

Whole Grain Rich Buffalo Chicken Wraps

Lunch Entree

SERVING SIZE: 1 Wrap

YEILD: 10

MEAL PATTERN CONTRIBUTION: 2 oz eq Grain, 2 oz eq M/MA, ½ C Veg

Ingredients and Instructions

Whole Grain Tortilla, 10 in	10
Chicken Strips, USDA or Cooked, sliced boneless chicken	10 Oz
Cheese, Sliced, American	10 each
Lettuce	10 Cups
Tomato (optional)	20 slices
Buffalo Sauce	2 Cups
Ranch (optional)	To Taste

1. If you are making your own buffalo sauce you will want to prepare that before beginning, toss your chicken in the buffalo sauce.
2. Next you will want to gather all the ingredients for your wraps and prepare your assembly line.
3. Lay out your wraps along your work surface.
4. Put your fillings on your wrap; cheese, lettuce, tomato (if using), buffalo chicken and ranch (if using).
5. Fold in the sides of your wrap and roll closed. Wrap in plastic wrap for storage and transport.