

PBJ Meal*

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10841
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN	1 Each		527462
CRACKER CHEEZ-IT WGRAIN IW	1 Package		282422
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Package		680130

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	490.00
Fat	26.50g
Saturated Fat	8.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	600.00mg
Carbohydrates	47.00g
Fiber	5.00g
Total Sugar	15.00g
Added Sugar	12.00g
Protein	18.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 337.00mg	Iron 1.72mg

Nutrition - Per 100g

Calories	987.70
Fat	53.42g
Saturated Fat	17.13g
Trans Fat	0.00g
Cholesterol	40.31mg
Sodium	1209.43mg
Carbohydrates	94.74g
Fiber	10.08g
Total Sugar	30.24g
Added Sugar	24.19g
Protein	36.28g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 679.30mg	Iron 3.47mg