



Root is thrilled to partner with Glen Urquhart School to provide freshly made lunch options for GUS students delivered daily through the academic year

Root is a non-profit social enterprise based in Salem, MA, founded in 2016. Root's mission is to help young adults create a pathway to independence through food service training and employment. By developing essential life and work readiness skills, youth leave Root prepared for success in the workplace. www.rootns.org

How to order:

- You will be able to access the menu online at: <https://www.toasttab.com/gus-lunch>
- While you can order in advance the daily cutoff time will be 9:00 AM for all lunch orders
- For each student you will be prompted to include the student's name and weather they are in the upper or lower school
- We ask that if you have two or more students in the school that you place individual orders for each student to help manage proper delivery
- Should you have any questions or need additional information please feel free to contact us at cafe@rootns.org

GUS Menu*

<p>Sandwiches (side salad and Potato Chips)</p> <p>Grilled Cheese \$4.99-\$6.99 Choice of bread, 3 cheese blend (add turkey or tomato)</p> <p>Breakfast Wrap \$6.99 Scrambled eggs, chicken sausage in a tortilla wrap with hash browns</p> <p>Cheese Quesadilla \$4.99-\$6.99 Tortilla and 3 cheese blend</p> <p>Turkey Sandwich \$6.99 Choice of bread, sliced turkey and swiss cheese</p> <p>Hamburger \$6.99</p> <p>Hotdog \$5.99</p>	<p>Snacks</p> <p>Hummus Snack \$4.99 hummus, carrots, celery, pretzel crackers</p> <p>Sr. Bites \$6.99 Pretzel crackers, hummus, sliced turkey, edamame, clementine, sliced cheese, baby carrots</p> <p>Granola Bar-\$1.00 Potato Chips-\$1.00 Apple Sauce-\$1.00 Chocolate chip cookie-\$1.00 Clementine-\$1.00</p>
<p>Soup/Salad</p>	<p>Hot Meals (served with green beans)</p>

<p>Caesar Salad \$5.99 Chopped romaine, parmesan cheese, croutons and Caesar dressing (add chicken \$1.50)</p> <p>Iceberg Salad \$5.99 sliced cucumbers, tomatoes, croutons Add chicken?</p> <p>Chicken Noodle Soup (\$4.99)</p>	<p>Chicken Burrito \$6.99 Chicken, rice, black beans, 3 cheese blend</p> <p>Pasta and Meatballs \$6.99 Ziti with red sauce, Italian Turkey meatballs</p> <p>Chicken Tenders \$6.99 Served with ziti</p> <p>Kraft Mac n Cheese \$5.99</p>
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*subject to change