

Nebraska Food Distribution Processed Commodity Fact Sheet

Name: Egg, French Toast Stick

Product Code: 46025-85806-00

Processor: Michael Foods

Category: Meat and Meat Alternate

Date: 5/22/2007

Description: These baked sticks offer great French toast flavor in a fun, hand held shape.

Pack Size: 85 servings

Storage: Store at 0 degree's F or below

Preparation: Place a single layer of French toast sticks in a full size steamer pan sprayed with non-stick cooking spray, cover pan with foil.

Cooking: Convection Oven: 325 degrees F. for 7 to 8 minutes frozen, or 4 to 5 minutes thawed. Convention Oven: 350 degrees F. for 11 to 13 minutes frozen, or 8 to 9 minutes thawed. Micorwave: High 45-60 seconds frozen, or 30-40 seconds thawed.

Serving Size: 3 sticks (2.6 oz)

Meal Contribution: 1 meat/meat alternate and 1.5 bread alternate

Nutrition Facts			
Calories:	170.00	Protein:	7.00 grams
Total Fat:	3.50 grams	Carbohydrate:	27.00 grams
Saturated Fat:	1.00 grams	Cholesterol:	110.00 mg
Trans Fat:	grams	Calcium:	100.00 mg
Iron:	3.60 mg	Dietary Fiber:	1.00 grams
Sodium:	100.00 mg	Vitamin C:	0.00 mg
Vitamin A:	40.00 RE		