

PBJ Meal

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23558
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN	1 Each		527462
SAND UNCRUST PB&J STRAWB	1 Each		536012
CRACKER CHEEZ-IT WGRAIN IW	2 Each		282422
CHEESE STRING MOZZ IW	2 Each		786580

Preparation Instructions

Uncrustable (Strawberry or Grape)= 1 Meat Alternative and 1 Grain

Sunchips® Harvest Cheddar Multigrain Snacks= 1.25 Grain

CHEEZ-IT= 1.0 Grain

Goldfish Cheese Crackers=1.0 Grain

0.75 oz Peanut Butter Cup= Takes two cups to equal 1 Meat Alternative

Note: 1 Meal is 1 Uncrustable, 1 Grain (Sunchips, CHEEZ-IT, Goldfish), 1 Meat Alternative Option (1 String Cheese or 2 Peanut Butter Cups)

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	480.00
Fat	25.50g
Saturated Fat	8.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	620.00mg
Carbohydrates	48.00g
Fiber	5.00g
Total Sugar	16.00g
Added Sugar	12.50g
Protein	17.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 341.50mg	Iron 1.72mg

Nutrition - Per 100g

Calories	2257.76
Fat	119.94g
Saturated Fat	39.98g
Trans Fat	0.00g
Cholesterol	94.07mg
Sodium	2916.28mg
Carbohydrates	225.78g
Fiber	23.52g
Total Sugar	75.26g
Added Sugar	58.80g
Protein	79.96g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 1606.30mg	Iron 8.09mg