

Peanut Butter and Jelly Sandwich with Black hummus on side



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38382
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Bread, whole-wheat, commercially prepared	200 Slice		18075
Jellies	100 serving 1 tbsp		19300
Peanut butter, smooth style, without salt	1 Quart 1 Pint 1 Fluid Ounce 1 7/8 Tablespoon (100 Tablespoon)		16398
Black Bean Hummus USDA Recipe for Schools	1 Gallon 2 Quart 1 Cup (25 Cup)		51673

Preparation Instructions

Black bean hummus is served on the side.

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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	375.60
Fat	11.84g
SaturatedFat	2.36g
Trans Fat*	0.02g**
Cholesterol	0.00mg
Sodium	399.76mg
Carbohydrates	55.15g
Fiber	7.97g
Sugar	16.21g
Protein	14.54g
Vitamin A	58.10IU
Vitamin C	5.62mg
Calcium	144.14mg
Iron	2.53mg

*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