

# Pancake & Sausage on a Stick

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

## Ingredients

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

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	140.00
<b>Fat</b>	5.00g
<b>Saturated Fat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	360.00mg
<b>Carbohydrates</b>	16.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	6.00g
<b>Added Sugar</b>	6.00g
<b>Protein</b>	8.00g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 50.00mg	<b>Iron</b> 1.00mg

## Nutrition - Per 100g

No 100g Conversion Available