



HAM & CHEESE ROLL-UP

September 19

National String Cheese Day



INGREDIENTS

- 4 Tortillas, Soft, Flour (about 6") (enriched or whole grain rich)
- (8) ½ Ounce Slices Deli Ham (without binders, filler or extenders)
- (4) 1 Ounce String Cheese

DIRECTIONS

1. Preheat oven to 400° and line a baking sheet with foil and spray with cooking spray.
2. In each tortilla, place 2 slices ham and 1 string cheese.
3. Roll each tortilla up and place on prepared pan seam side down.
4. Spritz each roll up with cooking spray.
5. Bake for 10-15 minutes until crispy.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

-  Snack

YIELD

4 Roll-Ups

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Roll-Up	½ Roll-Up	1 Roll-Up	1 Roll-Up