

JUNE 2024 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

Sweet & Sour Meatballs (beef) and Rice Fruit or Veggie Milk 3	Macaroni & Cheese Fruit or Veggie Milk 4	Turkey Sausages Mashed Potatoes Gravy Fruit or Veggie Milk 5	BBQ Chicken Potato Wedges Fruit or Veggie Milk 6	Samosa with Chickpea Curry Sauce Fruit or Veggie Milk 7
Fish Sticks Potato Wedges Fruit or Veggie Milk 10	Teriyaki Chicken Rice Fruit or Veggie Milk 11	Cheese Perogies Sour Cream Fruit or Veggie Milk 12	Pasta with Beef Meat Sauce Fruit or Veggie Milk 13	Chicken Burger WW Bun Fruit or Veggie Milk 14
Chicken Nuggets Mashed Potatoes Fruit or Veggie Milk 17	Baked Pasta with Cheese & Tomato Sauce Fruit or Veggie Milk 18	Butter Chicken Rice Fruit or Veggie Milk 19	Beef Meatball Sub WW Bun Fruit or Veggie Milk 20	Pro- D 21
Hamburger (beef) WW Bun Fruit or Veggie Milk 24	Teriyaki Salmon Rice Fruit or Veggie Milk 25	Cheese Tortellini with Rose Sauce Fruit or Veggie Milk 26	Veggie-Pepperoni Pizza (meat-free) Fruit or Veggie Milk 27	Administrative Day 28

MONTHLY PROGRAM COST:

\$114.00

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, May 23, 2024