

# MAY 2017 MENU



VSB FOOD SERVICES HEALTHY EATING PROGRAM

ONLY  
**\$4.95**  
per day

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

WW Macaroni & Cheese Fruit or Veggie Milk 1	Beef Meatball in light BBQ Sauce Cracked Wheat Bun Shredded Lettuce Fruit or Veggie Milk 2	Butter Chicken with Brown Blend Rice Fruit or Veggie Milk 3	WW Penne Pasta with Meat Sauce (beef) Fruit or Veggie Milk 4	Pro-D 5
Beef Stew with Potato & Veggie Crackers Fruit or Veggie Milk 8	Chicken Caesar Wrap WW Tortilla Fruit or Veggie Milk 9	Turkey Meatballs with WW Spaghetti Fruit or Veggie Milk 10	Mango Salsa Chicken with Kernel Corn Fruit or Veggie Milk 11	Shepherd's Pie (beef) Fruit or Veggie Milk 12
Chicken Finger with Potato Wedges Fruit or Veggie Milk 15	Cheese Ravioli in Tomato Sauce Fruit or Veggie Milk 16	Chicken Fajita WW Tortilla Shredded Lettuce Fruit or Veggie Milk 17	Curry Beef with Tofu on Rice Fruit or Veggie Milk 18	Cheese Pizza (multigrain crust) Fruit or Veggie Milk 19
Victoria Day 22	Beef Lasagna Fruit or Veggie Milk 23	Cacciatore Chicken with Tri-colour Rotini Fruit or Veggie Milk 24	Beef Chili Cracked Wheat Bun or Crackers Fruit or Veggie Milk 25	Baked Chicken with Potato Wedges Fruit or Veggie Milk 26
WW Penne Pasta with Meat Sauce (beef) Fruit or Veggie Milk 29	Hot Dog Cracked Wheat Bun Fruit or Veggie Milk 30	Fish Fillet on Rice with Quinoa Fruit or 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 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:

\$103<sup>95</sup>

**\*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, April 25, 2017**

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