

4 FRENCH TOAST STICKS



Servings:	1.00	Category:	Grain
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-41005
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN	4 Each	BAKE 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! CONVECTION OVEN: 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

Meat	0.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Each

Amount Per Serving			
Calories		265.70	
Fat		9.70g	
SaturatedFat		1.60g	
Trans Fat*		0.14g	
Cholesterol		0.00mg	
Sodium		305.40mg	
Carbohydrates		38.00g	
Fiber		3.30g	
Sugar		9.00g	
Protein		6.20g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	41.71mg	Iron	1.98mg

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

Nutrition - Per 100g

No 100g Conversion Available