

LCS Cafeteria Menu for January 29 to February 9

Monday	Tuesday	Wednesday	Thursday	Friday
<p>29</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>30</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>31</p> <p style="text-align: center;">Chicken with Trees Pasta Lg. \$3.50 Sm. \$2.50</p> <p>Whole wheat pasta in a white sauce with diced chicken and broccoli "trees"</p>	<p>1</p> <p style="text-align: center;">In Service</p> <p style="text-align: center;">No School</p>	<p>2</p> <p style="text-align: center;">Cheese Pizza \$2.50</p> <p>Cheese pizza on a white 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>5</p> <p style="text-align: center;">Pizza Sub \$2.75</p> <p>Pepperoni on a whole wheat hot dog bun with pizza sauce and mozzarella cheese.</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>6</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>7</p> <p style="text-align: center;">Ham, Mashed Potatoes & Carrots Lg. \$3.50 Sm. \$2.50</p> <p>A slice of baked ham with mashed potatoes and a side of carrots.</p>	<p>8</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>9</p> <p style="text-align: center;">Pepperoni Pizza \$2.50</p> <p>Pepperoni pizza on a white 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>

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 – Corn Tortillas and Salsa	\$1.00
- Oatmeal Chocolate Chip Cookie	\$0.50

*Week 2 - Hummus and Corn Tortillas	\$1.50
- Blueberry 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.