

# TURKEY AND CHEESE WRAP (ENRICHED)

## MEAL COMPONENT CONTRIBUTION:

3 oz. eq. meat/meat alternate, 1¼ oz. eq. whole grains, 1/8 cup red/orange vegetable, 1/8 cup other vegetable

**NUMBER OF PORTIONS:** 25 **SIZE OF PORTION:** 1 wrap

**RECIPE HACCP PROCESS:** #1 - No cook



MEAT/MEAT ALTERNATE : ENRICHED GRAIN : VEGETABLES  
(RED/ORANGE) : VEGETABLES (OTHER)

INGREDIENT	MEASURE (FOR 25 SERVINGS)
Turkey Breast, Sliced, #1072	3 pounds + 2 ounces
Lettuce, Shredded, #4008	1 pound
Tomatoes, Whole, Red, Ripe, Raw, #4110	9 1/2 medium, whole , (2 3/5" diameter)
Cheese, American Process, Sliced, #1308	1 pound + 10 ounces
Tortilla, Soft Flour, 8" , #1222	25 tortillas

## DIRECTIONS

1. Weigh 2 ounces of the turkey to determine the portion size for each wrap.  
CCP: Cover and refrigerate at 41 degrees F or lower until ready for sandwich assembly.
2. Rinse tomatoes under cool running water, drain, core, and thinly slice (8 slices per tomato).
3. SANDWICH ASSEMBLY:
  - Lay out flour tortillas on a clean work surface area.
  - Layer 2 ounces of turkey, 1 ounce of cheese (two ½ ounce slices), and ¼ cup of shredded lettuce and 3 tomato slices on each tortilla.
  - Fold 2 sides of wrap 1 inch over the filling.
  - Roll tightly, as for jelly roll, starting to roll from the side and over the filling.
  - Cut in half diagonally.
  - The wraps may be wrapped in deli paper, plastic wrap, wax paper, or foil sheets.

Cover with plastic wrap and place under refrigeration until ready for service.  
CCP: Cover and hold under refrigeration (41 degrees F or lower) until ready for service.
4. Portion 1 wrap (2 halves). Each portion provides 3 oz. eq. of meat/meat alternate, 1¼ oz. eq. of whole grains, 1/8 cup of red/orange vegetable, and 1/8 cup of other vegetable.  
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers. Refrigerate at 41 degrees F or lower.

## PRODUCTION NOTES

Use USDA Foods products when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.

If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.

"Culinary Techniques for Healthy School Meals" provides seasoning and serving ideas for sandwiches.

## SERVING NOTES

Have condiments available for selection by students. Condiments have not been included in this nutrient analysis – remember to include them in the weekly menu nutrient analysis.

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## NUTRIENTS PER SERVING

Calories	323	Dietary Fiber	2.78 g	Sodium	1234.00 mg	Sat. Fat	8.89 g
Carbohydrates	23.83 g	Protein	19.19 g	Total Fat	17.45 g	Trans Fat	0.00 g

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## ILLUSTRATED STEPS FOR PREPARATION OF TURKEY AND CHEESE WRAP (ENRICHED)

1.



2 ounces of turkey, 1 ounce of cheese (two ½ ounce slices), ¼ cup of lettuce and tomato slice on each tortilla

2.



Grabbing sides of the wrap

3.



2 sides of wrap folded 1 inch over filling

4.



Roll tightly as for jelly roll, starting to roll from side and over filling

5.



Completely rolled wrap

6.



1 serving of Turkey and Cheese Wrap. Each sandwich may be wrapped in deli paper before slicing.