

APRIL 2018 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

Easter Monday 2	Beef Lasagna Fruit or Veggie Milk 3	Chicken Caesar Wrap WW Tortilla Fruit or Veggie Milk 4	Curry Beef with Carrot on Rice Fruit or Veggie Milk 5	Cacciatore Chicken with Tri-colour Rotini Fruit or Veggie Milk 6
BBQ Chicken with Kernel Corn Fruit or Veggie Milk 9	Beef Meatball in light BBQ Sauce WW Bun Shredded Lettuce Fruit or Veggie Milk 10	WW Macaroni & Cheese Fruit or Veggie Milk 11	Chicken Fingers with Potato Wedges Fruit or Veggie Milk 12	WW Penne with Meat Sauce (beef) Fruit or Veggie Milk 13
Rotini with Chicken in Rose Sauce Fruit or Veggie Milk 16	Curry Chickpea on Rice Fruit or Veggie Milk 17	Chicken Noodle Soup WW Bun or Crackers Fruit or Veggie Milk 18	Shepherd's Pie (beef) Fruit or Veggie Milk 19	Cheese Pizza on Multigrain Crust Fruit or Veggie Milk 20
Butter Chicken with Brown Blend Rice Fruit or Veggie Milk 23	Mango Salsa Chicken with Kernel Corn Fruit or Veggie Milk 24	Fish Taco WW Tortilla Shredded Lettuce Fruit or Veggie Milk 25	Turkey Meatballs with WW Spaghetti Fruit or Veggie Milk 26	StirFry Pork with Celery & Carrot on Rice Fruit or Veggie Milk 27 <i>*Some schools have Pro-d</i>
Baked Chicken with Potato Wedges Fruit or Veggie Milk 30				

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, March 15, 2018

*Please make cheques payable to the Vancouver School Board.