



wraps

Use **whole wheat tortillas** to make wraps for lunch.

Mexican Chicken Wrap

Layer cooked chicken strips, chopped lettuce, chopped tomatoes and shredded cheddar cheese on tortillas. Roll up and dip in a Mexican Dip. (Mix ½ cup salsa and ½ cup low-fat Ranch salad dressing together)

Ham and Cheese Wrap

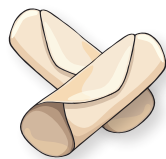
Spread mustard on a tortilla. Top with deli ham slices, thin cheese slice and shredded lettuce. Roll up and eat.

Tuna Salad Wrap

Drain water off canned tuna. Mix tuna with low-fat mayonnaise. Layer tuna salad, chopped lettuce and onions on tortilla. Roll up and eat.

serve a fruit or veggie with your wrap:

- **baby carrots or carrot sticks** -
Serve with hummus or low-fat dill dip.
- **cooked corn** -
Serve with the Mexican Chicken Wrap or add corn into the wrap.
- **banana or apple slices** -
Slice fruit and add to your lunch plate. Serve with a little peanut butter for dipping.
- **mandarin oranges** -
Open a can and serve a dish of oranges for lunch.



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