

# Baked French Toast Strips

Meat/Meat Alternate-Grains/Breads

Breakfast

J-03

| Ingredients  | 50 Servings |                 | 100 Servings |                 | Directions  |
|--|-------------|-----------------|--------------|-----------------|---|
|  | Weight      | Measure         | Weight       | Measure         |   |
| "Texas Toast" enriched white bread, 1/2" thick<br>(1 1/2 oz slices)      | 3 lb 5 oz   | 35 slices       | 6 lb 10 oz   | 70 slices       | <ol style="list-style-type: none"> <li>Cut each slice of bread into 3 even strips. Arrange 35 of these strips of bread in each steamtable pan (12" x 20" x 2 1/2") which has been lightly coated with pan release spray. For 50 servings, use 3 pans. For 100 servings, use 6 pans.</li> <li>Combine the eggs, milk, sugar, salt, and vanilla in a mixing bowl. Mix with paddle attachment for 5 minutes on medium speed, until ingredients are well blended.</li> <li>Pour 1 qt 1 cup of egg mixture over each pan of bread strips.</li> <li>Cover pans with plastic wrap and chill for 4-24 hours.</li> <li>Sprinkle cinnamon on top.</li> <li>Bake:<br/>Conventional oven: 425° F for 35 minutes<br/>Convection oven: 375° F for 20 minutes<br/>CCP: Heat to 145° F for 3 minutes.</li> <li>CCP: Hold for hot service at 135° F or higher.<br/><br/>Portion 2 strips.</li> </ol> |
| Frozen whole eggs, thawed<br>OR<br>Fresh large eggs<br>(see Special Tip) | 2 lb 15 oz  | 1 qt 1 1/2 cups | 5 lb 14 oz   | 2 qt 3 1/8 cups |   |
| Lowfat 1% milk   |             | 1 qt 2 cups     |              | 3 qt            |   |
| Sugar  | 10 oz       | 1 1/4 cups      | 1 lb 4 oz    | 2 1/2 cups      |   |
| Salt   |             | 1 1/2 tsp       |              | 1 Tbsp          |   |
| Vanilla  |             | 1 Tbsp 1 tsp    |              | 2 Tbsp 2 tsp    |   |
| Ground cinnamon  |             | 2 tsp           |              | 1 Tbsp 1 tsp    |   |

**SERVING:**

2 strips provide 1 oz equivalent meat/meat alternate and 1 serving of grains/breads.

**YIELD:**

**50 Servings:** about 9 lb

**100 Servings:** about 18 lb

**VOLUME:**

**50 Servings:** 3 steamtable pans

**100 Servings:** 6 steamtable pans

Edited 2004

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**Special Tips:**

For 50 servings, use 13 ½ oz (1 qt ¼ cup) dried whole eggs and 1 qt ¼ cup water in place of eggs.

For 100 servings, use 1 lb 10 ½ oz (2 qt ⅞ cup) dried whole eggs and 2 qt ⅞ cup water in place of eggs.

Serve with Spiced Apple Topping (G-09), lowfat yogurt, fresh fruit, or maple syrup.

| Nutrients Per Serving |         |                      |        |                      |         |
|-----------------------|---------|----------------------|--------|----------------------|---------|
| <b>Calories</b>       | 155     | <b>Saturated Fat</b> | 1.18 g | <b>Iron</b>          | 1.35 mg |
| <b>Protein</b>        | 6.76 g  | <b>Cholesterol</b>   | 115 mg | <b>Calcium</b>       | 83 mg   |
| <b>Carbohydrate</b>   | 22.38 g | <b>Vitamin A</b>     | 229 IU | <b>Sodium</b>        | 280 mg  |
| <b>Total Fat</b>      | 4.07 g  | <b>Vitamin C</b>     | 0.3 mg | <b>Dietary Fiber</b> | 0.7 g   |