

Pancake & Bacon



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-54158
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE BTRMLK WGRAIN	2 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
BACON TKY CKD	1 Slice	CONVECTIN OVEN: PREHEAT OVEN TO 350°F. PLACE 16 SLICES OF BACON ON A COOKIE SHEET IN A SINGLE LAYER. PLACE RACK IN CENTER OF OVEN. HEAT FOR 1-2 MINUTES. REMOVE AND SERVE. FLAT GRILL: PREHEAT TO 350°F. PLACE SLICES ON GRILL. FLIP BACON AT 30 SECONDS AND LEAVE ON FOR ANOTHER 30 SECONDS. REMOVE FROM GRILL AND SERVE. THE BACON WILL GET CRISPER THE LONGER IT'S HEATED.	834770

Preparation Instructions

Pancake

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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.

Bacon

CONVECTION OVEN: PREHEAT OVEN TO 350°F. PLACE 16 SLICES OF BACON ON A COOKIE SHEET IN A SINGLE LAYER. PLACE RACK IN CENTER OF OVEN. HEAT FOR 1-2 MINUTES. REMOVE AND SERVE. FLAT GRILL: PREHEAT TO 350°F. PLACE SLICES ON GRILL. FLIP BACON AT 30 SECONDS AND LEAVE ON FOR ANOTHER 30 SECONDS. REMOVE FROM GRILL AND SERVE. THE BACON WILL GET CRISPER THE LONGER IT'S HEATED.

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

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Meat/Meat Alternate	0.250
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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Amount Per Serving			
Calories	181.12		
Fat	4.41g		
Saturated Fat	0.35g		
Trans Fat	0.00g		
Cholesterol	16.16mg		
Sodium	289.12mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Total Sugar	10.00g		
Added Sugar	4.18g		
Protein	5.76g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	73.20mg	Iron	1.52mg

Nutrition - Per 100g

No 100g Conversion Available
