

Sunshine Roll-Ups

Makes: 12 or 48 servings

Let kids help make their own by choosing different vegetables and fruits they would like to try and rolling it themselves.

12 Servings

48 Servings

Ingredients	12 Servings		48 Servings	
	Weight	Measure	Weight	Measure
Chicken, cooked and chopped	2 lbs		8 lbs	
Celery, chopped		3/4 cup		3 cups
Mandarin oranges, canned, drained		1 cup		4 cups
Onion, chopped		1/4 cup + 2 Tbsp		1-1/2 cups
Mayonnaise		2 Tbsp		1/2 cup
Pepper		3/8 tsp		1-1/2 tsp
Tortilla, whole grain, 6"		12		48
Lettuce, chopped		1 cup		4 cups

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	192	
Total Fat	4 g	
Protein	21 g	
Carbohydrates	22 g	
Dietary Fiber	2 g	
Saturated Fat	1 g	
Sodium	364 mg	

Directions

1. In a mixing bowl, combine chicken, celery, oranges and onions.
2. Add mayonnaise and pepper. Mix until chicken is coated.
3. Place about four teaspoons of lettuce onto tortilla and top with chicken mix.
4. Roll up and enjoy!

Notes