

# Chicken Caesar Wrap

<b>Servings:</b>	41.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10138
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	10 Pound	Weight	570533
CHEESE PARM SHRD FCY	5 1/2 Cup		460095
DRESSING CAESAR	5 1/2 Cup	N/A	818201
LETTUCE SALAD TINY CHP 55/45	41 Cup		153121
TORTILLA WHL WHE PRSD 12"	41 Each		838641

## Preparation Instructions

Mix chicken, parm cheese, and Caesar dressing together. Start with tortilla shell layer 1 cup of lettuce and 1 cup of chicken mixture (using #8 Disher-not packed but filled and shaken level) onto tortilla. Fold into a wrap and put in 5x5 container . Store in cooler and serve .

Updated 8.18.25

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	3.250
<b>Grain</b>	3.500
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.500
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 41.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	650.24
<b>Fat</b>	31.24g
<b>Saturated Fat</b>	9.88g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	91.20mg
<b>Sodium</b>	995.03mg
<b>Carbohydrates</b>	55.57g
<b>Fiber</b>	7.74g
<b>Total Sugar</b>	6.46g
<b>Added Sugar</b>	1.07g
<b>Protein</b>	35.01g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 239.90mg	<b>Iron</b> 3.28mg

## Nutrition - Per 100g

<b>Calories</b>	293.23
<b>Fat</b>	14.09g
<b>Saturated Fat</b>	4.46g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	41.13mg
<b>Sodium</b>	448.72mg
<b>Carbohydrates</b>	25.06g
<b>Fiber</b>	3.49g
<b>Total Sugar</b>	2.91g
<b>Added Sugar</b>	0.48g
<b>Protein</b>	15.79g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 108.18mg	<b>Iron</b> 1.48mg