



## 5 Sandwiches Shaped Like Pinwheels to Pack in Lunches



I was the child known for bringing sandwiches made of tuna fish and eggs to school in my lunch box. There would always be that one boy in the lunchroom who would loudly announce to everyone, “Ewww, Dara has a tuna sandwich,” while dramatically holding his nose. My friends were very polite about sitting next to someone who had a smelly (but oh, so tasty) sandwich, but there would always be that one boy. I’m referring to the youngster that you know.

When it came time for my two sons to start school, I solemnly said that I would inspect their lunches to ensure they did not contain any odoriferous foods. Once you start eliminating certain lunch box things, you run the danger of straying into the world of turkey and cheese sandwiches daily. The thing is, once you start eliminating some lunch box items, you run the risk of deleting certain lunch box items. It will work for around one week until, very sensibly, your children will begin to clamor for a revolt in the kitchen.

Although leftovers, cut-up veggies, yogurt, and fruit are all wonderful nutritious alternatives for the lunch boxes of both older and younger children, I decided to come up with some quick sandwich options that were also a bit out of the ordinary. Enter pinwheel sandwiches, stage left. The possibilities for these roll-up tortilla sandwiches are limitless, yet they are simple enough for even the youngest children to prepare.

White or whole wheat tortillas and wraps are OK to use in this recipe; however, we prefer whole wheat wraps and tortillas in our home. But you are welcome to use whatever you like. Furthermore, keep in mind that the above permutations are only recommendations. Change the ingredients to make them more palatable for you and your children.

Five of my favorite pinwheel sandwiches may be packed in the lunch boxes of older and younger children.

## Table of Contents



1. 1. Roasted Turkey with Apples
2. 2. Hawaiian Pizza
3. 3. The Southwestern Region
4. 4. Vegetable Lover
5. 5. Turkey with Pesto Sauce
6. Spreads
7. Meat and several additional forms of protein
8. Fruits and vegetables
  - 8.1. Related posts:

# 1. Roasted Turkey with Apples



Pic Credit: thepioneerwoman.com

Sprinkle on any variety of mustard—Dijon, French's, or honey mustard—that you or your child like eating. If your family likes mayonnaise, you should also spread some of it on them. After layering turkey breast slices, apple slices, and lettuce, sprinkle on some shredded cheddar cheese and top with further layers of these ingredients. Fold up the paper and make cuts.

## 2. Hawaiian Pizza



Pic Credit: thepioneerwoman.com

On a tortilla, spread about 1 tablespoon of your preferred tomato sauce, then cover it with shredded mozzarella cheese, a couple of slices of Canadian bacon, and pieces of pineapple. To make the pineapple chunks easier to roll, chop them in half beforehand. Fold up and make cuts.

### 3. The Southwestern Region



Pic Credit: [thepioneerwoman.com](http://thepioneerwoman.com)

Cream cheese was spread onto the tortilla in this example. Neufchatel cheese is one of my favorites since I can spread it more easily than conventional cream cheese, even though it has fewer calories and less fat. Add one tablespoon of salsa, black beans, sliced black olives, and red bell pepper strips to the top of the dish. Fold up and make cuts.

### 4. Vegetable Lover



Pic Credit: [thepioneerwoman.com](http://thepioneerwoman.com)

On top of the tortilla, spread approximately a tablespoon's worth of hummus and then layer it with various veggies, such as shredded carrots, bell pepper strips, cucumber, and lettuce. Fold up and

make cuts.

## 5. Turkey with Pesto Sauce



Pic Credit: [thepioneerwoman.com](http://thepioneerwoman.com)

Spread one tablespoon of basil pesto on each tortilla, and then layer it with pieces of cucumber, turkey breast, and lettuce. Finish it off with another tortilla. Fold up and make cuts.

These five concepts are, undoubtedly, only the tip of the proverbial iceberg! Here are some additional suggestions for spreads and fillings that you are free to combine in any way that your heart desires:

### Spreads

- Butter made from apples or pears
- Chutney
- Hummus, in whatever flavor you'd like
- Sun-dried tomato pesto
- Yogurt sauces, whether store-bought or prepared at home

### Meat and several additional forms of protein

- Beans of every kind
- Cheese, in its many forms
- Rotisserie chicken, chicken, or other
- Chickpeas
- Ham
- Beef rotisserie
- Salami
- Tofu

## Fruits and vegetables

- Artichokes stored in a can
- Avocado
- Shredded cabbage
- Edamame
- Kale
- Olives
- Pear slices
- Peppers in their roasted form
- Spinach
- Sprouts, beans, or alfalfa, to be specific
- Tomato
- Zucchini, grated

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