

Cookbook for Tami's High School 9-12

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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

Pepperoni and Pineapple Pizza



Servings:	150.00	Category:	Entree
Serving Size:	1.00 1 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43993
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SFS TONY'S SMART WG PEPPERONI 50-50 NET WT 26.88LBS 12-8PK CN	150 Piece		124246
Pineapple, canned, juice pack, drained	18 3/4 cup, chunks		9354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.125
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 1 Slice

Amount Per Serving

Calories	292.98
Fat	11.07g
SaturatedFat	3.56g
Trans Fat	0.00g
Cholesterol	15.24mg
Sodium	539.98mg
Carbohydrates	36.54g
Fiber	4.23g
Sugar	11.23g
Protein	15.10g
Vitamin A 477.40IU	Vitamin C 2.13mg
Calcium 243.65mg	Iron 2.73mg

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli Salad



Servings:	150.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44023
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, raw	9 Gallon 1 Quart 1 Pint (150 Cup)		11090
Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	1 Gallon 1 Pint 6 Fluid Ounce 1/4 Tablespoon (300 Tablespoon)		42158

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	42.00		
Fat	2.40g		
SaturatedFat	0.41g		
Trans Fat	0.00g**		
Cholesterol	0.00mg		
Sodium	279.93mg		
Carbohydrates	4.87g		
Fiber	0.00g		
Sugar	1.00g		
Protein	0.33g		
Vitamin A	20.10IU	Vitamin C	0.89mg
Calcium	11.27mg	Iron	0.09mg

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

Nutrition - Per 100g

No 100g Conversion Available