



825109 - Peanut Butter & Jelly Box

Source: K12 Culinary

Number of Portions: 20

Size of Portion: each

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:

Meat/Meat Alter

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>
825640 Bun, Loaf Bread, WG, Flowers 99817370..... 051540 Peanut Butter, Smooth..... 826517 Jelly, Grape, Polaner, 055485.....	40 slice, 1oz (CN=1G) 2 1/2 cups 1 1/4 cups	<p>CCP: No bare hand contact with ready to eat food. Place the slices of bread side-by-side onto a clean and sanitized food preparation surface or on parchment paper. Using a no. 30 disher place 2 Tbsp of peanut butter onto one slice of bread. Using a no. 60 disher place approximately 1 Tbsp of jelly onto the other slice of bread. Spread the peanut butter on the slice of bread. Spread the jelly on the other slice of bread. Assemble each sandwich by placing the peanut side and the jelly side together. Repeat for all sandwiches. Cut the sandwich in half on the diagonal using a bread knife.</p>
825767 Cheese, Mozz String, Light IW, LOL 59703..... 826915 CARROTS, BABY-CUT, FRESH, PEELED.....	20 each, 1 oz 3 lbs + 4 ozs	<p>Place a deli sheet in the large compartment of the clear 3-compartment container, then place 2 peanut butter and jelly sandwich halves on the paper. Place 1 cheese stick under the paper allowing the paper to prevent cross contact between sandwich and cheese stick. 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 securely.</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	543	kcal	Cholesterol	10	mg	Sugars	*15.0*	g	Calcium	288.90	mg	35.18%	Calories from Total Fat
Total Fat	21.24	g	Sodium	723	mg	Protein	20.70	g	Iron	2.93	mg	8.35%	Calories from Saturated Fat
Saturated Fat	5.04	g	Carbohydrates	66.57	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	49.00%	Calories from Carbohydrates
												15.23%	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.