

MARCH 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 Noodle Soup WW Bun or Crackers Fruit or Veggie Milk	Cacciatore Chicken with Tri-colour Rotini Fruit or Veggie Milk
			1	2
Chicken Fingers with Potato Wedges Fruit or Veggie Milk	Hot Dog (beef) WW Bun Fruit or Veggie Milk	BBQ Chicken with Kernel Corn Fruit or Veggie Milk	WW Penne with Meat Sauce (beef) Fruit or Veggie Milk	Curry Chickpea on Rice Fruit or Veggie Milk
5	6	7	8	9
Rotini with Chicken in Rose Sauce Fruit or Veggie Milk	Fish Taco WW Tortilla Shredded Lettuce Fruit or Veggie Milk	WW Macaroni & Cheese Fruit or Veggie Milk	Butter Chicken with Brown Blend Rice Fruit or Veggie Milk	Chicken & Pineapple Pizza (multigrain crust) Fruit or Veggie Milk
12	13	14	15	16
Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
19	20	21	22	23
Spring Break	Spring Break	Spring Break	Spring Break	Good Friday
26	27	28	29	30

MONTHLY PROGRAM COST:

\$ 59.40

***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, Feb. 15, 2018

*Please make cheques payable to the Vancouver School Board.