

LCS Cafeteria Menu for January 15 to 26

Monday	Tuesday	Wednesday	Thursday	Friday
<p>15</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>16</p> <p>Chicken Noodle Soup \$2.50 Grilled Cheese Sandwich \$2.50 Soup & ½ Sandwich \$3.75</p> <p>Homemade soup with chicken, carrots, turnip, potatoes, corn and noodles.</p>	<p>17</p> <p style="text-align: center;">Early Dismissal No Cafeteria Service</p>	<p>18</p> <p>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>19</p> <p>Cheese Pizza** \$2.50 Cheese pizza on a white crust from Pizza Factory.</p> <p>Yogurt Parfait \$1.50 Vanilla yogurt layered with crunchy granola and fresh fruit.</p>
<p>22</p> <p>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>23</p> <p>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>24</p> <p>Hot Turkey With Mashed Potatoes & Carrots \$3.50</p> <p>Sliced turkey on a bed of stuffing with gravy over top.</p>	<p>25</p> <p>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>26</p> <p>Pepperoni Pizza \$2.50 Pepperoni pizza on a white crust from Pizza Factory.</p> <p>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.