



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:

Whole Grain Rich
Vegetable, Red/Orange

Attributes:

Meat/Meat Alter
Vegetables
Fruits
Grain

HACCP Process: No HACCP Process

Ingredients	Measures	Instructions
051451 APPLES, FRESH, GRANNY SMITH, WITH SKIN.....	10 medium (3" dia)	CCP: No bare hand contact with ready to eat food. Rinse fresh fruit under cold running water. Drain and allow to air dry. Cut apples into wedges and dip in acid to prevent browning. (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.)
050386 PEANUT BUTTER, SMOOTH, WITH ADDED SALT...	2 1/2 cups	CCP: No bare hand contact with ready to eat food. Using a #30 disher place 2 Tbsp. of peanut butter into 2 oz. portion cup and seal with lid.
825640 Bun, Loaf Bread, WG, Flowers 99817370..... 826682 Jelly, Grape, .5oz, Sauers 06367..... 825767 Cheese, Mozz String, Light IW, LOL 59703..... 050525 CARROTS, BABY-CUT, FRESH, PEELED.....	40 slice, 1oz (CN=1G) 10 each, .5 oz 20 each, 1 oz 3 lbs + 4 ozs	For each grab-and-go box, place a deli sheet in the large compartment of the clear 3-compartment container and place 2 slices of bread on the paper. Place 1 cheese stick, 1 portion cup of peanut butter, and 1 pack of jelly under the paper allowing the paper to prevent cross contact between bread and the other foods. Place 1/2 c of baby carrots in a small compartment, and 1/2 cup of fresh fruit in the remaining compartment. Close each grab-and-go container. Remember to provide or include a plastic spreader!
		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.

*Nutrients are based upon 1 Portion Size (each)

Calories	479 kcal	Cholesterol	10 mg	Sugars	*7.5* g	Calcium	325.90 mg	39.63%	Calories from Total Fat
Total Fat	21.09 g	Sodium	710 mg	Protein	20.72 g	Iron	2.90 mg	9.55%	Calories from Saturated Fat

Saturated Fat	5.08 g	Carbohydrates	57.74 g	Vitamin A	10444.9 IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	10.13 g	Vitamin C	6.2 mg	Ash ¹	*N/A* g	48.22%	Calories from Carbohydrates
								17.30%	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.									