

# Children's Railroad French Toast

One piece of French toast, cut in half, dusted with powdered sugar is a children's breakfast selection. The French toast is new, larger & a less sweet recipe formulation supplied by Gourmet Food's, a key production partner for Amtrak. Served with breakfast syrup & garnished with a fresh strawberry.



WIMS #: 20156

Allergens: egg, milk, soy, wheat

**Nutritional Data:** For adult portion, 2 eggs only

Calories	200	
Calories from Fat	50	
		% D.V.
Total Fat (g)	5	8
Saturated Fat (g)	1.5	8
Cholesterol (mg)	30	10
Sodium (mg)	310	13
Total Carbohydrate (g)	29	10
Dietary Fiber (g)	1	3
Protein (g)	4	8