

# Homemade PBJ



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CCS 24 oz. Whole Grain Rich Sandwich Bread X	2 Slice	READY_TO_EAT	1292
PEANUT BUTTER CRMY	4 Tablespoon	*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

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
<b>Calories</b>	550.00
<b>Fat</b>	32.00g
<b>Saturated Fat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	425.00mg
<b>Carbohydrates</b>	55.00g
<b>Fiber</b>	6.00g
<b>Total Sugar</b>	19.00g
<b>Added Sugar</b>	13.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 108.00mg	<b>Iron</b> 3.00mg

## Nutrition - Per 100g

No 100g Conversion Available