

Homemade PBJ



| | | | |
|----------------------|---------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Sandwich | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-51602 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------|---------------|--------------------------------|------------|
| Whole Grain Sandwich Bread | 2 Slice | READY_TO_EAT | 1292 |
| PEANUT BUTTER CRMY | 2 Fluid Ounce | *Use commodity peanut butter!* | 279013 |
| JELLY GRP | 1 Tablespoon | | 531811 |

Preparation Instructions

1. Lay out two slices of bread on a parchment lined counter.
2. Place peanut butter on one slice of bread and spread to cover slice.
3. Top second slice with jelly and spread over bread.
4. Put both slices together. Cut in half on the diagonal and stack both triangles on top of each other.
9. Wrap in clear plastic wrap and hold for service.

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 Sandwich

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 550.00 |
| Fat | 32.00g |
| SaturatedFat | 6.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 415.00mg |
| Carbohydrates | 53.00g |
| Fiber | 6.00g |
| Sugar | 19.00g |
| Protein | 20.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 120.00mg | Iron 2.44mg |

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

Nutrition - Per 100g

No 100g Conversion Available