

Peanut Butter & Jelly Sandwich

1 Sandwich | Grains • Protein

Ingredients

- 2 slices bread, 1 bagel, 1 English muffin, or 1 flour tortilla
- 2 Tablespoons peanut butter
- 2 Tablespoons jelly

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Place two slices of bread, two sides of a bagel, 2 sides of an English muffin, or a tortilla on a plate.
3. Scoop peanut butter with a butter knife and spread onto a slice of bread, bagel half, English muffin half, or onto half the tortilla.
4. Scoop jelly with a spoon and place onto the other slice of bread, bagel, English muffin, or onto the other half the tortilla. Spread with the butter knife.
5. Form a sandwich by putting the two pieces of bread, bagel, or English muffin together, or fold the tortilla in half.



Lunch or Dinner
Kindergarten +



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