

Chicken Cheese Ranch Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45206
School:	Walton-Verona High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Chicken	2 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	
Shredded Cheddar Cheese	1 Ounce		100003
DRESSING RNCH	1 Fluid Ounce	READY_TO_EAT Ready to use.	759082
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each		713340

Preparation Instructions

Start with tortilla shell , Layer : ranch dressing , cheese , chicken . Fold into a wrap and put in 5x5 container . Store in cooler and serve .

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	492.00
Fat	29.00g
SaturatedFat	10.50g
Trans Fat	0.00g
Cholesterol	82.00mg
Sodium	856.00mg
Carbohydrates	34.00g
Fiber	1.00g
Sugar	3.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 58.67mg	Iron 2.06mg

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

Nutrition - Per 100g

No 100g Conversion Available