

BAKED Cheddar Pancake Squares



INGREDIENTS	YIELD	
	64	128
Water, cool	1 qt + 1 cup	2 qt + 2 cups
Eggs, fresh, large Or Eggs, liquid, frozen, thawed	2 Or ¼ cup + 2 Tbsp	4 Or ¾ cup
Vegetable oil	½ cup	1 cup
Pancake complete mix, dry, whole-grain	2 lb 8 oz	5 lb
Cheese, cheddar, shredded	2 cups	4 cups

DIRECTIONS

1. Prepare pans. Using food spray, grease full sheet pans. 1 pan for 64; 2 pans for 128.
2. Pour water into mixing bowl.
3. Add eggs and oil. Mix using wire whip until blended.
4. Add dry mix slowly.
5. Mix using wire whip until batter is smooth.
6. Fold shredded cheese into batter.
7. Pour into one pan or pour 5 lb 6 oz batter between two pans.
8. Bake.
Conventional oven: 400°F 8–12 minutes
Convection oven: 350°F 8–12 minutes
9. Cut pan 8 x 8 (64 squares per pan).
10. Serve one square for K–5; Two squares for 6–12.
11. Optional: Serve with maple syrup.

Nutritional Data/Portion

Calories 176

Total Fat 6.25g

Saturated Fat 1.65g

Sodium 421mg

Breakfast Meal Contribution

1 oz Grain/Bread

Portion 1 square (Grades K–5)

2 squares (Grades 6–12)

*Nutritionals based on one square