

Mini Pancakes or Waffles

Servings:	5.00	Category:	Entree
Serving Size:	1.00 pouch	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-28201
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package		395303
PANCAKE MINI MAPL IW	1 Package		284831
PANCAKE CINN IW WGRAIN	1 Package		642230
WAFFLE MINI BLUEB WGRAIN IW	1 Package		269240
WAFFLE MINI MAPL WGRAIN IW	1 Package		269260

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: 5.00

Serving Size: 1.00 pouch

Amount Per Serving	
Calories	288.00
Fat	8.40g
Saturated Fat	1.40g
Trans Fat	0.00g
Cholesterol	4.00mg
Sodium	332.00mg
Carbohydrates	50.40g
Fiber	4.80g
Total Sugar	15.80g
Added Sugar	13.00g
Protein	5.40g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 54.00mg	Iron 2.80mg

Nutrition - Per 100g

No 100g Conversion Available
