

Build a **Better** Burger

Pick Your "Bun"

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|---|---|---|
| ☐ Whole Wheat Bun | ☐ Whole Wheat Tortilla | ☐ Lettuce Wrap |
| ☐ Whole Wheat Pita | | ☐ Going Bun-less |

Choose Your Protein

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|---|---|--|
| ☐ Lean Ground Beef | ☐ Grilled Portabella | ☐ Bison |
| ☐ Ground Turkey | ☐ Veggie Burger | ☐ Salmon Burger |
| ☐ Ground Chicken | ☐ Black Bean Burger | ☐ Eggplant |

Load on the Produce

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|----------------------------------|------------------------------------|------------------------------------|
| ☐ Lettuce | ☐ Mushrooms | ☐ Avocado |
| ☐ Tomato | ☐ Pickles | ☐ Spinach |
| ☐ Onion | ☐ Pineapple | ☐ Jalepenos |
| ☐ Peppers | ☐ Cucumbers | ☐ Mango |

Sauce It Up

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|--------------------------------------|---|--|
| ☐ Ketchup | ☐ Greek Yogurt | ☐ Garlic Aioli |
| ☐ Mustard | ☐ Tzatziki Sauce | ☐ Cranberry Sauce |
| ☐ BBQ Sauce | ☐ Guacamole | ☐ Lowfat Ranch |
| ☐ Relish | ☐ Hummus | ☐ Hot Sauce |
| ☐ Lowfat Mayo | ☐ Salsa | ☐ Pesto |

Other Optional Toppings

- | | | |
|--|-----------------------------------|--------------------------------------|
| ☐ Lowfat Cheese | ☐ Coleslaw | ☐ Fresh Herbs |
|--|-----------------------------------|--------------------------------------|

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