

# Peanut Butter and Jelly Meal



|                      |               |                       |                  |
|----------------------|---------------|-----------------------|------------------|
| <b>Servings:</b>     | 20.000        | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each     | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch         | <b>Recipe ID:</b>     | R-56850          |
| <b>School:</b>       | CHS - Indiana |                       |                  |

## Ingredients

| Description                  | Measurement | Prep Instructions                 | DistPart # |
|------------------------------|-------------|-----------------------------------|------------|
| SAND UNCRUST PB&J GRP WGRAIN | 20 Each     | Or #536012 Strawberry Uncrustable | 527462     |
| CRACKER GLDFSH WGRAIN COLOR  | 20 Package  |                                   | 112702     |
| CHEESE STRING MOZZ LT IW     | 20 Each     |                                   | 566413     |

## Preparation Instructions

Step 1. Remove the uncrustables from the freezer and let them thaw

Step. Add 1 package of goldfish cracker and a cheese stick together in a bag

Step 3 Add the uncrustable sandwich to the bag

## 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: 20.000

Serving Size: 1.00 Each

| Amount Per Serving       |                         |
|--------------------------|-------------------------|
| <b>Calories</b>          | 460.00                  |
| <b>Fat</b>               | 22.50g                  |
| <b>Saturated Fat</b>     | 6.00g                   |
| <b>Trans Fat</b>         | 0.00g                   |
| <b>Cholesterol</b>       | 10.00mg                 |
| <b>Sodium</b>            | 640.00mg                |
| <b>Carbohydrates</b>     | 46.00g                  |
| <b>Fiber</b>             | 5.00g                   |
| <b>Total Sugar</b>       | 15.00g                  |
| <b>Added Sugar</b>       | 12.00g                  |
| <b>Protein</b>           | 18.00g                  |
| <b>Vitamin A</b> 0.00mcg | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 243.00mg  | <b>Iron</b> 1.72mg      |

## Nutrition - Per 100g

No 100g Conversion Available