

Mini Sandwiches:

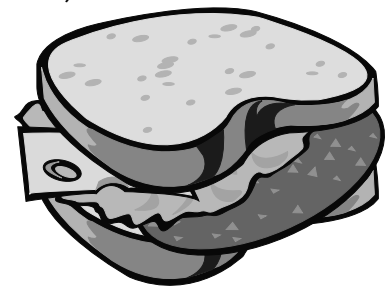
Just the right size!



When we offer young children lunch, a sandwich is always a good idea. After all, we can fit a lot of healthy items into a sandwich: whole grains, proteins, vegetables, dairy, and even fruit! Sometimes we fit too much. Young children may be overwhelmed by a full-sized sandwich and leave or waste a large part. A fun, easy alternative is a mini-sandwich.

When offering smaller sandwiches, we have the opportunity to serve a variety of foods with the sandwich, such as fruit, yogurt, whole grain pretzels, hard-boiled eggs, or even a pickle!

Mini sandwiches are also a good way to introduce a new food or new taste. The small amount makes it easier to manage and offers just the right size for sampling a new taste. Mini sandwiches also make it easy for children to help in the preparation! Try the following mini sandwiches for lunch time with your children (or even snack time!).



Peanut Butter Crunch

Mini or regular size rice cakes
Peanut butter, 2 tablespoons per serving
1 tablespoon shredded carrot per serving
1 tablespoon sunflower kernels per serving
4 or more raisins per serving (optional)
1 teaspoon honey

Mix peanut butter, shredded carrot, sunflower kernels, raisins, and honey together (adjust serving sizes to number of children). Spread over rice cake and top with another rice cake or leave open faced.
Note: These sandwiches go well with applesauce, yogurt, and cheese slices or cheese sticks.

* American Academy of Pediatrics recommends that infants younger than 12 months of age not eat honey.

Circle Bites

Mini bagels
2 tablespoons finely chopped vegetables per serving:
carrot, broccoli, peppers, tomatoes, etc.
2 tablespoons cream cheese per serving (flavored or unflavored)
2-3 tablespoons salad dressing of choice

Toss finely chopped vegetables in small amount of salad dressing. Spread cream cheese on mini bagel, top with finely chopped veggies, top with another mini bagel or eat open-faced.
Note: These go well with a small cup of soup and sliced pears.

Warm Sausage Bites

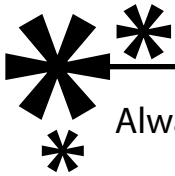
English style muffin or bagel
Sliced cheese of choice (cheddar, American, provolone)
Lean sausage patties (cooked ahead of time)

Toast muffin or bagel, place cheese and sausage on top, toast or place under broiler until cheese is melted.
Note: These go well with fresh-cut fruit salad and a hard-boiled egg.

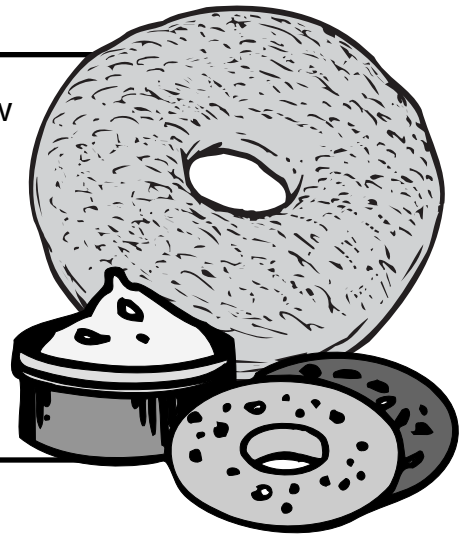
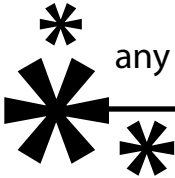
Mini-Cool Cucumbers

Mini tea cake bread (rye, whole wheat, pumpernickel)
(If you cannot find tea breads, cut bread into strips, squares, or even shapes with a cookie cutter)
Butter or spread of choice
Thinly sliced and peeled seedless cucumbers
Spices of choice: pepper, salt, dill weed

Spread butter on bread, top with cucumber, spices, and another piece of bread. Add salt and pepper or other spices, if desired
Note: These go well with a small serving of pasta, soup, and sliced fruit.



Always be aware of food allergies in children and know that some foods, such as nuts, chunked foods, and peanut butter, can cause choking. Do not give these foods to infants. Supervision is a must when serving any food to young children.



Surprise Inside!

Whole wheat bread or soft bread of choice
(soft, fresh breads work well for this)
Fillings: peanut butter, jelly, banana, cream cheese, turkey, ham, lettuce, mustard, mayo
Cookie cutters

Cut out two exact shapes (large cookie cutters work best). Fill in favorite sandwich fillings, but leave a little room all around edge of sandwich. Pinch the sandwich closed by pinching the bread all around the outside of sandwich. Have children guess what kind of sandwich it is! Note: These go well with macaroni/pasta and vegetables with dip.

Applewiches

Apples: peeled, cored, and sliced ¼ inch thick in circles
Fillings: peanut butter, almond butter, apple butter, cottage cheese, cheddar cheese, raisins, bananas, sunflower kernels, etc.

Use apple slices as “bread” and fill with desired fillings, such as peanut butter and sunflower kernels (let children be creative with choice).
Note: These go well with a bowl of whole grain cereal with milk or yogurt and whole grain pretzels.

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