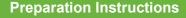


IQF, Precooked Whole Wheat Waffles

SLS Code	MF9201W
Case Pack	144/1.25 oz
Storage	Frozen
Ti x Hi	
Net Case Weight	11.25#
Gross Case Weight	13#
Case Dimensions	13.81" x 9.46" x 16.37"
Case Cube	N/A
UPC (GTIN)	N/A



CONVENTIONAL OVEN/TOASTER OVEN:

- Preheat oven to 375 f.
- Place frozen waffles in a single layer on a wire rack for 2 ½ to 3 minutes or until crisp and hot.

TOASTER:

- Brown frozen waffles in a toaster at low setting
- Serve on warm plate with warm syrup and butter.

MICROWAVE OVENS NOT RECOMMENDED

Ingredients

Whole Wheat Flour, Water, Non Fat Milk, Whey Solids, Soybean Oil, Sugar, Leavening [Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate], Whole Eggs, Soy Lecithin, Salt.

Child Nutrition: Each 1.5 oz serving contains .50 oz of equivalent grains.



servings per container Serving size	(71g
Amount per serving	
Calories	130
	% Daily Value
Total Fat 3.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 0.5g	9
Cholesterol 5mg	2%
Sodium 360mg	16%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 2g Added Suga	ars 4 %
Protein 4g	
Vitamin D 0mcg	0%
Calcium 53mg	4%
Iron 1mg	6%
Potassium 151mg	4%
Vitamin A 2mcg	0%

Allergens: Soy, Milk, Wheat, Eggs