

# Banana Peanut Butter Sandwich

Meal Components: Fruits, Grains, Meat / Meat Alternate

Sandwiches, F-03A

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Lowfat 1% milk		1 cup		2 cups	<ol style="list-style-type: none"> <li>In a bowl, whisk together milk, orange juice concentrate, eggs, sugar, salt, and vanilla. Whisk until smooth.</li> </ol>
Frozen orange juice concentrate, thawed		3 Tbsp		1/4 cup 2 Tbsp	
Frozen whole eggs, thawed	1 lb	1 3/4 cups 2 Tbsp	2 lb	3 3/4 cups	<ol style="list-style-type: none"> <li>In a mixing bowl, combine honey and peanut butter. Mix until smooth. Peel bananas. Slice peeled bananas in half lengthwise and crosswise. Place 2 pieces of banana (1/2 banana) and 1/2 oz (1</li> </ol>
OR		OR		OR	
Fresh large eggs		9 each		18 each	
Sugar		3 Tbsp		1/4 cup 2 Tbsp	
Salt		1/2 tsp		1 tsp	
Vanilla		2 tsp		1 Tbsp 1 tsp	
Honey		2 3/4 tsp	2 oz	2 Tbsp 2 1/2 tsp	

Peanut butter	12 oz		1 lb 8 oz	
*Fresh bananas 100-120 count	2 lb 4 oz	6 bananas	4 lb 8 oz	12 bananas

*Enriched wheat bread slices (at least 0.9 oz each)	24 slices	48 slices	<p><b>3.</b> Dip sandwiches in orange juice mixture to coat both sides.</p> <p><b>4.</b> Place 6 sandwiches on each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray. For 24 servings, use 2 pans. For 48 servings, use 4 pans.</p> <p><b>5.</b> Bake until lightly browned: Conventional oven: 400°F for 15-20 minutes. Convection oven: 325°F for 15-20 minutes CCP: Heat to 160°F or higher.</p> <p><b>6.</b> Cut each sandwich in half. CCP: Hold for hot service at 140°F or warmer. Portion is 1/2 sandwich.</p>
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Serving	Yield	Volume
½ sandwich provides the equivalent of 1 oz of cooked lean meat, ½ cup of fruit, and 1 slice of bread.	<b>24 Servings:</b> 24 half sandwiches	<b>24 Servings:</b> 24 half sandwiches
	<b>48 Servings:</b> 48 half sandwiches	<b>48 Servings:</b> 48 half sandwiches

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**Nutrients Per Serving**

Calories	249	Saturated Fat	2 g	Iron	2 mg
Protein	9 g	Cholesterol	81 mg	Calcium	45 mg
Carbohydrate	30 g	Vitamin A	169 IU	Sodium	292 mg
Total Fat	11 g	Vitamin C	6 mg	Dietary Fiber	3 g