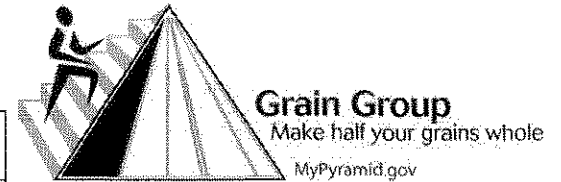


B151 - PANCAKE, WHOLE GRAIN, FROZEN, BULK, 12 LB



CATEGORY	<ul style="list-style-type: none"> Grains/Breads
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> These whole grain pancakes are made with whole wheat flour or a combination of whole wheat flour and enriched wheat flour. The pancakes meet the HealthierUS School Challenge whole grain criteria for a whole grain food.
PACK/YIELD	<ul style="list-style-type: none"> 12 lb case. One 12 lb case AP yields about 144 pancakes and provides about 72 servings (2 pancakes = 1 serving). CN Crediting: 1 Whole grain pancake made with whole wheat flour provides 1 serving Grains/Breads.
STORAGE	<ul style="list-style-type: none"> Store frozen whole grain pancakes at 0 °F or below in original shipping case off the floor. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Whole grain pancake

	1 pancake (32 g)	2 pancakes (65 g)
Calories	77	153
Protein	2.33 g	4.67 g
Carbohydrate	12.67 g	25.33 g
Dietary Fiber	1.0 g	2.0 g
Sugars	1.67 g	3.34 g
Total Fat	2.0 g	4.0 g
Saturated Fat	0.33 g	0.66 g
Trans Fat	0 g	0 g
Cholesterol	13 mg	27 mg
Iron	0.4 mg	0.8 mg
Calcium	20 mg	40 mg
Sodium	160 mg	320 mg
Magnesium	N/A	N/A
Potassium	N/A	N/A
Vitamin A	33 IU	67 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	N/A	N/A

