



# French Toast® Fit Guide

We are here to help! If you need assistance finding the correct size, just call 1-800-FRENCHTOAST. Use the measuring instructions below along with these fitting charts. If your child is between sizes, it's best to select the larger size.

## BOYS Unit: Inches

age	Toddler	3-4	4-5	5-6	6-7	7-8	9-10	11-12	12-13	14 & UP				
weight (lbs)	25-28	29-32	33-36	33-37	38-42	43-48	49-57	58-67	68-77	78-87	88-97	98 & UP		
height	33-34"	35-36"	37-38"	38-40"	41-43"	44-46"	47-48"	49-50"	51-54"	55-58"	59-61"	62-64"	65-66"	67-68"
chest	21	22	23	23	24	25	26	26½	28	29½	31½	33	34½	36
waist	20½	21	21½	21½	22	22½	23	23½	24½	25½	26½	27½	28½	30
size	2T	3T	4T	4	5	6	7	8	10	12	14	16	18	20

## BOYS HUSKY Unit: Inches

age	9-10	11-12	12-13	14 & UP		
height	51-54"	55-58"	59-61"	62-64"	65-66"	67-68"
chest	30	32	34	35	36½	38
waist	27	28	29	30½	31½	32½
size	10H	12H	14H	16H	18H	20H

## BOYS SLIM Unit: Inches

age	3-4	4-5	5-6	6-7	7-8	9-10	11-12	12-13	14 & up
height	38-40"	41-43"	44-46"	47-48"	49-50"	51-54"	55-58"	59-61"	62-64"
chest	22	23	24	25	26	27	28½	30	31½
waist	19½	20	20½	21	22	23	24	25	26
size	4S	5S	6S	7S	8S	10S	12S	14S	16S

## YOUNG MEN Unit: Inches

age	15 & UP									
chest	31-34"	35-38"	39-42"	43-46"	50"	52-54"	56-58"	60-62"		
shirt size	S(14-14½)	M(15-15½)	L(16-16½)	XL(17-17½)	2XL	3XL	4XL	5XL		
waist	31	32	33	34	35-36	37-38	39-40	41-42	43-44	45-46
size	W31	W32	W33	W34	W36	W38	W40	W42	W44	W46

## GIRLS REGULAR Unit: Inches

age	Toddler	3-4	4-5	5-6	6	6-7	7-8	9-10	11-12	12-13	14 & UP				
weight (lbs)	25-28	29-32	33-36	33-36	37-40	41-46	47-50	51-55	56-63	64-74	75-84	85-94	95 and up		
height	33-34"	35-36"	37-38"	36-39"	40-42"	43-45"	46-47"	48-49"	50-52"	53-55"	56-58"	59-60"	61-62"	63-64"	65-67"
chest	21	22	23	23	24	25	25½	26	27	28½	30	31½	33	34½	36
waist	20½	21	21½	21	21½	22	22½	23	23½	24½	25½	26½	28	29	30
size	2T	3T	4T	4	5	6	6x	7	8	10	12	14	16	18	20

## JUNIORS Unit: Inches

age	14 & up					
height	64-67"					
chest	32	33	34	35½	37	38½
waist	24½	25½	26½	28	29½	31
size	3	5	7	9	11	13
size	S	S	M	M	L	L

## GIRLS SLIM Unit: Inches

age	3-4	4-5	5-6	6	6-7	7-8	9-10	11-12	12-13	14 & up
height	36-39"	40-42"	43-45"	46-47"	48-49"	50-52"	53-55"	56-58"	59-60"	61-62"
chest	22	23	24	25	25½	26	27	28½	30	31½
waist	19½	20	20½	21	21½	22	23	24	25	26
size	4S	5S	6S	6x5	7S	8S	10S	12S	14S	16S

## GIRLS PLUS Unit: Inches

age	9-10	11-12	12-13	13-14	15 & up							
height	53-55"	56-58"	59-60"	61-63"	64-65"	65-66"	5'4" to 5'7"	5'4" to 5'7"				
chest	31½	33	34½	36	37½	39	BOTTOM	42	44	46		
waist	27½	28½	29½	30½	31½	32½	35½	37½	39½	TOP		
size	10½	12½	14½	16½	18½	20½	38	40	42	42	44	46

## YOUNG WOMEN Unit: Inches

age	15 & up					
waist	33	34½	36	37½	39½	41½
size	10	12	14	16	18	20

### Measuring Instructions

**Height:** Measure your child without shoes, feet together and back to the wall. Place tape measure from the floor to top of head.

**Chest:** Place the tape measure under your child's arms and around the fullest part of his or her chest. Tape should be comfortably loose.

**Waist:** Measure your child in his or her underwear. At their natural waistline, place one finger in between the tape and your child's body.



## For one-stop shopping for School Uniforms call 1-800-373-6248

**Online:** [www.FrenchToast.com](http://www.FrenchToast.com)

**Phone:** 1-800-373-6248

**Fax:** 1-888-296-4966

**Mail:** Fill in form and send to:  
3003 Scarlett Street, Suite 25  
Brunswick, GA 31520

**Shipping and handling:** Within the continental United States you can expect delivery within 5-7 business days. Orders ship Monday through Friday only. We ship Parcel Post to U.S. P.O. boxes, Hawaii, Alaska, Guam, Puerto Rico and the Virgin Islands. For Puerto Rico, all taxes are the responsibility of the customer. All catalog prices and shipping rates are quoted in U.S. funds and do not include applicable duty, customs charges or taxes, which are paid by the customer.

**Ordering by phone:** Prior to calling, please fill out the order form and have your credit card number and expiration date ready.

**Ordering by mail or fax:** Mail orders can be paid by credit card, check (drawn on U.S. bank only), or money order. Fax orders must be placed using a credit card. Sorry, no C.O.D's.

**Returns made easy:** No questions asked — no need to call us — simply follow the instructions on the back of your packing slip. We guarantee your satisfaction with all of our merchandise. You may return any item within 30 days of delivery for a full refund of the purchase price (minus delivery charges). If you receive a damaged or defective item, we will promptly send you a replacement or issue you a full refund. We cannot accept returns of custom embroidered products unless the product or embroidery is defective. All you need to do is return the damaged or defective product to: FrenchToast.com, Attn: Returns Dept., 229 Hollie Drive, Martinsville, VA 24112.

**Exchanges:** Simply follow the instructions on the back of the packing slip. Shipping charges apply to exchange orders. Exchanges may take 2-3 weeks to process. For faster service, return items for a credit and place a new order.

**Customer Service:** Please call Customer Service from Mon. through Sat. 8 am — 8 pm EST for questions on volume discounts, school sales, exchanges or refunds, complaint resolutions, billing inquiries and any other questions. Phone: 1-800-373-6248  
Fax: 1-888-296-4966  
E-mail: [service@FrenchToast.com](mailto:service@FrenchToast.com)

### Help other students benefit from your kid's outgrown uniforms!

Our uniforms hold up so well, they're often outgrown before they wear out. We suggest you donate these uniforms to a "uniform closet" at your school. These items will help less fortunate students to stay in step with dress code. For help starting a "uniform closet" at your school, call 1-888-55-SCHOOL.