

CHEEZ-IT

CRUNCHEEZY WRAP

A Cheezy Crunch in Every Bite!



2 RECIPE VARIATIONS

Speed Scratch | "Speedier" Scratch

SPEED SCRATCH OPTION

- Whole Grain Cheez-It® (0.75 oz. bag per wrap)
- MorningStar Farms® Crumbles (1/2 cup per wrap), prepared using Taco Seasoning of your choice
- 6" - OR - 8" Whole Grain Tortilla
- Shredded Cheddar (1 oz. per wrap)
- Shredded Romaine Lettuce (1/2 cup per wrap)
- Fresh Tomato (1/4 cup diced per wrap)

This Recipe Meets*:

- 2 Oz. Eq. Gr. (with 6" Tortilla) or 3 Oz. Eq. Gr. (with 8" Tortilla) • 2 Oz. Eq. M/MA
- 1/4 Cup Dark Green Vegetable • 1/4 Cup Red / Orange Vegetable

Add-Ons/Substitutions:

- Ground Turkey (for MSF Crumbles)
- Refried Beans (1/4 cup)
- Whole Kernel Corn (1/4 cup)
- Sour Cream (1 oz.)

"SPEEDIER" SCRATCH OPTION

- Whole Grain Cheez-It® (0.75 oz. bag per wrap)
- MorningStar Farms® Crumbles (1/2 cup per wrap), prepared using Taco Seasoning of your choice
- 6" - OR - 8" Whole Grain Tortilla
- Salsa (1/4 cup per wrap)
- Cheese Sauce (2 oz per wrap)

This Recipe Meets*:

- 2 Oz. Eq. Gr. (with 6" Tortilla) or 3 Oz. Eq. Gr. (with 8" Tortilla)
- 2 Oz. Eq. M/MA • 1/4 Cup Red / Orange Vegetable

*Meal Pattern contributions depend on specific brand of ingredients used. Please adjust accordingly.

DIRECTIONS:

1. Start with Whole Grain Tortilla (sliced to center)
2. Add MorningStar Farms® Crumbles Mixture
3. Top Crumbles with Cheese
4. Add Lettuce and Tomato
5. Add Whole Grain Cheez-It® Crackers
6. Fold and Serve



Scan or click for Directions on "How To Build"

Additional Serving Suggestions:

- Serve each student Whole Grain Tortilla sliced to center accompanied by individual components & bag of 0.75 oz. Whole Grain Cheez-It® for a DIY Cruncheezy Wrap.
- At the hot/cold self-serve bar, offer Whole Grain Tortilla sliced to center plus ingredients & toppings of your choice & bags of 0.75 oz. Whole Grain Cheez-It® for a build your own Cruncheezy Wrap station.

ITEM CODE	DISTRIBUTOR CODE	PRODUCT NAME	CASE	OUNCE EQUIV. GRAIN OR M/MA	WHOLE GRAIN RICH	BUY AMERICAN COMPLIANT	MADE WITH COLORS FROM NATURAL SOURCES	MADE WITH FLAVORS FROM NATURAL SOURCES	CACFP ELIGIBLE	SMART SNACK ELIGIBLE
24100-79263		Cheez It® Crackers Made with 9g Whole Grain for Schools, Original	0.75 Oz. (175 Ct.)	1 Oz. Eq. Grain	✓	✓	✓	✓	✓	✓
28989-10230		MorningStar Farms® Italian Sausage Style Veggie Crumbles™, CN Label	5 Lbs. (2 Ct.)	1 Oz. Eq. M/MA (per 1/2 cup)	N/A	✓	✓	✓	✓	-