

SEPTEMBER 2018 MENU



VSB FOOD SERVICES HEALTHY EATING PROGRAM

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.

Monday

Tuesday

Wednesday

Thursday

Friday

<p>Labour Day</p> <p>3</p>	<p>No lunch service</p> <p>4</p>	<p>No lunch service</p> <p>5</p>	<p>Chicken a la King on Rice Fruit or Veggie Milk</p> <p>6</p>	<p>Shepherd's Pie (beef) Fruit or Veggie Milk</p> <p>7</p>
<p>Chicken Lo Mein (Asian noodles) Fruit or Veggie Milk</p> <p>10</p>	<p>WW Macaroni & Cheese Fruit or Veggie Milk</p> <p>11</p>	<p>Hot Dog (beef) WW Bun Fruit or Veggie Milk</p> <p>12</p>	<p>BBQ Chicken with Kernel Corn Fruit or Veggie Milk</p> <p>13</p>	<p>Meat Sauce (beef) with WW Penne Fruit or Veggie Milk</p> <p>14</p>
<p>Beef Lasagna Fruit or Veggie Milk</p> <p>17</p>	<p>Stir Fry Pork on Rice Fruit or Veggie Milk</p> <p>18</p>	<p>Chicken Caesar Wrap WW Tortilla Fruit or Veggie Milk</p> <p>19</p>	<p>Cheese Ravioli with Tomato Sauce Fruit or Veggie Milk</p> <p>20</p>	<p>PRO-D DAY</p> <p>21</p>
<p>Chicken Meatballs with WW Spaghetti Fruit or Veggie Milk</p> <p>24</p>	<p>Beef Stew WW Bun Fruit or Veggie Milk</p> <p>25</p>	<p>Fish Taco WW Tortilla Shredded Lettuce Fruit or Veggie Milk</p> <p>26</p>	<p>Tri-colour Rotini with Chicken in Rosé Sauce Fruit or Veggie Milk</p> <p>27</p>	<p>Cheese Pizza on Multigrain Crust Fruit or Veggie Milk</p> <p>28</p>

MONTHLY PROGRAM COST:

\$80.05

***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, Sep. 13, 2018

*Please make cheques payable to the Vancouver School Board.