

# ISD #347

000774 - VEGETABLE WRAPS : USDA F-09 F2S	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: SERVINGS Alternate Recipe Name: Vegetable Wrap with Fresh Carrots/Cucumber				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions																		
018364 TORTILLAS,RTB OR -FRY,FLR..... 500160R RANCH DRESSING..... 011252 LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),R...	50 tortilla ( 12" dia) 1 qt + 2 1/4 cups 13 OZS (shredded)	1. Steam tortillas for 3 minutes until warm OR place in warmer to prevent torn tortillas when folding.  2. Spread 2 Tbsp ranch dressing down the center of each tortilla.  3. Place about 1/4 oz lettuce on top of ranch dressing.																		
011333 PEPPERS,SWEET,GREEN,RAW..... 011282 ONIONS,RAW..... 011124 CARROTS,RAW..... 011206 CUCUMBER,PEELED,RAW.....	1 lb + 10 OZS (chopped) 1 lb + 13 OZS (chopped) 1 lb + 5 ozs 1 lb + 9 ozs	4. Combine raw ingredients: green peppers(chopped), onions(chopped), carrots (peeled, sliced) and cucumbers (peeled and diced). Portion 2 oz vegetable mix with a No. 10 scoop (3/8 cup) on top of lettuce leaf and dressing.																		
001182 USDA COMMODITY,CHS,CHEDDAR,RED FAT.....	3 lbs + 2 ozs	5. Sprinkle 1 oz (1/4 oz) cheese on top of vegetables.  6. Fold the top and bottom of the tortilla into the center. Beginning at either side, roll the tortilla until all the contents cannot be seen.  7. Cut diagonally in half.																		
		Food As Purchased  <table style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th></th> <th style="text-align: center;">50 Servings</th> <th style="text-align: center;">100 Servings</th> </tr> </thead> <tbody> <tr> <td>Leaf Lettuce</td> <td style="text-align: center;">1 lb 4 oz</td> <td style="text-align: center;">2 lb 8 oz</td> </tr> <tr> <td>Green Peppers</td> <td style="text-align: center;">2 lb 1 oz</td> <td style="text-align: center;">4 lb 2 oz</td> </tr> <tr> <td>Mature Onions</td> <td style="text-align: center;">2 lb 1 oz</td> <td style="text-align: center;">4 lb 2 oz</td> </tr> <tr> <td>Carrots</td> <td style="text-align: center;">1 lb 10 oz</td> <td style="text-align: center;">3 lb 4 oz</td> </tr> <tr> <td>Cucumbers</td> <td style="text-align: center;">1 lb 14 oz</td> <td style="text-align: center;">3 lb 12 oz</td> </tr> </tbody> </table>		50 Servings	100 Servings	Leaf Lettuce	1 lb 4 oz	2 lb 8 oz	Green Peppers	2 lb 1 oz	4 lb 2 oz	Mature Onions	2 lb 1 oz	4 lb 2 oz	Carrots	1 lb 10 oz	3 lb 4 oz	Cucumbers	1 lb 14 oz	3 lb 12 oz
	50 Servings	100 Servings																		
Leaf Lettuce	1 lb 4 oz	2 lb 8 oz																		
Green Peppers	2 lb 1 oz	4 lb 2 oz																		
Mature Onions	2 lb 1 oz	4 lb 2 oz																		
Carrots	1 lb 10 oz	3 lb 4 oz																		
Cucumbers	1 lb 14 oz	3 lb 12 oz																		
		<b>Serving</b>  2 pieces provide 1 oz equivalent meat/meat alternate, 3/8 cup of vegetable,and 2 servings of grains/breads.																		

Calories..... 488	Iron..... 4.13 mg	Protein..... 18.78 g	Protein..... 15.40%
Cholesterol.. 21 mg	Calcium...451.11 mg	Carbohydrates 66.49 g	Carbohydrates. 54.53%
Sodium..... 1122 mg	Vitamin A..2309.2 IU	Total Fat.... 16.00 g	Total Fat..... 29.53%
Dietary Fiber 4.68 g	Vitamin A..2288.4 RE	Saturated Fat 5.98 g	Saturated Fat. 11.03%
	Vitamin C.. 14.9 mg	Trans Fat.... 0.00* g	Trans Fat..... 0.00%

\* - Denotes Missing Nutrient Values