

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

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	1.000
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 Each

Amount Per Serving			
Calories	2.42		
Fat	0.03g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.09mg		
Carbohydrates	0.48g		
Fiber	0.06g		
Total Sugar	0.06g		
Added Sugar	0.06g		
Protein	0.09g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.91mg	Iron	0.03mg

Nutrition - Per 100g

No 100g Conversion Available