



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, MAY 2013)

Visit us at www.fns.usda.gov/fdd

100937 - PANCAKE, WHOLE WHEAT, FROZEN, BULK, 12 LB

Nutrition Information

| | |
|----------------------------|--|
| CATEGORY | <ul style="list-style-type: none"> Grains/Breads |
| PRODUCT DESCRIPTION | <ul style="list-style-type: none"> These whole wheat 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 wheat criteria. |
| 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) or about 48 servings (3 pancakes = 1 serving). CN Crediting: 1 Whole wheat pancake provides 1 oz eq of Grains. |
| STORAGE | <ul style="list-style-type: none"> Store frozen whole wheat 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. |

Whole wheat pancake

| | 1 pancake (32 g) | 2 pancakes (65 g) |
|---------------|------------------------|-------------------------|
| Calories | 80 | 160 |
| Protein | 1.7 g | 3.3 g |
| Carbohydrate | 13.7 g | 27.3 g |
| Dietary Fiber | 1.0 g | 2.0 g |
| Sugars | 3.3 g | 6.7 g |
| Total Fat | 2 g | 4.0 g |
| Saturated Fat | 0.33 g | 0.66 g |
| Trans Fat | 0 g | 0 g |
| Cholesterol | 3.3 mg | 6.7 mg |
| Iron | 0.2 mg | 0.4 mg |
| Calcium | 26.5 mg | 40 mg |
| Sodium | 130 mg | 260 mg |
| Magnesium | 0 mg | 0 mg |
| Potassium | 0 mg | 0 mg |
| Vitamin A | 0 IU | 0 IU |
| Vitamin A | 0 RAE | 0 RAE |
| Vitamin C | 0 mg | 0 mg |
| Vitamin E | 0 mg | 0 mg |



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| PREPARATION/ COOKING INSTRUCTIONS | <ul style="list-style-type: none"> Follow manufacturer's directions on package. |
| USES AND TIPS | <ul style="list-style-type: none"> The whole wheat pancake or in convection, conventional, or microwave oven. It may also be heated in a slot toaster; however, frozen pancake may require more than one toasting cycle. For best results do not use griddle to heat. |
| FOOD SAFETY INFORMATION | <ul style="list-style-type: none"> Visually inspect for presence of foreign substances, insects, or molds before use. |
| BEST IF USED BY GUIDANCE | <ul style="list-style-type: none"> For guidance on how to effectively manage, store, and maintain USDA Foods, please refer to the policy memo on the FDD Website at: http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf. |

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.