

Toast



| | | | |
|---------------|---------------------------|----------------|------------------|
| Servings: | 1.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-8373 |
| School: | Graves County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------|-------------|--|------------|
| BREAD WGRAIN WHT 16-22Z GCHC | 1 Each | Thaw and serve. If desired, can be toasted or baked. | 266547 |

Preparation Instructions

Place bread on sheet pan and spray with butter spray. Toast for 3-5 minutes.

CCP: Heat to 135 F or higher.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 1.000 |
| 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: 1.00 Each

| Amount Per Serving | | | |
|----------------------|---------|------------------|--------|
| Calories | | 80.00 | |
| Fat | | 1.00g | |
| SaturatedFat | | 0.00g | |
| Trans Fat* | | 0.00g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 135.00mg | |
| Carbohydrates | | 16.00g | |
| Fiber | | 2.00g | |
| Sugar | | 2.00g | |
| Protein | | 3.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 30.00mg | Iron | 1.00mg |

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

Nutrition - Per 100g

No 100g Conversion Available