

Pancakes with Sausage



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|----------------------|--------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-44918 |
| School: | Walton-Verona Elementary | | |

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. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F. | 156101 |
| SAUSAGE PTY CKD CN 1.5Z | 1 Each | BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 3 1 2 - 4 minutes if frozen, 3 - 3 1 2 minutes if thawed. | 466891 |

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 0.500 |
| 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 | 340.00 |
| Fat | 20.00g |
| Saturated Fat | 6.00g |
| Trans Fat | 0.00g |
| Cholesterol | 40.00mg |
| Sodium | 460.00mg |
| Carbohydrates | 31.00g |
| Fiber | 2.00g |
| Total Sugar | 10.00g |
| Added Sugar | 4.00g |
| Protein | 10.00g |
| Vitamin A 0.00mcg RAE | Vitamin C 0.00mg |
| Calcium 73.20mg | Iron 1.82mg |

Nutrition - Per 100g

No 100g Conversion Available