



Fresh Veggie Wraps

Color your snack amazing with this easy-to-make wrap.


AGES: 3–5 years

PREP TIME: 2 hours

COOK TIME: 0 minutes

CACFP CREDITING INFORMATION

½ cup vegetable

¾ oz eq grains 

SOURCE

Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					1 Wash hands with soap and water for at least 20 seconds.
Tomatoes, diced, canned, low-sodium, drained	4½ oz	½ cup + 1 Tbsp	9 oz	1 cup + 1 Tbsp	2 In a small bowl, combine tomatoes and cream cheese. Use a hand or stand mixer to combine (see notes).
Cream cheese, reduced-fat	2 oz	¼ cup	4 oz	½ cup	
Tortillas, whole-wheat (8" across, at least 42 g or 1½ oz each)	18¾ oz (at least 525 g)	12½ each	37½ oz (at least 1050 g)	25 each	3 Spread 1 Tbsp tomato cream cheese mixture in the middle of each tortilla.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Romaine lettuce, fresh, chopped* (gently wash lettuce under running water before cutting)	13 oz	1 qt + 2¼ cups	1 lb 10 oz	3 qt + ½ cup	4 Top tomato cream cheese mixture with ½ cup romaine lettuce, ¼ cup bell pepper strips (6–8), and ½ cup cucumber slices (4).
Red bell peppers, fresh, ¼" strips* (gently wash peppers under running water before cutting)	15 oz	3 cups + 2 Tbsp	1 lb 14 oz	1 qt + 2¼ cups	
Cucumbers, fresh, unpeeled, ¼" sliced* (gently wash cucumbers under running water before cutting)	2 lb 1½ oz	1 qt + 2¼ cups	4 lb 3 oz	3 qt + ½ cup	
					5 Roll into an open wrap.
					6 Place seam-side down on a cutting board and cut in half.
					7 Serve 1 half. Serve immediately, or keep cold at 40 °F or lower.

*See Marketing Guide



NUTRITION INFORMATION

1 half Fresh Veggie Wrap


NUTRIENTS	AMOUNT
Calories	77
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Total Fat	2 g
Saturated Fat	1 g
Cholesterol	1 mg
Sodium	154 mg
Total Carbohydrate	13 g
Dietary Fiber	3 g
Total Sugars	2 g
Includes Added Sugars	N/A
Protein	3 g
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Vitamin D	N/A
Calcium	24 mg
Iron	0 mg
Potassium	N/A

N/A = Data not available

***MARKETING GUIDE**

Food as Purchased for	25 Servings	50 Servings
Cucumbers, fresh	2 lb 2¼ oz	4 lb 4½ oz
Red bell peppers, fresh	1 lb 2¾ oz	2 lb 5½ oz
Romaine lettuce, fresh	1 lb 4½ oz	2 lb 8¾ oz

NOTES

- **Contains milk (cream cheese) and wheat (tortillas).** Tortillas can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (tortillas) and may be included in ingredient statements as “spice” or “flavoring.”
- If preparing in advance, store tomato cream cheese mixture and vegetables in separate airtight containers at 40 °F or lower until ready to assemble wraps.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

WEIGHT/YIELDS

25 Servings	50 Servings
5 lb 8¾ oz	11 lb 1⅔ oz
25 Fresh Veggie Wrap halves	50 Fresh Veggie Wrap halves