

CHICKEN WRAP



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27177
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each	READY_TO_EAT	713340
CHIX TNDR WGRAIN FC	3 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	1/2 oz = 2 oz souffle cup	150250

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	6.500
Grain	5.250
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		505.00	
Fat		24.50g	
SaturatedFat		8.00g	
Trans Fat*		0.00g	
Cholesterol		40.00mg	
Sodium		845.00mg	
Carbohydrates		48.50g	
Fiber		4.00g	
Sugar		3.00g	
Protein		22.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	185.50mg	Iron	4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available