

# OCTOBER 2018 MENU



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

Shepherd's Pie (beef) Fruit or Veggie Milk <b>1</b>	Mango Salsa Chicken with Kernel Corn Fruit or Veggie Milk <b>2</b>	Pulled Pork WW Bun Fruit or Veggie Milk <b>3</b>	Fish Fillet with Rice & Quinoa Fruit or Veggie Milk <b>4</b>	Chicken Fingers with Potato Wedges Fruit or Veggie Milk <b>5</b>
<b>Thanksgiving Day</b> <b>8</b>	WW Macaroni & Cheese Fruit or Veggie Milk <b>9</b>	Baked Chicken with Kernel Corn Fruit or Veggie Milk <b>10</b>	Turkey Chili WW Bun Fruit or Veggie Milk <b>11</b>	Cacciatore Chicken with Tri-colour Rotini Fruit or Veggie Milk <b>12</b>
BBQ Chicken with Kernel Corn Fruit or Veggie Milk <b>15</b>	Hamburger (beef) WW Bun Shredded Lettuce Tomato Fruit or Veggie Milk <b>16</b>	Chicken Meatballs with WW Spaghetti Fruit or Veggie Milk <b>17</b>	Stir Fry Pork with Celery and Carrot on Rice Fruit or Veggie Milk <b>18</b>	<b>Pro-D Day</b> <b>19</b>
Butter Chicken with Brown Blend Rice Fruit or Veggie Milk <b>22</b>	Beef Meatball in light BBQ sauce WW Bun Shredded Lettuce Fruit or Veggie Milk <b>23</b>	Cheese Ravioli with Tomato Sauce Fruit or Veggie Milk <b>24</b>	Chicken a la King on Rice Fruit or Veggie Milk <b>25</b>	Veggie-Pepperoni Pizza (meat-free, multigrain Crust) Fruit or Veggie Milk <b>26</b>
Meat Sauce (beef) with WW Penne Fruit or Veggie Milk <b>29</b>	Chicken Noodle Soup WW Bun or Crackers Fruit or Veggie Milk <b>30</b>	Curry Beef with Carrot on Rice Fruit or Veggie Milk <b>31</b>		

**ONLY \$5.00 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.

MONTHLY PROGRAM COST:

**\$ 105.00**

**\*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, September 24**

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