**10 K Breakfast Wrap**

Instructional Food Service OCC

Categories: Breakfast Item

Locations: Game ON

Serving Size 8.3 oz (234g)

Servings Per Container 1

**Nutrient Descriptors**

Good Source of Carbohydrates

Good Source of Fiber

Good Source of Iron

Good Source of Vitamin C

High in Calcium

High in Protein

High in Vitamin A

**Nutrition Facts**

Amount per Serving % Daily Value

Calories 510

Calories From Fat 230

Total Fat 26g 38%\*

Saturated Fat 9g 40%\*

Trans Fat 0g

Polyunsaturated Fat 2g

Monounsaturated Fat 6g

Cholesterol 505 mg 168%\*

Sodium 930mg 39%\*

Total Carbohydrate 39g 13%\*

Dietary Fiber 2g 11%\*

Sugars 3g

Protein 27g

Vitamin A 45%\* Vitamin C 10%\*

Calcium 25%\* Iron 20%\*

\* Percent Daily Values are based on a 2000 calorie diet.

**Ingredients:**

EGG "AA" FRESH, LAVASH (UNBLEACHED ENRICHED FLOUR {ENRICHED WITH THIAMIN MONONITRATE

(VITAMIN B1), RIBOFLAVIN

(VITAMIN B2), NIACIN, FOLIC ACID}, WATER, SUGAR, SALT, BAKING POWDER, YEAST, AND CALCIUM PROPIONATE (TO RETARD SPOILAGE).), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE,

SALT, ENZYMES, CELLULOSE (ANTI CAKING AGENT) OR CULTURED PASTEURIZED MILK, SALT, ENZYMES), ANTICAKING AGENT AND NATAMYCIN (PRESERVATIVE)), SPINACH CLEAN, oil olive pomace, portabello mushroom large, SALT PLAIN (SALT, CALCIUM SILICATE, DEXTROSE, POTASSIUM IODIDE), PEPPER BLACK GROUND

**Contains:** Eggs, Milk, Wheat