

Turkey and cheese wrap with fruit salad:

Take a whole wheat wrap and spread some low-fat cream cheese over it. Layer some sliced turkey, low-fat cheese, and some baby spinach leaves on top. Roll the wrap up tightly and slice into bite-sized pieces. Serve with a side of fresh fruit salad made with sliced strawberries, bananas, and grapes.

This meal provides whole grains from the whole wheat wrap, protein from the turkey and cheese, and vitamins and minerals from the fresh fruits and vegetables. It's a fun and easy-to-eat lunch that's perfect for on-the-go.

Ingredients:

- 1 whole wheat wrap
- 2 oz sliced turkey
- 1 oz low-fat cheese
- 1 tablespoon low-fat cream cheese
- Small handful of baby spinach leaves
- 1/2 cup sliced strawberries
- 1/2 banana, sliced
- 1/2 cup grapes

The logo for Marion Childcare Catering features the company name in a large, gold, serif font. To the left of the text is a vertical gold line, and to the left of the line is a gold laurel wreath. The entire logo is set against a light beige background.

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Instructions:

1. Lay the whole wheat wrap flat on a plate.
2. Spread the low-fat cream cheese over the wrap.
3. Layer the sliced turkey, low-fat cheese, and baby spinach leaves on top of the cream cheese.
4. Roll the wrap up tightly and slice into bite-sized pieces.
5. In a separate bowl, mix together the sliced strawberries, sliced banana, and grapes to make the fruit salad.
6. Serve the turkey and cheese wrap with the fruit salad on the side.

This recipe makes one serving. You can easily adjust the ingredients and quantities to make more servings as needed. Enjoy!