

# Rainbow Asian Wrap

Pierce® Dark Meat Menu Strips (1260) served in a whole wheat wrap with a rainbow of vegetables to brighten your students' days and trays.



## YIELD

100 servings (2 waffles each)

## MENU FIT/DAYPART

Breakfast/Lunch

## COMPONENTS

2 oz eq M/MA

2 oz eq whole grain

3/4 cup vegetable (1/2 cup red/orange + 1/4 cup other)

## DIFFICULTY

Easier

## ALLERGENS

Gluten

## INGREDIENTS AND PREPARATION

100 servings Dark Meat Menu Strips (1260)

100 12"-whole wheat tortillas

12 1/2 cups Asian dressing

5.1 pounds shredded carrots

3.8 pounds shredded green/purple cabbage

1 10# can Mandarin oranges, drained

6.9 pounds red bell pepper, sliced

1. Preheat oven to 350° F. Arrange frozen chicken pieces in a single layer on an ungreased baking pan. Bake for 9 minutes in a conventional oven or 4-5 minutes in a convection oven or until internal temperature reaches 165° F.
2. Meanwhile, prepare the vegetables as needed.
3. When ready to assemble wraps, lay tortillas flat and top with 1/4 cup each carrots, cabbage, oranges and bell pepper. Top with 2.47oz (one #8 spoodle) chicken and drizzle with 1 ounce dressing. Wrap tortillas and filling burrito-style. Cut each wrap in half.
4. Keep cool until service.

*Serving Suggestions:* Make it a meal with pineapple, edamame (to credit as a bean/legume), and milk.

Nutrition Facts			
Serving Size (265g)			
Amount Per Serving			
<b>Calories</b>	<b>340</b>	<b>Calories from Fat</b>	<b>70</b>
% Daily Value*			
<b>Total Fat</b>	<b>8g</b>		<b>12%</b>
Saturated Fat	2g		10%
Trans Fat	0g		
<b>Cholesterol</b>	<b>75mg</b>		<b>25%</b>
<b>Sodium</b>	<b>930mg</b>		<b>39%</b>
<b>Total Carbohydrate</b>	<b>47g</b>		<b>16%</b>
Dietary Fiber	5g		20%
Sugars	15g		
<b>Protein</b>	<b>22g</b>		
<b>Vitamin A</b>	<b>120%</b>	•	<b>Vitamin C</b> 90%
<b>Calcium</b>	<b>15%</b>	•	<b>Iron</b> 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories:	2,000    2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
		Fat 9	• Carbohydrate 4 • Protein 4



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