Dark Green and Orange Vegetables

This dish offers a sweet mixture of brown rice, juicy pineapple, tasty chicken, and bok choy, tossed with sweet and sour sauce and wrapped in a fresh, crisp romaine lettuce leaf.

Bok Choy Wrappers

WINOGRAD K-8 ELEMENTARY SCHOOL
Greeley, Colorado

Our Story

Students with a passion for food were handpicked by their food science teacher. The culinary knowledge of their school nutrition professional, and a local chef, along with the organizational skills of a community member, rounded out this recipe challenge team. They combined their love of food, clever personalities, and amazing ideas to create recipes students would enjoy.

They began by writing down favorite foods of the team members, and used this list to craft basic dishes to try in the kitchen. The team experimented with different techniques and ingredients that everyone would enjoy.

They decided to use bok choy as a main ingredient. This dark-green leafy Chinese cabbage with a light, sweet flavor is a new vegetable to most students. They knew that presentation would be the key in getting students to try it. After much experimentation, a recipe was developed that is truly a hands-on experience, the Bok Choy Wrappers.

This recipe challenged kids to try something new. Bok Choy Wrappers are not your typical wrap! They let you eat with your hands by making a wrap of crisp romaine lettuce leaves filled with a delicious and nutritious combination of chicken, pineapple, brown rice, and of course, bok choy!

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Kara Sample, RD, SNS

CHEF
Amanda Smith

COMMUNITY MEMBER
Emily Wigington (AmeriCorps VISTA Volunteer)

STUDENTS
Jace K., Bethany V., Abraham A., and Amairani P.

Bok Choy Wrappers

Meal Components: Meat-Dark Green Vegetable-Fruit-Grains **Sandwiches F-11r**

Ingredients	25 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Water		3 qt	1. Boil water.
Brown rice, long-grain, regular, dry	2 lb 8 oz	1 qt 2 ¼ cups	2. Place 2 lb 8 oz brown rice in each steam table pan (12″ x 20″ x 2 ½″). For 25 servings, use 1 pan. 3. Pour water (3 qt per steam table pan) over brown rice. Stir. Cover pans tightly.
			4. Bake: Conventional oven: 350 °F for 40 minutes Convection oven: 325 °F for 40 minutes 5. Remove from oven and let stand covered for 5 minutes.
*Fresh bok choy, sliced ¼″	1 lb 11 oz	2 qt	6. Combine brown rice, bok choy, pineapple, chicken, sweet and sour sauce, and soy sauce. Pour into steam table pans (12″ x 20″ x 2 ½″). For 25 servings, use 1 pan.
Canned pineapple tidbits, in 100% juice	3 lb 5 oz	1 qt 2 cups (½ No. 10 can)	
Frozen, cooked chicken strips, thawed	3 lb 1 oz	3 qt	
Sweet and sour sauce		3 cups	
Low-sodium soy sauce		1 Tbsp	
			7. Bake: Conventional oven: 350 °F for 30 minutes Convection oven: 350 °F for 20 minutes Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. 8. Critical Control Point: Hold for hot service at 135 °F or higher.
*Fresh romaine lettuce, outer leaves, rinsed, dry	2 lb 8 oz	50 leaves	9. Top each romaine lettuce leaf with a 6 fl oz spoodle (¾ cup) of filling. Optional: garnish with diced red peppers. Fold sides of lettuce in toward center; roll up like burrito. Place seam side down. Serve immediately.
			10. Serve 2 wraps.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Bok Choy Wrappers

Meal Components: Meat-Dark Green Vegetable-Fruit-Grains **Sandwiches F-11r**

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Students can assemble their own lettuce wraps. Portion 1 ½ cups filling alongside 2 romaine lettuce leaves.
May also serve over a bed of romaine lettuce.

Extra lettuce leaves can be used for making salads.

Serving	Yield	Volume
Two wraps provide 1 oz equivalent meat, ¾ cup dark green vegetable, ⅛ cup fruit, and 1 ½ oz equivalent grains. One wrap provides ½ oz equivalent meat, ⅜ cup dark green vegetable, and ¾ oz equivalent grains.	25 Servings: about 13 lb (filling) about 2 lb 8 oz (Romaine lettuce)	25 Servings: about 1 gallon 3 quarts (filling) about 1 ½ quarts (Romaine lettuce) 50 wraps

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

Food as Purchased for	25 servings
Bok choy	2 ¼ lb
Romaine lettuce	4 lb

Nutrients Per Serving (2 wraps)

Calories	376.10	Saturated Fat	2.32 g	Iron	2.20 mg
Protein	12.83 g	Cholesterol	22.64 mg	Calcium	71.00 mg
Carbohydrate	56.18 g	Vitamin A	4449.94 IU (223.51 RAE)	Sodium	376.84 mg
Total Fat	11.15 g	Vitamin C	27.55 mg	Dietary Fiber	5.22 g

Bok Choy Wrappers

Meal Components: Meat-Dark Green Vegetable-Fruit-Grains **Sandwiches F-11r**

Ingredients	50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Water		1 gal 2 qt	1. Boil water.
Brown rice, long-grain, regular, dry	5 lb	3 qt ½ cup	2. Place 2 lb 8 oz brown rice in each steam table pan (12″ x 20″ x 2 ½″). For 50 servings, use 2 pans. 3. Pour water (3 qt per steam table pan) over brown rice. Stir. Cover pans tightly.
			4. Bake: Conventional oven: 350 °F for 40 minutes Convection oven: 325 °F for 40 minutes 5. Remove from oven and let stand covered for 5 minutes.
*Fresh bok choy, sliced ¼″	3 lb 6 oz	1 gal	6. Combine brown rice, bok choy, pineapple, chicken, sweet and sour sauce, and soy sauce. Pour into steam table pans (12″ x 20″ x 2 ½″). For 50 servings, use 2 pans.
Canned pineapple tidbits, in 100% juice	6 lb 10 oz	3 qt (1 No. 10 can)	
Frozen, cooked chicken strips, thawed	6 lb 2 oz	1 gal 2 qt	
Sweet and sour sauce		1 qt 2 cups	
Low-sodium soy sauce		2 Tbsp	
			7. Bake: Conventional oven: 350 °F for 30 minutes Convection oven: 350 °F for 20 minutes Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. 8. Critical Control Point: Hold for hot service at 135 °F or higher.
*Fresh romaine lettuce, outer leaves, rinsed, dry	5 lb	100 leaves	9. Top each romaine lettuce leaf with a 6 fl oz spoodle (¾ cup) of filling. Optional: garnish with diced red peppers. Fold sides of lettuce in toward center; roll up like burrito. Place seam side down. Serve immediately.
			10. Serve 2 wraps.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Bok Choy Wrappers

Meal Components: Meat-Dark Green Vegetable-Fruit-Grains **Sandwiches F-11r**

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Students can assemble their own lettuce wraps. Portion 1 ½ cups filling alongside 2 romaine lettuce leaves.
May also serve over a bed of romaine lettuce.

Extra lettuce leaves can be used for making salads.

Serving	Yield	Volume
Two wraps provide 1 oz equivalent meat, ¾ cup dark green vegetable, ⅛ cup fruit, and 1 ½ oz equivalent grains. One wrap provides ½ oz equivalent meat, ⅜ cup dark green vegetable, and ¾ oz equivalent grains.	50 Servings: about 27 lb (filling) about 5 lb (Romaine lettuce)	50 Servings: about 3 gallons 1 ½ quarts (filling) about 3 quarts (Romaine lettuce) 100 wraps

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

Food as Purchased for	50 servings
Bok choy	4 ½ lb
Romaine lettuce	8 lb

Nutrients Per Serving (2 wraps)

Calories	376.10	Saturated Fat	2.32 g	Iron	2.20 mg
Protein	12.83 g	Cholesterol	22.64 mg	Calcium	71.00 mg
Carbohydrate	56.18 g	Vitamin A	4449.94 IU (223.51 RAE)	Sodium	376.84 mg
Total Fat	11.15 g	Vitamin C	27.55 mg	Dietary Fiber	5.22 g

Bok Choy Wrappers

Meal Components: Meat-Dark Green Vegetable-Fruit-Grains **Sandwiches F-11r**

Ingredients	100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Water		3 gal	1. Boil water.
Brown rice, long-grain, regular, dry	10 lb	1 gal 2 ¼ qt	2. Place 2 lb 8 oz brown rice in each steam table pan (12″ x 20″ x 2 ½″). For 100 servings, use 4 pans. 3. Pour water (3 qt per steam table pan) over brown rice. Stir. Cover pans tightly.
			4. Bake: Conventional oven: 350 °F for 40 minutes Convection oven: 325 °F for 40 minutes 5. Remove from oven and let stand covered for 5 minutes.
*Fresh bok choy, sliced ¼″	6 lb 12 oz	2 gal	6. Combine brown rice, bok choy, pineapple, chicken, sweet and sour sauce, and soy sauce. Pour into steam table pans (12″ x 20″ x 2 ½″). For 100 servings, use 4 pans.
Canned pineapple tidbits, in 100% juice	13 lb 4 oz	1 gal 2 qt (2 No. 10 cans)	
Frozen, cooked chicken strips, thawed	12 lb 4 oz	3 gal	
Sweet and sour sauce		3 qt	
Low-sodium soy sauce		¼ cup	
			7. Bake: Conventional oven: 350 °F for 30 minutes Convection oven: 350 °F for 20 minutes Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. 8. Critical Control Point: Hold for hot service at 135 °F or higher.
*Fresh romaine lettuce, outer leaves, rinsed, dry	10 lb	200 leaves	9. Top each romaine lettuce leaf with a 6 fl oz spoodle (¾ cup) of filling. Optional: garnish with diced red peppers. Fold sides of lettuce in toward center; roll up like burrito. Place seam side down. Serve immediately.
			10. Serve 2 wraps.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

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Students can assemble their own lettuce wraps. Portion 1 ½ cups filling alongside 2 romaine lettuce leaves.
May also serve over a bed of romaine lettuce.

Extra lettuce leaves can be used for making salads.

Serving	Yield	Volume
Two wraps provide 1 oz equivalent meat, ¾ cup dark green vegetable, ⅛ cup fruit, and 1 ½ oz equivalent grains. One wrap provides ½ oz equivalent meat, ⅜ cup dark green vegetable, and ¾ oz equivalent grains.	100 Servings: about 54 lb (filling) about 10 lb (Romaine lettuce)	100 Servings: about 6 gallons 3 quarts (filling) about 6 quarts (Romaine lettuce) 200 wraps

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

Food as Purchased for	100 servings
Bok choy	9 lb
Romaine lettuce	16 lb

Nutrients Per Serving (2 wraps)

Calories	376.10	Saturated Fat	2.32 g	Iron	2.20 mg
Protein	12.83 g	Cholesterol	22.64 mg	Calcium	71.00 mg
Carbohydrate	56.18 g	Vitamin A	4449.94 IU (223.51 RAE)	Sodium	376.84 mg
Total Fat	11.15 g	Vitamin C	27.55 mg	Dietary Fiber	5.22 g