

MAY 2024 MENU



VSB FOOD SERVICES HEALTHY EATING PROGRAM

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

		Macaroni with Cheese & Butternut Sauce Fruit or Veggie Milk	Beef Meatball Sub WW Bun Fruit or Veggie Milk	Pork Ribs (boneless) Crispy Potatoes Fruit or Veggie Milk
		1	2	3
Cheese Perogies Sour Cream Fruit or Veggie Milk	Greek Chicken & Rice Fruit or Veggie Milk	Fish Sticks Potato Wedges Fruit or Veggie Milk	Turkey Sausages Mashed Potatoes Gravy Fruit or Veggie Milk	Pasta with Beef Meat Sauce Fruit or Veggie Milk
6	7	8	9	10
Hamburger (beef) WW Bun Fruit or Veggie Milk	Gnocchi with Tomato Sauce Fruit or Veggie Milk	Hunter Chicken Crispy Potatoes Fruit or Veggie Milk	Pork Fried Rice Fruit or Veggie Milk	Beef Meatballs Mashed Potatoes Gravy Fruit or Veggie Milk
13	14	15	16	17
Victoria Day	Butter Chicken & Rice Fruit or Veggie Milk	Ground Beef Stew Mashed Potatoes Fruit or Veggie Milk	Cheese Pizza Fruit or Veggie Milk	Baked Pasta with Cheese & Tomato Sauce Fruit or Veggie Milk
20	21	22	23	24
Chicken Nuggets Mashed Potatoes Fruit or Veggie Milk	Teriyaki Salmon Rice Fruit or Veggie Milk	Pork Chow Mein Fruit or Veggie Milk	Chicken Burger WW Bun Fruit or Veggie Milk	Cheese Tortellini with Rose Sauce Fruit or Veggie Milk
27	28	29	30	31

MONTHLY PROGRAM COST:

\$132.00

I can contribute this month.

COMPLETE THE LUNCHSMART™ REGISTRATION ENVELOPE.

PAY BY CHEQUE* OR CASH.

*Please make cheques payable to the Vancouver School Board.

RETURN THE SEALED ENVELOPE TO THE OFFICE BY:

Thursday, April 18, 2024