

## Lunch Pack Sandwich

On one piece of rye bread, spread a thin layer of butter and on the other a bit of your favorite mustard. Prepare sliced cheese, tomato, avocado, washed lettuce, and a cold-cut of your choice - or any other delicious combination of sandwich makings. Begin to build your sandwich so that there is meat on the bottom, then tomato and avocado, then lettuce, and lastly cheese and the second slice of bread. Constructed in this way, the meat, lettuce and cheese will keep moisture from the tomato and avocado away from the bread so that that it does not become soggy between the time in the morning that you make the sandwich and when you eat it. Wrap the sandwich snugly in parchment paper or waxed paper or, better yet, place it in a reusable lunch container!

