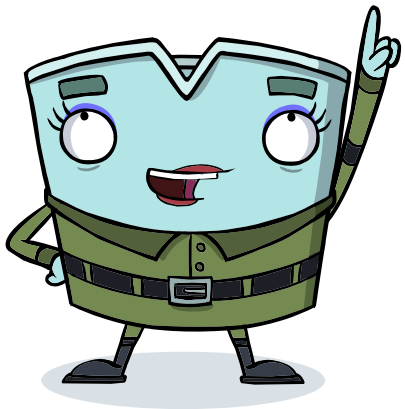
SHOPPING LIST

Cheesy Quesadilla

- ◯ Monterey Jack Cheese
- ◯ Whole Grain Flour Tortillas
- ◯ Tomato Salsa

First, check off the items you already have at home.



CUT

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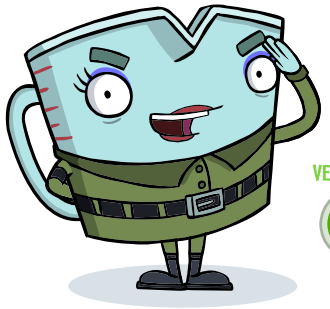
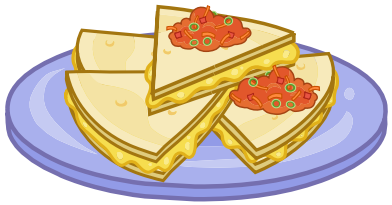
Corporal Cup presents

LUNCH

Cheesy Quesadilla

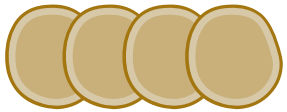




VEGETARIAN	TIME	DIFFICULTY	SERVES
V		E	4
YES	Under 30 min.	Easy	

YOU WILL NEED

1 ½ cups shredded Monterey Jack cheese

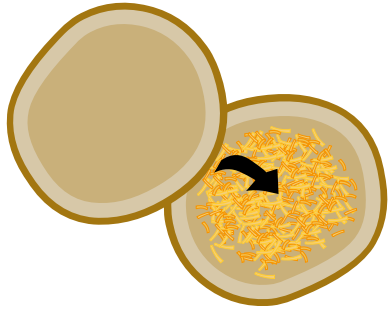


4 (8-inch) whole grain flour tortillas

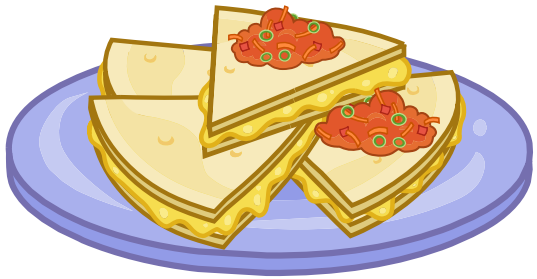
½ cup tomato salsa

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!



STEP 1: Divide the cheese between two tortillas, and top with the two remaining tortillas. Microwave until the cheese has melted, about 45 seconds. Set aside for 2 minutes to cool slightly, then cut each into 4 pieces and serve with the salsa.



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Nutrition Facts

Serving Size 1 Serving (120g)
Servings Per Container

Amount Per Serving	
Calories 310	Calories from Fat 150
	% Daily Value*
Total Fat 17g	**26%**
Saturated Fat 7g	**35%**
Trans Fat 0g	
Cholesterol 45mg	**15%**
Sodium 660mg	**28%**
Total Carbohydrate 26g	**9%**
Dietary Fiber 2g	**8%**
Sugars 2g	
Protein 15g	
Vitamin A 8% • Vitamin C 6%	
Calcium 30% • Iron 6%	

*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