

DECEMBER 2024 MENU



ONLY
\$6.30
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

Chicken Nuggets
Mashed Potatoes
Fruit or Veggie
Milk

2

Baked Pasta with
Cheese
Fruit or Veggie
Milk

3

Samosa with Chickpea
Curry Sauce
Fruit or Veggie
Milk

4

Beef Meatballs
Mashed Potatoes
Gravy
Fruit or Veggie
Milk

5

Bean Chili with Rice
Fruit or Veggie
Milk

6

Beef Burger
WW Bun
Fruit or Veggie
Milk

9

Hunter Chicken
Roast Potatoes
Fruit or Veggie
Milk

10

Turkey Sausages
Mashed Potatoes
Gravy
Fruit or Veggie
Milk

11

Macaroni & Cheese
with Butternut Squash
Fruit or Veggie
Milk

12

Pork Fried Rice
Fruit or Veggie
Milk

13

Fish Sticks
Potato Wedges
Fruit or Veggie
Milk

16

Beef Meatball Sub
WW Bun
Fruit or Veggie
Milk

17

Cheese Perogies
Sour Cream
Fruit or Veggie
Milk

18

Turkey, Mashed
Potatoes, Vegetables &
Gravy
Fruit or Veggie
Milk

19

Cheese Pizza
Fruit or Veggie
Milk

20

Winter Break

December 23 – January 3

MONTHLY PROGRAM COST:

\$ **\$94.50**

I can contribute this month.

COMPLETE THE LUNCHSMART™ REGISTRATION ENVELOPE.

PAY BY CHEQUE* OR CASH.

*Please make cheques payable to the Vancouver School Board.

RETURN THE SEALED ENVELOPE TO THE OFFICE BY:

Thursday, Nov. 21, 2024