



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 | | DIRECTIONS |
|---|------------------------|---------|-------------------------|----------|---|
| | Weight | Measure | Weight | Measure | |
| | | | | | <ol style="list-style-type: none"> 1 Wash hands with soap and water for at least 20 seconds. |
| | | | | | <ol style="list-style-type: none"> 2 Preheat oven to 375 °F. |
| Nonstick cooking spray | | 1 spray | | 2 sprays | <ol style="list-style-type: none"> 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 | <ol style="list-style-type: none"> 4 Tear bread into medium pieces, about 1"–2" each. |

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| | Weight | Measure | Weight | Measure | |
| Margarine, <i>trans</i> fat-free, melted | | ¼ cup + 2 Tbsp | | ¾ cup | <p>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.</p> |
| 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 extra-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. |
| | | | | | <p>9 Cut into squares. For 25 servings, cut pan into 25 even squares. For 50 servings, cut each pan into 25 even squares.</p> |
| | | | | | 10 Serve 1 square. |
| | | | | | |


NUTRITION INFORMATION

1 Cinnamon-Citrus French Toast Square

| Nutrients | Amount |
|---------------------------|---------------|
| Calories | 202 |
| <hr/> | |
| Total Fat | 6 g |
| Saturated Fat | 1 g |
| Cholesterol | 55 mg |
| Sodium | 183 mg |
| Total Carbohydrate | 30 g |
| Dietary Fiber | 2 g |
| Total Sugars | 2 g |
| Includes Added Sugars | N/A |
| Protein | 7 g |
| <hr/> | |
| Vitamin D | N/A |
| Calcium | 88 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available

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 | Weight: 7 lb 10 oz |
| Yield: 25 squares | Yield: 50 squares |

