

# APRIL 2018 MENU



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

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

|   |   |  |   |   |
|---|---|--|---|---|
| Easter Monday<br><b>2</b>   | Beef Lasagna<br>Fruit or Veggie<br>Milk<br><b>3</b>   | Chicken Caesar Wrap<br>WW Tortilla<br>Fruit or Veggie<br>Milk<br><b>4</b>            | Curry Beef with Carrot<br>on Rice<br>Fruit or Veggie<br>Milk<br><b>5</b>      | Cacciatore Chicken<br>with Tri-colour Rotini<br>Fruit or Veggie<br>Milk<br><b>6</b> |
| BBQ Chicken with<br>Kernel Corn<br>Fruit or Veggie<br>Milk<br><b>9</b>          | Beef Meatball in light<br>BBQ Sauce<br>WW Bun<br>Shredded Lettuce<br>Fruit or Veggie<br>Milk<br><b>10</b> | WW Macaroni & Cheese<br>Fruit or Veggie<br>Milk<br><b>11</b>                         | Chicken Fingers with<br>Potato Wedges<br>Fruit or Veggie<br>Milk<br><b>12</b> | WW Penne with<br>Meat Sauce (beef)<br>Fruit or Veggie<br>Milk<br><b>13</b>          |
| Rotini with Chicken in<br>Rose Sauce<br>Fruit or Veggie<br>Milk<br><b>16</b>    | Curry Chickpea on Rice<br>Fruit or Veggie<br>Milk<br><b>17</b>  | Chicken Noodle Soup<br>WW Bun or Crackers<br>Fruit or Veggie<br>Milk<br><b>18</b>    | Shepherd's Pie (beef)<br>Fruit or Veggie<br>Milk<br><b>19</b>                 | Cheese Pizza on<br>Multigrain Crust<br>Fruit or Veggie<br>Milk<br><b>20</b>         |
| Butter Chicken with<br>Brown Blend Rice<br>Fruit or Veggie<br>Milk<br><b>23</b> | Mango Salsa Chicken<br>with Kernel Corn<br>Fruit or Veggie<br>Milk<br><b>24</b>                           | Fish Taco<br>WW Tortilla<br>Shredded Lettuce<br>Fruit or Veggie<br>Milk<br><b>25</b> | Turkey Meatballs with<br>WW Spaghetti<br>Fruit or Veggie<br>Milk<br><b>26</b> | <b>PRO-D DAY</b><br><b>27</b>   |
| Baked Chicken with<br>Potato Wedges<br>Fruit or Veggie<br>Milk<br><b>30</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:

**\$94.05**

**\*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, March 15, 2018**

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