

LCS Cafeteria Menu for April 16 to 27

Monday	Tuesday	Wednesday	Thursday	Friday
<p>16</p> <p>Cheeseburger* with Oven Fries \$3.50 Cheeseburger* no Fries \$2.50 A lean beef patty on a whole wheat bun. * Reduce price by \$0.25 for hamburger without cheese. Side Caesar Salad \$2.00 Crisp romaine lettuce with parmesan cheese, croutons and Caesar dressing.</p>	<p>17</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>18</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>19</p> <p style="text-align: center;">Fruit Smoothies \$2.00 Very Berry Or Orange Delight Smoothies made with fruit, vanilla yogurt, orange juice and sweetened with honey. Chicken Caesar Salad \$4.25 full/ \$3.00 jr. Salad has a bed of romaine lettuce topped by parmesan cheese, croutons and diced chicken.</p>	<p>20</p> <p style="text-align: center;">Early Dismissal No Cafeteria Service</p>
<p>23</p> <p style="text-align: center;">Tuna Melts with Carrots & Dip. \$3.50</p> <p>Whole wheat hamburger buns with tuna mixed with mayo and topped with cheddar cheese then popped in the oven until the cheese is melted.</p>	<p>24</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>25</p> <p style="text-align: center;">Spaghetti & Meatballs With Garlic Toast Lg. \$3.50 Sm. \$2.50 Side Tossed Salad \$2.00</p> <p>Spaghetti in a homemade tomato sauce with lean meatballs. A bed of romaine lettuce topped with fresh vegetables and served with Italian dressing.</p>	<p>26</p> <p style="text-align: center;">Bacon & Egg Muffin with Cheese & Fresh Fruit on the side \$3.25</p> <p>A whole wheat English muffin topped with low sodium bacon, egg and a slice of cheese.</p>	<p>27</p> <p style="text-align: center;">Pepperoni Pizza \$2.50 Pepperoni pizza on a white crust from Pizza Factory. Yogurt Parfait \$1.50 Vanilla yogurt layered with crunchy granola and 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

Drinks

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

Snacks

Cheese & Fruit Plate**	\$1.50
Fresh Fruit Plate**	\$1.00
Carrots with dip	\$0.50
Frozen Yogurt Tube	\$0.50
Weekly Snack Specials*	See below

*Week 1 – Hummus and Corn Tortilla	\$1.50
- Banana Chocolate Chip Cookie	\$0.50

*Week 2 - Everything Bagel With Cream Cheese	\$1.25
- Double Chocolate 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, clementines, strawberries, kiwi and more. What I have varies from week to week depending on availability, price and quality at the store.