

# Nutritional Information for FRENCH TST STIX 175CT 10# AJ

<b>Product Number:</b>	<b>841684</b>
<b>Description:</b>	<b>AP French Toast Sticks, .88oz ea</b>

Nutritional Information			
Serving Size 4 each (96 g)			
<b>Amount Per Serving</b>			
<b>Calories 310</b>		<b>Calories from Fat 108</b>	
% Daily Value			
<b>Total Fat</b>	<b>12 g</b>	<b>18%</b>	
Saturated Fat	3 g	15%	
Trans Fat	0 g		
PolyUnSat	n/a	n/a	
MonoUnSat	n/a	n/a	
<b>Cholesterol</b>	<b>0 mg</b>	<b>0%</b>	
<b>Sodium</b>	<b>410 mg</b>	<b>17%</b>	
<b>Potassium</b>	<b>n/a</b>	<b>n/a</b>	
<b>Total Carbs</b>	<b>45 g</b>	<b>15%</b>	
Dietary Fiber	1 g	4%	
Sugars	14 g	n/a	
<b>Protein</b>	<b>5 g</b>	<b>10%</b>	
Vitamin A -	0%	Vitamin C -	0%
Calcium -	6%	Iron -	10%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

School Equivalents		Fat Soluble Vitamins	
<b>4 pcs.</b>		Vitamin D	n/a
Meat/Meat Alternative	n/a	Vitamin D	n/a
Fruit/Vegetables	n/a	Vitamin E	n/a
Grain/Bread	2.00 srv	Vitamin K	n/a
Child Nutrition Label	No	Vitamin A	0 IU
		Vitamin A	n/a

Water Soluble Vitamins		Minerals	
Thiamin B1	n/a	Phosphorus	n/a
Riboflavin B2	n/a	Zinc	n/a
Niacin B3	n/a	Magnesium	n/a
Pyridoxine B6	n/a	Copper	n/a
Cobalamin B12	n/a	Selenium	n/a
Pantothenic Acid	n/a	Calcium	60 mg
Vitamin C	0 mg	Iron	2 mg
Folic Acid	n/a	Manganese	n/a
		Iodine	n/a