Idaho Child Nutrition

Recipe: 000395 Whole Wheat Vegetable Wraps
Recipe Source: USDA
Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: SERVINGS

900128 Tortilla, 8" whole wheat commodity..... R500160 RANCH DRESSING..... 011252 LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW...	50 Tortilla 1 QT + 2 1/4 CUP 13 OZ, shredded	1. Steam tortillas for 3 minutes until warm OR place in warmer to prevent torn tortillas when folding. 2. For ranch dressing use Ranch Dressing Recipe (see E-19). Spread 2 Tbsp ranch dressing down the center of each tortilla. 3. Place about 1/4 oz lettuce on top of ranch dressing.
011333 PEPPERS,SWEET,GREEN,RAW..... 011282 ONIONS,RAW..... 011124 CARROTS,RAW..... 011206 CUCUMBER,PEELED,RAW.....	1 LB, chopped + 10 OZ, chopped 1 LB, chopped + 13 OZ, chopped 1 LB + 5 OZ 1 LB + 9 OZ	4. Combine raw ingredients: green peppers(chopped), onions(chopped), carrots (peeled, sliced) and cucumbers(peeled and diced). Portion 2 oz vegetable mix with a No. 10 scoop (3/8 cup) ontop of lettuce leaf and dressing.
001182 USDA COMMODITY,CHS,CHEDDAR,RED FAT.....	3 LB + 2 OZ	5. Sprinkle 1 oz (1/4 oz) cheese on top of vegetables. 6. Fold the top and bottom of the tortilla into the center. Beginning at either side, roll the tortilla until all the contents cannot be seen. 7. Cut diagonally in half.
		Food As Purchased **50 Servings** / **100 Servings** Leaf Lettuce: 1 lb 4 oz / 2 lb 8 oz Green Peppers: 2 lb 1 oz / 4 lb 2 oz Mature Onions: 2 lb 1 oz / 4 lb 2 oz Carrots: 1 lb 10 oz / 3 lb 4 oz Cucumbers: 1 lb 14 oz / 3 lb 12 oz
		Serving 2 pieces provide 1 oz equivalent meat/meat alternate, 3/8 cup of vegetable,and 2 servings of grains/breads.

Calories	252	Iron	1.31 mg	Protein	13.30 g	21.08%	Calories from Prot
Cholesterol	21 mg	Calcium	403.89 mg	Carbohydrates	28.08 g	44.49%	Calories from Carb

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Sodium	737	mg	Vitamin A	2334	IU	Total Fat	9.67	g	34.46% Calories from T Fat
Dietary Fiber	4.10	g	Vitamin C	14.77	mg	Saturated Fat	4.32	g	15.41% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	900128	Tortilla, 8" whole wheat commodity			
R	500160	RANCH DRESSING			
I	011252	LETTUCE,ICEBERG (INCL CRISPHEAD TYPES			
I	011333	PEPPERS,SWEET,GREEN,RAW			
I	011282	ONIONS,RAW			
I	011124	CARROTS,RAW			
I	011206	CUCUMBER,PEELED,RAW			
I	001182	USDA COMMODITY,CHS,CHEDDAR,RED FAT			