



“Sandwich in” a Fall Picnic!

Fall is a fabulous time for bike riding and impromptu picnics with your kids. Sandwiches are easy to make. Most kids are happy to eat the sandwich they made themselves. Fresh vegetables from the garden or farmer’s market were used to create this “open face” sandwich (pun intended) in the photo.

Save money with sandwich lunches by skipping the chips, fries and soda that go with most fast-food lunches. Make your own sandwiches with low-cost ingredients. Just add fruit, cheese sticks, a glass of milk, or nuts to make a nutritious meal.

Put the sandwiches in an insulated lunch bag and hop on your bike to have a picnic at the park!



Silly Sandwiches

- 1 whole wheat English muffin or 2 slices of whole wheat bread
- 2 teaspoons ranch style dressing
- ¼ cup shredded cheddar cheese or 1 slice of cheese
- ½ cup grated or chopped vegetables such as red, yellow, or green pepper, peas, beans, broccoli, celery, carrots, olives, tomatoes, summer squash.

1. Wash hands with soap and water. Split the English muffin in half. Place each half on a plate.
2. Spread 1 teaspoon ranch dressing on each half. Top each muffin slice with half of the shredded cheese.
3. Arrange vegetables on top to create a silly face.
4. Serve with a glass of milk. Makes 2 sandwiches. Each sandwich contains: Calories 150, Total Fat 8g, Saturated Fat 3g Cholesterol 15mg, Sodium 270mg, Total Carbohydrates 16g, Fiber 1g, Total Sugars 3g, includes 0g Added Sugars, Protein 7g, Vitamin D 0%, Calcium 15%, Iron 6%, Potassium 2%.

For more information check out the Food Fun for Young Children Newsletter at: <https://go.unl.edu/food-fun>

More sandwich ideas:

- Tuna Apple Salad Sandwich
- Grape and Cashew Salad Sandwich
- Cucumber sandwiches
- Pita pockets filled with shredded vegetables and meat
- Cream cheese and nectarines on toast
- Scrambled egg, cheese, and salsa wrapped in a whole wheat tortilla
- Any leftovers from your fridge on bread

Source: Sandwich recipes from USDA's MyPlate Kitchen Recipes - <https://www.myplate.gov/myplate-kitchen/recipes> Jamie Goffena originally wrote this newsletter. It was peer reviewed and updated in 2025.