

APRIL 2017 MENU



ONLY
\$4.95
per day

Monday

Tuesday

Wednesday

Thursday

Friday

Veggie-Pepperoni Pizza (meat-free, multigrain crust) Fruit or Veggie Milk 3	Chicken Caesar Wrap WW Tortilla Fruit or Veggie Milk 4	Beef Stew with Potato & Veggie Cracked Wheat Bun Fruit or Veggie Milk 5	Turkey Meatballs with WW Spaghetti Fruit or Veggie Milk 6	WW Macaroni & Cheese Fruit or Veggie Milk 7
Beef Lasagna Fruit or Veggie Milk 10	Fish Taco WW Tortilla Shredded Lettuce Fruit or Veggie Milk 11	Mango Salsa Chicken with Kernel Corn Fruit or Veggie Milk 12	Curry Beef with Tofu on Rice Fruit or Veggie Milk 13	Good Friday 14
Easter Monday 17	Cacciatore Chicken with Tri-colour Rotini Fruit or Veggie Milk 18	Beef Chili Cracked Wheat Bun Fruit or Veggie Milk 19	Cheese Ravioli in Tomato Sauce Fruit or Veggie Milk 20	Chicken Finger with Potato Wedges Fruit or Veggie Milk 21
Chicken Lo Mein (Asian Noodle) Fruit or Veggie Milk 24	Beef Burrito WW Tortilla Shredded Lettuce & Cheese Fruit or Veggie Milk 25	Chicken Noodle Soup Cracked Wheat Bun Fruit or Veggie Milk 26	Fish Fillet on Rice with Quinoa Fruit or Veggie Milk 27	Potato & Leek Frittata Crackers Fruit or Veggie Milk 28

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 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:

\$ **89.10**

***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:**

Tuesday, March 28, 2017

*Please make cheques payable to the Vancouver School Board.