



## Lunch

Serving size for 1500 calorie/day plan  
Calories in this meal: 373

Kid-Friendly Recipes!

Preparation Key:

\*kids-can-help \*\*parents

## Turkey Roll-Up

### INGREDIENTS

- 1 6-inch Flour Tortilla
- 3 slices lean Turkey Breast
- 1 tsp Brown Mustard
- $\frac{1}{4}$  Tomato, sliced
- $\frac{1}{2}$  cup Spinach
- 1 serving of Fruit
- 12 baked Tortilla Chips
- 3 Tbl Salsa



### PREPARATION

- \*Place tortilla on a plate and spread brown mustard on it.
  - \*Place the turkey slices, tomato slices, and spinach equally across the tortilla.
  - \*Take one end of the tortilla and roll it to the other end.
- Eat with serving of fruit, tortilla chips, and salsa on the side.



FUN FACTS fun facts FUN FACTS fun facts FUN FACTS



Using spinach instead of lettuce can be a healthier alternative in salads and sandwiches. Spinach contributes to healthy bones, eyes and teeth. It is also high in iron, Vitamin K and Vitamin C.

