

SEPTEMBER 2023 MENU



ONLY
\$6.00
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

				Summer Break 1
Labour Day 4	No Lunch Service 5	No Lunch Service 6	Hamburger (beef) WW Bun Fruit or Veggie Milk 7	Chicken Nugget Mashed Potato Fruit or Veggie Milk 8
Meatball Sub (beef) WW Bun Fruit or Veggie Milk 11	Macaroni & Cheese Fruit or Veggie Milk 12	Chicken Burger WW Bun Fruit or Veggie Milk 13	Shepherd's Pie (beef) Fruit or Veggie Milk 14	Lentil & Tomato Curry with Rice Fruit or Veggie Milk 15
Fish Cake & Crispy Potato Fruit or Veggie Milk 18	Pasta with Meatball (beef) Fruit or Veggie Milk 19	Turkey Sausage Mashed Potato Gravy Fruit or Veggie Milk 20	Cheese Tortellini Alfredo with Spinach Fruit or Veggie Milk 21	Cheese Pizza Fruit or Veggie Milk 22
BBQ Chicken WW Bun Fruit or Veggie Milk 25	Pork Fried Rice Fruit or Veggie Milk 26	Baked Pasta with Cheese & Tomato Sauce Fruit or Veggie Milk 27	Beef Meatball Mashed Potato Gravy Fruit or Veggie Milk 28	Gnocchi, Tomato Sauce & Cheese Fruit or Veggie Milk 29

MONTHLY
PROGRAM COST:

\$102.00

☐

I can contribute this month.

☐

COMPLETE THE LUNCHSMART™
REGISTRATION ENVELOPE.

☐

PAY BY CHEQUE* OR CASH.

*Please make cheques payable to the Vancouver School Board.

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RETURN THE SEALED ENVELOPE
TO THE OFFICE BY:

Wednesday, September 13, 2023

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Monday

Tuesday

Wednesday

Thursday

Friday

				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

MONTHLY
PROGRAM COST:

☐

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