

Pancakes and Sausage

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45233
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE BTRMLK WGRAIN	2 Each	READY_TO_EAT The day before serving: Remove product in full cases from the freezer and thaw for 2 hours at room temperature. After thawing, put in the refrigerator cooler until needed. DO NOT RE-FREEZE! Re-freezing will cause product to stick together. The day of serving: Remove product from refrigerator or cooler. Remove from packaging. Heat in a warmer or convection oven at 175 degrees for 5 minutes. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.	156101
SAUSAGE PTY CKD 1Z	2 Each	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 3 - 3 1 2 minutes if frozen, 2 1 2 - 3 minutes if thawed.	111341

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	400.00
Fat	25.00g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	560.00mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	10.00g
Protein	12.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 73.20mg	Iron 2.18mg

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

Nutrition - Per 100g

No 100g Conversion Available