

OCTOBER 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:

\$ 138.60

☐

I can contribute this month.

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SCHOOLCASH ONLINE

☐

COMPLETE THE LUNCHSMART™
REGISTRATION ENVELOPE.

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PAY BY CHEQUE* OR CASH.

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RETURN THE SEALED ENVELOPE
TO THE OFFICE BY:

Wednesday, September 24

Monday

Tuesday

Wednesday

Thursday

Friday

		Lunch Lab 1	Hunter Chicken Crispy Potato Fruit or Veggie Milk 2	Lunch Lab 3
Pasta with Beef Meat Sauce Fruit or Veggie Milk 6	Cheese Omelet Crispy Potato Fruit or Veggie Milk 7	Lunch Lab 8	Gnocchi with Tomato Sauce Fruit or Veggie Milk 9	Lunch Lab 10
Thanksgiving Day 13	Turkey Sausage Mashed Potato Gravy Fruit or Veggie Milk 14	Lunch Lab 15	Pork Fried Rice Fruit or Veggie Milk 16	Lunch Lab 17
Beef Meatballs Mashed Potato Gravy Fruit or Veggie Milk 20	Cheese Tortellini with Rose Sauce Fruit or Veggie Milk 21	Lunch Lab 22	Veggie Burger WW Bun Fruit or Veggie Milk 23	Provincial Pro D Day 24
Beef Sausage Roll Crispy Potato Fruit or Veggie Milk 27	Vegetarian Thai Curry with Rice Fruit or Veggie Milk 28	Lunch Lab 29	Pork Chow Mein Fruit or Veggie Milk 30	Lunch Lab 31