

# Private-Eye Pancakes with Blueberry Topping

Item	Serving Size	Recipe	Healthy Preparation Tips
Mini Whole-Grain Pancakes	3.17 ozs.		Use a whole-grain variety
Blueberry Topping	1/2 cup	SNA <sup>1</sup>	
Apple Wedges	1 apple		
Milk (variety)	8 fl. ozs.		Offer skim/lowfat varieties

Per Serving: 505 cal., 12.5 g pro., 99 g carb., 6.3 g fiber, 8.8 g fat, 2.5 g sat. fat, 22 mg chol., 558 mg sod., 597 IU vit. A, 9.3 mg vit. C, 351.8 ca., 1.5 mg iron

<sup>1</sup> You can find this recipe later in Spring 2010 at [www.schoolnutrition.org/NSBW](http://www.schoolnutrition.org/NSBW).

All menus, menu names and recipes are suggestions for your consideration. School nutrition professionals are encouraged to choose menus that fit best with the needs of your staff and students, as well as your own food-safety plan and nutrition requirements. SNA has not tested these recipes in a kitchen.