


# Crunchy Hawaiian Chicken Wrap

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

Sandwiches F-12r

Ingredients	25 Servings		50 Servings		Directions Process #1: No Cook
	Weight	Measure	Weight	Measure	
Light mayonnaise	8 oz	1 cup	1 lb	2 cups	1. To make dressing, combine mayonnaise, vinegar, sugar, poppy seeds, onion powder, garlic powder, and chili powder. Mix well. Refrigerate at 40 °F.
White vinegar		¾ cup		1 ½ cups	
Sugar	8 oz	1 cup	1 lb	2 cups	
Poppy seeds		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Onion powder		2 Tbsp		¼ cup	
Garlic powder		2 Tbsp		¼ cup	
Chili powder		2 Tbsp		¼ cup	
*Fresh broccoli, shredded	1 lb 8 oz	2 qt	3 lb	1 gal	2. Combine broccoli, carrots, spinach, and pineapple. Mix in dressing and chicken.  Critical Control Point: Cool to 40 °F or lower within 4 hours.
*Fresh carrots, shredded	1 lb	1 qt 1 cup	2 lb	2 ½ qt	
*Fresh baby spinach, chopped	6 ¾ oz	2 ½ cups	12 ½ oz	1 qt 1 cup	
Canned crushed pineapple, in 100% juice, drained	10 ½ oz	1 ¼ cups (⅛ No. 10 can)	1 lb 5 oz	2 ½ cups (¼ No. 10 can)	
Frozen, cooked diced chicken, thawed, ½" pieces	3 lb 4 oz	2 qt 2 ½ cups	6 lb 8 oz	1 gal 1 ¼ qt	
Whole-wheat tortillas, 10" (1.8 oz each)		25		50	3. Portion filling with No. 6 scoop (⅔ 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.

 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.
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.

Serving	Yield	Volume
1 wrap (two halves) provides 2 oz equivalent meat, ¼ cup dark green vegetable, ⅓ cup red/orange vegetable, ⅓ cup other vegetable, and 1 ¾ oz equivalent grains.	25 Servings: about 8 lb	25 Servings: about 1 gallon 25 wraps
½ wrap (one half) provides 1 oz equivalent meat, ⅓ cup dark green vegetable, ⅓ cup other vegetable, and ¾ oz equivalent grains.	50 Servings: about 16 lb	50 Servings: about 2 gallons 50 wraps

Marketing Guide		
Food as Purchased for	25 servings	50 servings
Broccoli	1 lb 14 oz	3 lb 12 oz
Carrots	1 lb 4 oz	2 lb 8 oz
Baby spinach	7 ½ oz	15 oz

Nutrients Per Serving (1 wrap)					
Calories	307.83	Saturated Fat	1.63 g	Iron	4.40 mg
Protein	23.78 g	Cholesterol	53.24 mg	Calcium	82.96 mg
Carbohydrate	41.50 g	Vitamin A	3845.42 IU	Sodium	408.49 mg
Total Fat	6.38 g		(193.13 RAE)	Dietary Fiber	5.45 g
		Vitamin C	27.36 mg		

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