2 sheet pan and place in a 350 degree oven for 30-35 minutes or until tester comes out clean.

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.

Red/Orange

0.125 cups

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

Added Sugar Limitations

Not applicable.

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

Vendors

Hiland Dairy Foods 

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.

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.

Dates

Last Updated

05-11-2025

Created

05-02-2025

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