

Sandwich Ideas for Child Care Centers

Tuna salad
Egg salad
Chicken salad

Use pepper, paprika and other spices to add flavor.
Adding diced celery or onions incorporate vegetables and extra flavor to the sandwich.

Chicken
Turkey
Pulled pork
Roast beef
Ham

These meats can be cooked in a slow cooker throughout the day and used as sandwich meat. They even make a great addition to soup, pasta, pizza and other dishes. In addition to the meat on the sandwich try adding vegetables like lettuce, spinach, peppers, tomatoes, and avocado for added flavors and nutrients.

Nut butter and fruit - there are a variety of nut butters available such as peanut, cashew and almond. Fruit that would make a good addition to these sandwiches could include peaches, apples or bananas.

Lettuce and tomato – bread could be toasted or plain

Tuna melt – sprinkle tuna with cheese, and toast in a frying pan or Panini press

Asparagus – steamed or canned asparagus with mayonnaise, or margarine

Tomato and cheese – bread could be toasted

Grilled cheese – experiment with different types of cheese for a variety of flavors

Cucumber – with mayonnaise and pepper

Serving sandwiches on a pita, bagel or tortilla adds variety to the appearance and shape of a sandwich.

Here are some ideas that could be used as a sandwich spread:

Guacamole

Hummus

Baba ghanoush

Tzatziki

Mustard

Cranberry sauce (e.g. with turkey)

Avocado

