#### **Build -a-Sandwich**

Do you take a lunch to school or to work? Use the Build-a-Sandwich recipe to make sandwiches that taste good and fill you up.

### **Directions** ☐ Wash your hands. ☐ Follow the steps on the next page to choose the foods to build your sandwich. ☐ Choose a type of bread. ☐ Choose a spread to put on the bread, if you want one. ☐ Choose the filling for your sandwich. ☐ Choose the vegetables for your sandwich. ☐ Use a butter knife (not sharp) to spread the hummus, mustard, or mayonnaise on your bread. $\square$ Add the filling. No more than 6 slices of deli meat or cheese together. Add the vegetables. ☐ Put the top on sandwich or roll it up. ☐ Eat or wrap in plastic wrap for sack lunch. Clean up. ☐ You are done.

Tip:

For sack lunches: Pack the vegetables in a separate plastic bag or container. That keeps the bread from getting soggy.

①Tip:

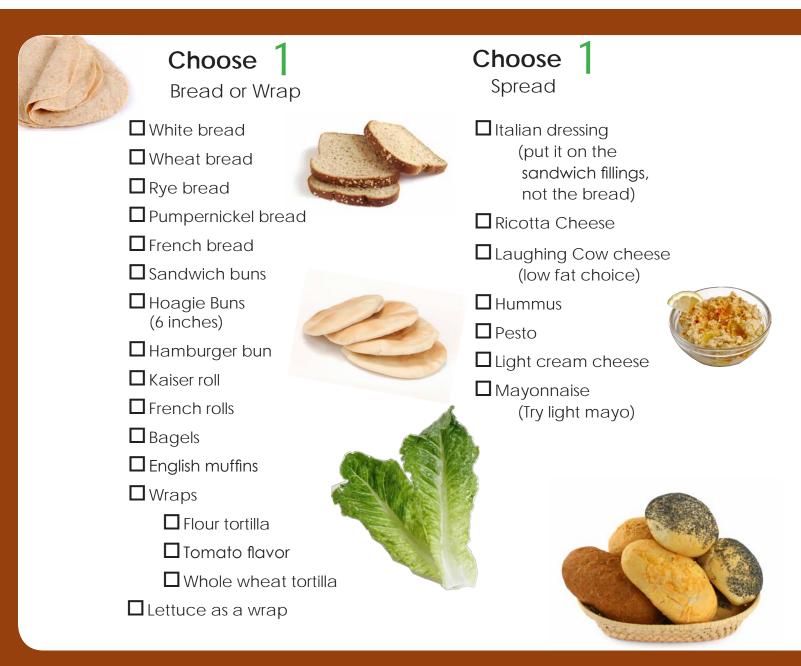
Check out "How to Wrap a Wrap" on page X for sandwiches in tortillas or lettuce leaves.

Tip:

Make your sandwich big and tall! Add lots of vegetables for flavor and crunch!

#### **Build-A -Sandwich**

Use the choices below to build your sandwich.



## Choose 1 or 2

Meat or Cheese

- 1 ounce Deli meat (check the label)
  - Turkey
  - Chicken
  - Roast beef
  - Ham
  - Pastrami
- □ 1 slice of cheese
  - Ricotta
  - Cheddar
  - Laughing Cow cheese
  - Swiss
- ☐ Tuna salad (see page X)
- ☐ Chicken salad (see page X)
- ☐ Meatballs (see page X)
- **□** Eggs
  - Boiled, fried, poached.
- Left overs:
  - Roasted chicken
  - Steak
- ☐ Peanut Butter
- ☐ Jelly or Jam

# Choose... as many as you want!

- Tomatoes
- Lettuce
- Cucumbers
  (try lemon different types)
- ☐ Alfalfa sprouts
- ☐ Bean sprouts
- ☐ Pickles
- Olives
- ☐ Sliced or shredded carrots
- ☐ Peppers
  - Red
  - Green
  - Jalapeno
- Onion
- ☐ Spinach
- Mustard
- □ Ketchup



