

**\*\*Check out the back for new snack items!!\*\***

**LCS Cafeteria Menu for May 1-12**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p>1</p> <p><b>Creamy Tomato Soup</b> <b>\$2.50</b></p> <p><b>Grilled Cheese Sandwich</b> <b>\$2.50</b></p> <p><b>Soup &amp; ½ Sandwich</b> <b>\$3.75</b></p>	<p>2</p> <p><b>Cheeseburger* with Oven Fries \$3.50</b></p> <p><b>Cheeseburger* no Fries \$2.50</b></p> <p><b>Fries \$1.00</b></p> <p>A lean beef patty on a whole wheat bun. * Reduce price by \$0.25 for hamburger without cheese.</p> <p><b>Side Caesar Salad \$2.00</b></p> <p>Crisp romaine lettuce with parmesan cheese, croutons and Caesar dressing.</p>	<p>3</p> <p><b>French Toast and Applesauce \$3.00</b></p> <p><b>2 slices of whole wheat French toast served with a small side of applesauce and syrup.</b></p>	<p>4</p> <p><b>Fruit Smoothies \$2.00</b></p> <p><b>Very Berry Or Orange Delight</b></p> <p>Smoothies made with fruit, vanilla yogurt, orange juice and sweetened with honey.</p> <p><b>Chicken Caesar Salad \$4.25 full/ \$3.00 jr.</b></p> <p>Salad has a bed of romaine lettuce topped by parmesan cheese, croutons and diced chicken.</p>	<p>5</p> <p><b>Cheese Pizza** \$2.50</b></p> <p>Cheese pizza on a whole wheat crust from Pizza Factory.</p> <p><b>Yogurt Parfait \$1.50</b></p> <p>Vanilla yogurt with 3 layers of fresh fruit.</p>
<p>8</p> <p><b>No School</b></p> <p><b>Regional In-service</b></p>	<p>9</p> <p><b>Salad Bar \$3.50</b></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>10</p> <p><b>Spaghetti &amp; Meatballs With Garlic Toast</b></p> <p><b>Lg. \$3.50</b></p> <p><b>Sm. \$2.50</b></p> <p>Spaghetti in a homemade tomato sauce with lean meatballs.</p> <p><b>Garlic Toast \$0.75</b></p> <p><b>Side Tossed Salad \$2.00</b></p> <p>A bed of romaine lettuce topped with fresh vegetables and served with Italian dressing.</p>	<p>11</p> <p><b>Bacon &amp; Egg Muffin with Cheese &amp; Fresh Fruit on the side \$3.25</b></p> <p>A whole wheat English muffin topped with low sodium bacon, egg and a slice of cheese.</p>	<p>12</p> <p><b>Pepperoni Pizza \$2.50</b></p> <p>Pepperoni pizza on a whole wheat crust from Pizza Factory.</p> <p><b>Yogurt Parfait \$1.50</b></p> <p>Vanilla yogurt with 3 layers of fresh fruit.</p>

# 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

## 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.**

## Snacks

Cheese & Fruit Plate**	\$1.50
Fresh Fruit Plate**	\$1.00
Carrots with dip	\$0.50
Frozen Yogurt Tube	\$0.50
Chocolate Chip Granola Bar	\$0.75
Cheese String	\$0.75
Hummus and Pita Chips	\$1.50
Tortilla chips and Salsa	\$1.00

## Weekly Specials

<b>Week 1</b> – Banana Chocolate cookie	\$0.50
- Sesame Seed Bagel with cream cheese	\$1.25
<b>Week 2</b> – Double Chocolate muffin	\$0.75
- Everything Bagel with Cream cheese	\$1.25

\*\* 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.