

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

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	1.000
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

Amount Per Serving	
Calories	180.00
Fat	10.50g
Saturated Fat	3.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	195.00mg
Carbohydrates	16.00g
Fiber	1.00g
Total Sugar	6.00g
Added Sugar	2.00g
Protein	6.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 36.60mg	Iron 0.73mg

Nutrition - Per 100g

No 100g Conversion Available