

**PBJ Double ET-E044A**

[None]

<b>Cooking Time:</b> <b>Oven Temp:</b> <b>Internal Temp:</b>	<b>Serving Pan:</b> <b>Serving Utensil:</b>	<b>Yield: 1 1</b> <b>Portions: 1 Each</b>
--	--	--

**Pre-Prep Instructions...**

HACCP Process #1 No Cook Preparation

**Ingredients & Instructions...**

- PB&J WGrain Twin Pack 1 1 Package  
 Wash Hands

CCP: Cold foods held for later service must maintain an internal temperature of 41 degrees or below.

= 2 oz. MA/2 oz. eq. WG



Ingredient and Recipe Nutrition

Item#: PBJ Double

Desc: PBJ Double ET-E044A

Nutrition Information			Fat Soluble Vitamins		School Equivalents	
Serving Size: Each (159 grams)			VITAMIN D(iu)	0 IU	Child Nutrition Label: No	
Amount Per Serving			VITAMIN K	0 MCG	Serving Size:	
Calories: 597	Calories from Fat: 282		VITAMIN A(iu)	0 IU	Meat Quantity:	NA
% Daily Value*			VITAMIN A(re)	0 MCG	Bread Quantity:	NA
Total Fat: 31 GM 48%			Water Soluble Vitamins		Fruit/Veg Quantity:	NA
Saturated Fat: 5 GM 25%			THIAMIN	0 MG	Updated for New Final Rule:	
Trans Fat: 0 GM			RIBOFLAVIN	0 MG	Meat/Meat Alt:	NA oz eq
Polyunsaturated Fat: 0 GM			NIACIN	0 MG	Grain/Bread:	NA oz eq
Monounsaturated Fat: 0 GM			VITAMIN B-6	0 MG	Fruit:	NA cup
Cholesterol: 0 MG 0%			VITAMIN B-12	0 MCG	Vegetable:	
Sodium: 660 MG 27%			VITAMIN C, TOTAL ASCORBIC ACID	0 MG	Red/Orange:	NA cup
Potassium: 0 MG 0%			FOLIC ACID	0 MCG	Dark Green:	NA cup
Total Carbohydrate: 66 GM 22%			Minerals		Starchy:	NA cup
Dietary Fiber: 9 GM 36%			PHOSPHOROUS	0 MG	Beans/Peas:	NA cup
Sugars: 24 GM			ZINC	0 MG	Other:	NA cup
Protein: 20 GM 40%			MAGNESIUM	0 MG	Notes:	
Vitamin A: 0%	Vitamin C: 0%		COPPER	0 MG	<div style="text-align: center;"> <p><b>Calorie Percentages</b></p> <p>PRO - 13% CHO - 42% FAT - 45%</p> </div>	
Calcium: 10%	Iron: 35%		IRON	6.37 MG		
Ingredients: PB&J WGrain Twin Pack			CALCIUM	101.12 MG		

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

\* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg