

Breakfast Pancakes, Waffles, and French Toast Nutritional Information

Item Name	Serving Size	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	SugAdd (g)	Prot (g)	Vit D (mcg)	Calc (mg)	Iron (mg)	Pot (mg)
Pancakes																
Apple Pie Pancakes	1 entrée	1600	41	22	0	30	3120	288	2.08	124	112.25	17	0.01	575	9	400
Hy-Vee's Famous Pancakes	1 entrée	1180	27	9	0	30	2910	215	0	62	56.74	16	0	549	9	330
Waffles																
Nutella Banana Waffle	1 entrée	1350	71	30	0	85	1000	162	1.57	85	73.06	11	0.3	234	5	590
Sweet Cream Waffle	1 entrée	810	40	10	0	85	970	100	0	31	29.9	6	0.29	169	3	115
French Toast																
Berry Bliss Stuffed French Toast	1 entrée	1710	77	50	1	420	760	230	3.15	119	111.56	17	2.22	200	2	320
Brioche French Toast	1 entrée	760	27	14	0	310	540	111	1.85	43	40.37	12	2.22	95	2	160
Toppings																
Blueberries	2 oz	30	0	0	0	0	0	8	1.36	6	0	0	0	3	0	45
Strawberries	2 oz	20	0	0	0	0	0	4	1.13	3	0	0	0	9	0	85
Chocolate Chips	2 oz	260	15	9	0	0	0	38	3.78	30	30.24	--	0	0	2	0
Pure Maple Syrup	2 oz	220	0	0	0	0	10	56	0	50	0	0	0	85	0	180