

Monte Crista Sandwich

Calories:
301.9524 kcal

Saturated Fat:
6.6326 g

Sodium:
380.1008 mg

Total Carb:
28.73 mg

INGREDIENTS:

- 1 slice of french toast, glazed cinnamon, Sunny Fresh 409779
- 1 slice of turkey ham, Jennie-O, 400974
- 2 slices of cheese swiss, Bongards, 406702
- 1/4 teaspoon of powdered sugar
- 1 spray, about 1/3 second on cooking spray

DIRECTIONS:

Preheat Oven to 350 F

1. Line baking pans with parchment paper and lightly spray with buttermist.
2. Place a single layer of the thawed French toast slices on the baking sheet.
3. Place 1 slice of turkey ham and 2 slices of swiss cheese, then cover with remaining french toast slices.
4. Spray lightly with buttermist spray, cover with foil, and bake for 8-10 minutes or until cheese is melted or until the product reaches an internal temperature of 155 F.
5. Remove foil, toast for another 2 minutes, remove, dust with powdered sugar, cut in half and serve 1/2 to each student.

Meal Contribution: 2 oz Meats/Meat Alternative, 1.5 oz. grains, 1.5 oz Whole Grain-Rich (Grains)

