

WGR French Toast Bake

Component: Grain, Meat Alt

Recipe Category: Main Dish

Recipe #

	48 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Whole wheat bread	4 lb				<p>1. For 48 servings, coat two 2-inch full hotel pans with cooking spray. Preheat convection oven to 325°F or conventional oven to 350°F.</p> <p>2. Cut bread into 1-inch cubes.</p> <p>3. Lightly beat eggs in a large bowl. Add milk, vanilla extract, brown sugar (ingredient), cinnamon, and salt; whisk to combine. Fold the bread into the egg mixture.</p> <p>4. Divide mixture evenly between the prepared pans. Cover pans with foil.</p> <p><i>Thoroughly wash, rinse, and sanitize surfaces and equipment immediately after handling potentially hazardous foods, and before proceeding to the next recipe step</i></p> <p>5. Bake for 35 minutes. Remove foil and rotate the pans end to end. Sprinkle each pan with brown sugar for topping. Bake, uncovered, until set on top and the internal temperature reaches 165°F for 15 seconds, about 15 minutes more. Let stand for 10 minutes.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 155° F for 17 seconds.</i></p> <p>6. Cut each hotel pan into 24 pieces.</p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p>
Fresh pasteurized eggs, large OR Whole pasteurized eggs, liquid		32 large OR 1 qt 3 ½ cups			
Non-fat or low-fat milk		2 qts			
Vanilla extract		2 Tbsp			
Brown sugar (as ingredient)		1 cup			
Ground cinnamon		1 Tbsp			
Salt		½ tsp			
Brown sugar (for topping)		½ cup			

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Notes:

Recipe modified from New School Cuisine Cookbook with apples omitted and decreased egg and salt. Nutrient information calculated using Food Processor.



Serving: 1 piece provides 1.25 oz grain, 1.25 oz meat alternate	Yield:	
1-2 years: ½ piece	48 Servings:	2 full hotel pans
3-5 years: ½ piece	96 Servings:	4 full hotel pans
6-18 years: 1 piece		

Nutrients Per Serving			
Calories	196	Saturated Fat	1.61 g
Protein	5.58 g	Cholesterol	126.74 mg
Carbohydrate	27.21 g	Vitamin A	73.35 RAE mcg
Total Fat	5.26 g	Vitamin C	0.35 mg
		Iron	1.53 mg
		Calcium	110.46 mg
		Sodium	179.19 g
		Dietary Fiber	3.60 g (2016 = .09)