

# Wrap it up with Wraps



Children should have access to healthy food and be able to make healthy food choices wherever they are – at home, in school, and in the community. Improving the health of the nation’s children and reversing the childhood obesity epidemic is a shared responsibility and will take the commitment of parents, the foodservice industry, the media, and schools working together. The vision of USDA’s School Meals Initiative for Healthy Children (SMI) is to improve the health of school children through better nutrition. Implementing the *Dietary Guidelines for Americans* in school meals will have important health benefits for children.

## Menu-Planning Practices for Healthy School Meals

- Serve whole-wheat wraps for increased fiber and other nutrients.
- Use low-fat cheeses. Good choices include part skim mozzarella and low-fat cheddar cheeses.
- Serve a variety of vegetables such as peppers, tomatoes, spinach, and shredded carrots.
- Use a seasoned bean puree, such as white bean and rosemary, for the spread.
- Spread peanut butter on a whole-wheat tortilla, and wrap a banana for a delicious meal item or snack.

## Easy Tips for Making Wraps

**Keep it light:** wraps are an easy to eat sandwich if you don’t overload it with filling.

**Warm your wrapper:** some wrappers, such as tortillas and pita breads, are more pliable when first heated in the oven or in a dry skillet.

**Nice to bite:** hard-to-bite ingredients need to be cut small, but cut most ingredients in bigger pieces for easiest rolling and eating.

**Mix it up:** have fun experimenting with different flavor combinations and a variety of textures. Remember to have one main stand-out ingredient and a balance of dry and moist ingredients.

**On the roll:** when preparing wraps in advance, use well-dried lettuce as a barrier between the spread and the bread to prevent sogginess.

**Wrap it tight:** rolling the wrap tightly and securely is a must for portability. Be sure to evenly distribute ingredients, fold in the sides and bottom, roll up tightly and seal the edges with a dab of cream cheese or other spread.

### Did you know?

A variety of foods can be used for the “wrap.” Try these ideas:

- Whole-wheat tortilla
- Large, sturdy lettuce leaves
- Whole-wheat pita
- Rice paper wrappers
- Crepes
- Lavash bread

## Mix it up!

Try these various fillings for maximum variety.

### Proteins

- low-fat cheese
- turkey
- egg
- beans
- peanut butter

### Seasoning

- salad dressing
- garlic
- hot sauce
- ketchup
- mustard

### Spreads

- low-fat cream cheese
- mayonnaise
- miso spread
- pesto
- almond butter
- cashew butter

### Vegetables

- bell pepper
- cabbage
- grated carrot
- cucumber
- lettuce
- onion
- pickle
- mushroom
- radish
- salad mix
- tomato

## Culinary Resources

National Food Service Management Institute. (1996). *Culinary techniques for healthy school meals*. University, MS: Author.

National Food Service Management Institute. (2005). *Healthy cuisine for kids*. University, MS: Author.

U.S. Department of Agriculture. (2007, January). *Road to SMI success*. Available at [www.fns.usda.gov/tn/Resources/roadtosuccess.html](http://www.fns.usda.gov/tn/Resources/roadtosuccess.html)

U.S. Department of Agriculture. (2007). *HealthierUS school challenge*. Available at [www.fns.usda.gov/tn/HealthierUS/index.html](http://www.fns.usda.gov/tn/HealthierUS/index.html)

National Food Service Management Institute  
The University of Mississippi  
6 Jeanette Phillips Drive  
Post Office Drawer 188  
University, Mississippi 38677-0188  
800-321-3054 · [nfsmi@olemiss.edu](mailto:nfsmi@olemiss.edu)



For more information, visit us on the Web at [www.nfsmi.org](http://www.nfsmi.org)

# Turkey with Cheese Wrap

Number of Portions: 50    Size of Portions: 1 each

*Students at all grade levels like wrap sandwiches. Try a variety of fillings in your wraps. Thanks to the Burke County School District in Waynesboro, Georgia, for sharing this recipe.*

Ingredients	Weight	Measures	Instructions
Turkey roast, boneless, seasoned	7 pounds 3 ounces (raw weight)		1. Roast turkey. Cool. Slice.
Lettuce, iceberg, chopped Ranch dressing	3 pounds 2 ounces	1 1/2 gallon 1 cup	2. Mix chopped lettuce with ranch dressing.
Tortilla, whole-wheat Cheese, American	1 pound 9 ounces	50 each	3. On each tortilla, evenly layer 1 1/2 ounces of turkey, 1/2 ounce cheese, and 1/2 cup lettuce and ranch dressing mixture, leaving a 1 inch border around edges. 4. Fold the right and left edges of tortillas into center over the filling. Fold the bottom edge toward the center and roll firmly until completely wrapped. Place seam side down and cut in half diagonally.

## Nutrients per serving

Calories	429	Saturated Fat	6.23 g	Iron	3.59 mg
Protein	22.25 g	Cholesterol	38 mg	Calcium	337 mg
Carbohydrate	52.46 g	Vitamin A	278 IU	Sodium	1340 mg
Total Fat	15.23 g	Vitamin C	0.8 mg	Dietary Fiber	6.33 g

**For additional wrap recipes:**

National Food Service Management Institute. (2006). *USDA recipes for child nutrition programs*. Available at: [http://www.nfsmi.org/Information/school\\_recipe\\_index\\_alpha.html](http://www.nfsmi.org/Information/school_recipe_index_alpha.html)  
Includes recipes such as **Vegetable Wraps** and **Beef Burrito**.

National Food Service Management Institute. (2005). *USDA recipes for child care*. Available at: [http://www.nfsmi.org/Information/cc\\_recipe\\_index\\_alpha.htm](http://www.nfsmi.org/Information/cc_recipe_index_alpha.htm)  
Includes recipes such as **Bean Burrito**.

Source: Burke County School District, Waynesboro, Georgia