

# FEBRUARY 2023 MENU



VSB FOOD SERVICES HEALTHY EATING PROGRAM

**ONLY**  
**\$5.75**  
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 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**

		Greek Chicken & Rice Fruit or Veggie Milk	Macaroni & Cheese Fruit or Veggie Milk	Chow Mein & Tofu Fruit or Veggie Milk
		1	2	3
Cod Nuggets & Tater Tots Fruit or Veggie Milk	Teriyaki Chicken & Brown Rice Fruit or Veggie Milk	Veggie Samosa & Potato Bites Fruit or Veggie Milk	Meatballs (beef) & Mashed Potatoes Fruit or Veggie Milk	Baked Pasta with Cheese & Tomato Sauce Fruit or Veggie Milk
6	7	8	9	10
Hamburger (beef) Bun Fruit or Veggie Milk	Baked Macaroni & Cheese with Butternut Squash Fruit or Veggie Milk	BBQ Chicken Bun Fruit or Veggie Milk	Lentil & Tomato Curry, Rice Fruit or Veggie Milk	<b>District Pro-D Day</b>
13	14	15	16	17
<b>Family Day</b>	Veggie-Pepperoni (meat-free) Pizza on Multigrain Crust Fruit or Veggie Milk	Shepherd's Pie (beef) Fruit or Veggie Milk	Chicken Burger Bun Fruit or Veggie Milk	Fried Rice with Tofu Fruit or Veggie Milk
20	21	22	23	24
Fish Sticks & Potato Wedges Fruit or Veggie Milk	Cheese Tortellini Alfredo Fruit or Veggie Milk			
27	28			

**MONTHLY PROGRAM COST:**

**\$ 103.50**

I can contribute this month.

COMPLETE THE LUNCHSMART™ REGISTRATION ENVELOPE.

PAY BY CHEQUE\* OR CASH.

RETURN THE SEALED ENVELOPE TO THE OFFICE BY:

**Tuesday, January 24<sup>th</sup>**

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