

NOVEMBER 2024 MENU



VSB FOOD SERVICES HEALTHY EATING PROGRAM

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

				BBQ Chicken & Potato Wedges Fruit or Veggie Milk 1
Samosa with Chickpea Curry Sauce Fruit or Veggie Milk 4	Teriyaki Salmon & Rice Fruit or Veggie Milk 5	Baked Pasta with Cheese Fruit or Veggie Milk 6	Cheese Pizza Fruit or Veggie Milk 7	Chicken Fried Rice Fruit or Veggie Milk 8
Remembrance Day 11	Cheese Perogies Sour Cream Fruit or Veggie Milk 12	Pork Chow Mein Fruit or Veggie Milk 13	Macaroni & Cheese with Butternut Squash Fruit or Veggie Milk 14	Butter Chicken & Rice Fruit or Veggie Milk 15
Beef Burger WW Bun Fruit or Veggie Milk 18	Pasta Alfredo with Roast Chicken Fruit or Veggie Milk 19	Fish Sticks & Potato Wedges Fruit or Veggie Milk 20	Beef Meatball Sub WW Bun Fruit or Veggie Milk 21	Pro D Day 22
Hunter Chicken & Crispy Potato Fruit or Veggie Milk 25	Sweet & Sour Beef Meatballs & Rice Fruit or Veggie Milk 26	Cheese Tortellini with Rose Sauce Fruit or Veggie Milk 27	Chicken Burger WW Bun Fruit or Veggie Milk 28	Pork Ribs (boneless) & Crispy Potato Fruit or Veggie Milk 29

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:

Thursday, Oct. 24, 2024