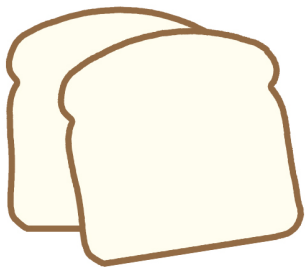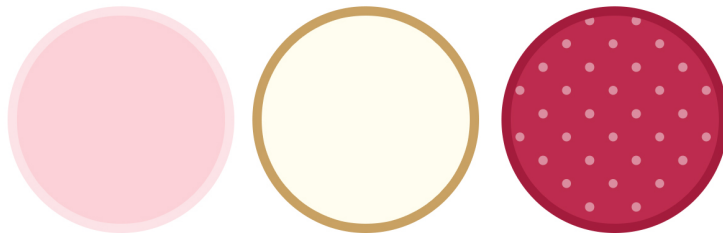# KIDS STEP-BY-STEP GUIDE

TO MAKING A SANDWICH

1. Pick a grain and a spread

2. Pick a meat

3. Pick a cheese

4. Pick a fruit or vegetable