

NUTRITION INFORMATION

SERVING SIZE: 2 pancakes

Amount per Serving		
Calories	240 kcal	
Protein	8.34 g	
Carbohydrate	28.68 g	
Total Fat	10.84 g	
Saturated Fat	2.04 g	
Cholesterol	61.38 g	
Vitamin A	4673.42 IU	
Vitamin C	1.26 mg	
Iron	1.82 mg	
Calcium	104.96 mg	
Sodium	819.80 mg	
Dietary Fiber	3.14 g	

EQUIVALENTS: 2 pancakes provide 1.5 oz equiv WGR grain and .75 oz equiv meat/meat alternate.

Recipe HACCP Process: #2 Same Day Service

"Principals reported a decrease in stomach aches, headaches, and even behavioral problems when the students are consuming a healthy school breakfast."

— BROOKE GANNON



Pumpkin Pancakes • 50 servings (2 pancakes)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Whole wheat flour		1½ quart	Whisk together whole-wheat flour, all-purpose flour, brown sugar, baking powder and salt in a large mixing bowl.	
Enriched all-purpose flour		1 quart		
Brown sugar		1 cup (lightly packed)		
Baking powder		⅓ cup		
Kosher salt		2 Tblsp + 2 tsp		
Nonfat cottage cheese		1 quart	② Blend cottage cheese in food processor fitted with a steel blade until smooth. Transfer to a large bowl. Add milk, eggs, pumpkin, cinnamon, ginger and nutmeg; whisk until combined.	
Nonfat milk		2 quarts + 2⅓ cups		
Eggs		16 large		
Pumpkin purée		1½ quarts		
Ground cinnamon		2 Tblsp + 2 tsp		
Ground ginger		1 Tblsp + 1 tsp		
Ground nutmeg		4 tsp		
			• Mix the wet ingredients into the dry ingredients, stirring thoroughly to blend.	
Vegetable oil		2 cups	4 Heat griddle to medium-high. Brush the griddle with some oil. Using a 3-oz scoop, pour batter onto the griddle. Cook until bubbles form on top, 3 to 5 minutes. Turn and cook until browned on the other side, about 3 minutes more. Repeat with remaining batter and oil.	