

# Toast

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-8373
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

### Nutrition - Per 100g

No 100g Conversion Available