

# SEPTEMBER 2017 MENU



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

**Monday**    **Tuesday**    **Wednesday**    **Thursday**    **Friday**

				School Holiday <b>1</b>
Labour Day <b>4</b>	No Lunch Service <b>5</b>	No Lunch Service <b>6</b>	Turkey Meatballs with WW Spaghetti Fruit or Veggie Milk <b>7</b>	Cheese Ravioli in Tomato Sauce Fruit or Veggie Milk <b>8</b>
Butter Chicken with Brown Blend Rice Fruit or Veggie Milk <b>11</b>	Hot Dog (beef) Cracked Wheat Bun Fruit or Veggie Milk <b>12</b>	Chicken Fingers with Kernel Corn Fruit or Veggie Milk <b>13</b>	WW Penne Pasta with Meat Sauce (beef) Fruit or Veggie Milk <b>14</b>	Mango Salsa Chicken with Hashed Brown Fruit or Veggie Milk <b>15</b>
WW Macaroni & Cheese Fruit or Veggie Milk <b>18</b>	Beef Chili Cracked wheat Bun Fruit or Veggie Milk <b>19</b>	Cacciatore Chicken with Tri-colour Rotini Fruit or Veggie Milk <b>20</b>	Curry Beef with Tofu on Rice Fruit or Veggie Milk <b>21</b>	Pro-D <b>22</b>
Beef Lasagna Fruit or Veggie Milk <b>25</b>	BBQ Chicken with Kernel Corn Fruit or Veggie Milk <b>26</b>	Hamburger (beef) Cracked Wheat Bun Shredded Lettuce Tomato Fruit or Veggie Milk <b>27</b>	Fish Fillet on Rice with Quinoa Fruit or Veggie Milk <b>28</b>	Shepherd's Pie (beef) Fruit or Veggie Milk <b>29</b>

## 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:

**\$84.15**

**\*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. 14, 2017**

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