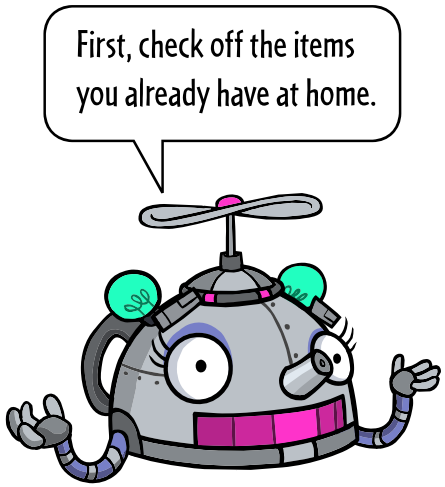
SHOPPING LIST

Rainbow Wraps

- ◯ Spinach Wraps
- ◯ Smoked Turkey
- ◯ Cheddar Cheese
- ◯ Baby Spinach
- ◯ Walnuts
- ◯ Dried Cranberries
- ◯ Ripe Avocado



CUT

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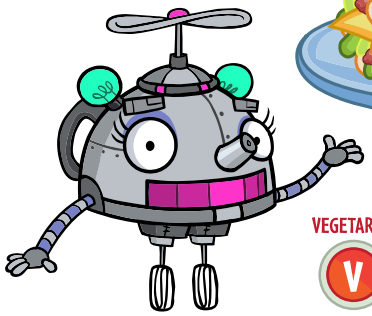
Mixiebot presents

DINNER

PBS KIDS GO!

FIZZY'S LUNCH LAB

Rainbow Wraps



VEGETARIAN	TIME	DIFFICULTY	SERVES
V		E	4
NO	Less than 30 min.	Easy	

YOU WILL NEED

4 spinach wraps

4 slices smoked turkey

4 slices Cheddar cheese

1 cup baby spinach leaves, washed

4 teaspoons lightly toasted walnuts

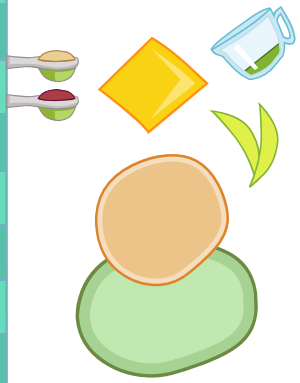
4 teaspoons dried cranberries

½ avocado, sliced

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

Whole wheat wraps may be substituted for the spinach wraps.



STEP 1: Lay each wrap on a clean work surface, and top with 1 slice turkey, 1 slice cheese, ¼ cup baby spinach leaves, 1 teaspoon pecans, 1 teaspoon cranberries and ¼ of the avocado slices.

STEP 2: Roll into a cylinder, and serve.

pbskidsgo.org/lunchlab

Nutrition Facts

Serving Size (140g)
Servings Per Container 4

Amount Per Serving	
Calories 350	Calories from Fat 170
	% Daily Value*
Total Fat 18g	28%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 650mg	27%
Total Carbohydrate 28g	9%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 17g	

Vitamin A 10% • Vitamin C 6%
Calcium 20% • Iron 10%

*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