

Crunchy Hawaiian Chicken Wrap

Meal Components: Vegetable - Dark Green, Vegetable - Red / Orange, Vegetable - Other, Grains, Meat / Meat Alternate

Main Dishes, Sandwiches, F-12r

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Light mayonnaise	8 oz	1 cup	1 lb	2 cups	<ol style="list-style-type: none"> To make dressing, combine mayonnaise, vinegar, sugar, poppy seeds, onion powder, garlic powder, and chili powder. Mix well. Refrigerate at 40 °F.
White vinegar		3/4 cup		1 1/2 cups	
Sugar	8 oz	1 cup	1 lb	2 cups	
Poppy Seeds		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Onion powder		2 Tbsp		1/4 cup	
Chili powder		2 Tbsp		1/4 cup	
*Fresh broccoli, shredded	1 lb 8 oz	2 qt	3 lb	1 gal	
*Fresh baby spinach, chopped	6 1/4 oz	2 1/2 cups	12 1/2 oz	1 qt 1 cup	
Canned crushed pineapple, in	10 1/2 oz	1 1/4 cups (1/8 No.	1 lb 5 oz	2 1/2 cups (1/4 No.	

Frozen, cooked diced chicken, thawed 1/2" pieces	3 lb 4 oz	2 qt 2 1/2 cups	6 lb 8 oz	1 gal 1 1/4 qt
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Whole-wheat tortillas, 10" (1.8 oz
each)

25

50

3. Portion filling with No. 6 scoop (2/3 cup) onto center of each tortilla. Roll in the form of a burrito and seal. Cut diagonally in half.

4. Critical Control Point: Hold for cold service at 40 °F or lower.

5. Serve 1 wrap (two halves).

Notes

Our Story

Mount Lebanon Elementary School is located in beautiful, historic Pendleton, South Carolina. For this competition, their "Healthy Kids Committee" worked diligently to develop, test, and prepare a recipe. The team tested the recipe and served it to a small group of students. To narrow down the choices, this wrap was cooked once with fish and once with chicken. The students were split half and half on which one they liked the best. The team chose chicken. Their creation, Crunchy Hawaiian Chicken Wrap, was so popular that it is currently featured on the Mount Lebanon Elementary School menu. As the name suggests, Crunchy Hawaiian Chicken Wrap is deliciously crunchy with a refreshing hint of tropical sweetness that kids find irresistible.

Mount Lebanon Elementary School

Pendleton, South Carolina

School Team Members

School Nutrition Professional: Vikki Mullinax

Chef: Loretta Arnold-Hayes (Owner and Chef, 1826 On The Green)

Community Member: Kristi Martin (School Nurse)

Student: Chandler W.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

May prepare filling 1 day ahead for flavors to blend.

Suggestion: Keep wraps and filling separate and assemble at time of serving to prevent tortillas from getting soggy. Or serve slaw/chicken mixture and tortilla separately and allow kids to build their own.

Marketing Guide

Food as Purchased for	25 Servings	25 Servings
Broccoli	1 lb 14 oz	3 lb 12 oz
Carrots	1 lb 4 oz	2 lb 8 oz
Baby spinach	7 1/2 oz	15 oz

Serving	Yield	Volume
1 wrap (two halves) provides 2 oz equivalent meat, 1/4 cup dark green vegetable, 1/8 cup red/orange vegetable, 1/8 cup other vegetable, and 1 3/4 oz equivalent grains.	25 Servings: about 8 lb 50 Servings: about 16 lb	25 Servings: about 1 gallon 25 wraps 50 Servings: about 2 gallons 50 wraps

Nutrients Per Serving

Calories	307.83	Saturated Fat	1.63 g	Iron	4.4 mg
Protein	23.78 g	Cholesterol	53.24 mg	Calcium	82.96 mg
Carbohydrate	41.4 g	Vitamin A	3845.42 IU	Sodium	408.49 mg
Total Fat	6.38 g	Vitamin C	27.36 mg	Dietary Fiber	5.45 g