

JUNE 2018 MENU



ONLY
\$4.95
per day

Monday

Tuesday

Wednesday

Thursday

Friday

				Cacciatore Chicken with Tri-colour Rotini Fruit or Veggie Milk 1
Chicken Lo Mein (Asian Noodle) Fruit or Veggie Milk 4	Curry Beef with Carrot on Rice Fruit or Veggie Milk 5	Chicken Caesar Wrap WW Tortilla Fruit or Veggie Milk 6	Meat Sauce (beef) with WW Penne Fruit or Veggie Milk 7	BBQ Chicken with Kernel Corn Fruit or Veggie Milk 8
Chicken à la King on Rice Fruit or Veggie Milk 11	Cheese Ravioli with Tomato Sauce Fruit or Veggie Milk 12	Fish Taco WW Tortilla Shredded Lettuce Fruit or Veggie Milk 13	Shepherd's Pie (beef) Fruit or Veggie Milk 14	Butter Chicken with Brown Blend Rice Fruit or Veggie Milk 15
Mango Salsa Chicken with Kernel Corn Fruit or Veggie Milk 18	Pulled Pork WW Bun Fruit or Veggie Milk 19	BBQ Chicken with Mashed Potatoes Fruit or Veggie Milk 20	WW Macaroni & Cheese Fruit or Veggie Milk 21	Chicken Finger with Potato Wedges Fruit or Veggie Milk 22
Stir Fry Pork on Rice Fruit or Veggie Milk 25	Hot Dog (beef) WW Bun Fruit or Veggie Milk 26	Rotini with Chicken in Rosé Sauce Fruit or Veggie Milk 27	Veggie-Pepperoni Pizza (meat-free, multigrain crust) Fruit or Veggie Milk 28	School Out! 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 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, May 17, 2018

*Please make cheques payable to the Vancouver School Board.