



PB and J Roll ups

Spread 1 Tbsp. Peanut butter on one side of a whole grain tortilla (.5 oz.), place banana in center, roll up.

Slice into pinwheels.

Optional: dip in jelly or jam

Yield: 1 serving

Serving Size: Each serving provides a meat meat/alternate and a grains/breads at snack for children 3-5 years.