



USDA Foods in Schools

110393 - Pancakes, Whole Grain/Whole Grain–Rich
Category: **Grains (Whole Grain)**



Product Description

- These whole grain-rich pancakes are made with whole wheat flour or a combination of whole wheat flour and enriched wheat flour. This item is delivered frozen in cases containing 144 1.2-ounce servings.

Crediting/Yield

- One case of pancakes provides 144 servings.
- CN Crediting: A 1.2-ounce serving of pancakes credits as 1 ounce equivalent grains.

Culinary Tips and Recipes

- Serve pancakes for breakfast or lunch. Add fresh or thawed frozen fruit as a pancake topping.
- Use pancakes as the grain component for a breakfast sandwich.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA’s Team Nutrition](#).

Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

Visit us at www.fns.usda.gov/usda-fis

Nutrition Facts

Serving size: 1 ounce equivalent (34g)

Amount Per Serving

Calories 70

Total Fat 2g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 3mg

Sodium 135mg

Total Carbohydrate 13g

Dietary Fiber 1g

Sugars 3g

Protein 2g

Source: USDA Foods Vendor Labels

Allergen Information: Product contains wheat, eggs, milk, and may contain soy. Please refer to the allergen statement on the outside of the product package for additional allergen information. For more product-specific information, please contact the manufacturer.

Nutrient values in this section are from the USDA Food Composition Database or are representative values from USDA Foods vendor labels. Please refer to the product’s Nutrition Facts label or ingredient list for product-specific information.