

# PBJ (brkfast)

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-52149
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN SLCD 1/2"	2 Slice		231053
PEANUT BUTTER CRMY	2 Tablespoon		241851
JELLY APPLE-GRAPE	2 Teaspoon		100927

## Preparation Instructions

2 slices bread, 2 tablespoon peanut butter, 2 teaspoons jelly

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.000
<b>Grain</b>	2.500
<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 Each

Amount Per Serving	
<b>Calories</b>	423.33
<b>Fat</b>	18.00g
<b>Saturated Fat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	486.67mg
<b>Carbohydrates</b>	56.67g
<b>Fiber</b>	6.00g
<b>Total Sugar</b>	14.33g
<b>Added Sugar</b>	13.33g
<b>Protein</b>	13.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 139.00mg	<b>Iron</b> 2.50mg

## Nutrition - Per 100g

No 100g Conversion Available