

# 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.
- ☐ 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.

### Tip:

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

Bread or Wrap

- ☐ White bread
- ☐ Wheat bread
- ☐ Rye bread
- ☐ Pumpernickel bread
- ☐ French bread
- ☐ Sandwich buns
- ☐ Hoagie Buns (6 inches)
- ☐ Hamburger bun
- ☐ Kaiser roll
- ☐ French rolls
- ☐ Bagels
- ☐ English muffins
- ☐ Wraps
  - ☐ Flour tortilla
  - ☐ Tomato flavor
  - ☐ Whole wheat tortilla
- ☐ Lettuce as a wrap



## Choose 1

Spread

- ☐ Italian dressing (put it on the sandwich fillings, not the bread)
- ☐ Ricotta Cheese
- ☐ Laughing Cow cheese (low fat choice)
- ☐ Hummus
- ☐ Pesto
- ☐ Light cream cheese
- ☐ Mayonnaise (Try light mayo)



## 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

