



Tortilla Snack Wrap

Makes 20 Servings (1/2 Snack Wrap)

Child Care Health Program

- 10 whole wheat tortillas, 6-inch size
- 8 ounces cream cheese, low fat, fat-free or regular
- 2 pounds sliced turkey (deli turkey or cook 2 3/4 pounds raw turkey* until 165°F)
- 3 cups spinach* or romaine leaves*
- 2 cups grated carrots*

1. Let the cream cheese come to room temperature. Whip with a mixer, or by hand, to make it easier to spread. Using a spatula or knife, spread about 1 tablespoon cream cheese on each tortilla, making sure to reach the edges.
2. Divide turkey and place on tortillas.
3. Place romaine or spinach leaves down the middle of the tortilla and sprinkle with carrots.
4. Roll tortilla tightly like a burrito. To make tortilla pinwheels cut in half first, then making bite-sized slices along the tortilla until you reach the end. Lay each piece cut-side down on a serving plate.

Variations:

Choose colorful vegetables, such as red peppers, cucumber, or avocado in your pinwheel.



Nutrition Facts

Serv. size 1/2 tortilla wrap (90g)
 Servings 20
 Calories 110
 Fat Cal. 20

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 2.5g	4%	Total Carb. 14g	5%
Sat. Fat 1g	6%	Fiber 2g	7%
Trans fats 0g		Sugars 2g	
Cholest. 20mg	7%	Protein 10g	
Sodium 690mg	29%		
Vitamin A 45%	Vitamin C 4%	Calcium 4%	Iron 8%

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

Grain/Bread—1 serving
 Vegetable—1/2 cup
 Meat/Meat Alternative—1.5 ounces

CACFP Crediting
 for 3-5 year olds
 Lunch/Dinner

Public Health 
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Tuna Burgers

Makes 20 Servings (1/2 burger)

Child Care Health Program

- 3 (12 ounce cans) water packed tuna, drained and flaked
- 3 cups bread crumbs, divided
- 2 1/2 cups cheddar cheese*, grated
- 2 eggs*, lightly beaten
- 1 cup no fat dressing, such as peppercorn ranch
- 1/2 cup green onions, sliced
- 2 tablespoons olive oil
- 10 whole wheat hamburger buns

1. In a medium bowl, combine tuna, 1 1/4 cups breadcrumbs, cheese, eggs, salad dressing and onion.
2. Form ten patties; coat each side with remaining 1 1/4 cups cup bread crumbs.
3. Heat oil in skillet over medium heat. Cook patties 3-5 minutes on each side until golden brown.
4. Place patties on hamburger bun. Garnish as desired (lettuce, sliced tomatoes, pickles, sliced onions, and/or mustard). Cut in half to serve.

Option: Substitute canned salmon for canned tuna.

Nutrition Facts

Serv. size 1/2 burger (121g)
 Servings 20
 Calories 260
 Fat Cal. 80

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 9g	14%	Total Carb. 24g	8%
Sat. Fat 4g	19%	Fiber 2g	9%
Trans fats 0g		Sugars 3g	
Cholest. 50mg	16%	Protein 21g	
Sodium 600mg	25%		
Vitamin A 4%	Vitamin C 0%	Calcium 15%	Iron 15%

* Percent Daily Values (DV) are based on a 2,000 calorie diet.



1/2 burger:
 Grain/Bread—1 slice bread
 Meat/Meat Alternative—1.5 ounces

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