

FEBRUARY 2018 MENU



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.

MONTHLY PROGRAM COST:

\$ 89.10

***Full Payment Required.**
Postdate cheques to Feb 8/18

COMPLETE THE LUNCHSMART™ REGISTRATION ENVELOPE.

PAY BY CHEQUE* OR CASH.

RETURN THE SEALED ENVELOPE TO THE OFFICE BY:

Friday, Jan. 26, 2018

*Please make cheques payable to the Vancouver School Board.

Monday

Tuesday

Wednesday

Thursday

Friday

			Chicken Strips with Kernel Corn Fruit or Veggie Milk	Whole Wheat Macaroni & Cheese Fruit or Veggie Milk
			1	2
Whole Wheat Penne with Meat Sauce (beef) Fruit or Veggie Milk	BBQ Chicken with Mashed Potatoes Fruit or Veggie Milk	Beef Stew with Potatoes and Vegetables Whole Wheat Bun Fruit or Veggie Milk	Baked Chicken with Potato Wedges Fruit or Veggie Milk	Shepherd's Pie (beef) Fruit or Veggie Milk
5	6	7	8	9
Family Day	Chicken Noodle Soup Crackers Fruit or Veggie Milk	Cheese Ravioli with Tomato Sauce Fruit or Veggie Milk	Curry Chickpea on Rice Fruit or Veggie Milk	Chicken Lo Mein (Asian Noodle) Fruit or Veggie Milk
12	13	Valentine's Day	15	16
District Pro-d Day	Fish Fillet with Rice and Quinoa Fruit or Veggie Milk	Chicken Fajita Whole Wheat Tortilla Shredded Lettuce Fruit or Veggie Milk	Turkey Meatball with Whole Wheat Spaghetti Fruit or Veggie Milk	Veggie-Pepperoni (meat free, multigrain crust) Fruit or Veggie Milk
19	20	21	22	23
Beef Lasagna Fruit or Veggie Milk	Pulled Pork Whole Wheat Bun Fruit or Veggie Milk	Curry Beef with Carrot on Rice Fruit or Veggie Milk		
26	27	28		