

Assorted Snack'n Waffle

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-54004
School:	Knox Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MAPL BUTTERY IW	1 Each		657844
WAFFLE CINN SWT IW	1 Each		651951
Snack'n Waffles Cosmic Confetti Waffles	1 Each		480102

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	250.00
Fat	9.00g
Saturated Fat	4.00g
Trans Fat	0.00g
Cholesterol	37.67mg
Sodium	290.00mg
Carbohydrates	37.33g
Fiber	2.00g
Total Sugar	15.00g
Added Sugar	14.00g
Protein	6.00g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 30.33mg	Iron 1.46mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available
