

6. Prep:
 Once the roasted vegetables are chilled below 40° F, toss together with lettuce and shredded carrots.
 Place tortillas on a clean surface, board or pan.
 Place 3 oz hummus on the bottom half of each tortilla and spread evenly using a flat spatula.
 Add ½ cup vegetable on top of hummus.
 Wrap, cut in half, cover, and date.
 Place in cooler and hold for service.

7. Serve: 1 whole wrap.
 Each wrap provides 1 oz. eq. meat/meat alternate, ½ cup other vegetables and 2 oz. eq. whole grain.

Notes:

Production Notes: Note: you can now purchase fresh sliced mushrooms (whites or browns) as well as fresh sliced onions and peppers, mixed together or separate.
 You can also substitute frozen USDA pepper and onion blend.

To add additional protein, consider adding cheese to the wrap or serving it with a cup of yogurt or a cheese stick.

Season to suit your population, add some heat or use fresh herbs!

Hummus: if making your own, use your meat/meat alternative calculation. For this, most "school targeted" hummus provides 1 oz. eq. meat/meat alt. per 3-ounce portion.

All other calculations were done on the Food Buying Guide Shopping List.

Serving Notes: Serve: 1 whole wrap.
 Each wrap provides 1 oz. eq. meat/meat alternate, ½ cup other vegetables and 2 oz. eq. whole grain.
 Each wrap weighs 261.69 grams or 9.23 ounces raw weight

Nutrients Per Serving:		(Per 1 Wrap)			
Calories	349.248	Trans Fat (gm)	0.009*	Iron (mg)	3.869
Protein (gm)	13.906	Chol (mg)	0.000	Calc (mg)	128.474
Carb (gm)	47.121	Vit A (IU)	2402.108*	Sodium (mg)	660.856
Tot Fat (gm)	13.628	Vit C (mg)	6.833*	Fiber (gm)	10.686
Sat Fat (gm)	2.929			Sugars (gm)	2.014*

Note: * means nutrient data is missing or not available.

Meal Components:		(Per 1 Wrap)					
		-----Vegetables (Cups)-----					
Fruit (Cups)	Dark Green	Red/Orange	0.125	Beans/Peas	Starchy	Other	0.375
Whole Grain- Rich (Oz. Eq.)	2.000	Enriched Grain (Oz. Eq.)		Meat/Alt (Oz. Eq.)	1.000	Fluid Milk (Cups)	

Allergens:

Wheat

CCP: Time/temp of each batch of product will be recorded on TPHC sheet when the product has been removed from the oven, steamer, stovetop or refrigeration. Products that were placed in hot holding will be removed from the hot holding cabinet and placed on serving line as close to service as possible.

Product not used within 4 hours from when it was removed from the oven will be discarded.