

Chicken Tender Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52961
School:	Benton Jr -Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR WGRAIN FC	3 Each	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, Cheddar Reduced fat, Shredded	2 Tablespoon		100012
TORTILLA FLOUR ULTRGR 9IN	1 Each		523610

Preparation Instructions

Heat tenders in 375° 8 –10 minutes to 165 °. Hold in pot pass-thru until ready to serve and assemble wrap

On line place tenders on wrap add cheese. Lettuce optional

Hold cheese and lettuce in cold pass-thru at 41 degrees or lower until ready to serve

Hold cheese and lettuce on ice pack when serving.

Served with Honey Mustard or Ranch Dressing

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	3.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		470.00	
Fat		22.50g	
Saturated Fat		7.50g	
Trans Fat		0.00g	
Cholesterol		35.00mg	
Sodium		637.00mg	
Carbohydrates		46.50g	
Fiber		7.00g	
Sugar		3.00g	
Added Sugar		1.00g	
Protein		23.50g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	81.00mg	Iron	4.00mg

Nutrition - Per 100g

No 100g Conversion Available