

# TERRIFIC TURKEY TUBES



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*the*  
**Chickasaw  
Nation**

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Adult supervision required when preparing food.

# Terrific Turkey Tubes

1 Serving

1 slice	Whole-wheat bread, crusts removed
1 slice	Turkey, deli-style, 98% fat free, (1 oz)
1	String cheese stick, mozzarella, part skim

1. **FLATTEN** bread using a rolling pin or hands.
2. **PLACE** turkey slice on the bread.
3. **PLACE** string cheese on the edge of the bread/turkey. **ROLL** up the bread with the turkey and cheese.
4. **ENJOY!**



Nutrition Information per serving: 190 calories, 8 g fat, 30 mg cholesterol, 720 mg sodium, 16 g carbohydrates, 4 g dietary fiber, 17 g protein

