

# Peanut Butter and Jelly Sandwich With Yogurt



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12480
School:	Certification High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Bread, whole-wheat, commercially prepared	200 Slice		18075
Peanut Butter, Smooth	3 Quart 3 Fluid Ounce 1 7/8 Tablespoon (200 Tablespoon)		51540
Jellies	100 serving 1 tbsp		19300
Yogurt, High-Protein, Strawberry, Cups	3 Gallon 1 Pint (50 Cup)		51545

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	517.13
<b>Fat</b>	18.24g
<b>SaturatedFat</b>	3.46g
<b>Trans Fat*</b>	0.01g**
<b>Cholesterol</b>	5.99mg
<b>Sodium</b>	502.50mg
<b>Carbohydrates</b>	66.01g
<b>Fiber</b>	6.05g
<b>Sugar</b>	29.53g
<b>Protein</b>	23.99g
<b>Vitamin A</b>	2.97IU
<b>Vitamin C</b>	4.98mg
<b>Calcium</b>	204.50mg
<b>Iron</b>	2.34mg

\*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