

MARCH 2017 MENU



ONLY
\$4.95
per day

Monday

Tuesday

Wednesday

Thursday

Friday

		Beef Burrito WW Tortilla Shredded Lettuce & Cheddar Cheese Fruit or Veggie & Milk 1	Fish Fillet on Rice with Quinoa Fruit or Veggie Milk 2	Cacciatore Chicken with Tri-colour Rotini Fruit or Veggie Milk 3
Chicken Fried Rice Fruit or Veggie Milk 6	Beef Meatball in light BBQ Sauce Cracked Wheat Bun Shredded Lettuce Fruit or Veggie Milk 7	Chicken Fajita WW Tortilla Shredded Lettuce Fruit or Veggie Milk 8	WW Penne Pasta with Meat Sauce (beef) Fruit or Veggie Milk 9	WW Macaroni & Cheese Fruit or Veggie Milk 10
Spring Break 13	Spring Break 14	Spring Break 15	Spring Break 16	Spring Break 17
Spring Break 20	Spring Break 21	Spring Break 22	Spring Break 23	Spring Break 24
Cheese Pizza on Multigrain Crust Fruit or Veggie Milk 27	Butter Chicken with Brown Blend Rice Fruit or Veggie Milk 28	Pulled Pork Cracked Wheat Bun Fruit or Veggie Milk 29	BBQ Chicken with Mashed Potatoes Fruit or Veggie Milk 30	Potato & Leek Frittata Crackers 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 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:

\$ **64.35**

***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:**

Friday, Feb. 17th, 2017

*Please make cheques payable to the Vancouver School Board.