



Caprese Chicken Wrap

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Main Dish

Recipe HACCP Process: #2 Same Day Service

Ingredients

1-oz Mozzarella sticks or shredded mozzarella	3 lbs + 2 oz
10-inch Whole Grain Wrap/Tortilla	50
Cooked Chicken, shredded	50 oz
Lettuce, shredded	1 gal + 2 qt + 1 cup
Tomatoes, diced	3 qt + ½ cup
Ranch Dressing	3 ½ cups
Basil Pesto	5 oz

Measure

Directions

1. Mix together ranch dressing and basil pesto to make dressing.
2. Brush each wrap with 1 Tbsp of dressing.
3. Place a mozzarella stick/1 oz shredded mozzarella in center of each wrap.
4. Arrange 1 oz chicken in center of wrap, leaving a 1-inch border all around.
5. Top with ½ cup lettuce and ¼ cup tomatoes.
6. Fold bottom of wrap over filling, then fold into sides and roll tightly, starting from the bottom
7. Cover and keep refrigerated until service.
8. Serve chilled, can be held overnight.

Notes:

Can substitute spinach for lettuce. Low sodium tortilla or any whole grain flatbread may be used. Diced, shredded, fajita or other style chicken can be substituted.

Meal Components:

1 serving provides 2 oz equivalent whole grain rich, 3.5 oz equivalent meat/meat alternate and .25 cups red/orange and .25 cups dark green.

Yield:

50 servings

Nutrients Per Serving

Calories	442.4 kcal	Sodium	804.146 mg	Iron	2.646 mg
Total Fat	15.437 gm	Carbohydrates	40.02 gm	Calcium	290.69 mg
Saturated Fat	6.696 gm	Dietary Fiber	4.051 gm	Vitamin A	2659.372 iu
Cholesterol	78.493 mg	Protein	33.79 gm	Vitamin C	7.382 mg

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