

Pancake & Sausage



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12979
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE BTRMLK WGRAIN	1 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.	156101
SAUSAGE LNK CKD R/SOD IQF 1Z	1 Each	BAKE OR GRILL TO AN INTERNAL TEMP OF 165 DEGREES F.	483162

Preparation Instructions

Pancake

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Sausage

Bake or grill to an internal temperature of 165 degrees.

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	0.000
Grain	1.000
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		180.00	
Fat		10.50g	
SaturatedFat		3.00g	
Trans Fat*		0.00g	
Cholesterol		25.00mg	
Sodium		195.00mg	
Carbohydrates		16.00g	
Fiber		1.00g	
Sugar		6.00g	
Protein		6.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	36.60mg	Iron	0.73mg

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

Nutrition - Per 100g

No 100g Conversion Available