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, ½ 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 Salad or Veggie offered in rotation on Mondays

**Salad Plate**
Mixed Greens, Roma Tomato, Cucumber, Carrot, Red Onion, ½ 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