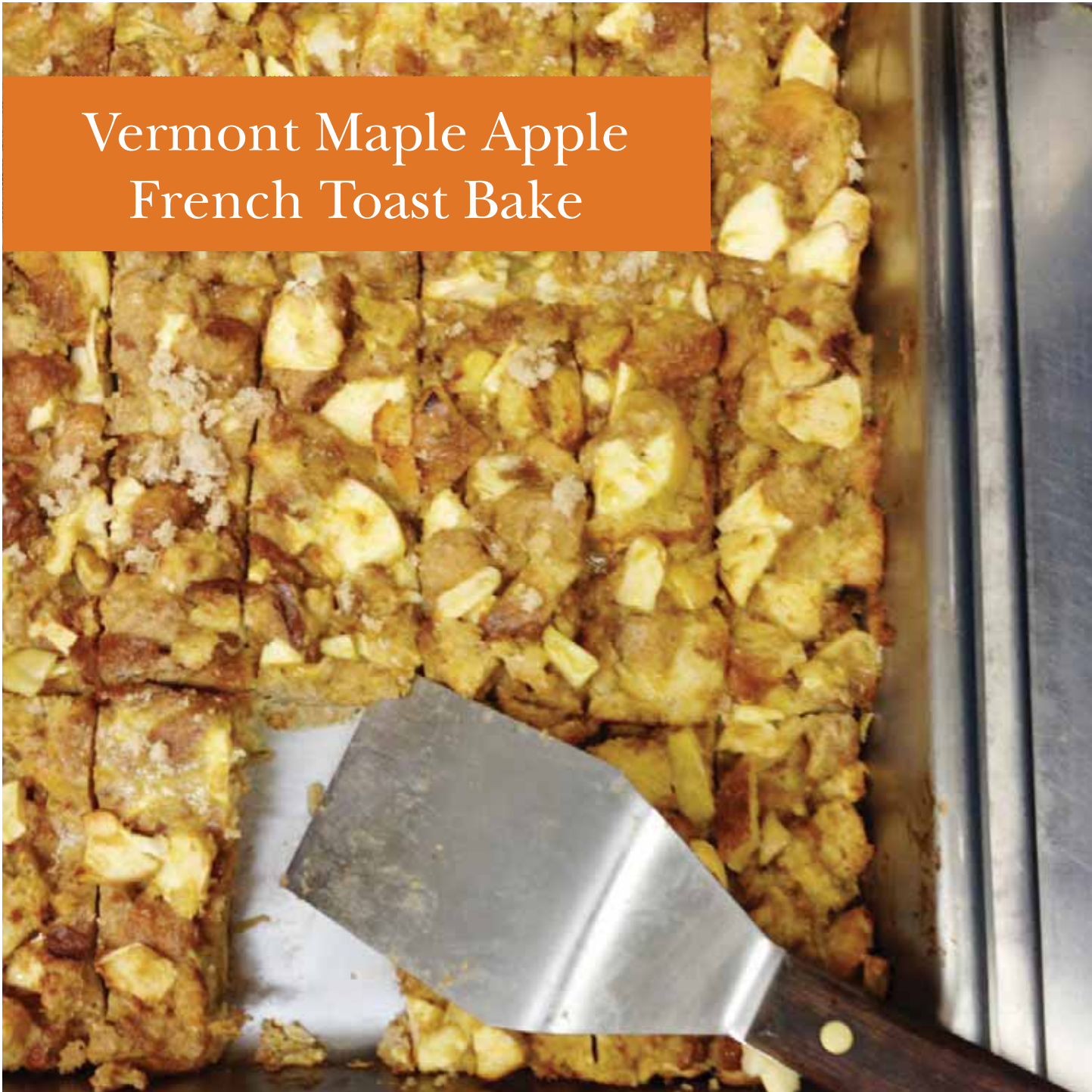




Vermont Maple Apple French Toast Bake

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 piece	
Amount per Serving	
Calories	220 kcal
Protein	12.39 g
Carbohydrate	28.09 g
Total Fat	6.56 g
Saturated Fat	2.11 g
Cholesterol	195.02 mg
Vitamin A	348.44 IU
Vitamin C	1.31 mg
Iron	1.90 mg
Calcium	115.46 mg
Sodium	314.41 mg
Dietary Fiber	3.41 g

EQUIVALENTS: 1 serving provides
1.25 oz equiv grain/bread, 2 oz equiv
meat/meat alternate and 1/8 cup fruit.

Recipe HACCP Process: #2 Same Day Service

