

French Toast Sticks

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-28989
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX CINN GLZD IW 110-2.9Z	1 Package	Convection Oven: Thawed product 4-7 minutes at 325 degrees F. Frozen product 13-15 minutes at 325 degrees F. Microwave: Thawed product 20 to 25 seconds. Frozen product 40-45 seconds.	426575

Preparation Instructions

Convection Oven: Thawed product 4-7 minutes at 325 degrees F. Frozen product 13-15 minutes at 325 degrees F. Microwave: Thawed product 20 to 25 seconds. Frozen product 40-45 seconds.

CCP: Heat to 165° F or higher for at least 15 seconds.

CCP: Hold for hot service at 135° F or higher.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
Grain	1.500
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	72.41		
Fat	2.41g		
Saturated Fat	0.86g		
Trans Fat	0.00g		
Cholesterol	43.10mg		
Sodium	106.90mg		
Carbohydrates	10.00g		
Fiber	0.69g		
Total Sugar	3.10g		
Added Sugar	0.00g		
Protein	2.76g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	17.93mg	Iron	0.69mg

Nutrition - Per 100g

No 100g Conversion Available
