

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

Amount Per Serving

Meat/Meat Alternate	0.000
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 Serving

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

Nutrition - Per 100g

No 100g Conversion Available