

# 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)	.40¢
Chocolate Milk	\$1.25
Juice Pack (Apple or Tropical)	\$1.25

## Sandwiches & Wraps - Lunch time only

WOW Butter & Jam Sandwich	\$2.00
Egg or Cucumber Sandwich	\$2.00
Ham or Tuna Sandwich	\$2.50
Grilled Cheese Sandwich	\$2.50
Small Chicken Wrap (BBQ, Caesar, Ranch)	\$2.50
Large Chicken Wrap (BBQ, Caesar, Ranch)	\$3.25
Small Veggie, Ham or Tuna Wrap	\$2.50
Large Veggie, Ham or Tuna Wrap	\$3.25

\*\*\* Gluten Free bread available. Add .75¢ to price.

## Snacks

Apple	.75¢
Banana	.75¢
Fresh Fruit Plate*	\$1.50
Cheese & Fruit Plate*	\$1.75
Cucumber Slices	.75¢
Carrots Sticks	.50¢
Carrots & Dip	.75¢
Veggie & Dip Plate	\$1.50
Side Salad (Caesar/Tossed)	\$2.00
Chicken Caesar Salad	\$3.00

Cookie	.75¢
Nutri Grain Bar (Mixed Berry)	\$1.25
Frozen Tube	.75¢
Hard Boiled Egg	.50¢
Tortillas Chips & Salsa	\$1.50
Bagel, Margarine	\$1.00
Bagel, Cream Cheese	\$1.50
Yogurt, Vanilla	\$1.00
Yogurt Parfait	\$2.00
(Blueberry, Strawberry, Mixed Berry)	

\* 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.

\*\*Gluten free tortilla chips can be provided upon request.