





NUTRITION INFORMATION

SERVING SIZE: 1 tortilla, ¾ cup fruit

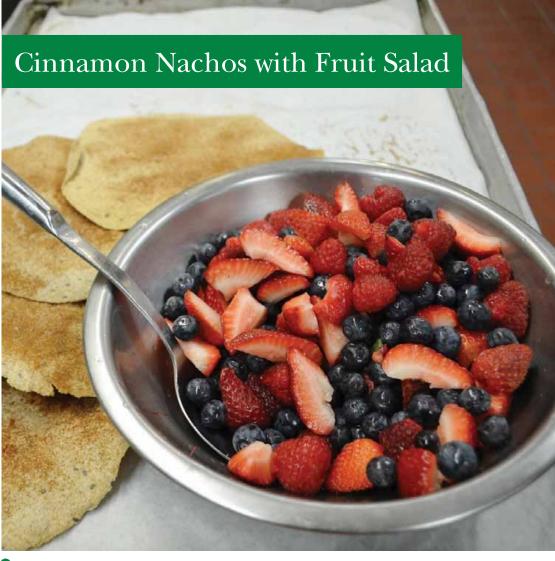
Amount per Serving		
Calories	248 kcal	
Protein	4.70 g	
Carbohydrate	53.65 g	
Total Fat	2.65 g	
Saturated Fat	0.52 g	
Cholesterol	0 mg	
Vitamin A	815.41 IU	
Vitamin C	4.78 mg	
Iron	1.68 mg	
Calcium	128.90 mg	
Sodium	351.53 mg	
Dietary Fiber	5.72 g	

EQUIVALENTS: 1 serving provides 1.5 oz equiv WGR grain and ¾ cup

Recipe HACCP Process: #1 No Cook

"School breakfast gives students the healthy start they need to learn all day."

— KATHY ALEXANDER



Cinnamon Nachos with Fruit Salad

• 50 servings (1 tortilla + 3/4 cup fruit salad)

INGREDIENTS	WEIGHT	MEASURE	METHOD
Whole-wheat tortillas (8-inch)		50 each	• Preheat convection oven to 325°F or conventional oven to 350°F. Line 4 sheet pans with parchment paper.
Granulated sugar		¾ cup + 3 Tblsp	2 Mix sugar and cinnamon in a small bowl. Arrange tortillas on the prepared baking sheets. Spray or brush with water. Sprinkle each with ½ teaspoon of the cinnamon sugar. Cut each tortilla into 8 wedges with a pizza cutter or knife. Bake until crisp, about 11 minutes (watch carefully to prevent burning).
Ground cinnamon		½ cup + 2 Tblsp	
Mixed fruit salad		2 gal + 1 qt + 1½ cups	3 Serve each tortilla with ¾ cup fruit salad.

NOTES

