

# What's for Lunch?

## *Thai Shrimp Spring Rolls, Vegetable Salad & Warm Tortillas*



### INGREDIENTS

*For the Thai Shrimp Rolls*  
8 servings (1 roll):

- 8 rice wrappers
- 12 oz Cooked jumbo shrimp
- 4 or 5 leaves of romaine lettuce
- 1 English cucumber
- 1 large carrot
- 1 small bunch each of fresh herbs (fresh cilantro, basil & mint)
- 1 bunch green onions (8 Tbsp)
- Sweet chili dipping sauce

### DIRECTIONS

Review videos on [www.inthekitchenwithbonnie.com](http://www.inthekitchenwithbonnie.com) for instructions on assembly.

**Number of Servings: 8 (171.99 g per serving)**

**Weight: 1386.16 g (Yield: 1375.96 g)**

### Nutrition Facts

Serving Size (172g)  
Servings Per Container

Amount Per Serving

**Calories 170**      **Calories from Fat 10**

% Daily Value\*

**Total Fat 1g**      **2%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 65mg**      **22%**

**Sodium 250mg**      **10%**

**Total Carbohydrate 27g**      **9%**

Dietary Fiber 1g      **4%**

Sugars 17g

**Protein 11g**

Vitamin A 50%      •      Vitamin C 15%

Calcium 6%      •      Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

NOTE: The nutrition information is based on manufactures reported nutritional content. The nutrition information could change based on the products an individual uses to prepare the recipe. All nutritional information should be used as an estimate.

specialty of:  
Executive Chef Michael Smith  
Michael Smith Restaurant

### Cooking with Kids

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## *Thai Shrimp Spring Rolls, Vegetable Salad & Warm Tortillas*



### INGREDIENTS

*For the Vegetable Salad  
8 servings (2 cups of salad):*

- 16 cups Mixed greens to include fresh baby spinach
- 15 oz can pickled beets
- 4 oz mild pickled banana pepper
- ½ pound radishes
- 16 oz sliced cold chicken breast
- 1 Red onion
- 1 cup light balsamic vinaigrette
- ¼ cup 4 oz sunflower seeds

### DIRECTIONS

Review videos on [www.inthekitchenwithbonnie.com](http://www.inthekitchenwithbonnie.com) for instructions on assembly.

**Number of Servings: 8 (310.96 g per serving)**

**Weight: 2487.7 g**

### Nutrition Facts

Serving Size (311g)		Servings Per Container	
<b>Amount Per Serving</b>			
<b>Calories 220</b>	<b>Calories from Fat 70</b>		
% Daily Value*			
<b>Total Fat 8g</b>			<b>12%</b>
Saturated Fat 0.5g			3%
Trans Fat 0g			
<b>Cholesterol 35mg</b>			<b>12%</b>
<b>Sodium 870mg</b>			<b>36%</b>
<b>Total Carbohydrate 21g</b>			<b>7%</b>
Dietary Fiber 3g			12%
Sugars 14g			
<b>Protein 15g</b>			
Vitamin A 60%	•	Vitamin C 40%	
Calcium 8%	•	Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

NOTE: The nutrition information is based on manufactures reported nutritional content. The nutrition information could change based on the products an individual uses to prepare the recipe. All nutritional information should be used as an estimate.

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# What's for Lunch?

## *Thai Shrimp Spring Rolls, Vegetable Salad & Warm Tortillas*



### INGREDIENTS

*For the Tortillas*  
8 servings (2 cups of salad):

- 16 Corn tortillas
- 16 oz lean sirloin
- 8 oz of reduced fat Monterey jack or cheddar cheese
- 1 cup salsa
- 1 onion
- 1 bunch cilantro

### DIRECTIONS

Review videos on [www.inthekitchenwithbonnie.com](http://www.inthekitchenwithbonnie.com) for instructions on assembly.

**Number of Servings: 8 (189.04 g per serving)**

**Weight: 1512.34 g**

### Nutrition Facts

Serving Size (189g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 360</b>	<b>Calories from Fat 130</b>
% Daily Value*	
<b>Total Fat 14g</b>	<b>22%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0g	
<b>Cholesterol 60mg</b>	<b>20%</b>
<b>Sodium 420mg</b>	<b>18%</b>
<b>Total Carbohydrate 31g</b>	<b>10%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 2g	
<b>Protein 25g</b>	
Vitamin A 15%	• Vitamin C 8%
Calcium 20%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 25g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

NOTE: The nutrition information is based on manufactures reported nutritional content. The nutrition information could change based on the products an individual uses to prepare the recipe. All nutritional information should be used as an estimate.

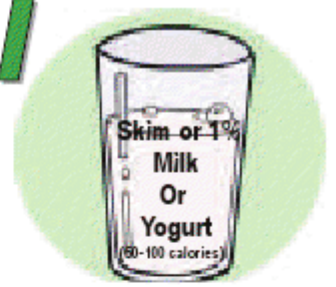
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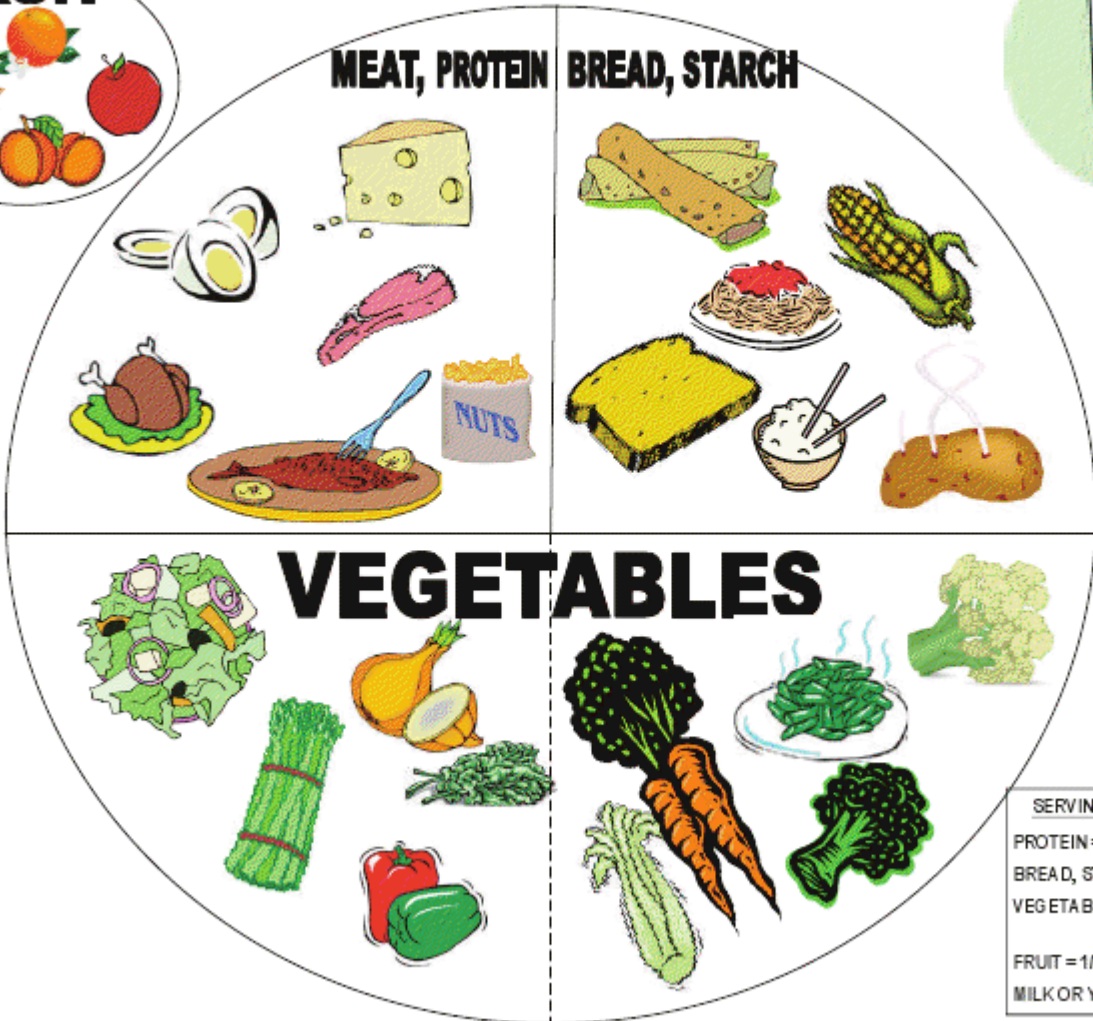
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# The Plate Model



**MEAT, PROTEIN**   **BREAD, STARCH**



**LUNCH  
OR  
DINNER**

**SERVING SIZE LUNCH AND DINNER**  
PROTEIN = 2-3 OUNCES  
BREAD, STARCH = 1/2 CUP OR 1 SLICE  
VEGETABLES = 1/2 CUP COOKED OR  
1 CUP UNCOOKED  
FRUIT = 1/2 CUP OR 1 SMALL FRESH  
MILK OR YOGURT = 1 CUP