

TURKEY & CHEESE WRAP-USDA FOODS (ENRICHED)

MEAL COMPONENT CONTRIBUTION:

3 oz. eq. meat/meat alternate, 1½ oz. eq. enriched 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, USDA Foods #110900	4 pounds + 12 ounces
Tomatoes, Whole, Red, Ripe, Raw, #4110	9 1/2 medium, whole, (2 3/5" diameter)
Lettuce, Shredded, #4008	1 pound
Cheese, American, Sliced, USDA Foods, #100018	1 pound + 10 ounces
Tortilla, Soft Flour, 8", #1222	25 tortillas

DIRECTIONS

1. Weigh 3 ounces of 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).
Cover with plastic wrap and refrigerate until ready for service.
CCP: Cover and hold under refrigeration (41 degrees F or lower) until ready for service.
3. SANDWICH ASSEMBLY:
 - Lay out flour tortillas on a clean work surface area.
 - Layer 3 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.
 - Wraps may be wrapped in deli paper, wax paper, plastic wrap or foil sheets.
 - Cut in half diagonally.

Cover with plastic wrap and place under refrigeration until ready for service.
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes.
4. Portion 1 wrap (2 halves). Each portion provides 3 oz. eq. of meat/meat alternate, 1½ oz. eq. of enriched 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.

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	296	Dietary Fiber	2.78 g	Sodium	866.09 mg	Sat. Fat	4.64 g
Carbohydrates	25.56 g	Protein	26.82 g	Total Fat	10.45 g	Trans Fat	0.00 g

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ILLUSTRATED STEPS FOR PREPARATION OF TURKEY AND CHEESE WRAP -USDA FOODS (ENRICHED)

1.



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

2.



Grabbing sides of the wrap

3.



2 sides of wrap folded 1 inch over the filling

4.



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

5.



Completely rolled wrap

6.



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