



JERSEY TASTES!

RECIPES

School Breakfast *Apple Cinnamon Oatmeal*

INGREDIENTS

SCHOOL FOOD SERVICE # PORTIONS: 50

- 1 gal 1 qt 1/2 cup low-fat (1%) milk
- 2 qt water
- 6 oz margarine
- 1 1/2 cups brown sugar
- 1 tsp ground cinnamon
- 1 tsp ground nutmeg
- 2 tsp salt
- 3 lb 15 oz oats, rolled, dry
- 1 lb 8 oz fresh apples, diced
- 1 lb 4 oz dried cranberries

PORTION SIZE:

3/4 cups w/Apples=

1 oz. grain equiv.; 1/4 cup Fruit

DIRECTIONS:

- 01** Bring milk and water to boil.
- 02** Add margarine, sugar, cinnamon, nutmeg, and salt, stirring constantly.
- 03** Add oats. Reduce heat to medium. Stir constantly for 5-8 minutes until oatmeal slightly thickens.
- 04** Critical Control Point: Heat to 135 F or higher.
- 05** Reduce heat to low to prevent burning. Fold in apples and cranberries.
- 06** Pour 3 qt 3 1/2 cups (about 9 lbs 9 oz) oatmeal into a steam table pan (12"x 20"x 2 1/2"). For 50 servings use 2 pans.
- 07** Critical Point: Hold for hot service at 135°F or higher. Portion with 6 fl oz spoodle (3/4 cup).



FUN FACT:

Early use of "An Apple A Day" appears in the 1866 edition of Welsh magazine, *Notes and Queries*:

- Eat an apple on going to bed, And you'll keep the doctor from earning his bread.