

TRY THIS AT HOME:
Sandwich Pocket or Wrap



You will need:

PREP TIME: 10 minutes

- 1 whole wheat tortilla (wrap) or 1/2 pita bread
- 2 tablespoons cream cheese or 2 slices cheddar cheese
- 2 ounces sliced chicken or turkey
- 1/2 cup fresh spinach or romaine lettuce
- 2 slices tomato, 4 slices of green pepper or 4 olives
- 1 glass of skim milk or low-fat chocolate milk
- 1 medium size apple or orange or 1/2 cup of grapes
- 1/2 cup carrots and celery or broccoli and cauliflower
- Help from an adult

Create your sandwich just the way you like it!

1. Circle the ingredients you want to use.
2. Spread cream cheese or place the cheddar cheese slices on one-half of the tortilla or in the pita.
3. Place the meat and leafy green vegetable on one-half of the tortilla or into the pita.
4. Place tomato, green pepper or olives on the meat or in the pita.
5. If you chose the tortilla, fold it. Then place your sandwich pocket or wrap on a plate. Serve with your choice of milk, fruit and an additional vegetable.
6. Enjoy your delicious meal!

SERVING SIZE: 1 sandwich, 1 medium fruit, 1/2 cup raw vegetables, 1 cup milk

Fun Fact

You will make healthy choices at the store and at home when you have a plan. Try planning menus for all your meals at the beginning of the week. Your family can save time at the grocery store by using your menus to buy groceries for the whole week. Make sure your lunch and dinner menus meets the plate rule (1/4 meat, 1/4 starch, 1/2 vegetable).