

Cinnamon-Citrus French Toast Squares

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

AGES: 6–18 years PREP TIME: 1 hour COOK TIME: 35 minutes

CACFP CREDITING INFORMATION

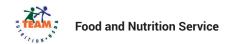
1 oz eq grains 🦊

SOURCE

Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIDECTIONS
	Weight	Measure	Weight	Measure	DIRECTIONS
					1 Wash hands with soap and water for at least 20 seconds.
					2 Preheat oven to 375 °F.
Nonstick cooking spray		1 spray		2 sprays	3 Spray a steam table pan (12" x 20" x 2½") with nonstick cooking spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Bread, whole-wheat, sliced (at least 28 g or 1 oz each)	25 oz (at least 700 g)	25	50 oz (at least 1400 g)	50	4 Tear bread into medium pieces, about 1"-2" each.



INGREDIENTS	25 SERVINGS		50 SERVINGS		
	Weight	Measure	Weight	Measure	DIRECTIONS
Margarine, <i>trans</i> fat-free, melted		1/4 cup + 2 Tbsp		³⁄₄ cup	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.
Maple syrup		1 cup		2 cups	
Cinnamon, ground		1 Tbsp + 1 tsp		2 Tbsp + 2 tsp	
Egg, fresh, large, whole		8		16	
Orange juice, 100% juice frozen concentrate, thawed	16 fl oz	2 cups	32 fl oz	1 qt	
Milk, low-fat (1%)	8 fl oz	1 cup	16 fl oz	2 cups	
					6 In an exta-large bowl, toss torn bread pieces with orange-egg mixture.
					7 Spread evenly into steam table pan.
					8 Bake for 30–35 minutes or until golden brown. Heat to 165 °F or higher for 15 seconds.
					 9 Cut into squares. For 25 servings, cut pan into 25 even squares. For 50 servings, cut each pan into 25 even squares.
					10 Serve 1 square.

NUTRITION INFORMATION

1 Cinnamon-Citrus French Toast Square

Nutrients Calories	Amount 202
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber Total Sugars Includes Added Sugars Protein	6 g 1 g 55 mg 183 mg 30 g 2 g 2 g N/A 7 g
Vitamin D Calcium Iron Potassium N/A = Data not available	N/A 88 mg 1 mg N/A

NOTES

- Contains milk, 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.

YIELD/VOLUME				
25 Servings	50 Servings			
Weight: 3 lb 12 oz Yield: 25 squares	Weight: 7 lb 10 oz Yield: 50 squares			

