

NOVEMBER 2025 MENU



ONLY
\$6.60
per day

DID YOU KNOW...

VSB OFFERS 'LUNCHSMART'
A HEALTHY EATING PROGRAM 2025/26

The Vancouver School Board believes that school food programs support the consumption of nutritious foods helping children to learn, while promoting health equity, and establishing lifelong healthy eating behaviors.

The Lunchsmart program provides nutritious hot lunches daily in school. All meals are prepared following the BC School Food Tool Kit
<https://healthyschoolsbc.ca/bc-school-food-toolkit/>

The Lunchsmart program cannot accommodate special diets. Any specific food allergies need to be reported to the school office. Parents must review menu choices specific to their child's dietary restrictions and ensure their child is aware of any food items they should not be eating.

MONTHLY PROGRAM COST:

\$ 118.80

☐

I can contribute this month.

☐

SCHOOLCASH ONLINE

☐

COMPLETE THE LUNCHSMART™
REGISTRATION ENVELOPE.

☐

PAY BY CHEQUE* OR CASH.

☐

RETURN THE SEALED ENVELOPE
TO THE OFFICE BY:

Thursday, Oct. 23, 2025

Monday

Tuesday

Wednesday

Thursday

Friday

Samosa with Chickpea
Curry Sauce
Fruit or Veggie
Milk

3

Fish Sticks
Potato Wedges
Fruit or Veggie
Milk

4

Lunch Lab

5

Macaroni & Cheese
Fruit or Veggie
Milk

6

Lunch Lab

7

Cheese Omelet
Crispy Potato
Fruit or Veggie
Milk

10

Remembrance Day

11

Lunch Lab

12

Beef Burger
WW Bun
Fruit or Veggie
Milk

13

Lunch Lab

14

Beef Sausage Roll
Crispy Potato
Fruit or Veggie
Milk

17

Teriyaki Salmon
Rice
Fruit or Veggie
Milk

18

Lunch Lab

19

Chicken Gyoza
Edamame & Cabbage
Milk

20

Pro D Day
Non instructional day

21

Cheese Tortellini with
Rose Sauce
Fruit or Veggie
Milk

24

Chicken Burger
WW Bun
Fruit or Veggie
Milk

25

Lunch Lab

26

Cheese Pizza
Fruit or Veggie
Milk

27

Lunch Lab

28