




PB&J TACOS

Keep lunches fun. This variation on a classic sandwich incorporates fresh fruit and nut or seed butter on a whole grain rich round flatbread.

Yield: 1



INGREDIENTS

1 Each  6" WHOLE GRAIN RICH ROUND FLATBREAD
(#15191)

.5 C Mixed Berries

2 tbsp. Nut or Seed Butter

1 tbsp. Fruit Jam

DIRECTIONS

- 1 Keep product frozen at 0°F to -10°F until ready to use
- 2 Remove bagged flatbreads and place at room temperature to thaw for up to 5 days
- 3 On day of service place the flatbreads on a lined sheet pan and cover with foil, then warm at 350°F 4-5 min.
- 4 Leave pan covered and place in a warming cabinet to hold at 140°F until ready to make tacos.
- 5 Remove bags of frozen commodity berries and thaw slightly
- 6 Gently toss the berries together being careful not to break them apart. Drain off excess juice
- 7 Spread 2 Tbsp. of the nut or seed butter evenly over each warmed flatbread. Choose creamy peanut butter or use “Wow™ Soy Butter” or Sunflower seed “Sunbutter™” for those students with nut allergies
- 8 Spread 1 Tbsp. fruit jam over the nut or seed butter
- 9 Scoop ½ c. of the thawed mixed berries over the jam
- 10 Fold the flatbread in half forming the taco
- 11 Serve one taco with a ½ cup of vegetables and 8 oz. milk for a USDA reimbursable lunch

CHEF NOTES

Each Taco provides 2 oz. eq. whole grain, 2 oz. M/MA and ½ c. fruit servings for USDA Child Nutrition Food Based Menus
