

# Pancake & Sausage on a Stick



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8402

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCK WRAP SAUS WGRAIN STIX 40-2.51Z	1 Each	<p>BAKE</p> <p>HEATING INSTRUCTIONS: FROM FROZEN</p> <p>Conventional Oven</p> <p>1. Preheat Conventional Oven: 375°F. Convection Oven: 350°F.</p> <p>2. Place Breakfast Sticks in film on baking pan(s). Do not open or puncture film.</p> <p>3. Bake for 20-25 minutes or until at least 165°F.</p> <p>For children under 5 years of age remove stick, cut product lengthwise then into small pieces.</p> <p>MICROWAVE</p> <p>HEATING INSTRUCTIONS: FROM FROZEN</p> <p>Microwave</p> <p>Directions were developed using 1000 watt commercial microwave oven. Ovens vary; cook times may need to be adjusted.</p> <p>1. Make a ¼-inch slit on top of film to vent.</p> <p>2. Microwave on HIGH for 50-55 seconds or until hot.</p> <p>3. Let stand in microwave for 1 minute before serving.</p> <p>NOTE: Product may be held in warming unit in film for up to 1 hour.</p> <p>CAUTION: PRODUCT WILL BE HOT! CAREFULLY REMOVE FROM POUCH. ENJOY!</p> <p>For children under 5 years of age remove stick, cut product lengthwise then into small pieces.</p>	556982

# Preparation Instructions

Fully Cooked.

Place on lined pan and spray edges. CONVECTION OVEN - HEAT AT 350 DEGREES F, 10-12 MINUTES IF THAWED; 25 MINUTES IF FROZEN. MICROWAVE (1000 WATT HIGH POWER) - HEAT FOR 60 SECONDS IF THAWED; 90 SECONDS IF FROZEN.

CCP: Heat to 165° F or higher for at least 15 seconds.

CCP: Hold for hot service at 135° F or higher.

## 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 Each			
Amount Per Serving			
Calories		140.00	
Fat		5.00g	
SaturatedFat		1.50g	
Trans Fat*		0.00g	
Cholesterol		10.00mg	
Sodium		360.00mg	
Carbohydrates		16.00g	
Fiber		2.00g	
Sugar		6.00g	
Protein		8.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	1.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available	
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