

Sunflower Seed Butter and Jelly Sandwich

Meat/Meat Alternate

Sandwiches

KSU Developed

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| Notes: |
| Nutrient information from Food Processor |

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| Serving: 1 sandwich provides 1 oz equivalent meat/meat alternate and 2 grain equivalents. | Yield: |
| 1-2 years: not for under 6 | 48 Servings: 48 sandwiches |
| 6-18:1 full sandwich | 96 Servings: 96 sandwiches |

| Nutrients Per Serving | | | | | |
|-----------------------|----------|----------------------|--------------|----------------------|----------------------------|
| Calories | 472 kcal | Saturated Fat | 2.15 g | Iron | 3.77 mg |
| Protein | 5.72 g | Cholesterol | 0.86 mg | Calcium | 102.01 mg |
| Carbohydrate | 58.30 g | Vitamin A | 0.86 RAE mcg | Sodium | 322.76 mg |
| Total Fat | 21.27 g | Vitamin C | 1.67 mg | Dietary Fiber | 9.82 g (2016 = 1.89 grams) |