



825148 - Peanut Butter & Jelly Box: MYO

Source: K12 Culinary

Number of Portions: 20

Size of Portion: each

Alternate Recipe Name: Make Your Own PB&J

Components:

Meat/Alt: 2 oz

Grains: 2 oz

Fruit: 0.5 cup

Vegetable: 0.5 cup

Milk:

Recipe Subgroups:

Vegetable, Red/Orange

Whole Grain Rich

Attributes:

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
051451 APPLES, FRESH, GRANNY SMITH, WITH SKIN...	10 medium (3" dia)	<p>CCP: No bare hand contact with ready to eat food. Remove stickers and rinse fresh fruit under cold running water. Drain and allow to air dry. Cut apples into wedges and dip in acidulated water to prevent browning.</p> <p>(Note: Other seasonal fresh fruits, in 1/2 cup portions, may be used. Follow instructions from the menu planner about other varieties and amounts. Consider pear wedges, bananas, grape clusters, etc. for variety.)</p>
051540 Peanut Butter, Smooth.....	2 1/2 cups	<p>CCP: No bare hand contact with ready to eat food. Using a no. 30 disher place 2 Tbsp of peanut butter into 2 oz portion cup and seal with lid.</p>
825640 Bun, Loaf Bread, WG, Flowers 99817370..... 826682 Jelly, Grape, .5oz, Sauers 06367..... 825767 Cheese, Mozz String, Light IW, LOL 59703..... 826915 CARROTS, BABY-CUT, FRESH, PEELED.....	40 slice, 1oz (CN=1G) 10 each, .5 oz 20 each, 1 oz 3 lbs + 4 ozs	<p>For each grab-and-go box, place a deli sheet in the large compartment of the clear 3-compartment container and</p> <ul style="list-style-type: none"> Place 2 slices of bread on top of the paper. <p>Underneath the paper, place the following items to prevent cross-contact with unwrapped items:</p> <ul style="list-style-type: none"> 1 cheese stick 1 portion cup of peanut butter 1 pack of jelly <p>In remaining small compartments, place:</p> <ul style="list-style-type: none"> 1/2 cup of baby carrots 1/2 cup of fresh fruit in the remaining compartment. <p>Close each grab-and-go container. Remember to include a plastic spreader!</p>

		Reminder: The K-5 or K-8 meal pattern requires 3/4 cup vegetable and the 9-12 meal pattern requires 1 cup of vegetable; therefore, for offer vs serve meals, students must be offered additional vegetable when this grab and go meal is provided. If the grab and go meal is provided as a non-offer vs. serve option, the student must be served additional vegetable to meet the required meal pattern.
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*Nutrients are based upon 1 Portion Size (each)

Calories	511 kcal	Cholesterol	10 mg	Sugars	*10.5* g	Calcium	288.90 mg	37.41%	Calories from Total Fat
Total Fat	21.24 g	Sodium	718 mg	Protein	20.70 g	Iron	2.93 mg	8.88%	Calories from Saturated Fat
Saturated Fat	5.04 g	Carbohydrates	58.07 g	Vitamin A	10412.4 IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	10.33 g	Vitamin C	6.2 mg	Ash ¹	*N/A* g	45.46%	Calories from Carbohydrates
								16.20%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.