

## French Toast Sticks w/ Scrambled Eggs

### Nutrition Facts

Serving Size: 5 Each

### ALLERGENS

Eggs, Milk, Soy, Wheat

Amount Per Serving

Calories: 417

Calories from Fat: 168

<b>Total Fat:</b>	<b>18.7g</b>
Saturated Fat:	4.5g
Trans Fat:	0.00
<b>Cholesterol:</b>	<b>232mg</b>
<b>Sodium:</b>	<b>556mg</b>
<b>Total Carbohydrate:</b>	<b>48.8g</b>
Dietary Fiber:	3.8g
Sugars:	11.9g
<b>Protein:</b>	<b>14.8g</b>

Vitamin A: 308RE

Vitamin C: .0mg

Calcium: 76.3mg

Iron: 3.3mg

The accuracy of the information shown above is based on data obtained from food manufacturers, food distributors, product packaging, and the USDA Child Nutrition database. Ingredients and menu items are subject to change or substitution. Please consult your own physician or medical professional for assistance with your specific medical or dietary situation.

### Ingredients

French Toast Sticks, WG, Rich's (mfg label): BREAD (WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHEAT GLUTEN, SUGAR, YEAST, SALT, SOYBEAN OIL, CULTURED WHEAT FLOUR, VINEGAR, ENZYMES, ASCORBIC ACID, SOY LECITHIN, SOY FLOUR), WATER, WHOLE WHEAT FLOUR, SOYBEAN OIL, SUGAR, ENRICHED YELLOW CORN FLOUR (YELLOW CORN FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: CARRAGEENAN, DEXTROSE, DRIED YEAST, GUM ARABIC, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE), NATURAL AND ARTIFICIAL FLAVOR, SALT, SOY FLOUR, SOY LECITHIN. CONTAINS WHEAT, SOY [903583]

Scrambled Eggs Cooked (mfg label): WHOLE EGGS, SKIM MILK, SOYBEAN OIL, MODIFIED CORN STARCH, SALT, XANTHAN GUM, LIQUID PEPPER EXTRACT, CITRIC ACID, NATURAL AND ARTIFICIAL BUTTER FLAVOR (BUTTER [CREAM], LIPOLYZED BUTTER OIL, MEDIUM CHAIN TRIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVORS, SOYBEAN OIL AND ANNATTO EXTRACT). CONTAINS: EGGS, MILK [601438]