

# Lumberjack Pancakes

**Servings:** 1.00

**Meal Type:** Lunch

**Category:** Entree

**HACCP Process:** Same Day Service

Pancakes served with an Egg & Cheese Omelet

## Nutrition Information

|                      |          |                     |          |
|----------------------|----------|---------------------|----------|
| <b>Calories</b>      | 320.00   | <b>Protein</b>      | 12.00g   |
| <b>Fat</b>           | 14.00g   | <b>SaturatedFat</b> | 4.00g    |
| <b>Trans Fat</b>     | 0.00g    | <b>Cholesterol</b>  | 205.00mg |
| <b>Carbohydrates</b> | 36.00g   | <b>Fiber</b>        | 4.00g    |
| <b>Sugar</b>         | 11.00g   | <b>Sodium</b>       | 530.00mg |
| <b>Iron</b>          | 3.42mg   | <b>Vitamin C</b>    | 0.00mg   |
| <b>Vitamin A</b>     | 900.00IU | <b>Calcium</b>      | 140.00mg |

## Ingredients

**1 Package** PANCAKE MINI MAPL IW 72-3.03Z EGGO

COOK FROM FROZEN STATE

USE COOKING INSTRUCTIONS ON BACK OF EACH PACKAGE.

**1 Each** EGG OMELET CHS COLBY 225-2.1Z SNYFR

BAKE

convection oven 325 degrees F. 10-12 minutes thawed, 20-25 minutes frozen

## Preparation Instructions