



Cinnamon-Citrus French Toast Squares

Turn a breakfast favorite into a new dish. Try these yummy, whole grain-rich breakfast squares.

Ages: 3–5 years

Makes: 6 servings

Prep time: 15 minutes

Cook time: 25 minutes

the INGREDIENTS

Nonstick cooking spray

3 slices bread, whole-wheat
(at least 28 g or 1 oz each)

2 tsp margarine, *trans* fat-free, melted

2 Tbsp maple syrup

½ tsp cinnamon, ground

1 egg, fresh, large, whole

¼ cup orange juice, 100% juice,
frozen concentrate, thawed

2 Tbsp milk, low-fat (1%)

the DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 375 °F.
3. Spray a loaf pan (8½" x 4½" x 2½") with nonstick cooking spray.
4. Tear bread into medium pieces, about 1"–2" each.
5. In a medium bowl, use a hand mixer to mix melted and slightly cooled margarine, maple syrup, cinnamon, egg, orange juice concentrate, and milk. Wash hands after touching uncooked eggs.
6. In a medium bowl, toss torn bread pieces with orange-egg mixture.
7. Spread evenly into loaf pan.
8. Bake for 25 minutes or until golden brown. Heat to 165 °F or higher for at least 15 seconds.
9. Cut into 6 even squares.
10. Serve 1 square. Serve immediately, or keep warm at 140 °F or higher.

the

NUTRITION INFORMATION

1 piece Cinnamon-Citrus French
Toast Square

Nutrients	Amount
Calories	101

Total Fat	3 g
Saturated Fat	1 g
Cholesterol	27 mg
Sodium	92 mg
Total Carbohydrate	15 g
Dietary Fiber	1 g
Total Sugars	1 g
Includes Added Sugars	N/A
Protein	3 g
Vitamin D	N/A
Calcium	44 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

Source: Team Nutrition CACFP Easy
Recipe Project

TeamNutrition.USDA.gov


the

CACFP CREDITING INFORMATION

½ oz eq grains 

the

CHEF TIPS

- **Contains milk (milk and margarine), eggs, and wheat (bread).** Bread and margarine can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (bread) and may be included in ingredient statements as “spice” or “flavoring.”
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.