

PANCAKE (1 OZ. EQ.)



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 pancake

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Pancakes, WGR, Individual, #1217	100 pancakes

DIRECTIONS

- Prepare the pancakes from a frozen state according to the directions on the package and/or case.
 CCP: Heat to 135 degrees F or higher for at least 15 seconds at the completion of the cooking process. If the manufacturer instructions on the package or case have a higher temperature, follow those recommendations.
- Place the pancakes on a heated line for service.
- Portion 1 pancake per serving. Each portion provides 1 oz. eq. whole grain.
 CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

NUTRIENTS PER SERVING

Calories	90	Dietary Fiber	1.00 g	Sodium	110.00 mg	Sat. Fat	0.00 g
Carbohydrates	15.00 g	Protein	2.00 g	Total Fat	2.00 g	Trans Fat	0.00 g