

# OCTOBER 2017 MENU



**ONLY**  
**\$4.95**  
per day

## 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.

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Chicken Lo Mein (Asian Noodle) Fruit & Veggie Milk <b>2</b>	Beef Stew with Potato & Vegetables Cracked Wheat Bun or Crackers Fruit & Veggie Milk <b>3</b>	Fish Taco WW Tortilla Shredded Lettuce Fruit & Veggie Milk <b>4</b>	Mango Salsa Chicken with Kernel Corn Fruit & Veggie Milk <b>5</b>	Cheese Ravioli in Tomato Sauce Fruit & Veggie Milk <b>6</b>
<b>Thanksgiving Day</b> <b>9</b>	Baked Chicken with Potato Wedges Fruit & Veggie Milk <b>10</b>	Beef Burrito WW Tortilla Shredded Lettuce & Cheese Fruit & Veggie Milk <b>11</b>	Butter Chicken with Brown Blend Rice Fruit & Veggie Milk <b>12</b>	Meat Sauce (beef) with WW Penne Fruit & Veggie Milk <b>13</b>
Curry Beef with Tofu on Rice Fruit & Veggie Milk <b>16</b>	Chicken Caesar Wrap WW Tortilla Fruit & Veggie Milk <b>17</b>	Hot Dog (Chicken & Beef Mix) Cracked Wheat Bun Fruit & Veggie Milk <b>18</b>	Turkey Meatballs with WW Spaghetti Fruit & Veggie Milk <b>19</b>	<b>District Pro-d Day</b> <b>20</b>
Cacciatore Chicken with Tri-colour Rotini Fruit & Veggie Milk <b>23</b>	Pulled Pork Cracked Wheat Bun Fruit & Veggie Milk <b>24</b>	Shepherd's Pie (beef) Fruit & Veggie Milk <b>25</b>	BBQ Chicken with Kernel Corn Fruit & Veggie Milk <b>26</b>	Cheese Pizza on Multigrain Crust Fruit & Veggie Milk <b>27</b>
Beef Lasagna Fruit & Veggie Milk <b>30</b>	Chicken Finger with Kernel Corn Fruit & Veggie Milk <b>31</b>			

MONTHLY PROGRAM COST:

**\$99<sup>00</sup>**

**\*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. 21, 2017**

\*Please make cheques payable to the Vancouver School Board.