

# FEBRUARY 2018 MENU



VSB 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 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.

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

			Chicken Finger with Kernel Corn Fruit or Veggie Milk	WW Macaroni & Cheese Fruit or Veggie Milk
			1	2
WW Penne with Meat Sauce (beef) Fruit or Veggie Milk	BBQ Chicken with Mashed Potatoes Fruit or Veggie Milk	Beef Stew with Potatoes and Vegetables WW Bun Fruit or Veggie Milk	Baked Chicken with Potato Wedges Fruit or Veggie Milk	Shepherd's Pie (beef) Fruit or Veggie Milk
5	6	7	8	9
<b>Family Day</b>	Chicken Noodle Soup WW Bun or Crackers Fruit or Veggie Milk	Cheese Ravioli with Tomato Sauce Fruit or Veggie Milk	Curry Chickpea on Rice Fruit or Veggie Milk	Chicken Lo Mein (Asian Noodle) Fruit or Veggie Milk
12	13	14	15	16
<b>District Pro-D Day</b>	Fish Fillet with Rice and Quinoa Fruit or Veggie Milk	Chicken Fajita WW Tortilla Shredded Lettuce Fruit or Veggie Milk	Turkey Meatball with WW Spaghetti Fruit or Veggie Milk	Veggie-Pepperoni (meat free, multigrain crust) Fruit or Veggie Milk
19	20	21	22	23
Beef Lasagna Fruit or Veggie Milk	Pulled Pork WW Bun Fruit or Veggie Milk	Curry Beef with Carrot on Rice Fruit or Veggie Milk		
26	27	28		

## MONTHLY PROGRAM COST:

**\$ 89.10**

**\*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:**

**Monday, January 22, 2018**

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