



Maple Baked French Toast Squares

USDA Recipe for CACFP

Maple Baked French Toast Squares are a New Orleans favorite with whole-grain bread, eggs, spices, and a hint of maple syrup. A jazzy way to start the day!

CACFP CREDITING INFORMATION

1 piece provides 1 oz equivalent meat alternate and 1 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Frozen whole eggs, thawed	1 lb 7 ½ oz	2 ⅔ cups	2 lb 15 oz	1 qt 1 ½ cups	1 Combine eggs, milk, sugar, salt, vanilla, and cinnamon in a large bowl. Stir well.
Low-fat (1%) milk		3 cups		1 qt 2 cups	
Sugar	5 oz	½ cup 2 Tbsp	10 oz	1 ¼ cups	
Salt		⅛ tsp		¼ tsp	
Vanilla extract		2 tsp		1 Tbsp 1 tsp	
Ground cinnamon		1 tsp		2 tsp	
Whole-grain bread, sliced	1 lb 10 oz	17 ⅓ slices	3 lb 4 oz	34 ⅓ slices	

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					<p>3 Allow to set for 30 minutes to 1 hour. Bread should be soft and broken up completely.</p>
					<p>4 Pour 2 qt (about 4 lb 13 oz) bread mixture into a steam table pan (12" x 20" x 2 ½") lightly coated with pan release spray. Spread evenly.</p> <p>For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p>
Maple syrup	6 oz	¾ cup	12 oz	1 ½ cups	<p>5 Pour ¾ cup (about 6 oz) maple syrup over each pan in a swirling motion.</p>
					<p>6 Bake: Conventional oven: 400 °F for 25–35 minutes. Convection oven: 350 °F for 20–25 minutes.</p>
					<p>7 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p>
					<p>8 Critical Control Point: Hold for hot service at 140 °F or higher.</p>
					<p>9 Allow to rest for 20 minutes before cutting.</p>
					<p>10 Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (about 2³/₈" x 4").</p>



NUTRITION INFORMATION

For 1 piece.

NUTRIENTS	AMOUNT
Calories	180
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	107 mg
Sodium	178 mg
Total Carbohydrate	27 g
Dietary Fiber	2 g
Total Sugars	15 g
Added Sugar included	N/A
Protein	8 g
Vitamin D	35 IU
Calcium	97 mg
Iron	1 mg
Potassium	175 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

NOTES

Cooking Process #2: Same Day Service.

YIELD/VOLUME

25 Servings	50 Servings
About 4 lb 8 oz	About 9 lb
About 2 qt 1 cup/1 steam table pan (12" x 20" x 2 ½")	About 1 gal 2 cups/2 steam table pans (12" x 20" x 2 ½")