

Gobble Gobble Wrap

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| 1 | whole wheat tortilla-8 inch | red leaf lettuce-shredded |
| 2 | tablespoons low-fat ranch dressing | carrot-shredded |
| 3 | slices smoked turkey deli meat | tomato-chopped |

Spread tortilla with dressing. Top with remaining ingredients and roll up.

Makes one wrap.



Have your parent cut out the recipe on the dotted line.



Cherries contain Vitamin C.*
Vitamin C helps your immune system stay healthy so you don't get sick.

CHERRY SEARCH

Help Goofy navigate through the maze to find the healthy cherries.

START FINISH