

PB&J Pack

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43546
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J STRAWB	1 Each		536012
SAND UNCRUST PB&J GRP WGRAIN	1 Each		527462
CRACKER GLDFSH CHED WGRAIN	1 Package		736280
CRACKER CHEEZ-IT WGRAIN IW	1 Package		282422
CHEESE STRING MOZZ LT IW	2 Each		786801

Preparation Instructions

Package together 1 Uncrustable, 1 String cheese and 1 package of Goldfish OR Cheez-its

Updated 8.13.25

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	460.00
Fat	22.00g
Saturated Fat	5.75g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	630.00mg
Carbohydrates	47.00g
Fiber	4.50g
Total Sugar	16.00g
Added Sugar	12.50g
Protein	18.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 303.50mg	Iron 1.71mg

Nutrition - Per 100g

Calories	4327.38
Fat	206.96g
Saturated Fat	54.09g
Trans Fat	0.00g
Cholesterol	94.07mg
Sodium	5926.62mg
Carbohydrates	442.15g
Fiber	42.33g
Total Sugar	150.52g
Added Sugar	117.59g
Protein	169.33g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 2855.13mg	Iron 16.09mg