



Berry Medley and Quinoa Breakfast Bake

Love breakfast casseroles? Start the day with this delicious breakfast made with quinoa, oats, and berries. Serve it hot or cold.

AGES: 3–5 years

PREP TIME: 45 minutes

COOK TIME: 1 hour 20 minutes

CACFP CREDITING INFORMATION

¼ cup fruit

½ oz eq grains 

SOURCE

Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					1 Wash hands with soap and water for at least 20 seconds.
					2 Preheat oven to 400 °F.
Nonstick cooking spray		1 spray		1 spray	3 Spray a steam table pan with nonstick cooking spray. For 25 servings , use a 2" half steam table pan (10 ³ / ₈ " x 12 ³ / ₄ " x 2 ¹ / ₂ "). For 50 servings , use a 4" half steam table pan (10 ³ / ₈ " x 12 ³ / ₄ " x 4").
Quinoa, dry, rinsed	6½ oz	1 cup	13 oz	2 cups	4 In a large bowl, combine quinoa, oats, brown sugar, cinnamon, and salt. Mix and set aside.



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Oats, rolled, dry (not quick)	6½ oz	2 cups	13 oz	1 qt	4 In a large bowl, combine quinoa, oats, brown sugar, cinnamon, salt, milk, vanilla extract, and berries. Mix well.
Brown sugar, packed	3½	½ cup	7 oz	1 cup	
Cinnamon, ground		1 tsp		2 tsp	
Salt, table		½ tsp		1 tsp	
Milk, low-fat (1%)	40 fl oz	1 qt + 1 cup	80 fl oz	2 qt + 2 cups	
Vanilla extract		1 tsp		2 tsp	
Blueberries, blackberries, and raspberries, whole, frozen, unsweetened	3 lb 8 oz	3 qt + ½ cup	7 lb	1 gal + 2 qt + 1 cup	
					5 Pour mixture into prepared steam table pan.
					6 Bake for 1 hour or until quinoa is cooked. Heat to 140 °F or higher for at least 15 seconds.
					7 Remove from the oven and stir carefully. Let sit for 10 minutes before serving.
					8 Serve ½ cup (#8 scoop). Serve immediately, or keep warm at 140 °F or higher. For cold service, keep cold at 40 °F or lower.


NUTRITION INFORMATION

½ cup Berry Medley and Quinoa Breakfast Bake

Nutrients	Amount
Calories	177
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	2 mg
Sodium	71 mg
Total Carbohydrate	33 g
Dietary Fiber	6 g
Total Sugars	12 g
Includes Added Sugars	N/A
Protein	6 g
Vitamin D	N/A
Calcium	95 mg
Iron	2 mg
Potassium	N/A

N/A = Data not available

NOTES

- **Contains milk.** Some oats may be grown/processed with other wheat products.
- For a thicker consistency, allow the dish to sit for 5–10 minutes before serving.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

YIELD/VOLUME

25 Servings	50 Servings
Weight: 6 lb 9 oz	Weight: 13 lb 2 oz
Yield: 3 qt ½ cup	Yield: 1 gal 2 qt 1 cup