

OCTOBER 2017 MENU



VSB FOOD SERVICES HEALTHY EATING PROGRAM

ONLY
\$4.95
per day

Monday

Tuesday

Wednesday

Thursday

Friday

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

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:

\$99⁰⁰

***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.