

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