

# 6 FRENCH TOAST STICKS

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	4.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-44871
<b>School:</b>	Manchester High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN	6 Each	<b>BAKE</b> Cooking Instructions: For food safety, quality and thorough cooking, please follow the instructions below. Keep frozen until ready to prepare. Product is not ready to eat until fully cooked to internat temperature of 165 F. Due to differences in appliances, cooking times may vary and require adjustment. Caution - Product will be hot! <b>CONVECTION OVEN:</b> 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 10-11 minutes (full tray). If baking more than one tray, longer cooking time may be required.	661062

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	3.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Each

Amount Per Serving	
<b>Calories</b>	398.55
<b>Fat</b>	14.55g
<b>SaturatedFat</b>	2.40g
<b>Trans Fat</b>	0.21g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	458.10mg
<b>Carbohydrates</b>	57.00g
<b>Fiber</b>	4.95g
<b>Sugar</b>	13.50g
<b>Protein</b>	9.30g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 62.57mg	<b>Iron</b> 2.97mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available