

# Kentucky Dept. of Education

## Recipe Master List

Sep 20, 2017

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### 001401 - Cardinal Club Wrap

### Recipe HACCP Process: #2 Same Day Service

Source: Jr. Chef 2017  
 Number of Portions: 48  
 Size of Portion: wrap

Meat/Alt: 3 oz  
 Grains: 1.5 oz  
 Fruit: 0 Cup  
 Vegetable: 5 Cup  
 Milk: 0 Cup

Alternate Menu Name: Taylor County HS

<p>903846 Extra Virgin Olive Oil..... 1 CUP                  002030 PEPPER, BLACK..... 8 TSP, ground                  903604 Bacon..... 48 slice                  075013 Chicken Breast..... 8 lb.                  903892 PEPPERS RED SWEET..... 4 each cut into 12 strips                  011951 Peppers, Yellow Bell..... 4 each cut into 12 strips                  902507 Onion sweet..... 2 each cut into 12 strips                  903371 Tortilla 8" WG..... 48 Each                  903999 Pepper Jack Cheese, shredded..... 3 CUP                  799940 LETTUCE, COS OR ROMAINE, RAW..... 12 CUP, shredded                  799943 TOMATOES, RED, RIPE, RAW, YEAR RND AVERAGE... 8 in 6 slices then halved                  902608 Carrots Shredded..... 3 CUP</p>	<p>Fry the chicken with the onion strips in olive oil on medium heat for 24 minutes.                  Spray a baking sheet with cooking spray, place the bacon the baking sheet and cook at 250 degrees for 20 minutes.                  Add the red and yellow peppers to the bacon after 10 minutes of cooling time.</p>
<p>043355 MAYONNAISE, LO NA, LO CAL OR DIET..... 4 CUP                  001179 SOUR CREAM, LIGHT..... 2 CUP                  011156 CHIVES, RAW..... 2 TSP, diced                  011297 PARSLEY, RAW..... 2 TSP, chopped                  002045 DILL WEED, FRSH..... 2 TSP, sprigs                  002020 GARLIC POWDER..... 1 TSP                  002026 ONION POWDER..... 1 TSP                  002030 PEPPER, BLACK..... 1 TSP                  002047 SALT, TABLE..... 1 TSP</p>	<p>Farmhouse Sauce:                  In a bowl combine mayonnaise, sour cream, chives, parsley, dill weed, garlic powder, onion powder, pepper and salt and mix well.</p>
	<p>Once the chicken has cooked, cut into 144 strips.                  Tear each piece of bacon into 4 pieces.</p> <p>Take a tortilla and spread 1 TBSP of the farmhouse sauce on it. Add 3 strips of chicken, 1 TBSP of shredded chicken, 2 slices of red and yellow peppers, 2 slices of onion, 2 slices of tomato, 1 TBSP of carrots and 1/4 cup of lettuce.</p> <p>Fold in ends of tortilla up over the filling, then fold up burrito style. Slice in half. Garnish with farmhouse sauce and parsley.</p> <p>CCP: Hold chicken at 135 degrees for service.</p>

\*Nutrients are based upon 1 Portion Size (wrap)

**\*N/A\*** - denotes a nutrient that is either missing or incomplete for an individual ingredient

**\*** - denotes combined nutrient totals with either missing or incomplete nutrient data

**1** - denotes optional nutrient values

**2** - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Calories	351 kcal	Cholesterol	*30.10* mg	Sugars	*0.81* g	Calcium	*25.30* mg	45.94%	Calories from Total Fat
Total Fat	17.93 g	Sodium	460.03 mg	Protein	16.38 g	Iron	*0.62* mg	13.57%	Calories from Sat Fat
Saturated Fat	5.30 g	Carbohydrate	31.44 g	Vitamin A	*1221.68* IU	Water <sup>1</sup>	*52.64* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	*0.65* g	Vitamin C	*18.23* mg	Ash <sup>1</sup>	*0.73* g	35.80%	Calories from Carbohydrates
								18.65%	Calories from Protein

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