

SEPTEMBER 2017 MENU

Lunchsmart™

VSB FOOD SERVICES HEALTHY EATING PROGRAM

Monday

Tuesday

Wednesday

Thursday

Friday

				1	School Holiday
Labour Day	No Lunch Service	No Lunch Service	Turkey Meatballs with WW Spaghetti Fruit or Veggie Milk	7	Cheese Ravioli in Tomato Sauce Fruit or Veggie Milk
4	5	6			
Butter Chicken with Brown Blend Rice Fruit or Veggie Milk	Hot Dog (beef) Cracked Wheat Bun Fruit or Veggie Milk	Chicken Fingers with Kernel Corn Fruit or Veggie Milk	WW Penne Pasta with Meat Sauce (beef) Fruit or Veggie Milk	8	Mango Salsa Chicken with Hashed Brown Fruit or Veggie Milk
11	12	13			
WW Macaroni & Cheese Fruit or Veggie Milk	Beef Chili Cracked wheat Bun Fruit or Veggie Milk	Cacciatore Chicken with Tri-colour Rotini Fruit or Veggie Milk	Curry Beef with Tofu on Rice Fruit or Veggie Milk	14	Pro D School is not in session for studentd
18	19	20			
Beef Lasagna Fruit or Veggie Milk	BBQ Chicken with Kernel Corn Fruit or Veggie Milk	Hamburger (beef) Cracked Wheat Bun Fruit or Veggie Milk	Fish Fillet on Rice with Quinoa Fruit or Veggie Milk	21	Shepherd's Pie (beef) Fruit or Veggie Milk
25	26	27			
				28	29

DID YOU KNOW...

The Lunchsmart™ program provides safe, healthy food at school. The Vancouver School Board believes that sound nutritional practices help children be successful at school. A hot lunch is served most days. All menus are prepared following the Ministry of Education nutritional guidelines for healthy eating at school. The Lunchsmart™ program does not provide for special diets. The only food available is what is on the daily menu. Please report any specific food allergies to the school office. Parents should review menu choices specific to their child's dietary restrictions and ensure their child is aware of any food items they/she should not be eating.

ONLY \$4.95 per day

MONTHLY PROGRAM COST:

\$84.15

*Full Payment Required. I can contribute this month.

COMPLETE THE LUNCHSMART™ REGISTRATION ENVELOPE

PAY BY CHEQUE* OR CASH

RETURN THE SEALED ENVELOPE TO THE OFFICE BY:

Thursday, Sep. 14, 2017

*Please make cheques payable to the Vancouver School Board.