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Chicken Kale Caesar Wrap - State (Virginia) Child Nutrition Agency Developed Recipe for Schools

Age Group: Ages 6-18

Serving Size: 50-100

Diced chicken, fresh kale, and romaine
tossed with creamy Caesar dressing and

Caesar - Spanish a whole grain tortilla.



	Weight	Measure
*Kale, fresh, without stem		
*Romaine lettuce, thinly sliced	2 lb 1 oz	
Caesar dressing, light & creamy	3 lb 4 oz	1 gal 2 qt 1 cup
Whole grain tortilla, 9-inch	2 lb 6 oz	1 qt ¾ cup
Chicken, diced, cooked,frozen USDA, thawed		50 each
	6 lb 4 oz	

100 Servings

INSTRUCTIONS

1. Remove stems from kale. Then wash and drain kale and romaine.
2. Combine kale, romaine, and dressing in a large bowl. Mix dressing into greens.
3. Place desired number of wraps on clean, sanitized prep table or sheet pans lined with parchment paper.
4. Using a No. 4 scoop, portion 1 cup of salad mixture onto the center of each tortilla.
5. Using a No. 12 scoop, portion 2 oz of diced chicken on top of salad mixture in the center of each wrap.
6. Roll in the form of a burrito and seal. Cut diagonally in half.
7. Arrange open clamshells on prep table(s) and place one wrap in each shell. Close the clamshells.

Critical Control Point: Hold for cold service at 41 °F or lower.

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Amount Per Serving 1 wrap (1 tortilla + 1 cup chicken/kale/romaine mix)	
Calories	298
Total Fat	11 g
Saturated Fat	2 g
Cholesterol	42 mg
Sodium	399 mg
Total Carbohydrate	33 g
Dietary Fiber	4 g
Total Sugars	3 g
Protein	17 g
Calcium	114 mg
Iron	3 mg
N/A=data not available	

Kale, fresh, without stem: 2 lb 1 oz	Kale, fresh, without stem: 4 lb 2 oz
Lettuce, fresh, romaine, untrimmed:	Lettuce, fresh, romaine, untrimmed:
5 lb 2 oz	10 lb 4 oz

Notes
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.
Cooking Process #1: No cook.

Yield / Volume	
<u>50 Servings:</u>	<u>100 Servings:</u>
About 11 lb 9 oz chicken Caesar filling	About 23 lb 2 oz chicken Caesar filling
About 3 gal 2 cup salad mixture and 1 gal 2 qt 1 cup diced chicken	About 6 gal 1 qt salad mixture and 3 gal 2 cups diced chicken