

Idaho Department of Education

Recipe: 000024 Kicken' Chicken Wrap K-8

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)..... 902463 USDACherries, Canned, Red Tart, Pitted 100228... 011251 LETTUCE,COS OR ROMAINE,RAW..... 011143 CELERY,RAW.....	6 1/4 LB 1 3/8 #10 Can 6 1/2 LB 8 LB	<p><u>Prepare Ingredients:</u> Thaw chicken. Drain cherries. Chop lettuce. Chop celery into small pieces.</p>
902464 USDA Reduced Cal Mayonnaise (Processed)..... 902462 Dried Cranberries..... 002041 SPICES,TARRAGON,DRIED..... 002047 SALT,TABLE..... 002030 PEPPER,BLACK.....	1 QT + 2 CUP 3 5/8 LB 1/4 CUP, leaves 1 TSP 1 TSP, ground	<p><u>Prepare Chicken Salad:</u> In a large bowl or mixer combine chicken, cherries, celery, mayonnaise, dried cranberries, tarragon, salt, and pepper; mix well.</p>
902465 USDA Tortilla, Whole Grain, 8" 100938.....	100 Tortilla	<p><u>Assemble Wrap:</u> Place 1/3 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	239 kcal	Cholesterol	36.60 mg	Protein	13.71 g	Calcium	*89.43* mg	34.52%	Calories from Total Fat
Total Fat	9.18 g	Sodium	322.66 mg	Vitamin A	*141.87* RE	Iron	*1.30* mg	8.79%	Calories from Saturated Fat
Saturated Fat	2.34 g	Carbohydrates	26.11 g	Vitamin A	*3035.01* IU	Water ¹	*62.53* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	4.68 g	Vitamin C	*3.19* mg	Ash ¹	*0.51* g	43.65%	Calories from Carbohydrates
								22.93%	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

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.

Idaho Department of Education

Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	1 oz				? - Milk
Grain.....	1.5 oz				? - Egg
Fruit.....	0.375 cup				? - Peanut
Vegetable.....	0.5 cup				? - Tree Nut
Milk.....	cup				? - 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	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	902465	USDA Tortilla, Whole Grain, 8" 100938			

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.