

Pancakes with Sausage

Servings:	1.00
Serving Size:	1.00 Serving
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

WG Pancakes with Sausage

Nutrition Information

Calories	208.89	Protein	6.22g
Fat	13.11g	SaturatedFat	4.00g
Trans Fat	0.00g	Cholesterol	25.56mg
Carbohydrates	17.78g	Fiber	2.22g
Sugar	3.33g	Sodium	290.00mg
Iron	1.86mg	Vitamin C	0.00mg
Vitamin A	555.56IU	Calcium	22.22mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
5 Each	669440	PANCAKE MINI WGRAIN .32Z 24- 45CT	Preheat to 350 degrees F. On a sheet pan, place desired amount of frozen mini pancakes in a slightly overlapping single layer. Cover tightly with foil. Convection Oven: Heat for 8-10 minutes.
1 Each	278201	SAUSAGE LINK LO SOD CKD 160-1Z JDF	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 5 - 5 1 2 minutes if frozen, 4 - 4 1 2 minutes if thawed.

Preparation Instructions

DISCLAIMER:

DO NOT VARY FROM THIS RECIPE, THE NUTRITION STANDARDS ARE SET BY THE USDA TO MEET THE NATIONAL SCHOOL LUNCH/BREAKFAST PROGRAM REQUIREMENTS AND ARE FOLLOWED BY THE INDIANA DEPARTMENT OF EDUCATION.

CONDIMENTS: ON THE SIDE ONLY (NOT INCLUDED IN THE NUTRITION'S)

SYRUP