

JANUARY 2025 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

Monday	Tuesday	Wednesday	Thursday	Friday
		Winter Break	Winter Break	Winter Break
Chicken Nuggets Potato Wedges & Corn Fruit or Veggie Milk 6	Pork Fried Rice Fruit or Veggie Milk 7	Chicken Burger WW Bun Fruit or Veggie Milk 8	Gnocchi with Tomato Sauce Fruit or Veggie Milk 9	Turkey Sausages Mashed Potatoes & Gravy Fruit or Veggie Milk 10
Pork Ribs (boneless) & Roast Potato Fruit or Veggie Milk 13	Macaroni & Cheese Fruit or Veggie Milk 14	pro-d 15	Teriyaki Chicken & Rice Fruit or Veggie Milk 16	Ground Beef Stew Fruit or Veggie Milk 17
Pasta Rose with Roast Chicken Fruit or Veggie Milk 20	Cheese Pizza Fruit or Veggie Milk 21	Butter Chicken & Rice Fruit or Veggie Milk 22	Beef Burger WW Bun Fruit or Veggie Milk 23	Cheese Perogies Sour Cream Fruit or Veggie Milk 24
Beef Meatball Sub WW Bun Fruit or Veggie Milk 27	Baked Pasta with Cheese Fruit or Veggie Milk 28	Teriyaki Salmon & Rice Pilaf Fruit or Veggie Milk 29	BBQ Chicken Potato Wedges Fruit or Veggie Milk 30	Samosa with Chickpea Curry Sauce Fruit or Veggie Milk 31

MONTHLY PROGRAM COST:

\$119.70

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:

Wednesday, January 8, 2025