

# Caesar Chicken Wrap

Meat/Meat Alternate

USDA modified

	48 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Chicken breast, cooked	5 lbs 14 oz				<p><b>Note this recipe if for same day use only.</b></p> <ol style="list-style-type: none"> <li>1. Dice chicken into age appropriate sized pieces.</li> <li>2. If serving children age 5 years or under, chop lettuce.</li> <li>3. Combine chicken, salad dressing, and romaine lettuce. Toss lightly.</li> <li>4. Sprinkle parmesan cheese over mixture and toss lightly.</li> <li>4. Place 2/3 cup chicken mixture on to each tortilla.</li> <li>5. Roll in the form of a burrito. Cut diagonally in half.</li> <li>6. Cover and refrigerate until ready to use.</li> <li>7. CCP: Cool to 41° F or lower within 4 hours.</li> <li>8. CCP: Hold product at 41°F or lower.</li> </ol>
Caesar or Italian salad dressing		1 cup			
Romaine lettuce, ready-to-serve, raw	3 lbs				
Grated parmesan cheese		1 cup			
WGR tortilla, 8-inch		48			

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**Notes:**  
Nutrient information from Food Processor. May use 6-inch tortilla. If using 6-inch tortillas see nutrients below.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings

<b>Serving:</b> 1 sandwich using 8-inch tortilla provides 2 oz equivalent meat/meat alternate, 1/4 cup of vegetable and 1.5 oz grain equivalent.	<b>Yield:</b>	<b>Volume:</b>
1-2 years: not for under 3 3-5 years: 1 wrap 6-18 Years: 1 wrap	50 Servings:  100 Servings:	50 Servings:  100 Servings:

Nutrients Per Serving for 8-inch WGR Tortilla			
<b>Calories</b>	232.64	<b>Saturated Fat</b>	1.99 g
<b>Protein</b>	16.75 g	<b>Cholesterol</b>	41.51 mg
<b>Carbohydrate</b>	23.50 g	<b>Vitamin A</b>	47.05 RAE mcg
<b>Total Fat</b>	8.25 g	<b>Vitamin C</b>	7.02 mg
		<b>Iron</b>	0.63 mg
		<b>Calcium</b>	32.81 mg
		<b>Sodium</b>	435.48 mg
		<b>Dietary Fiber</b>	3.37 g

Nutrients Per Serving for 6-inch WGR Tortilla			
<b>Calories</b>	178.47	<b>Saturated Fat</b>	1.57 g
<b>Protein</b>	15.09 g	<b>Cholesterol</b>	41.51 mg
<b>Carbohydrate</b>	14.34 g	<b>Vitamin A</b>	47.05 RAE mcg
<b>Total Fat</b>	6.79 g	<b>Vitamin C</b>	7.02 mg
		<b>Iron</b>	0.63 mg
		<b>Calcium</b>	32.81 mg
		<b>Sodium</b>	302.14 mg
		<b>Dietary Fiber</b>	2.12 g