

Emoji Waffle



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-33526
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE WGRAIN 4IN EGGOJI	2 Each		888284

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		180.00	
Fat		6.00g	
SaturatedFat		1.50g	
Trans Fat*		0.00g	
Cholesterol		5.00mg	
Sodium		300.00mg	
Carbohydrates		29.00g	
Fiber		2.00g	
Sugar		5.00g	
Protein		4.00g	
Vitamin A	1000.00IU	Vitamin C	0.00mg
Calcium	260.00mg	Iron	3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available