SHOPPING LIST

Turkey Wrap

- [ ] Whole Wheat Wraps
- [ ] Dijon Mustard
- [ ] Smoked Turkey
- [ ] Provolone Cheese
- [ ] Romaine Lettuce
- [ ] Carrot
- [ ] Granny Smith Apple
- [ ] English Cucumber
- [ ] Tomato

CUT

CUT

CUT

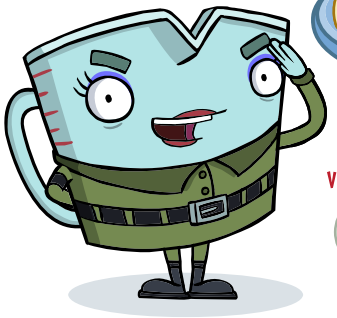
Corporal Cup presents

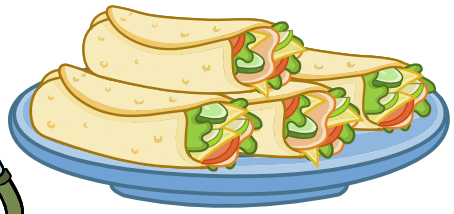
LUNCH

PBS KIDS GO!

FIZZY'S LUNCH LAB

Turkey Wrap





VEGETARIAN	TIME	DIFFICULTY	SERVES
V		M	4
NO	About 1 hour	Medium	

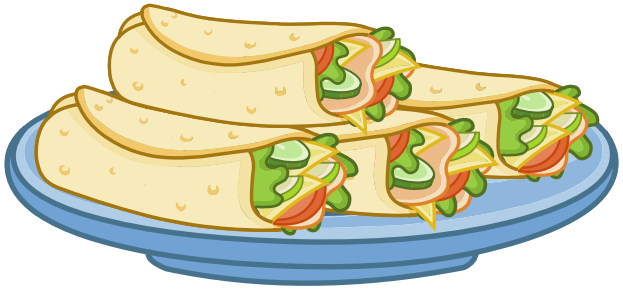
YOU WILL NEED

- **4** whole wheat wraps
- **4 teaspoons** Dijon mustard
- **8 ounces** deli-sliced smoked turkey
- **4 ounces** sliced Provolone cheese
- **4** romaine lettuce leaves
- **1** carrot, sliced lengthwise with a vegetables peeler
- **8 thin slices** Granny Smith apple
- ½ English cucumber, thinly sliced lengthwise
- **4 thin slices** tomato

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

STEP 1: Lay the wraps on a flat surface and spread with the mustard. Divide the remaining ingredients among the 4 wraps. Roll up and eat!



pbskidsgo.org/lunchlab

Nutrition Facts

Serving Size 1 wrap (272g)
Servings Per Container 4

Amount Per Serving	
Calories 310	Calories from Fat 100
	% Daily Value*
Total Fat 11g	17%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 950mg	40%
Total Carbohydrate 33g	11%
Dietary Fiber 3g	12%
Sugars 10g	
Protein 23g	

Vitamin A 80% • **Vitamin C 20%**
Calcium 25% • **Iron 8%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4