

PBJ Meal*

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10841
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PBJ GRP WGRAIN	1 Each		527462
CRACKER CHEEZ-IT WGRAIN IW	1 Package		282422
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Package		680130

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	490.00
Fat	26.50g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	610.00mg
Carbohydrates	47.00g
Fiber	5.00g
Sugar	15.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 337.00mg	Iron 1.72mg

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

Nutrition - Per 100g

No 100g Conversion Available