

# Cooking for Kids

## Recipe Sizing Report

000407 - Chicken Caesar Wrap CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 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.....	2 lbs + 13 ozs 3 Tbsp + 2 7/8 tsp	1. Sprinkle chicken evenly with seasoning mixture.
051558 Cheese, Mozzarella, Lite, Shredded..... 001146 CHEESE,PARMESAN,SHREDDED.....	1 cup + 3 3/4 Tbsp 1 cup + 12 1/3 Tbsp	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 cups + 7/8 Tbsp 25 tortilla 15 1/8 CUP, shredded 4 CUP, chopped or sliced	3. Assemble Wrap: <ul style="list-style-type: none"> <li>• Spread approximately 2 tbsp of Caesar dressing onto tortilla.</li> <li>• Layer 2 oz. of chicken, 1/2 cup romaine, 1/8 cup tomatoes, and 1 tsp cheese mixture on wrap.</li> <li>• Fold the top and bottom of tortilla into the center. Beginning at either side, roll the tortilla until all contents cannot be seen.</li> <li>• Cut in half diagonally.</li> <li>• Hold at 41° F or lower.</li> </ul>

\*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 <sup>1</sup>	*55.03* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	2.93 g	Vitamin C	*6.1* mg	Ash <sup>1</sup>	*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

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - 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.**