

WGrain Mini Strawberry WGrain MTG

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE STRAWB WGRAIN IW 72-3.17Z	100 Package	READY_TO_EAT 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

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available