

Cookbook for NORTHWOOD ELEMENTARY

Created by HPS Menu Planner

Table of Contents

[Baby Carrots W/Dip](#)

[Turkey and Cheese Wrap](#)

Baby Carrots W/Dip

Servings:	0.000	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22506

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 12-2 GCHC	0 Cup	Portion into 5 oz black containers.	599921
Ranch Dressing Cup	0 Each	Offer ranch cup.	52976

Preparation Instructions

serve chilled

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.75
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 0.75 Cup

Amount Per Serving			
Calories	174.70		
Fat	16.34g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	235.49mg		
Carbohydrates	8.84g		
Fiber	3.13g		
Sugar	4.48g		
Protein	0.78g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	34.66mg	Iron	0.38mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Turkey and Cheese Wrap

Servings:	0.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29659
School:	NORTHWOOD ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	0 Pound		689541
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	0 Pound		247822
TORTILLA FLOUR LO SOD 9 16-12CT	0 Each	Ready to Eat	523610

Preparation Instructions

Lay Wraps out

Place 4 slices turkey on each wrap

Add 2 slices cheese.

Role wrap up

Bag or wrap each Turkey/Cheese Wrap

CCP: Hold for cold service at 41° or lower.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 1.00

Amount Per Serving	
Calories	304.79
Fat	11.18g
SaturatedFat	6.34g
Trans Fat	0.00g
Cholesterol	42.40mg
Sodium	738.22mg
Carbohydrates	31.00g
Fiber	3.00g
Sugar	3.00g
Protein	23.33g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium	247.00mg	Iron	1.44mg
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