

Cookbook for Tami's High School 9-12

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[Peanut Butter and Jelly Sandwich](#)

Peanut Butter and Jelly Sandwich

NO IMAGE

Servings:	150.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42080
School:	Tami's High School 9-12		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Bread, whole-wheat, commercially prepared	300 Slice		18075
Peanut butter, smooth style, without salt	2 Quart 1 Cup 2 Fluid Ounce 1 1 Tablespoon (150 Tablespoon)		16398
Jellies	150 serving 1 tbsp		19300

Preparation Instructions

Wash hands

Take two slices of bread

spread 1tbsp of peanut butter on 1 piece of bread

spread 1tbsp of jelly on 2nd piece of bread

add bread together to make a sandwich

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	312.82
Fat	10.46g
SaturatedFat	2.12g
Trans Fat	0.02g**
Cholesterol	0.00mg
Sodium	300.22mg
Carbohydrates	45.59g
Fiber	4.85g
Sugar	15.21g
Protein	11.55g
Vitamin A 2.97IU	Vitamin C 0.19mg
Calcium 112.35mg	Iron 1.90mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available