

# Whole Grain French Toast Sticks

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3711
<b>School:</b>	Joan Martin Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX CINN WGRAIN	3 Piece		667462

## Preparation Instructions

Prepare French Toast Sticks as stated on the box.  
place 3 French toast sticks into an 8 ounce paper tray.  
Keep in warmer until ready to serve.  
CCP: Hold for hot service at 135 degrees F. or higher.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.000
<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: 3.00 Piece

Amount Per Serving	
<b>Calories</b>	210.00
<b>Fat</b>	9.00g
<b>Saturated Fat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	105.00mg
<b>Sodium</b>	290.00mg
<b>Carbohydrates</b>	26.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	11.00g
<b>Added Sugar</b>	10.00g
<b>Protein</b>	8.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 59.00mg	<b>Iron</b> 1.00mg

## Nutrition - Per 100g

No 100g Conversion Available