

MyPlate Wrap Guidelines



- **Must be a recipe** or have a recipe component
- Must have 1 **cooked** component
- **Ingredient Limits:**
 - No more than 8 oz protein
 - No more than 1 wrap per person (1 flour tortilla per person)
 - Accommodate for ½ wrap for judge (must be part of the 8 oz protein)
- Must include at least **3 parts of the MyPlate program**
 - Be sure you can identify all components when recipe is being approved
- **Time-Work Schedule** must be **PRINTED in PDF format** before you leave class TODAY
- **Grocery order** **MUST** be completed before you leave class TODAY