

## LCS Cafeteria Menu for

Monday	Tuesday	Wednesday	Thursday	Friday
<b>17</b>  <b>No School</b> <b>Easter Monday</b>	<b>18</b>  <b>Ham and Cheese</b> <b>Wrap</b> <b>\$3.00</b>  Sliced ham and grated cheddar cheese served on a 10" whole wheat tortilla.	<b>19</b>  <b>Fish and Chips</b> <b>Lg. \$3.50</b> <b>Sm. \$2.50</b> Baked breaded haddock with oven fries.  <b>Side Caesar Salad</b> <b>\$2.00</b> Crisp romaine lettuce with parmesan cheese, croutons and Caesar dressing.	<b>20</b>  <b>Fruit Smoothies</b> <b>\$2.00</b> <b>Very Berry</b> <b>Or</b> <b>Orange Delight</b> Smoothies made with fruit, vanilla yogurt, orange juice and sweetened with honey. <b>Chicken Caesar Salad</b> <b>\$4.25 full/ \$3.00 jr.</b> Salad has a bed of romaine lettuce topped by parmesan cheese, croutons and diced chicken.	<b>21</b>  <b>Cheese Pizza</b> <b>\$2.50</b> Cheese pizza on a whole wheat crust from Pizza Factory.  <b>Yogurt Parfait</b> <b>\$1.50</b> Vanilla yogurt layered with crunchy granola and fresh fruit.
<b>24</b>  <b>Homemade</b> <b>Hamburger Helper</b> <b>style Cheesy</b> <b>Macaroni</b> <b>\$3.50 Lg.</b> <b>\$2.50 Sm.</b>  Macaroni and lean ground beef in a cheesy sauce.	<b>25</b>  <b>Salad Bar</b> <b>\$3.50</b>  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.	<b>26</b>  <b>Chicken Drumstick</b> <b>with Mashed Potatoes</b> <b>and Carrots</b> <b>Lg. \$3.50</b> <b>Sm. \$2.50</b> Chicken drumsticks in a shake 'n bake type coating with mashed potatoes and carrots.  <b>Side Caesar Salad</b> <b>\$2.00</b> Crisp romaine lettuce with parmesan cheese, croutons and Caesar dressing.	<b>27</b>  <b>Bacon &amp; Egg Muffin</b> <b>with Cheese &amp; Fresh</b> <b>Fruit on the side</b> <b>\$3.25</b>  A whole wheat English muffin topped with low sodium bacon, egg and a slice of cheese.	<b>28</b>  <b>Pepperoni Pizza**</b> <b>\$2.50</b> Pepperoni pizza on a whole wheat crust from Pizza Factory.  <b>Yogurt Parfait</b> <b>\$1.50</b> Vanilla yogurt layered with crunchy granola and fresh fruit.

# LCS Cafeteria Menu - Items Available Everyday

This menu is available for your convenience at our school website - [www.lawrencetown.ednet.ns.ca](http://www.lawrencetown.ednet.ns.ca)

## Drinks

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

PLEASE NOTE THE NEW SNACK ITEMS

## Snacks

Cheese & Fruit Plate**	\$1.50
Fresh Fruit Plate**	\$1.00
Carrots with dip	\$0.50
Frozen Yogurt Tube	\$0.50
Cheddar cheese strings	\$0.75
Chocolate chip granola bars	\$0.75

Weekly Snack Specials\* See below

*Week 1 – Sesame Seed Bagel With Cream Cheese	\$1.25
- Oatmeal Chocolate Chip Cookie	\$0.50
*Week 2 - Corn Tortillas and Salsa	\$1.00
- 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.

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

