

9TH GRADE ROOTS LUNCH MENU

**Meat Sandwich** 2 slices wheat bread, three slices of turkey, 1 slice of Swiss American cheese, lettuce, pickles

**Vegetarian Sandwich**-2 slices wheat bread, Swiss American Cheese, Hummus, lettuce, pickles

**Red Apple**

**Original** **Sun Chips-** Individual package

**Baby Carrots-** Individual package

**Oatmeal cookie**

**Fruit Drink**

**Mayo and Mustard** packets

Students assemble the lunches themselves are limited to one of each item, but they are not required to take one of each item. The cookies and sandwiches are prepared by the Waskowitz kitchen staff daily.