



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: 6–18 years

PREP TIME: 45 minutes

COOK TIME: 1 hour 20 minutes

CACFP CREDITING INFORMATION

½ cup fruit

1 oz eq grains 

SOURCE

Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<ol style="list-style-type: none"> 1 Wash hands with soap and water for at least 20 seconds. 2 Preheat oven to 400 °F. 3 Spray a steam table pan with nonstick cooking spray. For 25 servings, use a half steam table pan (10³/₈" x 12³/₄" x 4"). For 50 servings, use 1 full steam table pan (12" x 20" x 4").
Nonstick cooking spray		1 spray		1 spray	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Quinoa, dry, rinsed	13 oz	2 cups	1 lb 10 oz	1 qt	4 In an extra-large bowl, combine quinoa, oats, brown sugar, cinnamon, and salt. Mix and set aside.
Oats, rolled, dry (not quick)	13 oz	1 qt	1 lb 10 oz	2 qt	
Brown sugar, packed	7 oz	1 cup	14 oz	2 cups	
Cinnamon, ground		2 tsp		1 Tbsp + 1 tsp	
Salt, table		1 tsp		2 tsp	
Milk, low-fat (1%)	80 fl oz	2 qt + 2 cups	160 fl oz	1 gal + 1 qt	5 In an extra-large bowl, combine milk, vanilla extract, and berries. Stir. Pour into dry ingredients. Mix well.
Vanilla extract		2 tsp		1 Tbsp + 1 tsp	
Blueberries, blackberries, and raspberries, whole, frozen, unsweetened	7 lbs	1 gal + 2 qt + 1 cup	14 lb	3 gal + 2 cups	6 Pour mixture into prepared steam table pan. 7 Bake for 1 hour–1 hour 20 minutes or until quinoa is cooked. Heat to 140 °F or higher for at least 15 seconds. 8 Remove from the oven and stir carefully. Let sit for 10 minutes before serving. 9 Serve 1 cup (8 oz server). Serve immediately, or keep warm at 140 °F or higher. For cold service, keep cold at 40 °F or lower.




NUTRITION INFORMATION

1 cup Berry Medley and Quinoa Breakfast Bake

Nutrients	Amount
Calories	354
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Total Fat	5 g
Saturated Fat	1 g
Cholesterol	5 mg
Sodium	143 mg
Total Carbohydrate	67 g
Dietary Fiber	12 g
Total Sugars	24 g
Includes Added Sugars	N/A
Protein	13 g
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Vitamin D	N/A
Calcium	191 mg
Iron	4 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: 13 lb 2 oz	Weight: 26 lb 4 oz
Yield: 1 gal 2 qt 1 cup	Yield: 3 gal 2 cups