



# Pacific Northwest Pitas

38 Servings

Portion: 1 each

Meal Component Crediting K-8, 9-12: 2 oz eq M/MA, 1.5 oz eq grain, 1/8 cup dark green vegetable, and ¼ cup fruit

Ingredients	Weight	Measure
Pita pocket, whole grain		19 each
Pears, Pacific Northwest, canned, diced, extra light syrup, drained*		1 no. 10 can
Lettuce, romaine, EP	13 oz	
Turkey ham, fully cooked, sliced, chilled or frozen	5 lb 2 oz	
Cheese, cheddar, sliced, ½ oz per slice	1 lb 3 oz	
Ranch dressing		1 quart + ¾ cup

\*1 #10 can pears diced, packed in juice or light syrup provides about 9 1/2 cups (66 oz) drained pears. We recommend using only U.S. grown and canned pears for the best flavor, quality, texture and yield.

## Method

1. Thaw pita pocket at room temperature overnight. Proper thawing will aid in handling the product without breaking and cracking.
2. Drain pears. Note: Best to drain pears overnight to remove maximum amount of liquid.

*CCP: No bare hand contact with ready to eat food.*

3. Shred lettuce. Cut romaine head in half lengthwise through root end of lettuce. Rinse both halves thoroughly. Make 1 lengthwise cut leaving each root half intact, then cut across to make ¼" strips. Rinse cut romaine under running water and drain well. Salad spinner recommended. Set aside.

*CCP: No bare hand contact with ready to eat food.*

*CCP: Hold at 41° F or lower.*

4. Cut pita rounds in half. To assemble pita, place ¼ c romaine lettuce into pocket. Layer turkey ham (1.5 oz eq M/MA) and 1 slice of cheddar cheese on top of romaine. Using a #16 scoop, add ¼ cup diced pears. Using a 1 oz ladle or condiment pump, dress pocket with 1 oz ranch dressing. Serve 1 pocket immediately. Avoid holding for long periods of time to prevent pita from becoming soggy.

*CCP: No bare hand contact with ready to eat food.*

*CCP: Hold and serve at 41° F or lower.*

## Nutrients Per Serving

Calories	331
Protein	17.35 g
Carbohydrate	30.83 g
Total Fat	17.85 g
Saturated Fat	5.23 g
Cholesterol	62.73 mg
Vitamin A	853.54 IU
Vitamin C	2.88 mg
Iron	2.08 mg
Calcium	83.25 mg
Sodium	599.40 mg
Dietary Fiber	4.01 g