

OCTOBER 2018 MENU



ONLY \$5.00 per day

Monday

Tuesday

Wednesday

Thursday

Friday

Shepherd's Pie (beef) Fruit or Veggie Milk 1	Mango Salsa Chicken with Kernel Corn Fruit or Veggie Milk 2	Pulled Pork WW Bun Fruit or Veggie Milk 3	Fish Fillet with Rice & Quinoa Fruit or Veggie Milk 4	Chicken Fingers with Potato Wedges Fruit or Veggie Milk 5
Thanksgiving Day 8	WW Macaroni & Cheese Fruit or Veggie Milk 9	Baked Chicken with Kernel Corn Fruit or Veggie Milk 10	Turkey Chili WW Bun Fruit or Veggie Milk 11	Cacciatore Chicken with Tri-colour Rotini Fruit or Veggie Milk 12
BBQ Chicken with Kernel Corn Fruit or Veggie Milk 15	Hamburger (beef) WW Bun Shredded Lettuce Tomato Fruit or Veggie Milk 16	Chicken Meatballs with WW Spaghetti Fruit or Veggie Milk 17	Stir Fry Pork with Celery and Carrot on Rice Fruit or Veggie Milk 18	Pro-d Day 19
Butter Chicken with Brown Blend Rice Fruit or Veggie Milk 22	Beef Meatball in light BBQ sauce WW Bun Shredded Lettuce Fruit or Veggie Milk 23	Cheese Ravioli with Tomato Sauce Fruit or Veggie Milk 24	Chicken a la King on Rice Fruit or Veggie Milk 25	Veggie-Pepperoni Pizza (meat-free, multigrain Crust) Fruit or Veggie Milk 26
Meat Sauce (beef) with WW Penne Fruit or Veggie Milk 29	Chicken Noodle Soup WW Bun or Crackers Fruit or Veggie Milk 30	Curry Beef with Carrot on Rice 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 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:

\$ 105.00

***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, Sep. 20, 2018

*Please make cheques payable to the Vancouver School Board.