

Cooking for Kids

Recipe Sizing Report

000071 - Chicken Caesar Wrap :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 1 EACH	Meat/Alt: 2 oz Grains: 1.5 oz Fruit: Vegetable: 0.5 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
051520 Chicken, Diced, Cooked, Frozen..... 902944 Italian Seasoning.....	5 lbs + 10 ozs 1 oz	1. Sprinkle chicken evenly with seasoning mixture.
051558 Cheese, Mozzarella, Lite, Shredded..... 001146 CHEESE,PARMESAN,SHREDDED.....	10 ozs 10 ozs	2. Combine the two types of cheese together and set aside.
902943 Dressing, Caesar..... 051565 Tortillas, Whole Grain or Whole Grain-Ri..... 011251 LETTUCE,COS OR ROMAINE,RAW..... 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE....	3 lbs + 2 ozs 50 tortilla 3 lbs + 2 ozs 3 lbs + 2 ozs	3. Assemble Wrap: <ul style="list-style-type: none"> • Spread approximately 1 oz. of Caesar dressing onto tortilla. • Layer 2 oz. of chicken, 1/2 cup romaine, 1/8 cup tomatoes, and 1 tsp cheese mixture on wrap. • Fold the top and bottom of tortilla into the center. Beginning at either side, roll the tortilla until all contents cannot be seen. • Cut in half diagonally. • Hold at 41° F or lower.

*Nutrients are based upon 1 Portion Size (1 EACH)

Calories	391 kcal	Cholesterol	63 mg	Sugars	2.1 g	Calcium	*123.23* mg	55.49%	Calories from Total Fat
Total Fat	24.10 g	Sodium	726 mg	Protein	17.94 g	Iron	*0.72* mg	13.21%	Calories from Saturated Fat
Saturated Fat	5.74 g	Carbohydrates	24.37 g	Vitamin A	*2754.4* IU	Water ¹	*55.03* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.93 g	Vitamin C	*6.1* mg	Ash ¹	*0.67* g	24.94%	Calories from Carbohydrates
								18.36%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.