

NOVEMBER 2017 MENU



Lunchsmart™

YSB FOOD SERVICES HEALTHY EATING PROGRAM

Monday

Tuesday

Wednesday

Thursday

Friday

Cheese Ravioli with Tomato Sauce Fruit or Veggie Milk	Chicken Fajita WW Tortilla Shredded Lettuce Fruit or Veggie Milk	Beef Stew Cracked Wheat Bun Fruit or Veggie Milk	WW Macaroni & Cheese Fruit or Veggie Milk	Baked Chicken with Potato Wedges Fruit or Veggie Milk
Remembrance Day	Chicken Finger with Potato Wedges Fruit or Veggie Milk	Beef Chili Cracked Wheat Bun Fruit or Veggie Milk	Chicken Noodle Soup Crackers Fruit or Veggie Milk	Mango Salsa Chicken with Kernel Corn Fruit or Veggie Milk
BBQ Chicken with Mashed Potatoes Fruit or Veggie Milk	Hamburger (beef) Cracked Wheat Bun Shredded Lettuce Tomato Fruit or Veggie Milk	Cacciatore Chicken with Tri-colour Rotini Fruit or Veggie Milk	Shepherd's Pie (beef) Fruit or Veggie Milk	Veggie-Pepperoni Pizza (meat-free, multigrain crust) Fruit or Veggie Milk
Beef Lasagna Fruit or Veggie Milk	Chicken Caesar Wrap WW Tortilla Fruit or Veggie Milk	Curry Beef with Tofu on Rice Fruit or Veggie Milk	WW Penne Pasta with Meat Sauce (beef) Fruit or Veggie Milk	

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 he/she should not be eating.

MONTHLY PROGRAM COST:

\$ 99.00

*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, Oct. 19, 2017

*Please make cheques payable to the Vancouver School Board.

ONLY \$4.95 per day