

Crunchy Hawaiian Chicken Wrap

MOUNT LEBANON ELEMENTARY SCHOOL

Pendleton, South Carolina

Our Story

Mount Lebanon Elementary School is located in beautiful, historic Pendleton, South Carolina. For this competition, their “Healthy Kids Committee” worked diligently to develop, test, and prepare a recipe. The team tested the recipe and served it to a small group of students. To narrow down the choices, this wrap was cooked once with fish and once with chicken. The students were split half and half on which one they liked the best. The team chose chicken. Their creation, Crunchy Hawaiian Chicken Wrap, was so popular that it is currently featured on the Mount Lebanon Elementary School menu. As the name suggests, Crunchy Hawaiian Chicken Wrap is deliciously crunchy with a refreshing hint of tropical sweetness that kids find irresistible.

School Team Members

SCHOOL NUTRITION PROFESSIONAL: Vikki Mullinax

CHEF: Loretta Arnold-Hayes (Owner and Chef, 1826 On The Green)

COMMUNITY MEMBER: Kristi Martin (School Nurse)

STUDENT: Chandler W.

Dark Green and Orange Vegetables

This appealing main dish combines seasoned chicken, sweet pineapple, and crunchy shredded vegetables, topped with a delicious poppy seed dressing all wrapped in a warm, whole-wheat tortilla.





Dark Green and Orange Vegetables

Crunchy Hawaiian Chicken Wrap

Ingredients

- ¼ cup** Light mayonnaise
- ⅛ cup** White vinegar
- ¼ cup** Sugar
- 1 tsp** Poppy seeds
- 1 ½ tsp** Garlic powder
- 1 ½ tsp** Onion powder
- 1 ½ tsp** Chili powder
- 2 cups** Fresh broccoli, shredded
- 1 ½ cups** Fresh carrots, peeled, shredded
- ¼ cup** Canned crushed pineapple, in 100% juice, drained
- 1 cup** Fresh baby spinach, chopped
- 3 cups** Cooked diced chicken, ½" pieces (12 oz)
- 6** Whole-wheat tortillas, 10"

Preparation Time: 20 minutes

Makes six wraps

Directions

1. In a small mixing bowl, combine mayonnaise, vinegar, sugar, poppy seeds, garlic powder, onion powder, and chili powder for the dressing. Mix well. Cover and refrigerate.
2. Combine broccoli, carrots, pineapple, and spinach in a large bowl. Stir in dressing and chicken. Mix well. Serve immediately or cover and refrigerate.
3. For each wrap, place ⅔ cup filling on the bottom half of the tortilla and roll in the form of a burrito. Place seam side down. Cut diagonally. Serve immediately.

Suggestion

Filling may be made up to one day in advance. Assemble wraps when ready to serve.

1 wrap (two halves) provides 2 oz equivalent meat, ½ cup vegetable, and 1 ¾ oz equivalent grains.

½ wrap (one half) provides 1 oz equivalent meat, ¼ cup vegetable, and ¾ oz equivalent grains.

Nutrients Per Serving (1 wrap): Calories **308**, Protein **24 g**, Carbohydrate **42 g**, Dietary Fiber **5 g**, Total Fat **6 g**, Saturated Fat **2 g**, Cholesterol **53 mg**,

Vitamin A **3845 IU (193 RAE)**, Vitamin C **27 mg**, Iron **4 mg**, Calcium **83 mg**, Sodium **408 mg**



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Our Story

Mount Lebanon Elementary School is located in beautiful, historic Pendleton, South Carolina. For this competition, the “Healthy Kids Committee” at Mount Lebanon worked diligently with a local chef to develop, test, and prepare a recipe. Using a list of basic food items that Mount Lebanon students liked the best, the team worked together to create a tasty wrap served as a main dish. The recipe was a hit with students on the first try. The team tested the recipe twice and then served it to a small group of students. To narrow down the choices, this wrap was cooked once with fish and once with chicken. The students were split half and half on which one they liked the best, so the team opted for chicken.

As its name suggests, Crunchy Hawaiian Chicken Wrap is a deliciously crunchy recipe with a refreshing hint of tropical sweetness. By popular demand, the recipe is currently featured on the Mount Lebanon Elementary School menu.

School Team Members

SCHOOL NUTRITION PROFESSIONAL

Vikki Mullinax

CHEF

Lorett Arnold-Hayes (Owner and Chef, 1826 on the Green)

COMMUNITY MEMBER

Kristi Martin (School Nurse)

STUDENT


Chandler W.

Crunchy Hawaiian Chicken Wrap

Meal Components: Meat-Dark Green Vegetable-Red/Orange Vegetable-Other Vegetable-Grains

Sandwiches F-12r

Ingredients	25 Servings		50 Servings		Directions Process #1: No Cook
	Weight	Measure	Weight	Measure	
Light mayonnaise	8 oz	1 cup	1 lb	2 cups	1. To make dressing, combine mayonnaise, vinegar, sugar, poppy seeds, onion powder, garlic powder, and chili powder. Mix well. Refrigerate at 40 °F.
White vinegar		¾ cup		1 ½ cups	
Sugar	8 oz	1 cup	1 lb	2 cups	
Poppy seeds		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Onion powder		2 Tbsp		¼ cup	
Garlic powder		2 Tbsp		¼ cup	
Chili powder		2 Tbsp		¼ cup	
*Fresh broccoli, shredded	1 lb 8 oz	2 qt	3 lb	1 gal	2. Combine broccoli, carrots, spinach, and pineapple. Mix in dressing and chicken. Critical Control Point: Cool to 40 °F or lower within 4 hours.
*Fresh carrots, shredded	1 lb	1 qt 1 cup	2 lb	2 ½ qt	
*Fresh baby spinach, chopped	6 ¼ oz	2 ½ cups	12 ½ oz	1 qt 1 cup	
Canned crushed pineapple, in 100% juice, drained	10 ½ oz	1 ¼ cups (⅓ No. 10 can)	1 lb 5 oz	2 ½ cups (⅓ No. 10 can)	
Frozen, cooked diced chicken, thawed, ½" pieces	3 lb 4 oz	2 qt 2 ½ cups	6 lb 8 oz	1 gal 1 ¼ qt	
Whole-wheat tortillas, 10" (1.8 oz each)		25		50	3. Portion filling with No. 6 scoop (⅓ cup) onto center of each tortilla. Roll in the form of a burrito and seal. Cut diagonally in half. 4. Critical Control Point: Hold for cold service at 40 °F or lower.
					5. Serve 1 wrap (two halves).

 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.



Crunchy Hawaiian Chicken Wrap

Meal Components: Meat-Dark Green Vegetable-Red/Orange Vegetable-Other Vegetable-Grains


Sandwiches F-12r

Notes
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.
May prepare filling 1 day ahead for flavors to blend.
Suggestion: Keep wraps and filling separate and assemble at time of serving to prevent tortillas from getting soggy. Or serve slaw/chicken mixture and tortilla separately and allow kids to build their own.

Serving	Yield	Volume
1 wrap (two halves) provides 2 oz equivalent meat, ½ cup vegetable, and 1 ¾ oz equivalent grains.	25 Servings: about 8 lb	25 Servings: about 1 gallon 25 wraps
½ wrap (one half) provides 1 oz equivalent meat, ¼ cup vegetable, and ¾ oz equivalent grains.	50 Servings: about 16 lb	50 Servings: about 2 gallons 50 wraps

Marketing Guide		
Food as Purchased for	25 servings	50 servings
Broccoli	1 lb 14 oz	3 lb 12 oz
Carrots	1 lb 4 oz	2 lb 8 oz
Baby spinach	7 ½ oz	15 oz

Nutrients Per Serving (1 wrap)					
Calories	307.83	Saturated Fat	1.63 g	Iron	4.40 mg
Protein	23.78 g	Cholesterol	53.24 mg	Calcium	82.96 mg
Carbohydrate	41.50 g	Vitamin A	3845.42 IU	Sodium	408.49 mg
Total Fat	6.38 g		(193.13 RAE)	Dietary Fiber	5.45 g
		Vitamin C	27.36 mg		

 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.