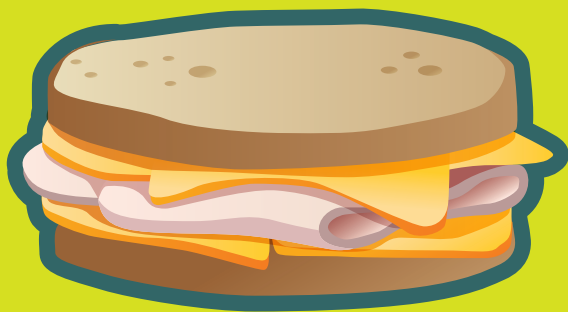




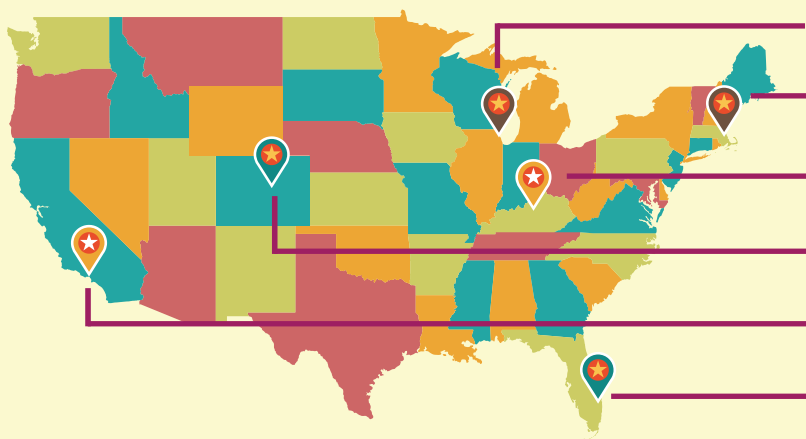
THE SANDWICH

ONE SIMPLE MEAL DEFINED IN MANY WAYS

THE MOST POPULAR SANDWICH IN AMERICA IS THE HAM AND CHEESE (HAM, CHEESE, AND MUSTARD OR MAYONNAISE)



NEXT TIME YOU'RE IN TOWN, TRY ONE OF THESE REGIONAL FAVORITES



Italian Beef

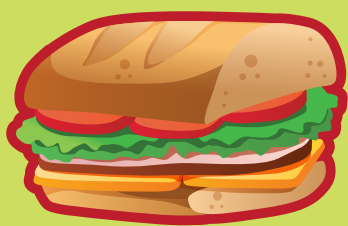
Fluffernutter

The Hot Brown

Denver Sandwich

Fish Taco

The Cuban



WHAT'S IT TO YOU?

HERO HOAGIE GRINDER SUB

Same sandwich, different name depending on what part of the country you are in.

THE AVERAGE AMERICAN WILL HAVE CONSUMED 1,500 PB&JS BY THE TIME THEY GRADUATE HIGH SCHOOL.



FOR MORE INFO AND DELICIOUS RECIPES VISIT US AT WWW.WHEATFOODS.ORG