



VOTE FOR SCHOOL LUNCH 2007-Menus & Recipes

Recipe-Jesse's "Whistle Stop Tour" Turkey and Cheese Wrap

Ranch dressing	1 qt., 2 ¹ / ₄ cups
Tortilla, flour, whole-wheat, 1.8-oz.	100 tortillas
Lettuce, shredded	4 ³ / ₄ lbs.
Tomatoes, sliced	6 lbs.
Cheddar cheese, lowfat, sliced	3 lbs.
Turkey breast, cooked, sliced	13 ³ / ₄ lbs.

1. Spread 1 Tbsp. of the ranch dressing down the center of each tortilla.
2. Place 1/4 cup of lettuce and two slices of tomato on each tortilla.
3. Top the tortillas with 1 oz. of cheese and 2 ozs. of turkey each.
4. Fold the top and bottom of each tortilla into the center and roll it. Cut each diagonally. **Critical Control Point:** Hold the tortillas at 40°F or less during serving. Portion two diagonal pieces per student customer.

Yield: 100 servings (elementary or secondary)

Per Serving (Elementary or Secondary): 293.4 cal., 20.8 g pro., 29 g carb., 2.7 g fiber, 10.8 g fat, 3.7 g sat. fat, 32 mg chol., 1,012 mg sod., 380 IU vit. A, 8.1 mg vit. C, 183 mg ca., 1.7 mg iron

Recipe analysis: SNA, using WINSNAP (ver. 2.1.6)

All menus and recipes are suggestions for your consideration. School nutrition professionals are encouraged to choose menus that fit best with the needs of your staff and students, as well as your food-safety plan. But entrée choices still should reflect the entrée selections for the official Vote for School Lunch campaign. SNA has not tested any of its recipes or menus in a kitchen.

Jesse WRAP



Menu-Jesse's DC'licious Luncheon

Items	Elementary Serving Size	Elementary Meal Pattern	Secondary Serving Size	Secondary Meal Pattern	Recipe	Healthy Prep
Turkey & Cheese Wrap	1 wrap	2 ozs. meat/ meat alternate, 2 grains/breads, 1/4 cup fruit/ vegetable	1 wrap	2 ozs. meat/ meat alternate, 2 grains/breads, 1/4 cup fruit/ vegetable	At Left or F101*	Use a whole-wheat tortilla and lowfat cheese.
Rice Vegetable Casserole	2/3 cup	3/4 grain/bread	1 cup	1 grain/bread	USDA (B23) SB-23 ■	Use enriched flour; oil, not butter; and added vegetables.
Red Delicious Apple	1/2 apple	1/2 cup fruit/ vegetable	1 apple	1 cup fruit/ vegetable	—	—
Sweet Yogurt Dip*	1 oz.	—	1.5 ozs.	—	SNA*	Use lowfat ingredients.
Milk	8 fl. ozs.	1 milk	8 fl. ozs.	1 milk	—	Offer lowfat and skim.

Elementary Per Serving: 570.3 cal., 34.8 g pro., 79.6 g carb., 5.2 g fiber, 13.5 g fat, 4.5 g sat. fat, 44.4 mg chol., 1,203.7 mg sod., 5,213.8 IU vit. A, 14 mg vit. C, 527.1 mg ca., 3.4 mg iron

Secondary Per Serving: 663.3 cal., 34.5 g pro., 92.2 g carb., 7.3 g fiber, 18 g fat, 7.1 g sat. fat, 58.3 mg chol., 1,212.4 mg sod., 5,227.8 IU vit. A, 18.9 mg vit. C, 540.5 mg ca., 3.5 mg iron

Total Meal Pattern: 2 ozs. meat/meat alternate, 2³/₄ grains/breads (elementary) or 3 grains/breads (secondary), 3/4 cup fruit/vegetable (elementary) or 1¹/₄ cups fruits/vegetables (secondary), 1 milk

* SNA Recipe Database Name, www.schoolnutrition.org.

• Available at www.schoolnutrition.org/vote

■ You can find most USDA recipes at www.fns.usda.gov/tn/Resources/usda_recipes.html or www.nfsmi.org/Information/school_recipe_index_number.html. Or check with your state agency.