

Pancakes, WG, Wholesome Choice, Buttermilk, Maple Cinn, 2 Pack (#1478)



Can every morning be a pancake morning? We'd like to think so! These fluffy maple cinnamon pancakes are great plain or served with syrup and fruit toppings.

General Specifications

Pack: 72/2.6 oz
 Kosher: No
 Shelf Life: 2 hours at ambient. 6 days refrigerated. 365 days frozen.
 Status: Available



Nutrition Facts	
Serving size 2 Pancakes (74g)	
Amount per serving	
Calories	170
	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Cholesterol 10mg	4%
Sodium 210mg	10%
Total Carbohydrate 32g	12%
Dietary Fiber 2g	7%
Sugars 12g	
Includes 9g Added Sugars	19%
Protein 4g	
Vitamin D 0.1mcg	0%
Calcium 50mg	4%
Iron 1.3mg	8%
Potassium 80mg	2%
Folate 45mcg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

SCHOOL SPECIFICATIONS

Nutritional Ratio: 19-3-16

Grain (ounce equivalents): 2.0
 Whole Grain: 13.65g, 51%
 Enriched Flour: 13.27g
 Combined Flour 26.91g

INGREDIENTS

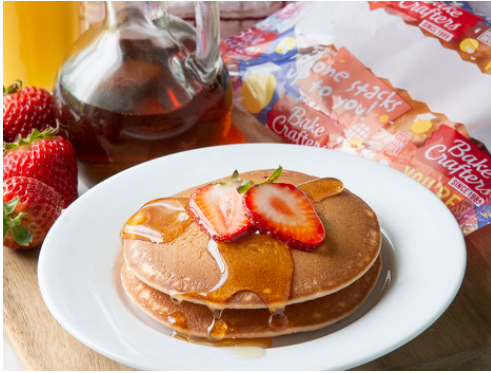
Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Maple Chips (Sugar, Wheat Flour, Soybean Oil, Cellulose Gum, Natural Flavor), Eggs, Buttermilk Solids, Dextrose, Soybean Oil, Whey Powder, Natural Maple Flavor (Water, Propylene Glycol, Natural Flavors), Soy Lecithin, Salt, 100% Ground Cinnamon, Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate

ALLERGENS & DISCLOSURES

Contains egg, milk, soy, and wheat ingredients.
 Contains bioengineered food ingredients.
 This product is produced in a nut-free facility.



Pancakes, WG, Strawberry, 2 Pack (#1702)



Breakfast is served! Try our delicious 2-pack whole grain strawberry pancakes! Eat them plain, or add syrup and fruit. They're also individually wrapped making them great for serving in the classroom!

General Specifications

Pack: 72/2.6 oz
 Kosher: No
 Shelf Life: 2 hours at ambient. 3 days refrigerated. 365 days frozen.
 Status: Available



SCHOOL SPECIFICATIONS

Nutritional Ratio: 19-3-16

Grain (ounce equivalents): 2.0
 Whole Grain: 13.31g, 51%
 Enriched Flour: 12.94g
 Combined Flour 26.26g

INGREDIENTS

Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Strawberry Nuggets (Sugar, Soybean Oil, Wheat Flour, Citric Acid, Cellulose Gum, Natural & Artificial Flavor, Red 40 Lake), Sugar, Eggs, Buttermilk Solids, Dextrose, Soybean Oil, Whey Powder, Contains 2% or less of: Lecithin, Salt, Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate.

ALLERGENS & DISCLOSURES

Contains egg, milk, soy, and wheat ingredients.
 Contains bioengineered food ingredients.
 This product is produced in a nut-free facility.

Nutrition Facts	
Serving size 2 pancakes (74g)	
Amount per serving	
Calories	170
	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Cholesterol 10mg	3%
Sodium 230mg	10%
Total Carbohydrate 31g	11%
Dietary Fiber 1g	2%
Sugars 12g	
Includes 9g Added Sugars	19%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 1.3mg	6%
Potassium 80mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Pancakes, WG, Buttermilk, Blueberry, 2 Pack (#1567)



Been craving a delicious breakfast? Well, look no further than our whole grain, buttermilk and blueberry pancakes! Eat them plain or add syrup and fruit toppings. Either way, your stomach will thank you the rest of the day.

General Specifications

Pack: 72/2.6 oz
 Kosher: No
 Shelf Life: 2 hours at ambient. 6 days refrigerated. 365 days frozen.
 Status: Available



Nutrition Facts	
Serving size 2 Pancakes (74g)	
Amount per serving	
Calories	180
	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
<i>Trans Fat</i> 0g	
Cholesterol 10mg	4%
Sodium 220mg	10%
Total Carbohydrate 32g	12%
Dietary Fiber 2g	7%
Sugars 12g	
Includes 10g Added Sugars	19%
Protein 4g	
Vitamin D 0.1mcg	0%
Calcium 50mg	4%
Iron 1.3mg	8%
Potassium 80mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

SCHOOL SPECIFICATIONS

Nutritional Ratio: 18-3-16

Grain (ounce equivalents): 2.0
 Whole Grain: 16.58g, 51%
 Enriched Flour: 15.93g
 Combined Flour 32.5g

INGREDIENTS

Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Blueberry Bits (Sugar, Soybean Oil, Wheat Flour, Citric Acid, Cellulose Gum, Natural & Artificial Flavor, Red 40, Blue 1, Blue 2), Egg, Buttermilk Solids, Dextrose, Soybean Oil, Whey Powder, Lecithin, Salt, Baking Soda, Sodium Aluminum Phosphate, Mono Calcium Phosphate.

ALLERGENS & DISCLOSURES

Contains egg, milk, soy, and wheat ingredients.
 Contains bioengineered food ingredients.
 This product is produced in a nut-free facility.

