

Recipe Name:	PBJ Tuesday (PBJ sandwich) w/cheddar cheese cubes (LUNCH/SUPPER)			
Meal Pattern Contributions:	Meat/Meat Alternate: Peanut Butter w/Cheddar Cheese	Grain: Yes Whole Grain: yes/no	Fruit: NO	Vegetable: No

Age Range	1-2 Years	3-5 Years	6-12 Years
Serving Size:	½ slice whole wheat bread, 1 tbsp. Peanut Butter, ½ oz cheese cube	½ slice whole wheat bread, 1.5 tbsp. Peanut Butter, ¾ oz cheese cube	1 slice whole wheat bread; 2 tbsp. Peanut Butter, 1 oz. cheese cube
Amount of Servings:	2	5	1

Ingredients:
<p>5 6oz. Slices of Whole Grain Bread 11.5 tbsp. Peanut Butter 6 oz. cheddar cheese cut into 2 - ½ cubes; 5 - ¾ oz cubes and 1 - 1 oz. cubes (*Jelly does not count as a crediting item in the CACFP, but 1 tsp. flavored jelly per sandwich as an “extra” component)</p>
Preparation Instructions:
<p>Cut whole wheat bread into halves.</p> <ul style="list-style-type: none"> • For 1 – 2 year olds, spread 1 tbsp. peanut butter per ½ slice, add jelly and close sandwich, plate the sandwich w/the ½ oz. cubed cheese on plate. • For 3 – 5 year olds, spread 1.5 tbsp. of peanut butter per ½ slice, add jelly and close sandwich, plate the sandwich w/the ¾ oz. of cubed cheese on the plate. • For 6 – 12 year olds, spread 2 tbsp. of peanut butter per full slice of bread, add jelly and close sandwich, plate the sandwich w/the 1 oz. of cubed cheese on the plate.
Servings:
6-8 depending on age group served