

Wednesday: Fuel Up With French Toast

Item	Serving Size	Meal Pattern	Recipe	What Makes it Healthy
Baked French Toast Stick	3 strips	1 grain/bread, 1 oz. meat/meat alternative	USDA J-03*	Substitute whole-grain bread for the Texas Toast specified in the USDA version of the recipe
String Cheese	1 oz.	1 oz. meat/meat alternate		Use a lowfat variety
Hot Apple Slices with Cinnamon	1/2 cup	1/2 cup fruit/ vegetable	SNA*	Good source of fiber
Milk (variety)	8 fl. ozs.	1 milk		Offer lowfat varieties

Per Serving: 467 cal., 21.4 g pro., 59.1 g carb., 4.1 g fiber, 17.3 g fat, 8.2 g sat. fat., 137 mg chol., 467 mg sod., 637 mg ca., 868 RE vit. A, 3 mg vit. C, 3.8 mg iron

Total Meal Pattern: 2 ozs. meat/meat alternate, 1/2 cup fruit/vegetable, 1 grain/bread, 1 milk

*U.S. Department of Agriculture (USDA) recipes can be found at www.fns.usda.gov/tn/Resources/usda_recipes.html and at www.schoolnutrition.org/nsbw; SNA recipes also can be found at www.schoolnutrition.org/nsbw.

All menus, menu names and recipes are *suggestions* for your consideration. School nutrition professionals are encouraged to choose menus that fit best with the needs of your staff and students, as well as your food-safety plan. SNA has not tested these recipes in a kitchen.