

OCTOBER 2024 MENU



VSB FOOD SERVICES HEALTHY EATING PROGRAM

ONLY
\$6.30
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

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| | Butter Chicken & Rice Fruit or Veggie Milk 1 | Shepherd's Pie (beef) Fruit or Veggie Milk 2 | Baked Pasta with Cheese Fruit or Veggie Milk 3 | Chicken Burger WW Bun Fruit or Veggie Milk 4 |
| Turkey Sausage, Mashed Potatoes & Gravy Fruit or Veggie Milk 7 | Samosa with Chickpea Curry Sauce Fruit or Veggie Milk 8 | Pasta with Beef Meat Sauce Fruit or Veggie Milk 9 | Teriyaki Salmon & Rice Pilaf Fruit or Veggie Milk 10 | Veggie Pepperoni Pizza (meat-free) Fruit or Veggie Milk 11 |
| Thanksgiving Day 14 | Cheese Perogies Sour Cream Fruit or Veggie Milk 15 | Pork Fried Rice Fruit or Veggie Milk 16 | Macaroni & Cheese Fruit or Veggie Milk 17 | Hunter Chicken Crispy Potato Fruit or Veggie Milk 18 |
| Fish Sticks & Potato Wedges Fruit or Veggie Milk 21 | Pork Chow Mein Fruit or Veggie Milk 22 | Beef Burger WW Bun Fruit or Veggie Milk 23 | Gnocchi with Tomato Sauce Fruit or Veggie Milk 24 | Provincial Pro D Day 25 |
| Beef Meatballs Mashed Potatoes Gravy Fruit or Veggie Milk 28 | Pork Ribs (boneless) Crispy Potato Fruit or Veggie Milk 29 | Chicken Chili & Rice Fruit or Veggie Milk 30 | Cheese Tortellini with Rose Sauce Fruit or Veggie Milk 31 | |

MONTHLY PROGRAM COST:

\$ \$132.30

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:

Wednesday, Sep. 25, 2024