

LCS Cafeteria Menu for June 12 to 23

Monday	Tuesday	Wednesday	Thursday	Friday
<p>12</p> <p style="text-align: center;">Chicken Nuggets & Fries \$3.50</p> <p>Chicken Nuggets no Fries - \$2.50 Lower fat chicken nuggets with oven baked fries.</p> <p style="text-align: center;">Side Caesar Salad \$2.00</p> <p>Crisp romaine lettuce with parmesan cheese, croutons and Caesar dressing.</p>	<p>13</p> <p style="text-align: center;">Salad Bar \$3.50</p> <p>Each student who orders will get a bowl of romaine lettuce to which they can add their choice of toppings and dressing from the salad bar set up outside the cafeteria.</p>	<p>14</p> <p style="text-align: center;">Soft Tacos \$3.00</p> <p>2 tacos with lean ground beef & topped with low fat cheddar cheese and shredded lettuce in whole wheat tortillas.</p> <p style="text-align: center;">Please mark on order form if your child would like salsa.</p>	<p>15</p> <p style="text-align: center;">Fruit Smoothies \$2.00</p> <p style="text-align: center;">Very Berry Or Orange Delight</p> <p>Smoothies made with fruit, vanilla yogurt, orange juice and sweetened with honey.</p> <p style="text-align: center;">Chicken Caesar Salad \$4.25 full/ \$3.00 jr.</p> <p>Salad has a bed of romaine lettuce topped by parmesan cheese, croutons and diced chicken.</p>	<p>16</p> <p style="text-align: center;">Cheese Pizza \$2.50</p> <p>Cheese pizza on a whole wheat crust from Pizza Factory.</p> <p style="text-align: center;">Yogurt Parfait \$1.50</p> <p>Vanilla yogurt layered with crunchy granola and fresh fruit.</p>
<p>19</p> <p style="text-align: center;">Spaghetti & Meatballs With Garlic Toast Lg. \$3.50 Sm. \$2.50</p> <p>Spaghetti in a homemade tomato sauce with lean meatballs.</p>	<p>20</p> <p style="text-align: center;">Chicken Burger (12) Or Cheeseburger (4) \$2.50</p> <p style="text-align: center;">Or</p> <p style="text-align: center;">Vegetarian Chili or Beef Stew \$1.50</p>	<p>21</p> <p style="text-align: center;">Chicken Drumstick (13) with Mashed Potatoes \$2.50</p> <p>Chicken drumsticks in a shake 'n bake type coating with mashed potatoes.</p> <p style="text-align: center;">Or</p> <p style="text-align: center;">Leftover Pizza \$1.50</p>	<p>22</p> <p style="text-align: center;">Hot Dog Day!</p> <p style="text-align: center;">Hot Dog \$1.50</p> <p>Regular wieners on white buns.</p> <p>*Jimmie Dogs available for gluten free students.</p>	<p>23</p> <p style="text-align: center;">Pepperoni Pizza \$2.50</p> <p>Pepperoni pizza on a whole wheat crust from Pizza Factory.</p>

LCS Cafeteria Menu - Items Available Everyday

This menu is available for your convenience at our school website - www.lawrencetown.ednet.ns.ca

Drinks

Milk (2% and Skim)	\$0.40
Chocolate Milk	\$1.25

Snacks

Cheese & Fruit Plate**	\$1.50
Fresh Fruit Plate**	\$1.00
Hummus and Pita Chips	\$1.50
Everything Bagel With Cream Cheese	\$1.25
Corn Tortillas and Salsa	\$1.00
Carrots with dip	\$0.50
Frozen Yogurt Tube	\$0.50
Weekly Snack Specials*	See below

*Week 1 - Oatmeal Chocolate Chip
Cookie \$0.50

*Week 2 - Banana Chocolate Chip Muffin \$0.75

Sandwiches*** - Lunch time only

WOW Butter & Jam Sandwich	\$1.75
Grilled Cheese Sandwich	\$2.50
Egg Sandwich	\$2.50
Chicken Sandwich	\$2.50

*** Gluten Free bread available. Add \$0.50 to price.

Granola bars and cheese strings available while supplies last.

**We may run out of some items as we
come to the end of the year.**

** Cheese & Fruit and Fresh Fruit plates contain a mix of 2-4 fresh fruits such as grapes, clementines, strawberries, kiwi and more. What I have varies from week to week depending on availability, price and quality at the store.