

# Post

FOODSERVICE



ORDERABLE ITEM NUMBER	PACK/SIZE	OZ EQ GRAIN	SHELF LIFE (MONTHS)	KOSHER SYMBOL	SERVING SIZE (g)	TOTAL CALORIES	TOTAL FAT (g)	SAT FAT (g)	SODIUM (mg)	TOTAL CARBS (g)	TOTAL DIETARY FIBER (g)	TOTAL SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)	WHOLE GRAIN RICH	SMART SNACK QUALIFIED	CACFP QUALIFIED	≤6g TOTAL SUGARS PER OZ.	
<b>INSTANT OATMEAL PACKETS</b>																			
Apples & Cinnamon Oatmeal	11851	200/1.23 oz	1.25	18	Ⓢ	35	120	1	0	200	28	3	15	11	2	★	●		
Maple & Brown Sugar Oatmeal	11850	200/1.51 oz	1.5	18	Ⓢ	43	160	2	0	240	33	3	14	13	4	★	●		
Regular Instant Oatmeal	19506	200/1 oz	1	18	Ⓢ	28	100	2	0	105	19	3	0	0	4	★	★	★	★
Hearty Traditions Oatmeal Variety Pack (Regular, Maple & Brown Sugar, Apple & Cinnamon)	11887	12/13 oz	Note: See above items for nutritional information																
<b>OATMEAL TUBES</b>																			
Old Fashioned Oatmeal Tube	04651	12/42 oz	1.25	20	Ⓢ	40	150	3	0.5	0	27	4	0	0	5	★	★	★	★
Quick Oatmeal Tube	04650	12/42 oz	1.25	20	Ⓢ	40	150	3	0.5	0	27	4	0	0	5	★	★	★	★
Mom's Best Old Fashioned Oats	21860	12/16 oz	1.25	20	Ⓢ	40	150	3	0.5	0	27	4	0	0	5	★	★	★	★
Mom's Best Quick Oats	21861	12/16 oz	1.25	20	Ⓢ	40	150	3	0.5	0	27	4	0	0	5	★	★	★	★
<b>HOT WHEAT CEREAL</b>																			
Original Malt-O-Meal	00115	12/28 oz	1.25	24	Ⓢ	35	130	0	0	0	27	<1	0	0	4			★	★
Maple Brown Sugar Malt-O-Meal	00130	12/28 oz	1.5	15	Ⓢ	45	170	0	0	0	38	<1	13	13	3				
Chocolate Malt-O-Meal	00136	12/28 oz	1.25	15	Ⓢ	35	130	0	0	0	28	1	6	6	3			★	★
Malt-O-Meal Farina	13732	12/28 oz	1.25	24	Ⓢ	35	130	0	0	0	27	<1	0	0	4			★	★
CoCo Wheats	18469	12/28 oz	1	15	Ⓢ	31	110	0	0	0	24	1	0	0	3			★	★



- This grain-only entrée does not qualify on its own to be sold as a competitive food, but can be served as a competitive food the same day as service or the following day if the school participates in the School Breakfast Program and has designated the item as the entrée in the reimbursable breakfast meal per the USDA Memo SP35-2014: [www.fns.usda.gov/cn/grain-entrees-related-smart-snacks-school-standards](http://www.fns.usda.gov/cn/grain-entrees-related-smart-snacks-school-standards)

Product information is subject to change. Refer to product label on package to verify all ingredients, allergens and nutritional information.

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## Oatmeal Chocolate Chip Cookies

### Ingredients

- ½ cup (1 stick) butter, softened
- ½ cup firmly packed brown sugar
- ½ cup granulated sugar
- 1 egg
- ¾ tsp vanilla
- ¾ cup all-purpose flour
- ½ tsp baking soda
- ¼ tsp salt (optional)
- 2 cups old fashioned oats
- ½ cup chocolate chips

### Directions

1. Heat oven to 350°F.
2. In large bowl, beat butter and sugars until creamy.
3. Add egg and vanilla; beat well.
4. Add combined flour, baking soda and salt; mix well.
5. Add oats and chocolate chips; mix well.
6. Drop dough by rounded tablespoonfuls 2 inches apart on an ungreased cookie sheet.
7. Bake 10 to 12 minutes or until light golden brown.

Makes 24 cookies.

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