

MAY 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

	Fish Fillet with Rice & Quinoa Fruit or Veggie Milk	Hamburger (beef) WW Bun Shredded Lettuce Tomato Fruit or Veggie Milk	Chicken Finger with Kernel Corn Fruit or Veggie Milk	Cacciatore Chicken with Tri-colour Rotini Fruit or Veggie Milk	
		1	2	3	4
Chicken Lo Mein (Asian noodle) Fruit or Veggie Milk	Meat Sauce (beef) with WW Penne Fruit or Veggie Milk	Turkey Chili WW Bun Fruit or Veggie Milk	Chicken Finger with Potato Wedges Fruit or Veggie Milk	Cheese Ravioli with Tomato Sauce Fruit or Veggie Milk	
7	8	9	10	11	
BBQ Chicken with Mashed Potatoes Fruit or Veggie Milk	WW Macaroni & Cheese Fruit or Veggie Milk	Beef Meatball in light BBQ Sauce WW Bun Shredded Lettuce Fruit or Veggie Milk	Cheese Pizza on Multigrain Crust Fruit or Veggie Milk	School Not in Session	
14	15	16	17	18	
Victoria Day	Beef Lasagna Fruit or Veggie Milk	Pulled Pork WW Bun Fruit or Veggie Milk	Mango Salsa Chicken with Kernel Corn Fruit or Veggie Milk	Chicken A La King on Rice Fruit or Veggie Milk	
21	22	23	24	25	
Shepherd's Pie (beef) Fruit or Veggie Milk	Hot Dog (Chicken and beef mix) WW Bun Fruit or Veggie Milk	Rotini with Chicken in Rosé Sauce Fruit or Veggie Milk	Stir Fry Pork on Rice Fruit or Veggie Milk		
28	29	30	31		

Deduct \$4.95/day if your child is on a Field Trip

MONTHLY PROGRAM COST: **\$ 103.95**

***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, April 20, 2018

*Please make cheques payable to the Vancouver School Board.