

Chicken or Tuna Wrap

1 Wrap

Grains • Protein • Dairy • Vegetables



Lunch or Dinner
3rd grade +

Ingredients

- 1 flour tortilla (8-inch)
- 1 can or pouch chicken or tuna (5 ounces), drained
- 1 Tablespoon light mayonnaise or plain Greek yogurt
- ¼ cup spinach or lettuce
- 2 Tablespoons shredded cheese or 2 cheese slices

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. If canned, open chicken or tuna with either the pull tab or can opener, and drain. Or, open the pouch.
3. In a bowl, mix the chicken or tuna with the mayonnaise or Greek yogurt.
4. Lay the tortilla flat on a plate.
5. Spread the chicken or tuna mixture in a thin layer on the tortilla using a spoon.
6. Add spinach and cheese onto the tortilla. If using lettuce, add after step 7.
7. Heat wrap in the microwave for 20–30 seconds, if you would like it warm.
Add lettuce after heating, if using.
8. Starting on one edge, roll the tortilla tightly. Cut in half.



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