


Bok Choy Wrappers

Meal Components: Meat-Dark Green Vegetable-Fruit-Grains

Sandwiches F-11r

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Water		3 qt		1 gal 2 qt	1. Boil water.
Brown rice, long-grain, regular, dry	2 lb 8 oz	1 qt 2 ¼ cups	5 lb	3 qt ½ cup	2. Place 2 lb 8 oz brown rice in each steam table pan (12" x 20" x 2 ½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. 3. Pour water (3 qt per steam table pan) over brown rice. Stir. Cover pans tightly.
					4. Bake: Conventional oven: 350 °F for 40 minutes Convection oven: 325 °F for 40 minutes 5. Remove from oven and let stand covered for 5 minutes.
*Fresh bok choy, sliced ¼"	1 lb 11 oz	2 qt	3 lb 6 oz	1 gal	6. Combine brown rice, bok choy, pineapple, chicken, sweet and sour sauce, and soy sauce. Pour into steam table pans (12" x 20" x 2 ½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Canned pineapple tidbits, in 100% juice	3 lb 5 oz	1 qt 2 cups (½ No. 10 can)	6 lb 10 oz	3 qt (1 No. 10 can)	
Frozen, cooked chicken strips, thawed	3 lb 1 oz	3 qt	6 lb 2 oz	1 gal 2 qt	
Sweet and sour sauce		3 cups		1 qt 2 cups	
Low-sodium soy sauce		1 Tbsp		2 Tbsp	
					7. Bake: Conventional oven: 350 °F for 30 minutes Convection oven: 350 °F for 20 minutes Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. 8. Critical Control Point: Hold for hot service at 135 °F or higher.
*Fresh romaine lettuce, outer leaves, rinsed, dry	2 lb 8 oz	50 leaves	5 lb	100 leaves	9. Top each romaine lettuce leaf with a 6 fl oz spoodle (¾ cup) of filling. Optional: garnish with diced red peppers. Fold sides of lettuce in toward center; roll up like burrito. Place seam side down. Serve immediately.
					10. Serve 2 wraps.

 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

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Notes
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.
Students can assemble their own lettuce wraps. Portion 1 ½ cups filling alongside 2 romaine lettuce leaves. May also serve over a bed of romaine lettuce.
Extra lettuce leaves can be used for making salads.

Serving	Yield	Volume
Two wraps provide 1 oz equivalent meat, ¾ cup dark green vegetable, ⅛ cup fruit, and 1 ½ oz equivalent grains. One wrap provides ½ oz equivalent meat, ⅜ cup dark green vegetable, and ¾ oz equivalent grains.	25 Servings: about 13 lb (filling) about 2 lb 8 oz (Romaine lettuce)	25 Servings: about 1 gallon 3 quarts (filling) about 1 ½ quarts (Romaine lettuce) 50 wraps
	50 Servings: about 27 lb (filling) about 5 lb (Romaine lettuce)	50 Servings: about 3 gallons 1 ½ quarts (filling) about 3 quarts (Romaine lettuce) 100 wraps

Marketing Guide		
Food as Purchased for	25 servings	50 servings
Bok choy	2 ¼ lb	4 ½ lb
Romaine lettuce	4 lb	8 lb

Nutrients Per Serving (2 wraps)					
Calories	376.10	Saturated Fat	2.32 g	Iron	2.20 mg
Protein	12.83 g	Cholesterol	22.64 mg	Calcium	71.00 mg
Carbohydrate	56.18 g	Vitamin A	4449.94 IU	Sodium	376.84 mg
Total Fat	11.15 g		(223.51 RAE)	Dietary Fiber	5.22 g
		Vitamin C	27.55 mg		

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