

MARCH 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

Revised Menu

Chicken Fried Rice
Fruit or Veggie
Milk

Meatball Sub (beef)
Bun
Fruit or Veggie
Milk

Lentil and Tomato
Curry & Rice
Fruit or Veggie
Milk

1

2

3

Chicken Nuggets &
Mashed Potatoes
Fruit or Veggie
Milk

Sweet & Sour Meatball
(beef) & Rice
Fruit or Veggie
Milk

Macaroni & Cheese
Fruit or Veggie
Milk

Butter Chicken & Rice
Fruit or Veggie
Milk

Chicken Burger
Bun
Fruit or Veggie
Milk

6

7

8

9

10

Spring break

March 13-24, 2023

Cheese Pizza on
Multigrain Crust
Fruit or Veggie
Milk

**Meatballs (beef) &
Mashed Potatoes**
Fruit or Veggie
Milk

Veggie Samosa &
Potato Bites
Fruit or Veggie
Milk

Teriyaki Chicken & Rice
Fruit or Veggie
Milk

Baked Pasta with
Cheese & Tomato
Sauce
Fruit or Veggie
Milk

27

28

29

30

31

MONTHLY PROGRAM COST:

\$ 74.75

I can contribute this month.

COMPLETE THE LUNCHSMART™ REGISTRATION ENVELOPE.

PAY BY CHEQUE* OR CASH.

RETURN THE SEALED ENVELOPE TO THE OFFICE BY:

Thursday, Feb. 16, 2023

*Please make cheques payable to the Vancouver School Board.