

French Toast Sticks

Servings:	1.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

This cinnamon-glazed french toast features whole grain bread dipped in egg batter and covered with a sweet cinnamon-sugar glaze.

Nutrition Information

Calories	210.00	Protein	8.00g
Fat	8.00g	SaturatedFat	2.00g
Trans Fat	0.00g	Cholesterol	125.00mg
Carbohydrates	28.00g	Fiber	3.00g
Sugar	8.00g	Sodium	320.00mg
Iron	1.80mg	Vitamin C	0.00mg
Vitamin A	200.00IU	Calcium	40.00mg

Ingredients

3 Each FRENCH TST STIX WGRAIN 300-.96Z SNYFR

BAKE

convection oven 325 degrees F. 10-12 minutes thawed, 20-25 minutes frozen

Preparation Instructions