

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