

# Action-Packed Chicken Fajita Wrap

Items	Elementary Serving Size	Secondary Serving Size	Recipe	Healthy Preparation Tips
Chicken-and-Pepper-Strips Fajita Wrap	1 wrap	1 wrap	SNA <sup>1</sup>	
California Vegetable Blend	1/2 cup	1/2 cup		
Pineapple Tidbits	1/2 cup	1/2 cup		
Whole-Wheat Roll		1 roll		Use a whole-grain variety
Milk (variety)	8 fl. ozs	8 fl. ozs		Offer skim/lowfat varieties
Elementary Per Serving: 657 cal., 43.7 g pro., 66.5 g carb., 5.8 g fiber, 23 g fat, 9 g sat. fat, 111 mg chol., 1,796 mg sod., 6,041 IU vit. A, 81.2 mg vit. C, 548.4 mg ca., 2.8 mg iron				
Secondary Per Serving: 877 cal., 49 g pro., 107.6 g carb., 8.5 g fiber, 27.5 g fat, 9.6 g sat. fat, 111 mg chol., 2,181 mg sod., 6,122 IU vit. A, 83.8 mg vit. C, 601.7 mg ca., 4.3 mg iron				

<sup>1</sup> You can find this recipe later in Spring 2010 at [www.schoolnutrition.org/NSLW10](http://www.schoolnutrition.org/NSLW10).

All menus, menu names 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 own food-safety plan and nutrition requirements. SNA has not tested these recipes in a kitchen.