

# Banana-Peanut Butter Sandwich

Meat Alternate-Fruit-Grains/Breads

Sandwiches

F-03A

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Lowfat 1% milk		1 cup		2 cups	<p>1. In a bowl, whisk together milk, orange juice concentrate, eggs, sugar, salt, and vanilla. Whisk until smooth.</p> <p>2. 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 (½ banana) and ½ oz (1 Tbsp) of peanut butter on each slice of bread.</p> <p>3. Dip sandwiches in orange juice mixture to coat both sides.</p> <p>4. 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>5. Bake until lightly browned:            Conventional oven: 400° F for 15-20 minutes            Convection oven: 325° F for 15-20 minutes</p> <p>CCP: Heat to 160° F or higher.</p>
Frozen orange juice concentrate, thawed		3 Tbsp		¼ cup 2 Tbsp	
Frozen whole eggs, thawed	1 lb	1 ¾ cups 2 Tbsp	2 lb	3 ¾ cups	
OR		OR		OR	
Fresh large eggs		9 each		18 each	
Sugar		3 Tbsp		¼ cup 2 Tbsp	
Salt		½ tsp		1 tsp	
Vanilla		2 tsp		1 Tbsp 1 tsp	
Honey		2 ¾ tsp	2 oz	2 Tbsp 2 ½ 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	

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6. Cut each sandwich in half.

CCP: Hold for hot service at 140° F or warmer.

Portion is ½ sandwich.

**SERVING:**

½ sandwich provides the equivalent of 1 oz of cooked lean meat, ¼ cup of fruit, and 1 slice of bread.

**YIELD:**

**24 Servings:** 24 half sandwiches

**48 Servings:** 48 half sandwiches

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**VOLUME:**

**24 Servings:** 24 half sandwiches

**48 Servings:** 48 half sandwiches

**Nutrients Per Serving**

<b>Calories</b>	249	<b>Saturated Fat</b>	2.47 g	<b>Iron</b>	1.61 mg
<b>Protein</b>	9.35 g	<b>Cholesterol</b>	81 mg	<b>Calcium</b>	45 mg
<b>Carbohydrate</b>	30.40 g	<b>Vitamin A</b>	169 IU	<b>Sodium</b>	292 mg
<b>Total Fat</b>	10.93 g	<b>Vitamin C</b>	5.7 mg	<b>Dietary Fiber</b>	2.7 g