

JANUARY 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**

School Holiday 1	School Holiday 2	School Holiday 3	School Holiday 4	School Holiday 5
Meat Sauce (beef) with WW Penne Fruit or Veggie Milk 8	Pulled Pork WW Bun Fruit or Veggie Milk 9	Chicken Noodle Soup Crackers Fruit or Veggie Milk 10	BBQ Chicken with Mashed Potatoes Fruit or Veggie Milk 11	Curry Chickpea on Rice Fruit or Veggie Milk 12
Butter Chicken with Brown Blend Rice Fruit or Veggie Milk 15	Hamburger (beef) WW Bun Shredded Lettuce Tomato Fruit or Veggie Milk 16	WW Macaroni & Cheese Fruit or Veggie Milk 17	Mango Salsa Chicken with Kernel Corn Fruit or Veggie Milk 18	Cheese Pizza (multigrain crust) Fruit or Veggie Milk 19
Beef Lasagna Fruit or Veggie Milk 22	Fish Fillet with Rice & Quinoa Fruit or Veggie Milk 23	Beef Burrito WW Tortilla Shredded Lettuce Fruit or Veggie Milk 24	Rotini with Chicken in Rosé Sauce Fruit or Veggie Milk 25	Cheese Ravioli with Tomato Sauce Fruit or Veggie Milk 26
PRO-D DAY 29	Turkey Meatballs with WW Spaghetti Fruit or Veggie Milk 30	Curry Beef with Carrot on Rice Fruit or Veggie Milk 31		

MONTHLY PROGRAM COST:

\$84¹⁵

***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, Dec. 21, 2017

*Please make cheques payable to the Vancouver School Board.