

MERIDIAN WORLD SCHOOL GRAB N GO SELECTIONS

AVAILABLE TO OUR 6-12 GRADE STUDENTS \$3.75 EACH

FRUIT AND CHEESE PLATE

COLBY JACK CHEESE, GRAPES, STRAWBERRIES, WHOLE WHEAT CRACKERS, WHITE WHEAT ROLL

HUMMUS PLATE

HUMMUS, 1/2 BOILED EGG, VARIETY OF VEGETABLES, WHOLE WHEAT CRACKERS, AND WHOLE WHEAT PITA BREAD

TRADITIONAL, ROASTED GARLIC, BLACK BEAN AND ROASTED BELL PEPPER HUMMUS ARE MADE IN ROTATION WEEKLY

SANDWICH PLATE

ROASTED DELI TURKEY AND/OR HONEY HAM, SWISS CHEESE, WHITE WHEAT BREAD, LETTUCE, TOMATO, GRAPES, AND ORANGES

EGG OR TUNA SALAD OFFERED IN ROTATION ON MONDAYS

SALAD PLATE

MIXED GREENS, ROMA TOMATO, CUCUMBER, CARROT, RED ONION, 1/2 BOILED EGG, SHREDDED CHEESE

VEGETARIAN, ASIAN, TEX MEX, AND GREEK SALADS ARE MADE IN ROTATION WEEKLY

A LA CARTE

VANILLA YOGURT PARFAITS WITH HOUSE MADE GRANOLA: \$2.50

NATURAL APPLE JUICE, 4OZ: \$0.40