

PANCAKES (2 OZ. EQ.)



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. whole grains

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 2 pancakes

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Pancakes, WGR, Individual, #1217	200 pancakes

DIRECTIONS

- Prepare the pancakes from a frozen state, according to 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 2 pancakes per serving. Each portion provides 2 oz. eq. whole grains.
 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	180	Dietary Fiber	2.00 g	Sodium	220.00 mg	Sat. Fat	0.00 g
Carbohydrates	30.00 g	Protein	4.00 g	Total Fat	4.00 g	Trans Fat	0.00 g