



Wrap Up Student Participation

Whole Wheat Wraps
Add a Nutritional Choice
That Our Students Love



OPELIKA CITY SCHOOLS

000134 - ChickTender WW Wrap :	Attributes
HACCP Process: #2 Same Day Service	
Number of Portions: 24	
Size of Portion: Each	

Ingredients	Measures	Instructions
900011 CHICKEN NUGGETTS,COMMODITY...	5 lbs	
900342 TORTILLA,WHOLE WHEAT.....	2 Each Pk.	

Calories.....	306		Iron.....	1.52 mg		Protein.....	17.34 g		Protein.....	22.66g
Cholesterol..	42 mg		Calcium....	118.36 mg		Carbohydrates	27.12 g		Carbohydrates.	35.43g
Sodium.....	709 mg		Vitamin A..	731.2 IU		Total Fat....	14.77 g		Total Fat.....	43.42g
Dietary Fiber	3.64 g		Vitamin A..	146.2 RE		Saturated Fat	3.02 g		Saturated Fat.	8.88g
			Vitamin C..	0.7 mg		Trans Fat....	0.00 g		Trans Fat.....	0.00g

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.







Summer up with breakfast!

A fruit is the part of a plant that develops from the flower. The fruit contains the seeds of the plant. It covers and protects the seeds. A fruit may...



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OPELIKA CITY SCHOOLS

000808 - Turkey/Cheese WW Wrap :	Attributes
HACCP Process: #1 No Cook Number of Portions: 120 Size of Portion: EACH	

Ingredients	Measures	Instructions
900342 TORTILLA,WHOLE WHEAT.....	120 Each	CCP: Hold for cold service at 41° F or lower. 1. Shred turkey breast. 2. Place tortillas on flat surface. 3. Layer turkey and cheese on tortilla. Fold end up and roll intowrap shape.
990121 TURKEY BREAST, DELI.....	11 lbs + 4 ozs	
169033 CHEESE,CHEDDAR,AMERICAN, shredded...	3 lbs + 12 ozs	

Calories.....	341	Iron.....	1.09 mg	Protein.....	18.53 g	Protein.....	21.73%
Cholesterol..	26 mg	Calcium....	362.24 mg	Carbohydrates	37.18 g	Carbohydrates.	43.61%
Sodium.....	1043 mg	Vitamin A..	1850.1 IU	Total Fat....	13.70 g	Total Fat.....	36.14%
Dietary Fiber	5.00 g	Vitamin A..	370.0 RE	Saturated Fat	4.99 g	Saturated Fat.	13.17%
		Vitamin C..	0.0 mg	Trans Fat....	0.00* g	Trans Fat.....	0.00%

* - Denotes Missing Nutrient Values

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Wraps Are Easy

- Students can roll their own wraps.
- You can roll the wraps for them.
- Always make items easy to grab and go.
- Wraps are a great way to add a whole grain item for our Gold Standard folks!
- You are now ready to Wrap Up Your Participation!

