

COOK SMARTS' GUIDE TO **SCHOOL LUNCH SANDWICHES**

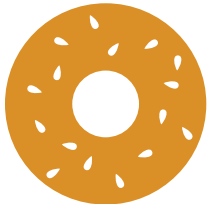
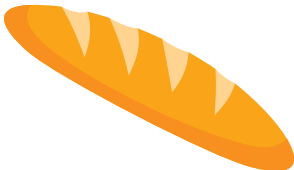
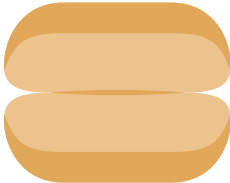
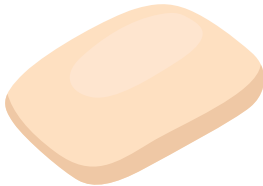

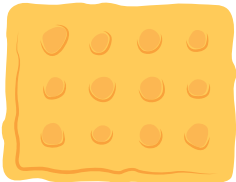
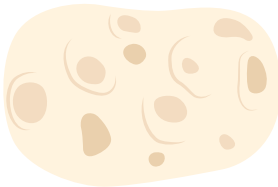



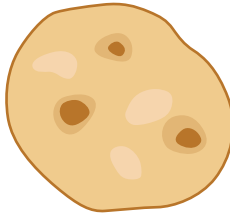
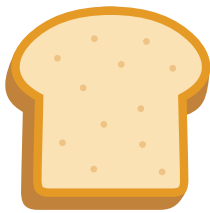
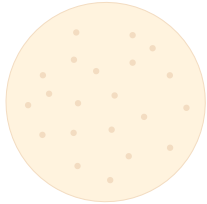
The humble sandwich! There is a reason why this has been a go-to lunch for adults and kids for so long. Here are some of our favorite sandwich bases and ideas to build on them.

You just need to add your favorite condiment. Mix and match between the bread/wrap and filling options for endless possibilities.


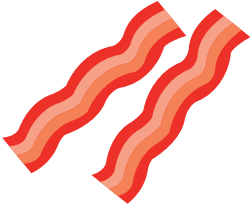
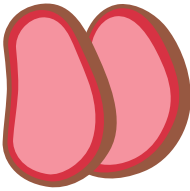
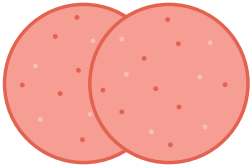


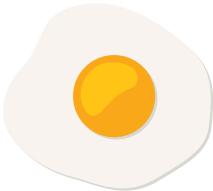

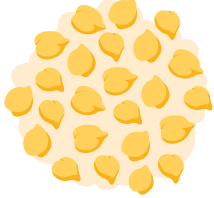
GO BEYOND WHITE BREAD

There are so many different vehicles to transport your sandwich filling!

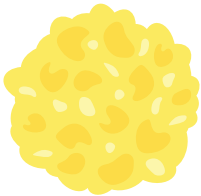

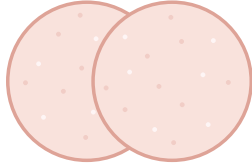
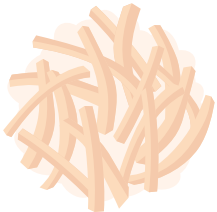




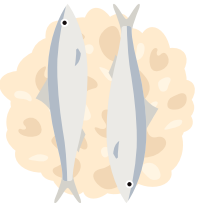
Breads and Wraps

Bagels 	Baguette 	Buns - burger or hot dog 	Ciabatta 
English muffins 	Focaccia 	Lavash 	Naan 
Pita bread 	Rolls 	Rotis 	Sandwich bread 
Tortillas 	<div> <p><i>Tip: Freeze and heat</i></p> <p>Breads and wraps all freeze super well. Freeze them in freezer-friendly bags and use the air-fryer, microwave, toaster, or toaster oven to heat up in the morning.</p> </div>		

SANDWICH FILLING IDEAS

Start With	 Hot Dog / Sausage	 Bacon	 Roast Beef
More to Add	cheese kimchi pepperoncinis relish sauerkraut	avocado cheese deli meat lettuce tomato	cheese lettuce pepperoncinis sauerkraut tomatoes
Start With	 Ham	 Smoked Salmon	 Tuna Fish Salad
More to Add	cheese kimchi lettuce tomatoes	avocado cream cheese cucumbers lettuce tomatoes	cucumbers lettuce pepperoncinis pickles tomatoes
Start With	 Egg (Fried)	 Sliced Cheese	 Chickpea Salad
More to Add	bacon cheese ham tomatoes	avocado cucumbers lettuce pickles tomatoes	avocado cheese curry powder lettuce roasted red peppers

SANDWICH FILLING IDEAS

Start With	 Egg Salad	 Avocado	 Turkey
More to Add	avocado cucumbers curry powder lettuce pickles	cheese cucumbers roasted red peppers sliced olives tomatoes	cheese lettuce pepperoncinis roasted red peppers tomatoes
Start With	 Chicken Salad	 Hummus	 Nut / Seed Butter
More to Add	cheese curry powder lettuce tomatoes	cheese cucumbers roasted red peppers sliced olives tomatoes	apple banana berries figs jelly
Start With	 Cream Cheese	 Mascarpone	 Sardine Salad
More to Add	cucumbers jelly smoked salmon tomatoes	jelly berries figs honey	cucumbers lettuce tomatoes