

# WGrain Mini Strawberry WGrain MTG

|                      |                    |                       |                  |
|----------------------|--------------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00             | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving       | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Breakfast          | <b>Recipe ID:</b>     | R-136            |
| <b>School:</b>       | Test High School 2 |                       |                  |

## Ingredients

| Description                             | Measurement | Prep Instructions   | DistPart # |
|---|-------------|---|------------|
| PANCAKE<br>STRAWB WGRAIN<br>IW 72-3.17Z | 100 Package | <b>READY_TO_EAT</b><br>Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing. | 269230     |

## Preparation Instructions

WASH HANDS.

- ,1. Preheat oven to 350°F.
  - ,2. Place pouches on single layer on baking sheet.
  - ,3. Heat for 13-15 minutes for convection oven; heat for 8-10 minutes for conventional oven.
- ,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 135°F, HELD FOR A MINIMUM OF 15 SECONDS.
- ,4. Serve.
- ,CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.
- ,Serving: 1 pouch provides 2 oz eq grains
- ,Updated: 12/15/2014

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 2.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

| Amount Per Serving      |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 230.00                  |
| <b>Fat</b>              | 6.00g                   |
| <b>SaturatedFat</b>     | 0.00g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 0.00mg                  |
| <b>Sodium</b>           | 260.00mg                |
| <b>Carbohydrates</b>    | 39.00g                  |
| <b>Fiber</b>            | 2.00g                   |
| <b>Sugar</b>            | 14.00g                  |
| <b>Protein</b>          | 4.00g                   |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 60.00mg  | <b>Iron</b> 1.50mg      |

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available