

Wraps/ Pitas on a Budget

CHIPOTLE BLACK BEAN AND AVOCADO WRAP

Hawaiian tortillas- \$2.44
Canned black beans, drained and
rinsed- \$0.86
Chipotle sauce or chipotle mayo-
\$1.98
Avocado, sliced- \$0.70
Corn kernels (canned or frozen)-
\$0.64
Shredded lettuce- \$1.94
Tomato, diced- \$1.21

\$9.77

SWEET CHILI CHICKEN WRAP

Flour tortillas- \$1.98
Cooked chicken breast, sliced- \$3.16
Sweet chili sauce- \$1.00
Shredded lettuce- \$2.18
Shredded carrots- \$1.08
Cucumber, sliced- \$0.64
Cilantro, chopped- \$0.68

\$10.72

BUFFALO CHICKEN WRAP

Flour tortilla - \$2.12
Cooked chicken breast, shredded -
\$3.16
Buffalo sauce- \$1.00
Shredded lettuce- \$2.18
Shredded cheddar cheese- \$1.77
Ranch or blue cheese dressing-

\$1.97
\$12.20

TERIYAKI CHICKEN WRAP

Naan Bread- \$2.92
Cooked chicken breast, sliced-
\$2.98
Teriyaki sauce- \$1.98
Shredded lettuce- \$1.94
Pineapple chunks- \$1.28
Red bell pepper, sliced- \$1.48

\$12.58

MEDITERRANEAN

VEGGIE PITA

Whole wheat pitas- \$2.93
Hummus- \$2.87
Feta cheese, crumbled- \$2.88
Olives, sliced- \$1.74
Cucumber, sliced- \$0.64
Tomato, sliced- \$1.21
Red onion, thinly sliced- \$1.15
Fresh Spinach- \$1.98

\$15.40

CHICKEN BACON

RANCH WRAP

Whole wheat tortillas-\$2.67
Cooked chicken breast- \$2.98
Cooked bacon, crumbled- \$3.44
Shredded cheddar cheese-
\$1.77
Ranch dressing- \$1.44
Lettuce- \$1.94
Tomato, sliced- \$1.21

\$15.45

PESTO TURKEY WRAP

Tortilla Pockets- \$3.28
Turkey Lunchmeat slices- \$3.47
Pesto sauce- \$2.48
Sun-dried tomatoes, chopped-
\$3.28
Fresh spinach leaves- \$1.98
Mozzarella cheese, shredded-
\$1.77

\$16.26

GREEK CHICKEN PITA

Whole wheat pita bread- \$2.93
Cooked chicken breast, sliced-
\$2.98
Greek Yogurt- \$1.22
Dill- 1.78
Cucumber, diced- \$0.98
Tomato, diced- \$1.21
Red onion, sliced- \$1.15
Feta cheese, crumbled- \$2.88
Lettuce- \$1.94

\$17.07