Turkey Pita Sandwich Meat/Meat Alternate, Grain, Vegetable

Sandwich

E-07 KSU Modified

| | 48 S | ervings | rvingsServings | | | |
|-----------------------------|----------------|---------|----------------|--|---|--|
| Ingredients | Weight Measure | | Weight Measure | | Directions | |
| Sliced turkey luncheon meat | 9 lbs | | | | Cut eat 2 oz WGR pita into two semi- circular halves. | |
| WGR pita (2 oz) | | 48 each | | | If serving children age 5 years and under, chop spinach. | |
| Spinach, ready to eat | 4 lbs | | | | 3. Fill each pita half with 1 ½ oz of sliced turkey and ¼ cup spinach. Distribute the meat and spinach evenly. | |
| | | | | | 4. NOTE: 1 ½ oz sliced turkey = 3 pieces of sliced over roasted turkey breast (Jennie-O), 2099; commodity code: A-534/100124. | |
| | | | | | 5. For advance prep, package the spinach separately. | |
| | | | | | 6. If serving children age 5 years and under, cut each semi-circular half into two even pieces. | |
| | | | | | 7. Cover. Refrigerate until service. | |
| | | | | | CCP: Cool to 41° F or lower within 4 hours. | |
| | | | | | 9. CCP: Hold at 41° F or colder. | |
| | | | | | 7. Serve with mustard, mayonnaise, and/or salad dressing. | |

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Notes:

Nutrient information from Food Processor based on 2 oz pita bread and 3 oz sliced turkey luncheon meat = 2 oz creditable meat.

| Serving: 1 full pita sandwich provides 2 oz equivalent meat/meat alternate, 2 grain equivalents, and ½ cup of vegetables. | Yield: | |
|--|----------------------------|--|
| 1-2 years: not for under 3 years of age | 48 Servings: 48 sandwiches | |
| 3-5 years: 3 quarter pieces of sandwich | | |
| 6-18:1 full sandwich (2 semi-circular halves) | 96 Servings: 96 sandwiches | |

| Nutrients Per Serving | | | | | |
|------------------------------|---------|---------------|----------------|---------------|------------------------|
| Calories | 267.25 | Saturated Fat | 1.61 g | Iron | 3.12 mg |
| Protein | 22.64 g | Cholesterol | 45.00 mg | Calcium | 45.53 mg |
| Carbohydrate | 34.06 g | Vitamin A | 177.39 RAE mcg | Sodium | 678.67 mg |
| Total Fat | 5.12 g | Vitamin C | 11.82 mg | Dietary Fiber | 4.66 g (2016 = 0.83 g) |