

LCS Cafeteria Menu for Sept. 10th to Sept. 21st 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10</p> <p align="center">Chicken Strips & Fries \$3.50</p> <p>Chicken Strips no Fries - \$2.50 Lower fat chicken nuggets with oven baked fries.</p> <p>Side Caesar Salad \$2.00 Crisp romaine lettuce with mozzarella cheese, croutons and Caesar dressing.</p>	<p>11</p> <p 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>12</p> <p align="center">Chicken Caesar Wrap With Carrots and Dip \$3.50</p> <p>Romaine lettuce, mozzarella cheese, breaded chicken, with Caesar dressing wrapped in a healthy tortilla. Carrot sticks with ranch dip.</p>	<p>13</p> <p align="center">Fruit Smoothies \$2.00 Very Berry Or Orange Delight</p> <p>Smoothies made with fruit, vanilla yogurt, orange juice and sweetened with honey.</p> <p>Chicken Caesar Salad \$4.00 full/ \$3.00 jr. Salad has a bed of romaine lettuce topped by mozzarella cheese, croutons and chicken.</p>	<p>14</p> <p align="center">Cheese Pizza** \$2.50</p> <p>Cheese pizza on a whole wheat crust from Pizza Factory.</p> <p align="center">Yogurt Parfait \$1.50</p> <p>Vanilla yogurt layered with crunchy granola and fresh fruit.</p>
<p>17</p> <p align="center">Pizza Sub \$2.75</p> <p>Pepperoni on a whole wheat hot dog bun with pizza sauce and mozzarella cheese.</p> <p>Side Tossed Salad \$2.00</p> <p>A bed of romaine lettuce topped with fresh vegetables and served with Italian dressing or Ranch dressing.</p>	<p>18</p> <p align="center">Regional Shut Down</p> <p align="center">No School</p>	<p>19</p> <p align="center">Spaghetti & Meatballs With Garlic Toast Lg. \$3.50 Sm. \$2.50</p> <p>Spaghetti in a pasta sauce with lean meatballs.</p> <p>Side Caesar Salad \$2.00</p> <p>Crisp romaine lettuce with mozzarella cheese, croutons and Caesar dressing.</p>	<p>20</p> <p align="center">Creamy Tomato Soup \$2.50 Grilled Cheese Sandwich \$2.50 Soup & 1/2 Sandwich \$3.75</p>	<p>21</p> <p align="center">Pepperoni Pizza** \$2.50</p> <p>Pepperoni pizza on a whole wheat crust from Pizza Factory.</p> <p 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	\$0.75
Corn Tortillas and Salsa**	\$1.25
Oatmeal Chocolate Chip Cookie	\$0.75
Hard Boiled Egg	\$0.50

Sandwiches*** - Lunch time only

WOW Butter & Jam Sandwich	\$1.75
Grilled Cheese Sandwich	\$2.50
Egg Sandwich	\$2.50
Ham Sandwich	\$2.50
Cucumber 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.

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