

Washington County School District

000212 - OATMEAL COOKIES : <XXX>	Components	Attributes
HACCP Process: No HACCP Process Number of Portions: 24 Size of Portion: EACH	Meat/Alt: Grains: Fruit: Vegetable: Milk:	

Ingredients	Measures	Instructions
020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEACHED...	7 ozs	1. Blend flour, baking soda, salt, rolled oats, sugar, brown sugar, cinnamon, and nutmeg for 2 minutes in mixer on low speed. 2. Add margarine, eggs, and vanilla. Mix for 1 minute on medium speed. 3. Portion with level No. 40 scoop (1 3/5 Tbsp.) in rows of 6 down and 5 across onto each sheet pan (18" x26" x1"). For 50 servings, use 2 sheet pans. For 100 servings, use 4 sheet pans. 4. Bake until lightly browned: Conventional Oven: 350 F for 12-14 minutes Convection Oven : 300 F for 6-8 minutes DO NOT OVERBAKE 5. Cool completely. Remove from sheet pans. SERVING: 1 cookie
018372 LEAVENING AGENTS,BAKING SODA.....	1 tsp	
002047 SALT,TABLE.....	1/2 tsp	
020038 OATS.....	4 7/8 ozs	
019335 SUGARS,GRANULATED.....	3 3/8 ozs	
019334 SUGARS,BROWN.....	4 5/8 ozs	
002010 CINNAMON,GROUND.....	1/2 tsp	
002025 NUTMEG,GROUND.....	1/4 tsp	
900100 Margarine (#1 Solid).....	1/4 lb + 1/2 (1 TBLSP)	
903487 FROZEN LIQUID SCRAMBLED EGG MIX: FR022.....	1/3 cup + 1 1/4 tsp	
000049 Vanilla Extract.....	1 3/8 tsp	

*Nutrients are based upon 1 Portion Size (EACH)

Calories	127 kcal	Cholesterol	14 mg	Sugars	*9.2* g	Calcium	*9.40* mg	32.29%	Calories from Total Fat
Total Fat	4.57 g	Sodium	141 mg	Protein	2.22 g	Iron	*0.69* mg	12.28%	Calories from Saturated Fat
Saturated Fat	1.74 g	Carbohydrates	19.44 g	Vitamin A	*172.2* IU	Water ¹	*1.53* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	0.86 g	Vitamin C	*0.0* mg	Ash ¹	*0.35* g	61.05%	Calories from Carbohydrates
								6.99%	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 values

² - 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.