

001512 - entree-chicken & waffle : nslp	
HACCP Process: #2 Same Day Service	
Number of Portions: 50	
Size of Portion: 3 tenders/waffl	
Components	Attributes
Meat/Alt: 2 oz	
Grains: 3 oz	
Fruit:	
Vegetable:	
Milk:	

Ingredients	Measures	Instructions
903114 waffle belgian sq 2.4z 206602.....	50 each square	
903285 chicken tenders bb 1.1oz gfs 532372....	50 (3 strips)	
903443 syrup pc cups gfs 160090.....	50 portion cup	

*Nutrients are based upon 1 Portion Size (3 tenders/waffl)

Calories	494 kcal	Cholesterol	81 mg	Protein	17.36 g	Calcium	20.00 mg	33.41%	Calories from Total Fat
Total Fat	18.34 g	Sodium	874 mg	Vitamin A	0.0 RE	Iron	2.54 mg	6.50%	Calories from Saturated Fat
Saturated Fat	3.57 g	Carbohydrates	65.91 g	Vitamin A	0.0 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ¹	0.00 g	Dietary Fiber	2.06 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	53.37%	Calories from Carbohydrates
								14.06%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

Nutritional Information for SYRUP PANCK CUP 200-1.5Z GFS

Product Number:	160090
Description:	AP Syrup, Pancake, GFS

Nutritional Information			
Serving Size 1 each (43 g)			
Amount Per Serving			
Calories 120		Calories from Fat 0	
% Daily Value			
Total Fat	0 g	0%	
Saturated Fat	0 g	0%	
Trans Fat	0 g		
PolyUnSat	n/a	n/a	
MonoUnSat	n/a	n/a	
Cholesterol	0 mg	0%	
Sodium	0 mg	0%	
Potassium	n/a	n/a	
Total Carbs	31 g	10%	
Dietary Fiber	0 g	0%	
Sugars	19 g	n/a	
Protein	0 g	0%	
Vitamin A -	0%	Vitamin C -	0%
Calcium -	0%	Iron -	0%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

Water Soluble Vitamins		Minerals	
Thiamin B1	n/a	Phosphorus	n/a
Riboflavin B2	n/a	Zinc	n/a
Niacin B3	n/a	Magnesium	n/a
Pyridoxine B6	n/a	Copper	n/a
Cobalamin B12	n/a	Selenium	n/a
Pantothenic Acid	n/a	Calcium	0 mg
Vitamin C	0 mg	Iron	0 mg
Folic Acid	n/a	Manganese	n/a
		Iodine	n/a

School Equivalents		Fat Soluble Vitamins	
		Vitamin D	n/a
Child Nutrition Label	No	Vitamin D	n/a
		Vitamin E	n/a
Meat/Meat Alternative	n/a	Vitamin K	n/a
Fruit/Vegetables	n/a	Vitamin A	0 IU
Grain/Bread	n/a	Vitamin A	n/a
Updated for New Final Rule			
Meat/Meat Alternate	n/a		
Grain/Bread	n/a		
Fruit	n/a		
Vegetable:			
Red/Orange	n/a		
Dark Green	n/a		
Starchy	n/a		
Beans/Peas	n/a		
Other	n/a		
Notes:			
n/a			

Ingredients:

Corn syrup, high fructose corn syrup, water, caramel color, potassium sorbate as a preservative, citric acid, natural and artificial maple flavor. **COMMON ALLERGENS PRESENT: None.** Nutrition and Ingredient statement updated June 2012. The ingredient and nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.

Product Information for 206602 WAFFLE BUFFET BELGIAN SQ 72-2.4Z GFS

Manufacturer:			
Pack	72/CASE	Net Weight	10.8
Portion Size	EA	UPC Code 1	93901066022
Portion/Case	72		
Kosher	Yes		
Price	23.00		

Quantity Invoiced Over Last 6 Weeks

1/25/2015	2/1/2015	2/8/2015	2/15/2015	2/22/2015	3/1/2015
0	0	0	0	0	0

Other Information

Other Information	
Item Yield	CASE = 72 - 2.4Z FROZEN SQUARE BUFFET WAFFLES
Shelf Life	RECEIVED - 365 DAYS
Thawing Instructions	DO NOT THAW.
Basic Preparation	<p>CONVENTIONAL OVEN: PREHEAT OVEN TO 400°F. REMOVE FROZEN WAFFLES FROM WRAPPING AND ARRANGE ON A SHEET PAN IN A SINGLE LAYER. BAKE UNCOVERED AT 400°F FOR 8-12 MINUTES.</p> <p>CONVECTION OVEN: PREHEAT OVEN TO 350°F. REMOVE FROZEN WAFFLES FROM WRAPPING AND ARRANGE ON A SHEET PAN IN A SINGLE LAYER. BAKE UNCOVERED AT 350° FOR 6-8 MINUTES.</p> <p>MICROWAVE: HEAT ON FULL POWER (HIGH) FOR 35-40 SECONDS PER WAFFLE.</p>
Merchandising Idea	<p>CONVENIENT AND CONSISTENT ALTERNATIVE TO PRODUCTS MADE FROM SCRATCH. LABOR SAVING.**4" SQUARE BELGIAN WAFFLE WITH 0G TRANS FAT. GREAT ITEM FOR SCHOOLS, WITH 1-3/4 USDA SCHOOL BREAD EQUIVALENTS PER SERVING OF ONE WAFFLE. **SCHOOLS HEALTH CARE, BANQUET HOUSES, CATERERS, B & I HOTEL/MOTELCOMMERCIAL RESTAURANTS**SERVED WITH WARM SYRUP, FLAVORED SYRUPS, MEATS, EGGS, FRUIT TOPPINGS</p>

Nutritional Information for WAFFLE BUFFET BELGIAN SQ 72-2.4Z GFS

Product Number:	206602
Description:	AP Waffle, Belgian, Square, GFS

Nutritional Information			
Serving Size 1 each (68 g)			
Amount Per Serving			
Calories 180		Calories from Fat 54	
% Daily Value			
Total Fat	6 g	9%	
Saturated Fat	1 g	5%	
Trans Fat	0 g		
PolyUnSat	n/a	n/a	
MonoUnSat	n/a	n/a	
Cholesterol	35 mg	12%	
Sodium	370 mg	15%	
Potassium	n/a	n/a	
Total Carbs	27 g	9%	
Dietary Fiber	0 g	0%	
Sugars	6 g	n/a	
Protein	4 g	8%	
Vitamin A -	0%	Vitamin C -	0%
Calcium -	2%	Iron -	8%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

Water Soluble Vitamins		Minerals	
Thiamin B1	n/a	Phosphorus	n/a
Riboflavin B2	n/a	Zinc	n/a
Niacin B3	n/a	Magnesium	n/a
Pyridoxine B6	n/a	Copper	n/a
Cobalamin B12	n/a	Selenium	n/a
Pantothenic Acid	n/a	Calcium	20 mg
Vitamin C	0 mg	Iron	1.44 mg
Folic Acid	n/a	Manganese	n/a
		Iodine	n/a

School Equivalents		Fat Soluble Vitamins	
1 Waffle		Vitamin D	n/a
Child Nutrition Label	No	Vitamin D	n/a
		Vitamin E	n/a
Meat/Meat Alternative	n/a	Vitamin K	n/a
Fruit/Vegetables	n/a	Vitamin A	0 IU
Grain/Bread	n/a	Vitamin A	n/a
Updated for New Final Rule			
Meat/Meat Alternate	0.00 oz		
Grain/Bread	2.00 oz eq		
Fruit	0.00 cup		
Vegetable:			
Red/Orange	0.00 cup		
Dark Green	0.00 cup		
Starchy	0.00 cup		
Beans/Peas	0.00 cup		
Other	0.00 cup		
Notes:			
	n/a		

Ingredients:

Enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, eggs, sugar, soybean oil, egg whites, contains 2% or less of: leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate, sodium acid pyrophosphate), salt, soy lecithin (an emulsifier), emulsifier (propylene glycol monoester, mono-diglycerides, sodium stearoyl lactylate), natural and artificial flavors. **COMMON ALLERGENS PRESENT: Milk, Egg, Wheat, Soy.** Nutrition and Ingredient statement updated October 2013. The ingredient and nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.