

# Idaho Department of Education

**Recipe: 000174 Kicken' Chicken Wrap 9-12**

Recipe Source:  
Recipe Group: ENTREES

**Recipe HACCP Process:**

Alternate Recipe Name:  
Number of Portions: 100  
Size of Portion: 1 wrap

|   |   |   |
|---|---|---|
| 902445 USDA Diced Chicken Meat (Processed).....<br>902463 USDACherries, Canned, Red Tart, Pitted 100228....<br>011251 LETTUCE,COS OR ROMAINE,RAW.....<br>011143 CELERY,RAW..... | 12 1/2 LB<br>2 3/4 #10 Can<br>6 1/2 LB<br>16 LB               | <p><u>Prepare Ingredients:</u><br/>Thaw chicken. Drain cherries. Chop lettuce. Chop celery into small pieces.</p>   |
| 902464 USDA Reduced Cal Mayonnaise (Processed).....<br>902462 Dried Cranberries.....<br>002041 SPICES,TARRAGON,DRIED.....<br>002047 SALT,TABLE.....<br>002030 PEPPER,BLACK..... | 3 QT<br>7 1/4 LB<br>1/2 CUP, leaves<br>2 TSP<br>2 TSP, ground | <p><u>Prepare Chicken Salad:</u><br/>In a large bowl or mixer combine chicken, cherries, celery, mayonnaise, dried cranberries, tarragon, salt, and pepper; mix well.</p>   |
| 902384 Whole Grain Tortilla 10".....  | 100 tortilla  | <p><u>Assemble Wrap:</u><br/>Place 2/3 cup chicken salad and 1/2 cup romaine lettuce in the center of each tortilla and wrap; store in refrigerator. Serve chilled.</p> <p>Note: It is recommended that schools measure total weight of chicken salad and divide by the number of servings to determine accurate portion sizes.</p> |

**\*Nutrients are based upon 1 Portion Size (1 wrap)**

|                        |          |               |           |           |              |                    |             |         |                             |
|------------------------|----------|---------------|-----------|-----------|--------------|--------------------|-------------|---------|-----------------------------|
| Calories               | 433 kcal | Cholesterol   | 73.20 mg  | Protein   | 25.07 g      | Calcium            | *229.14* mg | 35.85%  | Calories from Total Fat     |
| Total Fat              | 17.26 g  | Sodium        | 832.96 mg | Vitamin A | *207.07* RE  | Iron               | *4.10* mg   | 9.68%   | Calories from Saturated Fat |
| Saturated Fat          | 4.66 g   | Carbohydrates | 47.24 g   | Vitamin A | *3502.01* IU | Water <sup>1</sup> | *97.17* g   | *0.00%* | Calories from Trans Fat     |
| Trans Fat <sup>1</sup> | *0.00* g | Dietary Fiber | 6.74 g    | Vitamin C | *5.20* mg    | Ash <sup>1</sup>   | *0.86* g    | 43.59%  | Calories from Carbohydrates |
|                        |          |               |           |           |              |                    |             | 23.13%  | 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

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|                                  |          |                   |                          |                         |                               |
|----------------------------------|----------|-------------------|--------------------------|-------------------------|-------------------------------|
| <b>Miscellaneous</b>             |          | <b>Attributes</b> | <b>Allergens Present</b> | <b>Allergens Absent</b> | <b>Allergens Unidentified</b> |
| Meat/Alt.....                    | 2 oz     |                   |                          |                         | ? - Milk                      |
| Grain.....                       | 2.5 oz   |                   |                          |                         | ? - Egg                       |
| Fruit.....                       | 0.75 cup |                   |                          |                         | ? - Peanut                    |
| Vegetable.....                   | 0.75 cup |                   |                          |                         | ? - Tree Nut                  |
| Milk.....                        | cup      |                   |                          |                         | ? - Fish                      |
| <b>Moisture &amp; Fat Change</b> |          |                   |                          |                         | ? - 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   | 902445 | USDA Diced Chicken Meat (Processed)           |         |         |       |
| I   | 902463 | USDACherries, Canned, Red Tart, Pitted 100228 |         |         |       |
| I   | 011251 | LETTUCE,COS OR ROMAINE,RAW                    |         |         |       |
| I   | 011143 | CELERY,RAW                                    |         |         |       |
| I   | 902464 | USDA Reduced Cal Mayonnaise (Processed)       |         |         |       |
| I   | 902462 | Dried Cranberries                             |         |         |       |
| I   | 002041 | SPICES,TARRAGON,DRIED                         |         |         |       |
| I   | 002047 | SALT,TABLE                                    |         |         |       |
| I   | 002030 | PEPPER,BLACK                                  |         |         |       |
| I   | 902384 | Whole Grain Tortilla 10"                      |         |         |       |

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