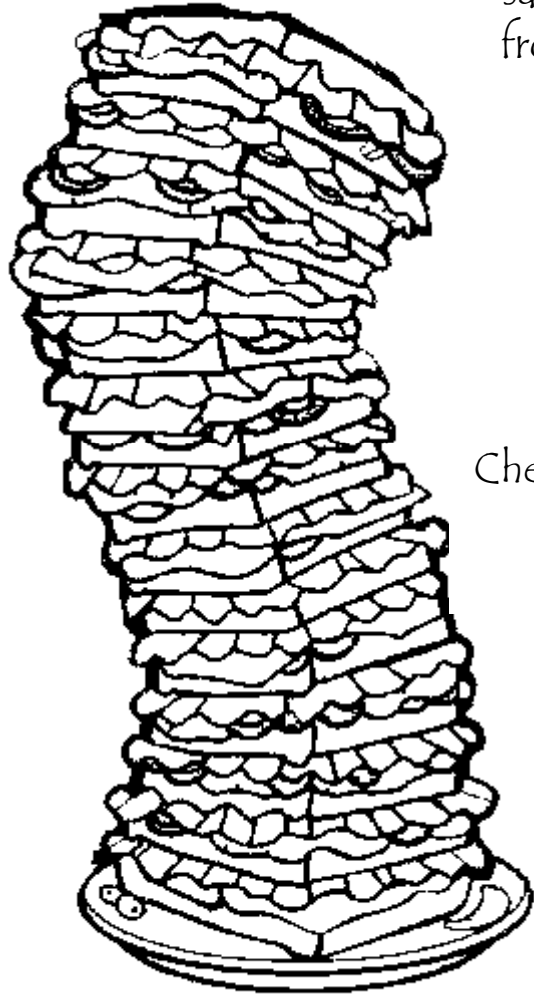


Age Level: Family Fun

BUILD A SANDWICH!

The Super Crew needs some ideas for the next time they have a sandwich-making adventure. Choose 6 super-tasty ingredients from the list below, or think up your own special combination.

Remember to be creative!



1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Check your fridge for these ingredients or add them to your shopping list. Make the sandwich with family or friends. Eat and enjoy!

- | | |
|------------------|---------------------|
| 🥗 Avocado | 🥗 Lean turkey meat |
| 🥗 Basil | 🥗 Lettuce |
| 🥗 Bean sprouts | 🥗 Mustard |
| 🥗 Celery | 🥗 Olives |
| 🥗 Chicken breast | 🥗 Onion |
| 🥗 Chilies | 🥗 Peanut butter |
| 🥗 Cucumbers | 🥗 Pickles |
| 🥗 Egg | 🥗 Tomatoes |
| 🥗 Ham | 🥗 Tuna |
| 🥗 Hummus | 🥗 Swiss cheese |
| 🥗 Jelly or jam | 🥗 Whole grain bread |