

French toast sticks



Servings:	100.00	Category:	Grain
Serving Size:	4.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-41641
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN 6-2 RICH	2 Each	Preheat oven to 400 degrees F. Place on flat or shallow pan and bake 10-12 minutes, turning after 5 minutes for more even browning. Convection oven: Bake at 375 degrees for 10 minutes. To fry: Deep fry at 350 degrees for 1-1/2 to 2 minutes or until golden brown.	652370
SYRUP MAPL CUP 100-1.5Z FLVR FRSH	1 0	READY_TO_EAT Open package and dispense onto food item.	346801

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.018
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 4.00			
Amount Per Serving			
Calories		2.10	
Fat		0.08g	
Saturated Fat		0.01g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		2.60mg	
Carbohydrates		0.30g	
Fiber		0.02g	
Sugar		0.06g	
Added Sugar		0.00g	
Protein		0.05g	
Vitamin A	0.04mcg	Vitamin C	0.00mg
Calcium	0.19mg	Iron	0.01mg

Nutrition - Per 100g

No 100g Conversion Available	
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