

Variety of Mini Waffles

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-52117
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI MAPL IW	1 Package		284811
WAFFLE MINI MAPL WGRAIN IW	1 Package	N/A	269260
WAFFLE MINI BLUEB WGRAIN IW	1 Package	n/A	269240

Preparation Instructions

Heat according to manufacture's direction on box

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	200.00
Fat	5.67g
SaturatedFat	1.17g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	183.33mg
Carbohydrates	36.00g
Fiber	3.00g
Sugar	11.33g
Protein	3.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 110.00mg	Iron 2.03mg

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

Nutrition - Per 100g

No 100g Conversion Available