

Variety of Pancakes

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-33676
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI MAPL IW 72-3.03Z EGGO	1 Package	N/A	284831
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package	N/A	395303
PANCAKE MINI BLUEB IW	1 Each		498104

Preparation Instructions

Heat according to manufacture's direction on box

Updated 1.24.25

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	203.33
Fat	6.73g
Saturated Fat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	210.00mg
Carbohydrates	35.33g
Fiber	4.67g
Total Sugar	10.33g
Added Sugar	10.33g
Protein	4.00g
Vitamin A 69.67mcg RAE	Vitamin C 0.00mg
Calcium 26.67mg	Iron 2.40mg

Nutrition - Per 100g

No 100g Conversion Available
