

# SEPTEMBER 2024 MENU



**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**

<p><b>Labour Day</b></p> <p>2</p>	<p><b>No lunch service</b></p> <p>3</p>	<p><b>No lunch service</b></p> <p>4</p>	<p>Chicken Nuggets, Mashed Potatoes &amp; Corn Fruit or Veggie Milk</p> <p>5</p>	<p>Bean Chili &amp; Rice Fruit or Veggie Milk</p> <p>6</p>
<p>Beef Meatball Sub WW Bun Fruit or Veggie Milk</p> <p>9</p>	<p>Butter Chicken &amp; Rice Fruit or Veggie Milk</p> <p>10</p>	<p>Samosa with Chickpea Curry Sauce Fruit or Veggie Milk</p> <p>11</p>	<p>Turkey Sausages, Mashed Potatoes &amp; Gravy Fruit or Veggie Milk</p> <p>12</p>	<p>Baked Pasta with Cheese &amp; Tomato Sauce Fruit or Veggie Milk</p> <p>13</p>
<p>Chicken Burger WW Bun Fruit or Veggie Milk</p> <p>16</p>	<p>Macaroni &amp; Cheese with Butternut Squash Fruit or Veggie Milk</p> <p>17</p>	<p>Fish Sticks &amp; Potato Wedges Fruit or Veggie Milk</p> <p>18</p>	<p>Pork Ribs (boneless) &amp; Crispy Potato Fruit or Veggie Milk</p> <p>19</p>	<p><b>Pro-D</b></p> <p>20</p>
<p>Sweet &amp; Sour Beef Meatballs &amp; Rice Fruit or Veggie Milk</p> <p>23</p>	<p>Cheese Tortellini with Rose Sauce Fruit or Veggie Milk</p> <p>24</p>	<p>Beef Burger WW Bun Fruit or Veggie Milk</p> <p>25</p>	<p>Hunter Chicken &amp; Crispy Potato Fruit or Veggie Milk</p> <p>26</p>	<p>Pork Chow Mein Fruit or Veggie Milk</p> <p>27</p>
<p><b>National Day of Truth &amp; Reconciliation</b></p> <p>30</p>				

**MONTHLY  
PROGRAM COST:**

**\$107.10**

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, Sep. 12, 2024**