

My Own Sandwich

Choose a Grain

- ☐ Pita pockets
- ☐ Bagels
- ☐ Wraps
- ☐ Tortilla's

- ☐ Bread
- ☐ Rolls
- ☐ Baguette
- ☐ Panini

- ☐ English muffin
- ☐ Muffins
- ☐ French Bread



Choose a Spread



- ☐ Peanut Butter
- ☐ Almond Butter
- ☐ Sunbutter
- ☐ Sesame Butter
- ☐ Hummus
- ☐ Cream Cheese
- ☐ Pesto
- ☐ Laughing Cow Cheese
- ☐ Guacamole
- ☐ Mustard
- ☐ Dressing

Choose a Vegetable

- ☐ Carrots
- ☐ Lettuce
- ☐ Spinach
- ☐ Cucumbers

- ☐ Olives
- ☐ Bell Peppers
- ☐ Onions
- ☐ Cabbage

- ☐ Sprouts
- ☐ Salsa
- ☐ Broccoli
- ☐ Cauliflower



Choose a Fruit or Protein



- ☐ Apple
- ☐ Orange
- ☐ Banana
- ☐ Pear

- ☐ Fruit Jam
- ☐ Applesauce
- ☐ Tomatoes
- ☐ Raisins

- ☐ Meat
- ☐ Eggs
- ☐ Cheese
- ☐ Tuna