

JUNE 2017 MENU

lunchsmart™

YSB FOOD SERVICES HEALTHY EATING PROGRAM

ONLY
\$4.95
per day

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.

Monday

Tuesday

Wednesday

Thursday

Friday



Chicken Lo Mein (Asian Noodle)
Fruit or Veggie
Milk

5

Beef Burrito
WW Tortilla
Shredded Lettuce &
Cheese
Fruit or Veggie
Milk

6

Chicken Noodle Soup
Cracked Wheat Bun or
Crackers
Fruit or Veggie
Milk

7

Butter Chicken with
Brown Blend Rice
Fruit or Veggie
Milk

1

Beef Lasagna
Fruit or Veggie
Milk

2

Chicken Lo Mein (Asian Noodle)
Fruit or Veggie
Milk

5

Beef Burrito
WW Tortilla
Shredded Lettuce &
Cheese
Fruit or Veggie
Milk

6

Chicken Noodle Soup
Cracked Wheat Bun or
Crackers
Fruit or Veggie
Milk

7

Turkey Meatballs with
WW Spaghetti
Fruit or Veggie
Milk

8

Shepherd's Pie (beef)
Fruit or Veggie
Milk

9

Cheese Ravioli in
Tomato Sauce
Fruit or Veggie
Milk

12

Pulled Pork
Cracked Wheat Bun
Fruit or Veggie
Milk

13

Chicken Caesar Wrap
WW Tortilla
Fruit or Veggie
Milk

14

Beef Stew with Potato
& Veggie
Crackers
Fruit or Veggie
Milk

15

BBQ Chicken with
Mashed Potato
Fruit or Veggie
Milk

16

Cacciatore Chicken
with Tri-colour Rotini
Fruit or Veggie
Milk

19

Beef Chili
Cracked Wheat Bun
Fruit or Veggie
Milk

20

Fish Taco
WW Tortilla
Shredded Lettuce
Fruit or Veggie
Milk

21

WW Penne Pasta with
Meat Sauce (beef)
Fruit or Veggie
Milk

22

Mango Salsa Chicken
with Kernel Corn
Fruit or Veggie
Milk

23

Chicken Finger with
Potato Wedges
Fruit or Veggie
Milk

26

Hot Dog (beef)
Cracked Wheat Bun
Fruit or Veggie
Milk

27

Fish Fillet on Rice with
Quinoa
Fruit or Veggie
Milk

28

Cheese Pizza
(multigrain crust)
Fruit or Veggie
Milk

29

Administrative
Day

30

Last Day of School
for students

MONTHLY PROGRAM COST:

\$103⁹⁵

*Full Payment Required.

COMPLETE THE LUNCHSMART™
REGISTRATION ENVELOPE.

PAY BY CHEQUE* OR CASH.

RETURN THE SEALED ENVELOPE
TO THE OFFICE BY:

Wednesday, May 24, 2017

*Please make cheques payable to the Vancouver School Board.